

# Low Testosterone

Nothing is more of a silent sexual killer in men than low testosterone.

A mans decreased testosterone levels have been reportedly blamed for erectile dysfunction and premature ejaculation problems.

Recently however, our understanding of low testosterone levels and it's effects upon men has changed.

You see, medical professionals generally believed as men age, many of the changes they experience are due to the aging process rather than to hormonal changes such as those seen in women. In men, hormone changes begin without notice, after the age of thirty. The result is low testosterone and eventually Andropause, simply because a vital component for physical and sexual activity is decreased.

## Low Testosterone Effects

As testosterone lowers, the following take place:

- Decreased Sexual Performance
- Diminished Virility
- Decreased Sex Drive
- Diminished Muscle Tone
- Decreased Memory Ability
- Diminished Bone Mass

As testosterone declines, so does sexual ability. Mood and emotions change. Body mass and strength decrease due to loss of muscle tissue and increase in body fat.

low testosterone quiz

The quiz is taken from the Androgen Deficiency in Aging Male Questionnaire, which can reliably tell you if you have low testosterone ...

Do you have a decrease in libido (sex drive)?

Do you have a lack of energy?

Do you have a decrease in strength and/or endurance?

Have you lost height?

Are you sad and/or grumpy?

Are your erections less strong?

During sex, is it difficult to maintain your erection to completion?

Has there been a recent deterioration in your work performance?

Have you gained weight?

If you answered "yes" to two or more questions, then based upon medical research you very likely have low testosterone levels. Your next step is to measure your testosterone levels

When YOU have the proper testosterone levels, firm erections, stronger orgasms and a youthful sex drive can return regardless of age.

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