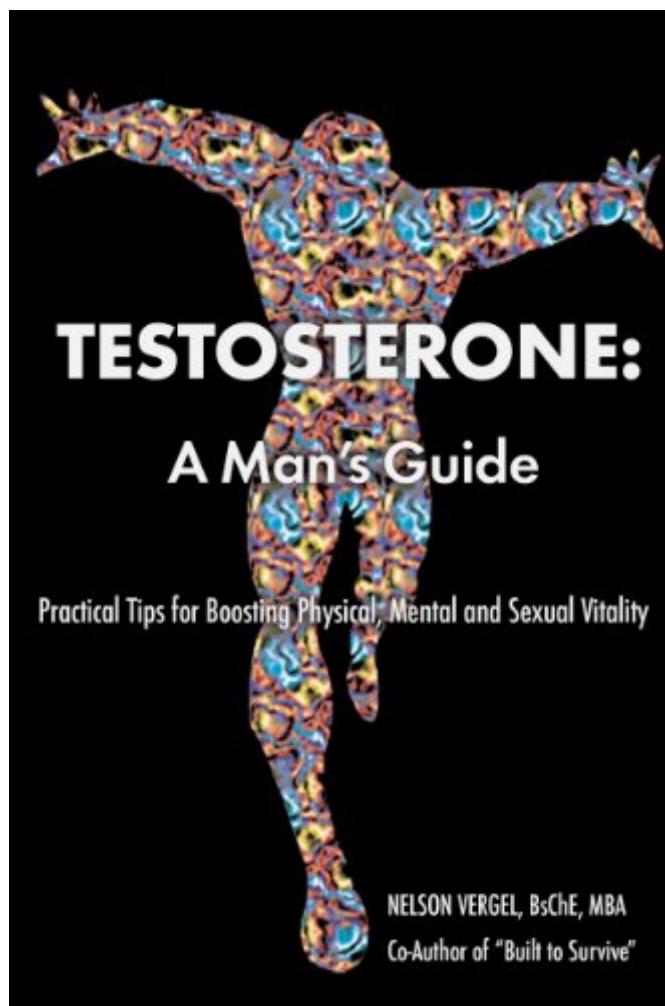


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# Testosterone:: A Man's Guide- Second Edition



## Synopsis

Testosterone: A Man's GuideAre you experiencing fatigue and low or no sex drive? Do you seem to have less mental focus? Do you have less tolerance to stress and feel down? Is your body getting softer while you are gaining fat? Have you been exercising for months or years without improvements in your body? You do not have the problems mentioned but you want to know how to keep your testosterone within healthy ranges? Then, this book may be for you. You may be one of the 15 million men in the United States that are suffering from testosterone deficiency and who are suffering needlessly by not knowing it. This book will explain in clear and practical language the symptoms and treatments of testosterone deficiency to help determine if you are a good candidate for this therapy. Testosterone replacement therapy (TRT) can dramatically boost sex drive and function, strength, energy levels, mood, mental focus, and lean body mass while decreasing fat in men with testosterone deficiency syndrome (hypogonadism). However, it is not a therapy to start without proper knowledge about potential side effects and their management. There are several options for testosterone replacement available by prescription but many men do not know how to decide which is best for them. This book reviews all options from the author's point of view as an educated patient who has used all available options and has researched the current scientific data. All myths and misconceptions surrounding testosterone are fully explained and resolved. After reading this book you will know:  
• If you have low testosterone blood levels  
• What your best TRT option is more suitable for you, if you need one.  
• How to avoid the main mistakes that men make when using TRT  
• How to identify and treat potential side effects before they become a problem  
• How to talk to your doctor about getting TRT, or how to find a doctor who prescribes testosterone  
• What foods and medicines can lower your testosterone  
• The truth about non-prescription testosterone boosters  
• How to apply for financial assistance from testosterone manufacturers  
• What compounding pharmacies are and how they can customize TRT options for you

**About the Author:** Nelson Vergel, BsChE, MBA, is practicing what scientists can only theorize. He started testosterone replacement therapy in 1993 as a desperate attempt to survive and overcome wasting syndrome. Testosterone gave him his health back which propelled him to become an expert on its use. After years of trial-and-error and self-empowerment, he is ready to share his knowledge with the world. With a chemical engineering degree, countless of hours in scientific conferences and memberships in several metabolic research and wellness groups, he was been able to digest scientific information on the subject to translate it in layman's terms for all to benefit. He is the co-author of the book "Built to Survive: A Comprehensive Guide to the Medical Use of Anabolic Therapies, Nutrition and Exercise for HIV+

Women and Menâ€¢ and the founder the non-profit organizations Program for Wellness Restoration (PoWeR) and the Body Positive Wellness Clinic in Houston, Texas. He has given over 700 lectures in English and Spanish in the United States and abroad about testosterone, nutrition, exercise, aging, and general wellness to men and women. For updates on this book and to join Nelsonâ€¢s email list, visit ExcelMale.com

## **Book Information**

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## **Customer Reviews**

Lot of long reviews so I'll just say this if you take control of your own health care and are on TRT or considering it you must read this book. My doctor and I have been able to have an ongoing conversation about my treatment plan and he has reconsidered some of his standard treatment plans as a result of suggestions and / or questions I have asked based on what I have learned from this book. In other cases he has explained why some treatments were not right for me. If your current endo does not have this sort of regular dialogue with you find a new doctor. TRT is as much art as science and in order to get the best results you need to be with top notch doctors and log the

hours yourself to understand your care. Nelson thank you very much for taking the time to bring all of this information together in one place.

If you're an HIV+ man, a guy in his late 30s-40s-50s who wants to feel & function 'young' again, or even an athlete/recreational athlete looking to up your game, this is the book for you. More than a primer, it provides excellent, in-depth information on cutting edge medicine and the use of testosterone to combat wasting disease, ageing, and andropause (low testosterone in aging males). The use of testosterone therapy is cutting edge science and there is much disagreement within the medical community about its safety and efficacy. Bodybuilders have been abusing testosterone and other muscle-building/fat burning drugs for decades, with few outright dropping dead (though lately the incidence of kidney issues--including the need for kidney replacements--has risen, though seemingly largely from the abuse of testosterone [contrast: 200-400 mgs weekly dose for testosterone replacement therapy versus 1000-5000 mgs a week testosterone being used by many amateur/pro bodybuilders]). Testosterone is an essential hormone that diminishes in the male body with age...but that doesn't mean it has to. This is your go-to book to learn more about hormone replacement therapy (again though, namely testosterone), your options, possible outcomes/risk factors, and what you need to do (e.g., work with a doctor; get your blood work done regularly).

Nelson knows a lot about TRT, and conveys the benefits, as well as some pit falls, and things to avoid. Reading this book will arm you with knowledge, so that you have more questions to ask your own doctor when you approach him about TRT. There were a lot of things that I didn't know I didn't know before I read this book.

This is a very good presentation on available Testosterone therapy. It covers everything it took me many months to learn on my own and then some. I found it informative and accurate based on my own experience and it encouraged me to seek a more supportive and flexible physician who can really help me instead of the minimal "take it or leave it" approaches I had been forced to put up with previously. Many doctors who treat men for low T have little or no idea of what they are doing and it's the patient who suffers for their ignorance.

This book gives a lot of insight for someone considering testosterone replacement. My doctor recommended I read it before we started testosterone therapy. I was glad I read this book. It gave me simple understanding of what my doctor was recommending I do. Now I feel confident about my

doctors ability to help me achieve the levels of treatment I need. I think every doctor should refer this book to potential patients looking for testosterone treatment.

When my libido seemed to fall off a cliff in my mid-30s, I got tested and discovered that my testosterone was very low for my age. I'm actually a physician myself, but I can tell you first-hand that this is not something we learn much about in medical school or residency. The medical profession, like anything else, can be slow to change and can be influenced by the negative public perceptions of testosterone in the media. I read every book and article I could on testosterone replacement. Nelson's book was the most detailed and practical guide available and I decided to ask his help to find the best physician to provide testosterone replacement in my city. The doctor he recommended is one of the most intelligent, warm, and compassionate physicians I have ever met. If you are suffering from low testosterone Nelson's book is a must-read, and if you have questions or need assistance, call him. He knows much more about testosterone than most of us doctors, I assure you, and he is so intellectually curious that he even sent me journal articles specific to some of my questions. Good luck.

It should also be read by men younger but if you are fifty or older, this book will explain in a comprehensible way how testosterone works (or doesn't) as you age. It's so important that I've given several copies as gifts to my friends who complain about how they don't have the energy they once had or have a harder time in the gym than they had when they were younger. I have read and reread it several times. Each time I see something I didn't see before. When I travel overseas it's one of the five hard copy books I take with me. Following his advice won't make you twenty again but may make you a happier and more effective fifty.

A few years feeling down on energy, sexual drive, gaining weight on my waist and doing my training without seeing any progress I found Nelson's book. It made me realize, in simple language the roots of my problem..."Low Testosterone". It explains the process of the Testosterone Replacement Therapy with the details to do it well. He covers all the topics, medical and legal and how to find doctors that work in that area. I found this book to be completely useful plus Mr. Nelson Vergel answers your questions and gives you the information you need within a very short time after you ask. After about a year of this reading I can say that I'm back to life. Thanks Nelson.

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