

Men's Health Issues: Low Testosterone

Harmony & Health

Your Natural Health Center
220 East Chestnut St. Corydon, IN 47112
(812)738-LIFE(5433)
Quality Products for Health
www.harmony.mynsp.com
www.harmony4health.com
www.facebook.com/harmony4health

Important Deciding Factors:

Testosterone is male hormone responsible for muscular strength, libido, sperm production and male physical characteristics. When it is low, men can experience anxiety and low self esteem, as well as decreased sex drive and lack of muscle tone. Too many xenoestrogens (found in pesticides, plastics, commercially raised red meat, etc) and also fluoride are principle causes of testosterone imbalance.

Some Products to consider:

- **DHEA-M** is the building block for hormones such as testosterone. Also, it can be helpful for male reproductive problems.
- **Eleuthero** helps the body cope with stress and stimulates male hormone production
- **Ginseng (Korean)** helps the body adapt to stress and strengthens sexual hormones of those who are weak or sickly. Should not be taken by young individuals.
- **Men's Formula** improves prostate function and may help with impotency.
- **Men's X-Action Reloaded** is a combination that may enhance male energy and reproductive organs; helpful for erectile dysfunction.
- **Sarsaparilla** helps strengthen male reproductive hormones.
- **Cinnamon Essential Oil** helps stimulate circulation and the scent has testosterone-enhancing actions.

** **Exercise!!** Regular exercise helps increase testosterone production.

Important: The information is for educational purposes only. It is not intended for diagnosing or treating diseases. If you have a serious illness we recommend you consult a competent health practitioner before beginning a course of treat-

Help Your Body Stay Healthy with Natural Remedies.

