



Testosterone Is Your Friend, Second Edition: Understanding & Controlling One of Nature's Most Potent Hormones

Roger Mason

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Considered the principal male sex hormone, testosterone is responsible for stimulating and controlling characteristics that are considered "masculine," like muscles and hair growth. What many people don't realize is that this hormone is present to a lesser degree in females. What's more, low testosterone levels can cause countless health problems for both sexes, including memory loss, anxiety and depression, osteoporosis, increased cholesterol levels, weight gain, sexual dysfunction, and infertility. While testosterone supplements are available, most are ineffective and some are even dangerous.

In the updated edition of *Testosterone Is Your Friend*, author Roger Mason presents the latest and most effective natural treatments and supplements to help raise testosterone levels. The book begins by looking at how the body uses testosterone and how this hormone functions differently in men and women. Later chapters examine how testosterone deficiency affects various health conditions. In addition to presenting safe treatments for elevating testosterone levels yourself.

It's time to re-energize. With *Testosterone Is Your Friend*, you will have the latest information on how to increase your testosterone levels safely and naturally. By following the advice within, you can improve not only your sex life, but also the overall quality of your life.

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Delmar Stingley:

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