Hi from Gareth at http://www.FreeFitnessGuru.com

DISCLAIMER: I am not a doctor or nutrition scientist and am sharing my knowledge and personal opinions in this report. Please consult a medical professional before taking any form of medication or supplement regime. I take no responsibility for any actions taken by any person as a consequence of reading or acting upon the information in this report.

This special report is a follow up to my HGH report available from my website at http://www.FreeFitnessGuru.com/Downloads/HGH_Stack.pdf

If you are anything like me at the age of 40 you know its make or break time. If you don’t enact a program to slow the aging process, well its going to be all down hill.

Any male over 40 is sure to have an interest in enhancing Testosterone production while mitigating production of estrogens and the possibility of prostate cancer.

There are tests your physician can perform to check for signs of prostate cancer – and no I don’t mean a physical exam. You may want to keep that in mind if you are following a testosterone enhancement program.

Warning: Hormonal manipulation of Testosterone levels can lead to prostate enlargement, gynochemastia and increased levels of estrogens.

OK if the warning didn’t put you off then lets get down to business. First a formal discussion of Testosterone and male hormone enhancement...
Testosterone is the hormone that makes men—men. Testosterone is considered as the most essential of all sex hormones. It is a steroidal hormone that is primarily secreted by the testes in males and in ovaries in females. Females also have small amounts of this hormone in their system because it is a precursor to estrogen. In men, it is responsible for bone and muscle development. As stated, testosterone is essential in male sexual health because it stimulates spermatogenesis and influences the development of male secondary characteristics like facial hair and deep voices. This hormone is also responsible for mental sharpness and sex drive. Some medical reports suggest that testosterone is important in the development of self-confidence and social success.

Other functions and roles of testosterone may include the following:

- Promotes muscle strength and endurance
- Increases libido
- Increases bone density
- Decreased fat in tissues
- Promote overall health and well being.

Overproduction of testosterone in males may lead to aggressive puberty in men and amenorrhea (absence of menstrual period) in women. Recent medical studies suggest that testosterone levels in the United States are lower today than they were several years ago. Some of the possible factors that are responsible for this decline are explained in this article.

Excess weight and obesity

One possible explanation for testosterone decline is: men are more overweight than ever. Medical studies suggest that obesity is a significant predictor of low testosterone. These studies add that gaining ten percent in one's appropriate Body Mass Index (BMI) may lead to decreased testosterone levels by about ten percent. Because of this, fat or over weight individuals may have up to 25 percent less total testosterone than their fit counterparts.
Smoking

Cigarette smoking may damage the cells in the testes—male reproductive organs located in the scrotum which produces sperm and testosterone.

Smoking-induced damage may hamper testosterone production and cause problems in male sexual health. It may also interfere with the body’s efficiency and effectiveness in building muscles.

High blood pressure

In the long run, high blood pressure may damage the lining of the blood vessels and cause atherosclerosis, or hardening of the blood vessels. Because of this development, less blood which carries oxygen and nutrients flow to the penis. For a lot of men, decreased blood flow may cause difficulties in achieving and maintaining erections. High blood pressure may also interfere with ejaculation and reduce libido. Many medications used to treat high blood pressure may also bring similar adverse effects.

Making lifestyle changes are essential in maintaining the right testosterone levels and overall health. A man’s testosterone levels will have begun to decline once he reaches the age of 40. But maintaining a healthy lifestyle and nutritious diets may slowdown this decline and maintain optimum sexual health. If these things fail there are medical methods available that may be used to improve one’s testosterone levels. Undergoing testosterone replacement therapy and using testosterone supplements may improve one’s testosterone levels. Individuals who want to engage in these methods should seek the approval of a medical professional.

Till the age of about 40, most men have high enough testosterone levels to feel no physical decline in their manhood. But after 45 a decrease in testosterone becomes noticeable. This decrease is accompanied by an increase in estrogen & dihydrotestosterone, which causes such specific symptoms as hair loss, baldness, decrease of libido, more fat tissue, diminished muscle mass and strength, skin deterioration, and night-time bathroom visits.
Dehydrotestosterone

It is important to realize that a high testosterone level does not result in bigger muscles or better performance. Only a normal level of testosterone can accomplish this. When excess testosterone is detected by your body, it stops production of its own testosterone. It also turns the excess testosterone into DHT, which is responsible for baldness and leads to prostate problems.

Dihydrotestosterone or DHT as it is known is a very potent hormone in the human body. This hormone DHT is responsible for giving man his male characteristics when he is just a fetus in his mother's womb. To put things in the simplest of ways, all of us start out in the womb as females, a status decided on by nature. It is during the sixth week of pregnancy that DHT begins to form in the fetus by testosterone, the male hormone, combining with an enzyme called 5 alpha reductase. It is this DHT that stimulates the growth of the male sex organs and stems the growth of the female genitalia.

The body can also turn excess testosterone into estrogen, which is a female hormone, which can result in an appearance that a male bodybuilder definitely does not want. It does all of this, and you get absolutely zero bodybuilding rewards from it.

There are inhibitors that prevent the conversion of testosterone to DHT.

Symptomatic Low Testosterone

When a man's testosterone levels decrease, he displays certain symptoms that can hinder weight training efforts. These may include a lack of energy, memory loss, loss or reduction of sexual drive, reduced muscle mass or inability to gain muscles, lack of focus, low metabolism, irritability, and weight gain. These symptoms often occur in aging adult males because their bodies slow down in producing the testosterone hormone. As men age, their stamina and endurance for long workouts or athletic activities will often decline as a result of this change in hormonal production.

While almost a quarter of American males are reportedly suffering from low testosterone levels, only about 5.6% experience symptoms of the condition known in medical terms as Androgen Deficiency. In a study by Dr. Andre Araujo and his colleagues from the New England Research Institutes, it
was found that not all men with low testosterone exhibit or experience any symptoms. There are fewer men with symptomatic androgen deficiency than there are men with low testosterone levels.

As the most important sex hormone produced in the male body, testosterone or androgen is the hormone that is primarily responsible for producing and maintaining the typical adult male attributes. At puberty, testosterone stimulates the physical changes that characterize the adult male, such as enlargement of the penis and testes, growth of facial and pubic hair, deepening of the voice, an increase in muscle mass and strength, and growth in height. Throughout adult life, testosterone helps maintain sex drive, the production of sperm cells, male hair patterns, muscle mass, and bone mass.

A man’s testosterone levels decline naturally with age. However, there is no precipitous drop in a man’s sex hormones as there are for women at the time of menopause.

Symptoms of androgen deficiency include:

- Loss of sex drive
- Erectile dysfunction
- Lower sperm count
- Reduced fertility
- Increased breast size
- Bone loss or fracture
- Sleep disturbance
- Depressed mood
- Lethargy
- Diminished physical performance.

Men who suffer from male sexual health problems such as symptomatic androgen deficiency would benefit from treatment if they have no contraindication such as prostate or breast cancer. But treatment guidelines from the Endocrine Society state that symptom-free and age-related declines in testosterone should not be treated.

According to Dr. Robert Davis, a professor of urology at the University of Rochester in New York, men with a waistline over 40 inches, high-blood pressure, and signs of insulin resistance, and the so-called metabolic syndrome, are at high risk of androgen deficiency. “These men have an incredibly high rate of androgen deficiency and treating them with
Testosterone may correct their metabolic syndrome because they may be able to burn energy better with more muscle. Testosterone replacement may allow these men to avoid some of the consequences of metabolic syndrome such as coronary artery disease,” said Davis.

Androgen deficiency is an under-diagnosed and under-treated male sexual health problem. “One of the myths is that testosterone supplements will cause a cancer,” he says. Prostate cancer often regresses when testosterone is removed, but there is very little evidence to support the theory that normal testosterone levels increases risk of cancer.

With regards to the men who have low testosterone levels but no symptoms, there is a possibility of bone density loss. According to Dr. Sol Jacobs, an endocrinologist and assistant professor of medicine at Emory University in Atlanta, “Even if you have a man who says, 'I feel great and don't want testosterone treatment,' at least measure his bone density. But usually the scenario is the patient is symptomatic and wants treatment.” However, the question of when to offer a patient testosterone replacement is highly controversial. Even the Endocrine Society's expert panel disagreed over the exact testosterone levels at which doctors should offer testosterone replacement therapy.

**Testosterone Levels And Overall Health.**

Maintaining proper amounts of testosterone in the body is important to sustain overall health and well-being. Testosterone is a steroid hormone necessary for enhanced libido, energy, immune function, and protection against osteoporosis. In addition, this hormone supports the development of certain male attributes like hair patterns, muscles, and voice modulation. Although testosterone is considered a male hormone, women also need small quantities of it for muscle and bone strength.

In general, an adult human male produces about eight to ten times more testosterone than their female counterparts. Testosterone production in men increases under the puberty stage. Normal testosterone levels in the bloodstream is about 359 and 1230 nanograms. As people age, a decline in testosterone production is experienced. This decline causes low sex drive, constant tiredness, depression, and loss of strength. Furthermore, very low levels of testosterone in men increases the risk of obesity and heart attack.
Low testosterone levels result from inability of the testes to produce adequate quantities of testosterone. This development affects the whole body system and causes many physiologic, chemical, and hormonal changes. Age is not the only culprit for the drop of testosterone production. According to David Zava, PhD., the president of ZRT Laboratory, a leading hormone research lab in the United States, many factors contribute to low testosterone levels.

Environmental toxins, prolonged stress, and depression are just some of the factors that may trigger the body to lower testosterone reproduction. Lifestyle can also be a factor in lowered production of this hormone.

Excessive drinking, smoking lack of exercise, and unhealthy diet may damage the testes and lower testosterone production. Other reasons for low production of this substance are hypertension, use of anabolic steroids, prescription or non-prescription medications, surgeries, cancers, and infections.

People can improve testosterone levels by changing their lifestyles, improving their diet, or by including exercise programs in their daily lives. Exercise and other physical activities are proven to show measurable improvements in testosterone levels. However, these activities should be done properly to avoid over-training.

Over-training causes fatigue and diminishes sterility, it temporarily reduces sperm quality and quantity. This happens because the body literally “kills” itself during exercise to build and improve the body and needs rest to attain normal cell development. Intense physical activities may reduce the level of hormones in the bloodstream that affects sperm production. These sperm levels return to nearly normal after about three days. They added that drinking coffee after a few hours of training may protect sperm quality because of the antioxidants that are found in caffeine.

If these adjustments do not work, there are different options that are available to treat this deficiency. General treatments include testosterone injections, patches, and pills. Many products like herbal supplements and vitamin products that claim to boost hormones levels are available in the market. In addition to these medication, replacement therapy can also be done to promote testosterone production.
Improved muscle mass, increased bone density, higher energy levels, decreased irritability and anxiety are some of the benefits associated with testosterone replacement therapy.

While low testosterone levels pose a potential threat to the well-being and health of many old men, the treatments are not simple. Individuals are encouraged to talk to doctors or other medical specialists and weigh the advantages and disadvantages of many remedies for low testosterone levels. Increasing testosterone levels in men is possible, but it should only be done with the advices of medical professionals.

**Are Testosterone Boosters Dangerous?**

If you are a male bodybuilder, and you want to build muscle faster and make your workouts more effective, you might consider taking a testosterone booster. When you take any kind of supplement or booster, however, your first question should be is this safe? So, are testosterone boosters dangerous?

There has been a great deal of controversy on this topic, as with any other supplement that is used by body builders. There will always be those who are all for it, and those who are completely against it - and this is usually because they have their own agenda.

The best option is to use a natural testosterone booster. These are made from all natural ingredients, and other than allergies, no side effects have ever been reported. The two most popular natural substances for building testosterone are Eurycoma Longifolia and Tribulus Terrestris. Both substances should be available at your local health food store, and both can be ordered online as well. We will be discussing several supplements that can be taken together as a testosterone stack.

**Testosterone Boosters**

Natural testosterone boosters offer a number of benefits. They help boost energy, increase strength for longer, more efficient workouts, block estrogen, enhance libido (sexual drive), reduce body fat, and gain muscles faster than ever.
Since there is such a vast selection of testosterone boosters on the market today, it's good to know the differences.

There are natural testosterone boosters that contain herbal ingredients such as Tribulus Terrestris, Tongkat Ali, Mucuna Pruriens, Epimedium, Dehydroepiandrosterone, and Tesofen (TM). Natural testosterone boosters help you gain lean rock hard muscles without exposing you to dangerous drugs or chemicals that can harm your health.

There are basically three main classes of testosterone boosters.

The first class increases testosterone levels and includes the herbs eurycoma longifolia, ginseng, zinc, tribulus terrestris, and magnesium.

The second class reduces estrogen levels and includes diindolyl methane (DIM) and saw palmetto.

The third class helps maintain good prostate health and includes saw palmetto. There are also a number of other ingredients including vitamins, minerals, and thermogenic ingredients that indirectly affect testosterone levels.

Testosterone boosters are not recommended for teenagers or men under the age of 25. Teenagers' bodies already produce sufficient amounts of hormones for growth and development. Young men in their early twenties are usually at their peak of testosterone production, so the boosters are not needed. Warning: Taking testosterone boosters when your body is already producing sufficient testosterone can be detrimental to your health.

Avoid taking testosterone boosters if you are a teenager or if you have been diagnosed with prostate enlargement. Check with your doctor to be on the safe side before taking a testosterone booster, especially if you are under the age of 25. Though many natural boosters cause few or no side effects, it's still a good idea to discuss this with your doctor before getting started.

Other Natural Testosterone Boosters

There are two other ways to increase stamina and boost testosterone naturally. You can boost testosterone through a change in diet and an increase in exercise. Eat more of certain food items that will increase testosterone levels in the bloodstream. These include eggs, beef, broccoli,
cabbage, oysters, chicken, and garlic. Regular weight training also helps your body to produce more testosterone.

As with any muscle-building supplement, check with your doctor before taking any type of testosterone booster. Ask which natural booster is best for you and research online to learn all you can about different products. Look for companies that provide you with all the ingredients of the product up front so you can make a healthy choice.

The Testosterone Stack Ingredients

Ok lets get down to business and make our own Testosterone stack at 70% below the cost of retail supplements.

The Ingredients: Take twice per day

- DHEA - 25 mg
- ZMA
  - Zinc (L-aspartate or zinc chelate) - 30mg
  - Magnesium (Magnesium Aspartate)- 450mg
  - Vitamin B6 - 22mg
- Tribulus - 600 - 800 mg

Additional Supplements

- tongkhat ali - 1:100 extract at 400 mg for 10 days (5 days off)
- horny goatweed - 200 - 1000 mg extract per day
- saw palmetto - 160 mg twice daily

The first three are a must the other three are nice to add and test for results.

Many claim ZMA is a great sleep aid and when taken correctly increases energy and workout stamina.

DHEA is a popular anti aging supplement linked with increased Testosterone and IGF-1 growth factor.
The others including Tribulus are herbal steroidal supplements.

It’s a really good idea to add saw palmetto for reasons already discussed.

**This stack must be taken on a maximum six week cycle**

That’s six weeks on and six weeks off. You can experiment a little with the duration. But better shorter rather than longer for the supplementation phase.

**Where to Obtain the Supplements**

One of the first places that comes to mind is Ebay. But Ebay is not the only place to buy this stuff.

There are also wholesale and OEM bulk suppliers who will sell to you.

Try the following websites...

http://www.PureBulk.com

http://www.Nutrabio.com

http://www.Nutrimart.com

http://www.nutritionmanufacturer.com

...OK take a spy around on Google and I’m sure you will find more.

**How to Take the Stack**

Now we have to take a quick look at the way to consume the Testosterone stack for optimum results.

Once you have determined the formula you wish to use mix the ingredients with water – don’t use milk or fruit juice.
Take the stuff on an empty stomach. Don’t eat for 1 hour prior.
OK that could be a problem – but not if you take it first thing in the morning
and last thing at night.

That is however the best way to do it as it must be taken a couple of hours
after your last meal for the day.

And remember – no carb drinks, just mix it with water.

Cycling Your Stack

Maximum of six weeks cycle for this recipe. Otherwise you will deplete
your testes. An estrogen suppressor is a good idea such as saw palmetto.
Also see a doctor and get blood tests if you are planning to do several
cycles.
OK folks that’s all for this simple report – Take action and save yourself a great deal of money – Also you will end up with a better blend of ingredients than the retail supplements.

If... However this report has got you interested in making your own supplements Then you really will love this ebook by The "Muscle Nerd", Jeff Anderson.

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