

Testosterone Secrets of Winners

# Testosterone Secrets of Winners



Using Natural Testosterone  
Supplementation  
to Stay Younger & Healthier

*African Fly*

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## Introduction

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If there is one thing that the vast majority of people are confused about it is the aging process. Many people think of aging as inevitable...a process we should just get over and live with. I am here to tell you that that is the biggest load of crap devised by people too lazy to get out from in front of the television. There are people in their 80s who are running marathons, body building, practicing karate and more.

You can see more and more “seniors” doing things that were unthinkable just 30 years ago. There are pro athletes who keep redefining what it is to be the old man in the sport now. Being over 35 in the NBA meant you were ancient 10 years ago. Now it means you are a starter and probable hall of famer.

What happened? How did this mental and physical shift happen? The simple answer is the internet. Suddenly there is a wealth of health, science and examples that you can easily access to give you the information and inspiration you need.

Before YouTube it would be rare for anyone to be able to see how eating a raw, homegrown vegetable diet could have a 75 year old woman looking, acting and moving like a 45 year old. No wrinkles, slim body, sharp mind and fluid movements without joint pains.

Now you are seeing 60 year old body builders beating out 25 year olds. To read this document you have now would have taken years longer to write if the research was done in the library like when we were kids. The point is that we don't have to believe that it is over for our bodies at 40, 50, 60, 70, 80 or 90. The question is what you are going to do about it.

This report comes from my passion to understand and share the benefits of testosterone. It also comes from my disdain for the pharmaceutical and medical industry which has no problem putting out products that can do incredible harm.

In no other field can you run a commercial that tells you all these great things it can do and then immediately say the side effects could be anywhere from blindness to death...but I digress.

What you have here is information that will change the way you see testosterone and its importance in keeping you happier and healthier for much longer. Testosterone supplementation is helping many men greatly.

This report shows you just how much. Enjoy!

Brian Ayers  
Author and Radio Show Host

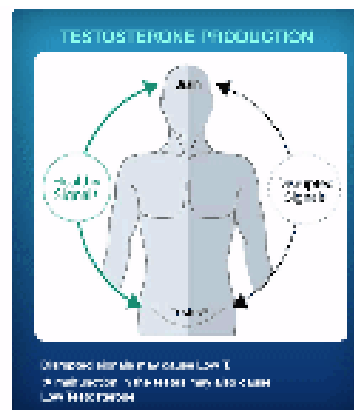
Client Services Manager  
African Fly

# Testosterone & Your Health

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Older men with low levels of testosterone may have an increased long-term risk of death compared to men with normal testosterone, according to a new study.

Testosterone may be the most important health factor in the male body. Testosterone really separates the men from the boys. When naturally abundant, testosterone is at the core of energy, stamina and sexuality.



When it is deficient it is at the core of fatigue, aging, deterioration and disease.

The value of testosterone supplementation for men has been well documented by European physicians. Yet the importance of testosterone in men is still relatively unrecognized in conventional or allopathic medicine.

Without adequate testosterone you may experience:

- decreased energy
- lowered metabolism
- decreased muscle mass
- increased body fat especially a "pot belly"
- diminished sex drive or sexual function
- depressed mood or lack of motivation

Restoring optimal levels of testosterone has been proven to:

- increase muscle mass and size
- boost brain function including memory, visual acuity, spacial orientation and concentration
- protect the heart, it reduces virtually every cardiovascular risk factor including high cholesterol, high blood pressure, high blood sugar, abnormal clotting and the stress response.
- strengthen the bones
- lowers insulin levels in men

A study reported in the New England Journal of Medicine followed three groups of men. One group was given testosterone and prescribed a strength training program, one group was given testosterone and told not to exercise and one group was just given a training program without testosterone.



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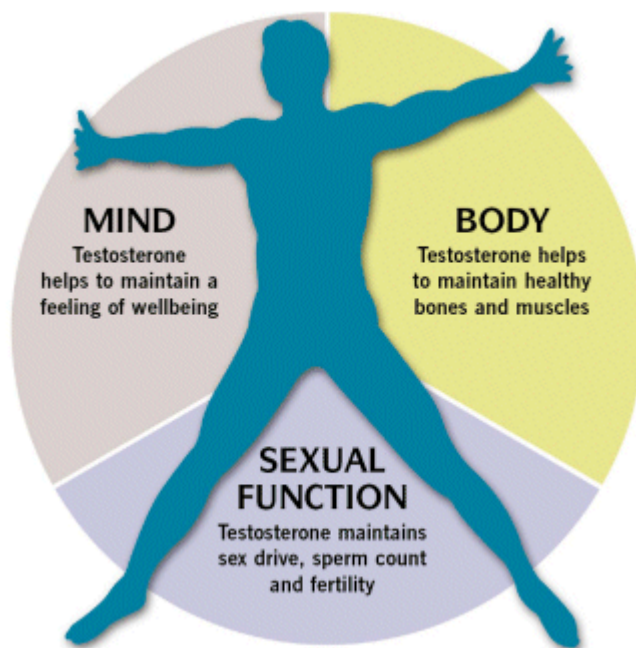
As expected, the group who exercised using testosterone gained the most muscle and lost the most fat, but to the researchers surprise the group who used testosterone without exercise, actually had greater improvement in muscle and fat composition than the group who trained without it.

You can't build muscle without it!

Older men with low levels of testosterone may have an increased long-term risk of death compared to men with normal testosterone, according to a new study.

"This is the first report linking low levels of testosterone with earlier death in relatively healthy older men," said Gail Laughlin, assistant professor at the University of California San Diego.

This study involved 794 men, ages 50 to 91 years, who were living in a southern California community. Men whose total testosterone levels at the beginning of the study were in the lowest quartile were 40 percent more likely to die over the next 18 years than those with higher levels.



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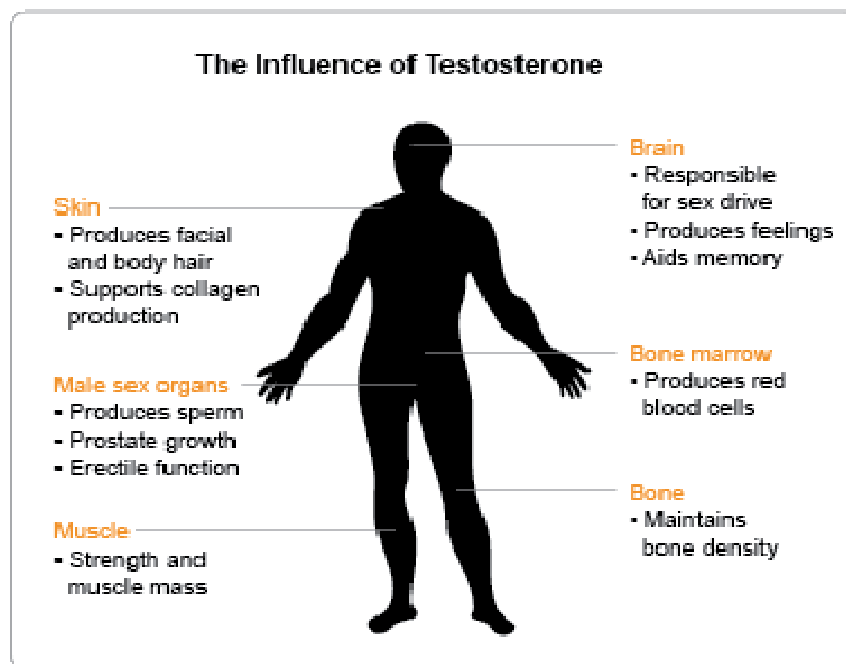
# What are the dangers of Testosterone Replacement Therapy (TRT) or Synthetic Testosterone?

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There are a number of problems with Testosterone Replacement Therapy. For one, as with most drugs, high levels of TRT can be toxic. For this reason anyone on TRT, should be regularly consulting a physician.

Secondly, taking TRT or anabolic hormones ignores the processes of the body and how they regulate hormone levels. Hormones both are the result of and maintain the Nervous System.

The hypothalamus takes input from a variety of sources to determine whether to produce more testosterone. Moreover, this part of the brain is trying to create balance in the body. It concludes "high levels" in relation to the functioning and balance of other inputs.



Synthetic supplementation often ignores this and raises only testosterone levels. If the hypothalamus senses too much testosterone, it will react as if the body is out of homeostasis. A few of the things it can do is send a message to the pituitary gland to cut off all production of gonadotropins. This is definitely worst case for men.

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Remember the Hypothalamus creates testosterone indirectly via production of progesterone stimulated by LHRH. In other words, you're not just ending testosterone production, but also DHEA and all the Androgens.

This is what is happening in the nightmares you hear where athletes take steroids and loose use of their sexual organs or exhibit decrease in size of gonads and loss of fertility. Though they may continue with bulk, because the synthetic testosterone is powering muscle development, they lose all the necessary precursor hormones.

Another way the hypothalamus can seek homeostasis is by telling the body to produce more estrogen. Moreover, it can do this in two ways. First, it can directly instruct the pituitary gland to tell the thyroid to make more estrogen.

Also, it can increase the production of aromatase in the body thereby transforming or aromatizing the supplemented testosterone into estrogen.

This process is frustrated even further by the fact that SHBG has a greater affinity for testosterone binding over estrogen. This condition is medically called gynecomastia or more commonly boy breasts.



# Testosterone Does More than Boost Drive

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## **"The New Fountain of Youth"**

Are you having a hard time building new muscle? Do you suffer from low sex drive, constant tiredness, depression, or a loss of strength? If so, low testosterone levels could be the problem.

Many think of low testosterone as something that just affects older men. However, men in their 30's and 40's also fall prey to low testosterone counts.

According to the FDA, more than four million men suffer from low testosterone levels. While natural testosterone boosters are available, 95 out of 100 men fail to do anything about it - often because they just accept the symptoms as a "normal" part of getting older. Consider the following findings:

- Researchers from the University of Washington have shown that men with low testosterone levels appear to be at greater risk of developing "pot bellies".
- A decline in testosterone at any age increases a man's risk for osteoporosis. Older men with low testosterone levels are twice as likely to fracture their hips as men of the same age with normal testosterone levels.
- Older men with lower levels of testosterone could have a higher risk of developing Alzheimer's disease. Loss of testosterone is at the root of some memory loss in men.
- Testosterone may help men recover from strokes.

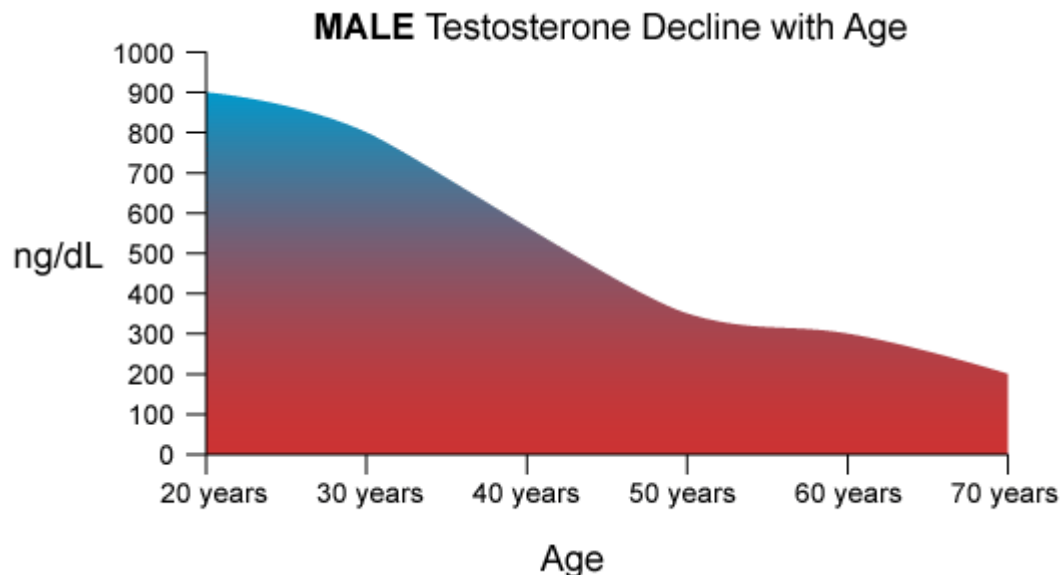
## **Low testosterone levels**

Testosterone is produced mainly in the male testes, and in smaller amounts by the adrenal gland. In women, production is about one-tenth the total of males, and of it half comes from the ovaries.

The production of testosterone increases rapidly at the onset of puberty. Once you reach middle age, however, testosterone levels begin to drop by about one percent each year. In the short-term, this might not sound like much.



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By the time you reach your 70's and 80's, this constant decline increases the risk of obesity, brittle bones, muscle loss and impotence. Very low testosterone levels can also increase your risk of dying from a heart attack.

Although it's considered as a male hormone, women need testosterone too. Despite the fact they only produce a small amount, testosterone helps women maintain the strength of muscle and bone. After the menopause, testosterone levels drop, leaving some postmenopausal women concerned about a lack of energy and libido.

### Fat loss

Testosterone affects fat loss in one of two ways [2]. Just like a car, your fat cells have a series of brakes and accelerators. The parts of a fat cell that accelerate the release of fat are called beta-receptors. The parts of a fat cell that put the brakes on fat loss are known as alpha- receptors.

The distribution of brakes and accelerators on each fat cell is one reason why certain parts of your body shed fat faster than others. Women, for example, often have a hard time losing fat from their hips. That's because the fat cells in that area have a higher ratio of alpha- to beta-receptors.

If a fat cell has more beta-receptors, it will release stored fat more quickly than one with fewer beta-receptors. That's where testosterone appears to help. By increasing the number of beta-receptors, testosterone makes it easier to lose stored fat.

What's more, testosterone can also limit the storage of fat. The link between hormones and body fat applies to women as well as men.



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### Testing

Here is a self-screening tool to help identify symptoms of low testosterone in men. Choose the responses below that best describe how you have been feeling.

1. Do you have a decrease in libido (sex drive)?
2. Do you have a lack of energy?
3. Do you have a decrease in strength and/or endurance?
4. Have you lost height?
5. Have you noticed a decreased "enjoyment of life"?
6. Are you sad and/or grumpy?
7. Are your erections less strong?
8. Have you noticed a deterioration in your ability to play sports?
9. Are you falling asleep after dinner?
10. Has there been a recent deterioration in your work performance?

If you answer yes to question one or seven, or at least three of the other questions you may have low testosterone levels.

### Mood

In fact, some researchers think that low testosterone levels are one reason why some men become grumpy, nervous and irritable as they age. Stress can also cause men of any age to experience a drop in testosterone levels.

High levels of testosterone lift your mood, giving you a feeling of well-being. Remember that testosterone levels are generally higher in the morning and lower in the evening.



### Testosterone and Your Memory

The male hormone, testosterone, does more than you think. Its claim to fame once was its effect on a man's reproductive system. Now, new research indicates that it also can influence the brain.

It aids memory and protects the brain from the memory-impairing disorder, Alzheimer's disease, according to the studies. The findings may lead to new therapies, particularly for older men. This article looks at exactly how testosterone specifically enhances your memory.



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Over the years, much research on estrogen indicated that, in addition to influencing a woman's reproductive functions, this "female" hormone also helps a variety of brain functions, including memory.

Now, recent studies find evidence that evens the playing field. The "male" hormone, testosterone, known for its role in maintaining a man's reproductive system shares estrogen's double duty. The research is leading to:

Possible new brain-aiding therapies, particularly for older men who, like older women, appear to experience a hormone decrease as they age. A better understanding of how testosterone interacts with other players in the brain to carry out many tasks.

Testosterone and estrogen were thought to do no more than activate and oversee the male and female organ systems that produce offspring.

Then in the 1970s, researchers found evidence that mature female rats had brain cells with receiving areas, known as receptors, which were specifically constructed to process estrogen. This suggested that a woman's estrogen could help the brain perform certain duties.



Since that time, many studies indicate that the hormone can aid memory in women as well as protect their brains from developing ailments such as the memory impairing disorder, Alzheimer's disease (AD).

Taking this lead, researchers recently examined the male side and found that testosterone also provides men with some brain advantages.

For example, new studies show that supplements of testosterone can aid certain types of memory in men. Working memory, which allows you to manipulate information over brief periods of time in order to make a response, improves.

Verbal memory, which helps you recall lists of words, and spatial memory, which helps you navigate a route, also benefits. Other work suggests that testosterone, like estrogen, may help prevent the development of AD and its resulting memory decline. Scientists found that compared with healthy men, those with AD have lower levels of testosterone. Another group found that testosterone supplements improved verbal and spatial memory in a small group of men with AD.

The researchers currently are testing more patients to confirm the results. Testosterone may prevent AD by warding off the brain destruction that marks the ailment. Studies of rat brain cells found that the hormone limits the production of beta-amyloid peptides.



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These sticky protein fragments, thought to be a prime contributor to AD, build up into small, round deposits and clog the brains of people with the disease.

The hormone also may help ward off AD by directly preventing brain cell death. In studies, researchers manipulated human brain cells, sending them on a course to die. Adding doses of testosterone, however, limited the cell death.

While together the results show a new positive side to testosterone, scientists say they need to conduct more research before they would encourage people to take testosterone supplements for brain aid.

Scientists also plan to define the specific mechanisms that carry out the brain benefit. Currently, they are using brain-imaging techniques and molecular methods to track how testosterone induces its actions.

Testosterone can convert to estrogen in the brain, so as part of this work, they also want to know whether the benefits are directly from testosterone or from mechanisms that occur after its conversion.

### Low Testosterone Common in Type 2 Diabetic Men

Men with type 2 diabetes, particularly those who are obese, often have low levels of testosterone, making them susceptible to sexual dysfunction, research indicates.

The study, which screened 355 type 2 diabetic men over the age of 30, found that 17 percent had obvious low testosterone or "hypogonadism." A further 25 percent of men had borderline low testosterone levels. Obesity was a "significant predictor" of low testosterone levels.

"This study has demonstrated that there is a high prevalence of symptomatic hypogonadism in men with type 2 diabetes," write Dr. Dheeraj Kapoor from Barnsley Hospital NHS Foundation Trust and UK-based colleagues in the journal *Diabetes Care*.

The major symptoms of low testosterone are reduced or loss of sex drive, reduced strength of erections, fatigue, reduced physical strength, and mood changes, Kapoor's team points out in the report.

Erectile dysfunction was the chief symptom, occurring in more than 70 percent of diabetic men with low testosterone levels, followed by low sex drive (63 percent). Erectile dysfunction is common in men with diabetes, Kapoor's team notes.

In addition to low testosterone, erectile dysfunction may be caused by blood vessel disease or a problem with the nerves that control internal body functions, a condition



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known as autonomic neuropathy. The problem is often the result of a combination of these factors.

The investigators also note that men who fail to respond to Viagra-type drugs have low testosterone levels. In two previous studies, testosterone supplementation therapy converted Viagra non-responders into responders.

Testosterone therapy may also results in insulin resistance improvements, blood sugar control, better cholesterol levels, and weight loss in men with low testosterone.

Taken together, these findings indicate that the detection of low testosterone levels in diabetic men is important not only for men's sex lives but also their heart health.



## Pills vs. Liquid Tinctures

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### 1) Pills *cannot* be 100% natural

- An apple is natural...an apple pill is not. The process of making a pill strips the nutrients of any herbs out. How can you make brown and green herbs turn blue? Obviously something was added in...making it unnatural. Any company that says a pill is all natural is being dishonest.

### 2) Dusting...A pill industry standard

- Dusting is the process of adding a very small amount of herb to a product just so it can be added to the ingredients list. It is like selling a 20 ounce bottle of "strawberry shampoo" with less than half a strawberry in it.

### 3) Why is everyone selling a pill? Because it is cheap.

- A pill can be made by the thousands in no time at all. They just take some herbs, bleach & dye them, and add filler to make it all stick together. The great thing for pill sellers is that it is virtually impossible for a scientist to break down a pill to find out how much herb is actually in it.

### 4) Dangerously man made

- The process to make a FDA approved pill is as follows - Find a plant, synthesize the active ingredient in the plant and get a patent on the synthesized drug (so no one else can copy it or make money from it). Then spend close to \$87 million on testing for FDA approval (that is how dangerous this process is) and over charge customers to make the money back.

**(Please Note:** Properly prepared herbal pills are highly effective and recommended...they are also the color of most herbs - brown or green.)

### 5) Questionable ingredients

- Before you even get to how the pill was made you have to ask about the herbs going into the pill in the first place. Some of the formulas do not have herbs that work well in combination with each other. Some formulas have herbs that are totally useless and might as well be a regular multi-vitamin. Are they fresh herbs? Are they pesticide/chemical free? Are they organic? If these questions can't be answered...Be Careful!



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### **6) Sickening side effects of pills**

- Many company's refuse to list the side effects of their pills. Even worse, they don't follow up or give you advice on how to avoid these side effects. It is impossible for thousands of people to take a product and someone not experience a side effect. Only clear instructions and an upfront listing of who should not take a product can avoid unnecessary pain.
- Some pill customers complain of headaches, stomach pain, dizziness, general nausea and hot flashes. Make sure the side effects and the people who should avoid the product is clearly stated.

### **How to Tell a Bad Pill Company**

#### **7) One shot order takers**

- These company's don't offer any follow up information or even instructions on how to use it in the first place. They take your money hoping you will not complain or ask for a refund. You should see more from the company than just their name on your credit card statement.

#### **8) Some companies don't explain how their product works...because they don't know**

- Some marketers get their hands on some pills, make up a medical sounding name and throw up a website. There are literally hundreds of them. Doing the research, making a product from scratch and testing how and why it works take time and money. These companies just don't care.

#### **9) They don't tell you what the pill is made of...**

- This is even worse than "they don't know"...they are trying to hide something. It could be that the ingredients are just a list of good sounding herbs or it could be just a repackaged multi-vitamin.

#### **10) They don't offer a money back guarantee**

- It is well known that all formulas will not work for everyone, so they should at least offer a money back guarantee for the guys it doesn't work for.

#### **11) You keep paying even...if you don't want to**

- Some company's add you to their automatic billing for a years worth of orders. Sometimes you have no choice. Then it can be extremely difficult if not impossible to cancel.



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### Conclusion

Although there are reputable company's out there, you have to do your research to cut through the clutter to find them. If they don't pass every point on this list, then keep moving. A bigger penis and better sex is worth it!



**Intensify pleasure.  
Make love longer.  
Have more sex.  
Repeat.**



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