

SYMPTOM LISTS - MEN

Testosterone Deficiency

- ◆ Low Libido
- ◆ Decreased sexual stamina
- ◆ Erectile dysfunction
- ◆ Decreased physical agility
- ◆ Decreased strength
- ◆ Urinary problems
- ◆ Increased weight in waist
- ◆ Increased fasting blood sugar
- ◆ Fatigue
- ◆ Low stamina
- ◆ Low motivation & loss of competitive edge
- ◆ Low mental acuity
- ◆ Poor attention span
- ◆ Depression & mood changes
- ◆ Elevated Triglycerides

Causes

- ◆ Decreased Production
- ◆ Decreased Production of DHEA
- ◆ Increased production of SHBG (sex hormone binding globulin) decreases free testosterone
- ◆ Increased conversion of testosterone to estradiol
- ◆ Chronically high cortisol levels

Estrogen Excess

- ◆ Increased breast size
- ◆ Bone loss
- ◆ Urinary problems
- ◆ Low libido
- ◆ Increased prostate size
- ◆ Elevated cholesterol
- ◆ Prostate disease
- ◆ Weight gain in waist

Low Cortisol/Adrenal Function

- ◆ Fatigue
- ◆ Aches and pains
- ◆ Chemical sensitivities
- ◆ Decreased erections
- ◆ Allergies
- ◆ Blood sugar imbalance
- ◆ Weight gain in waist
- ◆ Depression
- ◆ Irritability
- ◆ Symptoms of Hypothyroidism
- ◆ Prostate Problems
- ◆ Chronic Infections
- ◆ Autoimmune disorders

High Cortisol/Adrenal Function

- ◆ Same symptoms as Low Cortisol
- ◆ Bone loss
- ◆ Sleep disturbances
- ◆ Low libido
- ◆ Depression
- ◆ Hair loss
- ◆ Elevated Triglycerides
- ◆ Anxiety



SYMPTOM LISTS - MEN

CONTINUED

Low Thyroid Function

- ◆ Fatigue (especially evening)
- ◆ Cold extremities/low body temperature
- ◆ Dry Skin
- ◆ Low pulse rate/blood pressure
- ◆ Depression
- ◆ Poor concentration
- ◆ Foggy Thinking
- ◆ Infertility
- ◆ Low libido
- ◆ Decreased erections
- ◆ Low Stamina
- ◆ Headaches
- ◆ Intolerance to cold
- ◆ Scalp hair loss
- ◆ Lack of motivation
- ◆ Memory lapses
- ◆ High Cholesterol
- ◆ Constipation
- ◆ Weight gain
- ◆ Inability to lose weight

Hyper Thyroid Function

- ◆ Heart palpitations
- ◆ Insomnia
- ◆ Hair loss
- ◆ Anxiety
- ◆ Weight loss

