

A black and white photograph of a man fishing in a pond. The man is seen from the back, wearing a cap and a jacket, holding a fishing rod. The sun is low on the horizon, creating a bright glow and silhouettes of the man and the reeds. The water reflects the light and the surrounding vegetation.

HORMONE REPLACEMENT THERAPY

The Complete Guide



LIMITLESS MALE
Medical Clinic



“If you’re a man over 30,
you need to read this book!”

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Low testosterone can negatively affect men of all ages. Testosterone Replacement Therapy is a safe and effective option for getting your life back.

If you don't have the energy to get through the day, if you can't remember the last time you and your spouse had sexual intercourse, and notice your relationships and work are suffering, it may be your testosterone levels affecting your ability to live your best life.

Before we dive in further, let's talk about what Testosterone is and why it's important.

Testosterone is the primary male sex hormone. In males, it plays a significant role during puberty in the development of reproductive tissues such as the testes and prostate. And as we get older, secondary sexual characteristics such as increased muscle and bone mass, body hair growth, and mental health and well-being.

Testosterone plays a variety of roles that create biological effects throughout our life span. While the periods leading from pre-birth to adulthood are important, we'll focus primarily on the role of testosterone as an adult and how it affects everything we do.

Testosterone is a hormone produced primarily in the testicles. Testosterone helps maintain men's:

- Bone density
- Fat distribution
- Muscle strength and mass
- Facial and body hair
- Red blood cell production
- Sex drive
- Sperm production

How Does Testosterone Work?

The brain and pituitary gland, a small gland at the base of the brain, control the production of testosterone by the testes. From there, testosterone moves through our blood to do its work. Your testosterone levels change from hour to hour. They tend to be highest in the morning and lowest at night.

Testosterone levels generally peak during adolescence and early adulthood. As you age, your testosterone level gradually declines — typically about 1% a year after age 30 or 40. While low testosterone can certainly be a side effect of aging, it's important to determine what's causing it.

Hypogonadism, in the literal sense, means diminished functional activity of the gonads. This leads to low levels of testosterone and can cause a whole slew of symptoms. Hypogonadism can be identified as either Primary or Central (secondary) hypogonadism.

Primary hypogonadism is simply when you don't produce enough sex hormones due to a problem in your gonads. They're still receiving the message to produce hormones but can't produce them.

Secondary hypogonadism is an issue within your brain. Your hypothalamus and pituitary gland (which control your gonads) aren't working properly.

Both primary and central hypogonadism can have the same effect (low testosterone) but can manifest from different causes.

CAUSES OF HYPOGONADISM

PRIMARY HYPOGONADISM	SECONDARY HYPOGONADISM
<ul style="list-style-type: none">• Autoimmune Diseases such as Addison's Disease• Genetic disorders, such as Turner Syndrome and Klinefelter Syndrome• Hypoparathyroidism• Surgery on your penis• Radiation exposure• Liver and kidney diseases• Severe infections of your testes• Hemochromatosis (<i>Body absorbs too much iron</i>)• Testicular trauma	<ul style="list-style-type: none">• A tumor in or near your pituitary gland or hypothalamus• Nutritional deficiencies• Rapid weight loss• Obesity• Genetic or autoimmune disorders• Use of steroids or opioids• Injury to your pituitary gland or hypothalamus

Overall, low testosterone can be secondarily caused by a variety of issues including medical conditions, obesity, poor diet, alcohol use/abuse, stress, and anxiety. And with low testosterone, comes a list of unpleasant symptoms including:

- Lack of motivation and drive
- Athletic performance decline
- Muscle loss and decreased muscle strength
- Weight gain and belly fat
- Constant fatigue/lack of energy
- Lack of focus and concentration
- Low sex drive
- Depression and anxiety
- Poor sleep
- Joint pain
- Crabby/irritable
- Brain fog
- Erectile dysfunction

On top of that, low testosterone may be a contributing factor to more serious health conditions such as obesity, high cholesterol, diabetes, and high blood pressure. So if you suffer from any of the symptoms of low testosterone, it's best to get checked.

When you do schedule an initial appointment at Limitless Male Medical Clinic, you will see a provider. During this consultation we will get a complete medical history, discuss your goals and symptoms, and do an initial blood draw. During this initial consultation, the goal is to determine a baseline level for you. For most men, testosterone levels range from 200 mg/dL on the low-end up to 1000 mg/dL. While less than 300 mg/dL is considered the "magic" number by insurance companies, men can experience symptoms at higher levels. Most men will experience symptoms starting at the 500 mg/dL level.

That's why your blood test is so much more than just a number. We look at several levels including your total testosterone, SHBG (Sex Hormone-Binding Globulin), Estradiol, LH (Luteinizing Hormone), and more.

The idea is to get a complete picture of your health so we can prescribe the best treatment option for you. Because with proper diagnosis and management of your condition, you are taking control.



Benefits of Seeking Treatment

Once you decide to get your levels checked, it's a whole new world. Benefits of TRT include:

- Increased energy
- Restored confidence and swagger
- Improved relationships and stronger family
- Improved job performance and work relationships
- Regain the desire for sex and intimacy
- Renewed motivation and drive
- Better workouts and recovery
- Improved muscle mass and strength
- Decreased weight and belly fat
- Improved cardiovascular health
- Better concentration and focus
- Improvements in erectile dysfunction
- Overall health improvement, reducing or eliminating the need for pharmaceutical treatments

You'll come in for your initial consultation, which includes a full diagnostic blood test and a few questions to get a better understanding of your medical history, symptoms, and goals. Three to four days after your initial consultation, you'll have a follow-up appointment to discuss the findings and treatment options.

TRT at Limitless Male Medical Clinic includes weekly or twice-weekly injections which allow us to closely monitor your progress and retest your levels each month to ensure our plan is on track. If you're taking other medications, most should be okay in conjunction with TRT. Tell your medical provider any current medications or treatments you're on and they'll be able to give you a definitive answer before you start treatment.

Prevention

There are several causes of Low T.

And while aging is certainly a contributing factor, it goes hand-in-hand with lifestyle changes that can also affect your testosterone levels. A few of the bigger lifestyle changes you should be aware of are:

- **Exercise.** The American Heart Association recommends at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity, or a combination of both preferably spread throughout the week. Add in moderate-to high-intensity resistance training 2-3 times a week to reap the full benefits.
- **Healthy Diet.** Obesity can lower testosterone levels. A well-rounded diet complete with proteins, fats, and carbohydrates helps support proper hormone levels, and maintaining a healthy diet helps prevent obesity.
- **Reduce Stress.** According to the American Psychological Association, chronic stress, ongoing stress over an extended period of time, can affect testosterone production, resulting in a decline in sex drive or libido, and can even cause erectile dysfunction or impotence. Reducing and eliminating stress can help keep your levels where they should be.
- **Sleep.** When you sleep, the majority of your daily testosterone release occurs. When you get less sleep, you release less testosterone. Studies have shown that sleep fragmentation and obstructive sleep apnea are associated with reduced testosterone levels, further highlighting the importance of sleep and healthy testosterone levels.



Supplements

One of the questions we hear the most is...

Are there any supplements I can take to help boost my testosterone naturally?

Supplements are tricky because while several ingredients have been tested, only a few show real promise. Furthermore, most supplements researched don't have a direct impact on testosterone but can help improve overall health which in turn, helps raise testosterone.

Additionally, some supplements help boost certain benefits gained from adequate testosterone levels such as increased libido, improved energy, increased muscle mass and decreased body fat.

Vitamin D

Vitamin D has been shown to have promising results. A study found that testosterone levels are significantly higher in men with sufficient levels of Vitamin D. Furthermore, they found that since Vitamin D typically varies from season to season, corresponding testosterone levels followed a similar pattern.

Another study done on healthy, overweight men found that those receiving 3,332 IU of vitamin D daily during a weight loss program experienced significantly higher testosterone levels.

Tribulus Terrestris

Tribulus Terrestris is a small leafy plant found throughout the world including parts of Europe, Asia, Africa, and The Middle East.

Countless studies have been done on Tribulus Terrestris and unfortunately, it has not been shown to increase testosterone. However, if seeking out solutions to increase libido specifically, studies have shown it to help increase sexual desire by 79%.

L-Arginine

L-Arginine is an amino acid and immediate precursor to nitric oxide which is important in increasing blood flow and essential for maintaining an erection.

Pine Bark Extract

Pine Bark Extract, (also known as Pycnogenol) has been shown to increase blood flow. And when paired with L-Arginine, studies have shown the combination to cause a significant improvement in sexual function in men with erectile dysfunction without any side effects.

Zinc

Sufficient Zinc levels in men help support healthy testosterone levels and have a positive effect on sexual arousal and maintaining an erection.

DHEA

DHEA works in the body to make other hormones in the body. DHEA levels decrease as we age as well as lower in the people with depression and other conditions. Supplementation can help reduce these risks.

Others

There are a variety of other supplements that have been researched and packaged for consumption to help raise testosterone levels.

And while most of these are safe, efficacy has not been proven in human trials. Instead of leaving your health to chance, we've created two supplements of our own designed specifically to support healthy hormone levels and improve sexual performance in men.

Limitless Drive

Limitless Drive is our sexual health formula that is designed to improve sexual performance in men, support sexual arousal and desire, and support N.O. production and blood flow.

Additionally, you will notice a significant improvement in workouts as nitric oxide is essential in the extended delivery of nutrients and oxygen to the muscles, increasing stamina, and reducing muscle damage. Bottom line, better workouts, and recovery.

Limitless Man

Limitless Man is the ultimate men's health formula designed to promote a balanced hormone level, support cardiovascular health, enhance cognitive function, and support healthy immune function. With it, you'll get all of the nutritional supplement needs to support TRT and HGH therapy in one convenient daily capsule.

Supplementation is designed to do just that, supplement your daily choices. That's where a healthy diet and lifestyle are essential.



What are the Next Steps?

First and foremost, talk to your spouse. And be HONEST.

Sit down, tell them you want to talk about a personal and sensitive topic, and let them ask questions.

Tell them what you're feeling. What you're thinking. And that you're ready to seek help.

Too often this step goes overlooked and spouses end up feeling undesirable when really, it's just low testosterone levels.

So have the talk.

View it as an opportunity to find new and different ways to add some intimacy and passion to your relationship.

Your spouse will thank you.

Then, schedule the appointment. If you DO have low testosterone, you can get started on an appropriate treatment plan.

Typically, patients begin to see results within two to three months with optimal results usually after just six months of therapy. Now six months might seem like a long time. But to give you a better idea of what you can expect in those six months...

In the first 1-3 months, you can expect an improvement in sleep, improved energy and motivation, and increased libido.

Inflammation should improve within 3-12 weeks and most of the physical changes (fat loss, lean body mass, and muscle strength) show improvement between 12-16 weeks. Then around at the six-month mark, increases in bone mass are detectable.

As time goes on with regular treatments, the effects become more pronounced.

What does it cost to find out if TRT is right for me?

Your initial consultation is no charge. Any additional out-of-pocket costs would be discussed before any procedures or blood draws.

Will insurance cover my TRT treatments?

The magic number is usually around 300 mg/dL for insurance to cover TRT therapy. However, it will depend on which insurance carrier you have. We check your coverage before treatment.

What is the cost if I start a TRT program with insurance?

Costs are determined by your specific insurance plan. Generally, there will be deductibles, co-pays, coinsurance, and max out-of-pocket that will be your financial responsibility. Upon starting a TRT regimen, we will discuss payment options that cover deductibles and co-pays.

What are the typical costs if I have insurance?

Costs vary depending on your share of financial responsibility. We can set up affordable payment plans to cover your out-of-pocket expenses.

Can I still get treatment without insurance or if insurance elects not to cover treatment?

If insurance elects not to cover treatment, elective treatment is still an option. We will discuss affordable cash payment options during your follow-up consultation.

Which insurance companies do you accept?

We are in-network with many major health insurance providers (except for Medicare and Medicaid). We can check your coverage before treatment.

How do I pay for treatments?

Whether covering deductibles, co-pays, out-of-pocket costs for insurance or you are paying cash for treatment, we accept all payment forms including HSAs, Flex Spending, debit/credit cards, cash, and checks.



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