

Top Medical Story of 2010 – The Dangers of Low Testosterone

Why So Many Men Feel 20 Years Older Than They Should

Dear Friend,

If you feel 20 years older than you really are, read on to find out what shocking new research reveals about low testosterone and men over 40... your doctor may not have a clue!

This Special Update on the truth about low testosterone reveals why I strongly suggest that every man over 40 take the “Testosterone Truth Test” included in this report. This simple test has been shown to be 80% accurate in identifying low testosterone.

If you have a low score, consider a Testosterone Support Plan immediately. If you score well, I suggest you support your testosterone daily to *keep* it healthy.

The news is so bad about testosterone I strongly recommend that you take no chances.

How bad is it?

How Many Men Have Low Testosterone?

Depending on how it is measured, some scientists estimate up to 13 million American men – and probably more – have low testosterone.¹

A government report states they don’t really know how many American men have low testosterone, but the prevalence of low testosterone is probably *under-diagnosed*.²

The best measure of testosterone is free testosterone *plus* a survey of symptoms such as the one in this Special Report.³

Free testosterone is available to be used by men’s bodies. Measuring total testosterone, most of which cannot be used by the body, is not as helpful. If you get tested, ask your doctor to test your free testosterone and your total testosterone.

THE UGLY TRUTH ABOUT LOW TESTOSTERONE

	TRUE	False
Weak or failed erections	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Damaged penises	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Blindness	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Amputations	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Excruciating nerve pain	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Heart attacks	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Fat belly	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Low libido	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Early death	<input checked="" type="checkbox"/>	<input type="checkbox"/>
High blood pressure	<input checked="" type="checkbox"/>	<input type="checkbox"/>
No energy	<input checked="" type="checkbox"/>	<input type="checkbox"/>
High cholesterol	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Broken bones	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Loss of muscle	<input checked="" type="checkbox"/>	<input type="checkbox"/>
And more...		

What's worse is that men with low testosterone are not being treated by their doctors. A recent study by the New England Research Institute in Boston found that of 97 men who had low testosterone, only 11 had been prescribed testosterone and I'm going to guess that none were told about dietary supplements or diet that would help raise testosterone.⁴

Doctors Made a Big Mistake About Testosterone Supplements

For many years, doctors believed that taking testosterone supplements or medication increased the risk of prostate cancer. That is NOT TRUE, according to leading medical journals.

*"We reviewed decades of research [72 published studies] and found no compelling evidence that testosterone replacement therapy increases the incidence of prostate cancer or cardiovascular disease."⁵
The New England Journal of Medicine, Jan 29, 2004*

*"... the notion that pathologic prostate growth, benign or malignant, can be stimulated by androgens is a commonly held belief without scientific basis."
European Urology, April 8, 2009.*

In this worldwide analysis of 18 studies and over 9,000 men, no relationship was found between prostate cancer and testosterone.
Journal of the National Cancer Institute, January, 2008.

Dr. Morgentaler, a leading prostate medical expert, was one of the first scientists to question the accepted belief that raising testosterone increased the risk of prostate cancer. In his book about testosterone, he states how he felt when he realized that the accepted theory was false.

"...It was like the children's story The Emperor's New Clothes—we see what we want to see. And for two-thirds of a century, it had been assumed that raising testosterone increased prostate cancer growth. But maybe the emperor was naked.

... Shockingly, the very publications cited so regularly to demonstrate a dangerous relationship between testosterone and prostate cancer contained evidence that this was not true."

Later in the book he adds,

"I no longer fear that giving a man testosterone therapy will make a hidden prostate cancer grow or put him at increased risk of developing prostate cancer down the road. My real concern now is that men with low testosterone are at an increased risk of already having prostate cancer."⁶

Misinformation about testosterone and prostate cancer set research back by decades. It was nearly impossible for scientists to get published if they had good things to say about testosterone. The truth about supplements like DHEA that help raise testosterone was also suppressed.

Now, scientists are finally publishing their research about low testosterone – and it is alarming.

Alarming New Research About Low Testosterone Excruciating Pain, Blindness, Amputations Linked With Low Testosterone

Have you or a loved one been diagnosed with diabetes, insulin resistance or metabolic syndrome? Do you take your medication and think it's "just a sugar problem" and it's "no big deal?"

What's the big deal about insulin problems? In one word – neuropathy – commonly called nerve pain. Insulin problems lead to high blood sugar and that can lead to nerve damage and chronic, life long, excruciating pain.

People with insulin problems have a high risk of damage to the nerves that branch out from the spinal cord. This is called peripheral neuropathy. Some experts call peripheral neuropathy a stealth disorder. It silently destroys your nerves until it's too late to do anything about it. Then you may be in constant pain.

The damage can be in nerves that help you move and see, nerves that sense hot, cold and pain, and nerves that control breathing, blood pressure, erectile function and digestion.⁷

If you have any type of "sugar problem," has your doctor talked to you about neuropathy? Based on a recent survey by the American Diabetic Association, probably not.

Breaking Research News...

Testosterone plus diet and exercise for 52 weeks reversed insulin problems in 81.3% of patients.⁸

In a study with 32 men with low testosterone (total testosterone <12.0 nmol/L), raising testosterone along with diet and exercise reversed Metabolic syndrome in 91.3% of the men. Diet and exercise alone only reversed Metabolic Syndrome in 31.3% of the men.

The Journal of Andrology, Nov/Dec 2009.

FACT: Unregulated insulin and high levels of blood sugar damage nerves.⁹ Damaged nerves may lead to blindness, amputations and chronic nerve pain.

FACT: Low levels of testosterone increase your risk of insulin problems that lead to high levels of blood sugar.¹⁰

Warning! Doctors Fail to Diagnose Neuropathy in 75% of Diabetic Patients

You would think that doctors would be doing everything they could to inform diabetic patients and pre-diabetic patients on how to prevent nerve damage. Tragically, not true!

I'm not easily shocked, but I am shocked by this 2005 report from the conservative American Diabetic Association. They know that diabetics are at the highest risk for painful neuropathy.

After doing a national survey of over 8,000 people the association discovered:¹¹

- 75% of diabetic patients who have experienced symptoms of nerve damage have not been diagnosed or treated by their doctors for this condition.
- 56% of diabetics who experience symptoms of nerve damage don't know they have anything to do with their diabetes.
- 62% of diabetics who have symptoms believe they are connected to their diabetes—but only 42% have been told by their doctors that diabetes is the cause.

The study continues...

“These study results are alarming because, left untreated, diabetic neuropathy always progresses... leads to foot ulcers, infections, and ultimately, amputation. Not knowing you have diabetic neuropathy doesn't mean that the condition will not progress. It will still get you.”¹²

Here's what nerve pain feels like:

One day you're fine, the next day you're struck down by the worst pain you've ever felt. It may come in waves or it can hit all at once as shooting pain, intense burning or horrible cramps. For some of you, it may hit as intense eye pain. For others, your legs may give out. For other people, you don't feel a thing. You injure your foot, but you don't even notice—until you have a serious infection.¹³

Sufferers describe their pain in a brochure from the Neuropathic Pain Network:¹⁴

- Constant and recurring pain; doesn't go away
- Burning, stabbing, pins and needles, numbness
- Feel depressed and helpless because normal pain medicine doesn't help
- Fearful because they don't know what's causing it
- Trouble sleeping; pain is worse at night
- Unable to work, walk or wear clothes without unbearable burning pain



Won't Medications Take Care of the Pain?

Here's the shocking news from a scientific review in 2007 of all the latest medical treatments for painful diabetic neuropathy:¹⁵

“There are no treatments that will relieve the pain completely; prevention remains the best strategy.”

“Neuropathy is chronic and progressive.” That means medications can't stop it.

“The pain is usually excruciating...”

“Neuropathic pain is difficult to treat and

patients rarely experience complete pain relief.”

“...treatment is deemed successful if patients obtain a 50% reduction in pain.”
Clinical Diabetes, November 1, 2007

The conclusion is obvious. *You must do everything in your power to protect yourself against living your life in constant pain!* How great is the risk?

If you have diabetes you have a 50-60% risk of living in pain. Even in diabetic patients with long-term excellent control of their blood sugar, the risk is still one in five.¹⁶

What’s Testosterone Got to Do With Nerve Pain?

If you are a man, low levels of testosterone raise your risk of having insulin resistance, diabetes 2 and Metabolic Syndrome¹⁷ — and that raises your risk of neuropathy.

Scientists don’t know the exact mechanism, but adequate levels of testosterone seem to protect the cells in the endothelial lining from damage.¹⁸ One recent study in 2007 indicated that testosterone might work by affecting insulin sensitivity directly.¹⁹

The good news is that raising your testosterone levels helps support healthy insulin and blood sugar levels. This may help prevent lifelong, terrible nerve pain, infections, amputations and blindness. Testosterone improves^{20,21}

- Insulin sensitivity
- Fasting glucose
- HbA1c levels

Low Testosterone Raises Risk of Heart Disease and Dying Early

Heart disease is the number one killer of Americans. You may already know that. What you may not know is that the first symptom for half of people with heart disease is a sudden heart attack. And half of the people die from their first heart attack, according to the American Heart Association.

According to a 2009 review out of Boston University School of Medicine, low testosterone is associated with the symptoms of heart disease:²²

- Increased levels of total and LDL cholesterol
- More inflammation
- Thicker artery walls
- Damaged endothelial lining

Supplementing testosterone restores arterial health, reduces inflammation, lowers cholesterol and triglycerides and improves endothelial function.

The same review of the medical literature found men with the lowest total and free testosterone were more likely to die than those with higher levels.

Their conclusion:

Low testosterone levels predispose men to increased risk of cardiovascular disease and death²³

Want to Lose the Belly Fat and Have a Better Sex Life? Raise Your Testosterone

Don’t drink beer, but you still have a beer belly? Skinny with a pot protruding out? Just can’t lose the abdominal fat?

Fat around the belly indicates that you are low in testosterone. This fat is the most dangerous kind.



If you are skinny and have a pot belly, you probably have the lowest level of testosterone and are at high risk of insulin problems, heart disease, erectile dysfunction and other problems associated with low testosterone.

The Director of the Andrology Centre at the prestigious University Hospital Karolinska in Sweden, Professor Stefan Arver, presented his research on testosterone at the World Congress on the Aging Male in 2004.

“...the wider the belly points out, the lower the testosterone...the T-levels, the testosterone, predict the risk for development of abdominal obesity.”

Professor Arver said his take-home message was, *“...testosterone can inhibit the accumulation of abdominal fat.”*

Simply going a diet and exercising may not work for weight loss if you have a testosterone deficiency.

And guess what? Fat around the belly is a good predictor that you’re going to have trouble in the bedroom, too.²⁴ Men with bigger bellies had a much higher risk of erectile failure. It makes sense. Low testosterone is a hazard to a great sex life.

Low Testosterone Crushes Cells in Penis

Now that scientists are finally studying the effects of low testosterone, the findings are truly awful. A 2008 study in the *Journal of Andrology* revealed that low levels of testosterone cause the cells, tissue and nerve fibers in the penis to fall apart so that the penis cannot achieve or sustain an erection.²⁵

The good news is that restoring testosterone levels dramatically improves the structure and function of the penis.²⁶

Testosterone doesn't just support the structural integrity of the penis, it also supports healthy sexual interest and libido.

Yes – Testosterone Can Rejuvenate Your Sex Life

*Testosterone improves*²⁷

- Sexual penetration
- Maintenance of erection
- Sexual desire
- More muscle and less fat
- Stronger bone density
- Physical strength
- Sexual function
- Libido
- Mood
- Energy

QUESTION: What happens when you raise testosterone in men with low testosterone?

ANSWER: You get an increase in²⁸

- Number of nocturnal erections
- Sexual thoughts
- Sexual motivation
- Number of successful intercours
- Scores of erectile function
- Overall sexual satisfaction

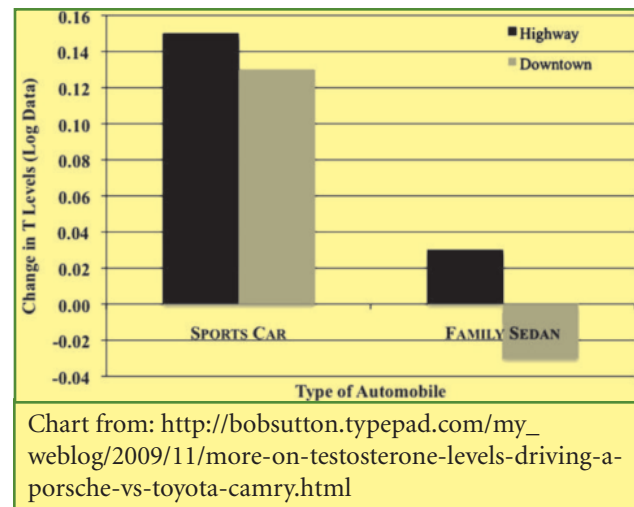
Quick T-Quiz

Which of the following supports higher levels of testosterone?

- (a) Driving a Porsche
- (b) Taking DHEA dietary supplements
- (c) Taking Viagra
- (d) Eating a low-fat diet

Correct Answers: (a, b); Wrong answers (c, d)

(a) Yes, it's true. Young men who drove a 2006 Porsche Carrera 4S Cabriolet experienced significant and substantial increases in testosterone levels. In other words, driving a hot, expensive sports car made their testosterone go up like a rocket.



Young men who drove a dilapidated 1990 Camry station wagon with over 186,000 miles had no significant changes in their testosterone levels. Is anyone surprised? The experiment was conducted by Gad Saad and John Vongas of Concordia University and published in the *Organizational Behavior and Decision Processes*.²⁹

(b) Can't afford a Porsche? Supplements of DHEA are much less expensive and have greater promise in helping aging men to improve hormonal levels.

DHEA is a hormone precursor to the production of testosterone in the body. It is essential that you have enough DHEA in order to make testosterone. DHEA levels decline steeply at middle age. The Mayo Clinic reports that several studies suggest that DHEA supplements may improve well being, quality of life, exercise capacity, sex drive and hormone levels in people with low adrenal function.³⁰



Plus, DHEA increases insulin sensitivity. Taking DHEA supplements may help prevent long-term insulin problems that lead to neuropathy.

A study published in *JAMA, the Journal of the American Medical Association*, found that, like testosterone replacement, DHEA (50 mg daily) significantly decreased visceral (abdominal) fat area and subcutaneous fat. There was also a significant increase in insulin sensitivity with DHEA compared with placebo. The authors of the study concluded that DHEA could play a role in the prevention and treatment of the Metabolic Syndrome associated with abdominal obesity.³¹

Low levels of DHEA are associated with sexual problems, aging, cardiovascular disease, poor memory and poor immune system, belly fat, and poor sleep.³²

A 2004 Italian study found that supplementing with 25/mg day of DHEA significantly increased levels of DHEA, DHEAS, total and free testosterone, and androstenedione plus other hormones. Mood, fatigue and joint pain all improved.³³

“Because of the overwhelming evidence connecting low levels of DHEA to the diseases of aging, The Life Extension Foundation recommends that all people over the age of 40 begin DHEA therapy.”³⁴ The most recommended dosage is 50 mg a day.

DHEA LEVELS

	Normal	Ideal
Men	280-640 ug/dL	500-640 ug/dL
Women	65-380 ug/dL	250-380 ug/dL

The Truth About DHEA Safety and Political Control

A word of warning: Whether we like it or not, health care is political. Billions of dollars and freedom to make your own health choices depend on governmental decisions about health care.

There was a bill introduced in Congress in 2007 to outlaw DHEA as a dietary supplement. The information provided to Congress by those who wanted this bill to pass was false.

The bill would have classified DHEA as an “anabolic steroid drug” and thus make it illegal for Americans to obtain. This is patently false. DHEA is not an anabolic steroid. It is a normal steroid hormone in the same way that Vitamin D3 is a normal steroid hormone. Neither one are anabolic steroids.

The use of DHEA is not associated with the side effects of anabolic steroid abuse and there is little to no evidence of abuse of DHEA.^{35, 36}

FALSE

Those in favor of the bill, including Big Pharma lobbyists, circulated the following information that is scientifically proven to be false:

“Like all steroids, DHEA has a number of potential long-term physical and psychological effects, including heart disease, cancer, stroke, liver damage, severe acne, baldness, dramatic mood swings, and aggression.”

TRUE

In fact, the scientific evidence proves the opposite. DHEA supports³⁷

- Heart health
- Healthy mood and sense of well-being
- Immune function
- Improved sleep patterns
- Improved endothelial function
- Bone health
- Healthy weight
- Healthy sexual function

There is no credible scientific evidence that it increases risk of cancer, stroke, liver damage, severe acne, baldness, aggression or depression.³⁸

In fact, in the more than 10 years that DHEA has been available as a dietary supplement, there have been no reports of serious adverse health effects related to DHEA. According to many controlled scientific studies lasting between six months and two years, doses from 25 to 200 mg daily have shown DHEA to be safe.³⁹

Fortunately, the bill did not pass. But I am sure there will be more attempts to limit your medical freedom by banning dietary supplements that *work*. Due to false information, your doctor may be misinformed about the safety of DHEA.

If you want to preserve your freedom to purchase dietary supplements at economical prices, keep alert to scare tactics in the press about the dangers of safe, natural supplements and check out the science for yourself. The Life Extension Foundation keeps up with the political challenges to supplements and provides valid scientific evidence.

Longevity Miracle — DHEA Supports Longer Life Span

Of the many tactics that can be deployed to increase one’s life span, supplementing with DHEA seems particularly beneficial, as new findings imply that higher levels of DHEA are associated with a longer life span.

Scientists recently examined data on nearly 1,000 older Taiwanese adults to determine the relationship between DHEA levels and three-year mortality risk.

At the study’s end three years later, the data analysis revealed that...



...participants with lower DHEA levels had a **64%** greater risk of death than did individuals with higher DHEA levels.

The study authors concluded that lower levels of DHEA have a notable effect in increasing mortality risk, and that optimal DHEA levels may help to promote longevity.⁴⁰

(c) Viagra, Cialis and other similar medications for erectile dysfunction *do not* raise testosterone or support healthy levels of testosterone.

(d) Eating a low-fat diet is *not good* for your testosterone levels. (It's not good for your brain, memory, or heart and a low-fat diet doesn't help you lose weight either.)

TRUE: Low-fat diets *lower* your testosterone.

TRUE: Moderate to high-fat diets *raise* your testosterone. Is this for real? Believe it. It's the truth about testosterone your doctor and the "diet police" didn't tell you.

Here's what the research says...

The Truth About Low-Fat Diets and Testosterone – Research Summary

*A 2005 University of California Los Angeles study found that lowering dietary fat (and increasing fiber) in 39 middle-age, white healthy men (50-60 years of age) resulted in a 12% consistent lowering of testosterone and other male hormones.*⁴¹

A study by the National Cancer Institute reported that 43 healthy men aged 19-56 who ate a high-fat, low-fiber diet increased their testosterone by 13-15% compared to a low-fat, high-fiber diet. The men on the high-fat diet also had 12-28% lower levels of potentially harmful female hormones estradiol and estrone. Dorgan 1996.

In a third study, men who ate a customary diet of 40% fat mainly from animal sources changed to a diet of 25% fat with more polyunsaturated fats like corn oil. Serum testosterone and free testosterone dropped like a rock on the low-fat diet with supposedly healthy polyunsaturated fatty acids. Conclusion: A decrease in dietary fat content and an increase in

polyunsaturated fatty acids reduce serum concentrations of androstenedione, testosterone and free testosterone.
Hamalainen 1984.

The "diet police" are wrong. It's a big fat lie that low-fat diets are good for you. Good fats are essential to healthy aging. Good fats are good for your brain and good for your testosterone. Bad fats (like trans fats and too many polyunsaturated fats/corn oil) will send you to an early grave. Learn the difference!

It is for this reason that the highly respected *Men's Health* magazine recommends,

"... keep your consumption of fat – preferably in the form of monounsaturates and omega-3s – up around 35-40 percent, the amount research shows to be optimal for robust T levels"⁴²


More and more evidence points to the wisdom of eating fish and fish oil rich in omega-3 fatty acids. Because it is difficult to get as much omega-3s as we need from our diet – it would take eating fish low in mercury six or seven times a week – it's wise to supplement with fish oil supplements that contain at least 1,000 mg of pure omega-3 fatty acids per capsule.

Best Fats For Your Testosterone

- Omega-3 fatty acids from fish oil
- Extra virgin olive oil
- Organically grown coconut oil
- Nuts
- Wild salmon
- Sardines

Harvard doctor and world-renowned nutritional researcher Walter Willett, MD, DrPH, puts it bluntly...

"Stop recommending low-fat diets!"⁴⁴

 **ABC news reports ...**

*"Years of diet studies done by Willett and others have apparently found that healthy people tend to do two things: they actually increase "good fats" and "good carbohydrates" while cutting down on both "bad fats" and "bad carbohydrates."*⁴³ March 10, 2006

The Adam Test

(Androgen Deficiency in Aging Males)

This simple questionnaire can identify men with low levels of testosterone with about 80% accuracy.⁴⁴

- | | | |
|--|-----|----|
| 1. Do you have a decrease in libido (sex drive)? | Yes | No |
| 2. Do you have a lack of energy? | Yes | No |
| 3. Do you have a decrease in strength and/or endurance? | Yes | No |
| 4. Have you lost height? | Yes | No |
| 5. Have you noticed a decreased "enjoyment of life?" | Yes | No |
| 6. Are you sad and/or grumpy? | Yes | No |
| 7. Are your erections less strong? | Yes | No |
| 8. Have you noted a recent deterioration in your ability to play sports? | Yes | No |
| 9. Are you falling asleep after dinner? | Yes | No |
| 10. Has there been a recent deterioration in your work performance? | Yes | No |

How to Score:

Yes on Question 1 or Question 7 indicates you may have low testosterone levels. **Yes** on three other questions indicates you may have low testosterone levels.

The Testosterone "Truth Test"

Are you convinced yet that keeping your level of testosterone up is good for you? Then it's time to take The Testosterone "Truth Test" and find out the truth about your testosterone.

SUMMARY – 7 TRUTHS ABOUT TESTOSTERONE

1. Testosterone does not raise your risk of prostate cancer.
2. Low testosterone increases your risk of lifelong, painful nerve damage due to increased insulin problems.
3. Low testosterone wrecks your heart, penis and your sex life.
4. Raising testosterone improves all aspects of male health: heart, brain, sexual, prostate, circulatory, insulin, immune, bone, muscle, and energy.
5. Raising testosterone and DHEA helps you lose dangerous belly fat.
6. Raising testosterone and DHEA may help you live longer.
7. Eating healthy fats like fish oil and olive oil raises your testosterone. Low-fat diets lower testosterone.

Oh yes... and driving a hot sports car is a good thing!

Here's to your manly health,



Dr. William S. Gruss
For Natural Health News Report

Natural Health News Report

P.O. Box 1304 • Boca Raton, FL 33429-1304 • 866-482-6678

Chief Editor	Dr. William S. Gruss, M.D.
Associate Editor	Sharol Dell'Amico
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