



# The Natural Testosterone Plan: For Sexual Health and Energy

*Stephen Harrod Buhner*

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How to maintain optimum testosterone levels for the male body through the use of herbs, nutritional supplements, and diet

- Explains the phenomenon of andropause--male menopause--and how to deal with it
- Reveals scientific evidence of testosterone-blocking agents in the environment that alter men's essential chemistry as they age
- Presents safe, organic plant medicines that can restore optimum testosterone levels
- Contains the most up-to-date natural treatments for impotence, infertility, and prostate disease

The recognition of the middle-age stage in male development of andropause, which is comparable to women's menopause, is hampered by the lack of a clear understanding of the chemistry and physiology specific to aging men. Men are still capable of reproduction well into and beyond middle age. Yet a man's sexual desire and potency varies, often according to his testosterone level. Recent studies show that the lowered testosterone levels endemic in aging men--the gradual drop that is quite normal--is being exacerbated by environmental agents. Testosterone-blocking estrogen agents are present in insecticides, industrial materials, pharmaceuticals, and foods. Men are daily inundated with a "cocktail" of estrogen agents that alter the fine balance of testosterone that makes them male.

In *The Natural Testosterone Plan*, Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how safe, naturally occurring phytoandrogens--plant medicines that contain male hormones--can remedy the depletion exerted by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application.

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