

Adrenal Health for Men

The hidden cause of Low Testosterone



Adrenal Health for Men

Above average Cortisol usage (i.e. overstress) leads to adrenal fatigue and is the primary cause of low Testosterone in younger men. In order to correct decreased Testosterone in this case it is typically not advisable to prescribe or use Testosterone as the disrupted cortisol pathway can often times:

- Trigger the conversion of supplemented Testosterone into the hormone Estrogen.
 - ◇ Commonly seen when men take Testosterone supplementation and experience weight gain, fatty pockets around the pectoral muscles of the chest (i.e. gynecomastia) and may also see an increase in moodiness.
- Facilitate the conversion of supplemented Testosterone into Dihydrotestosterone (DHT).
 - ◇ Commonly seen when men take testosterone supplementation and experience enlargement of the prostate, increased irritability and occasionally increasing acne.
- Causes a decrease the amount of Natural Testosterone being made by that man.
 - ◇ Artificially increasing Testosterone abruptly typically triggers the body's negative feedback loop (i.e. the body senses an increasing amount of the hormone so the brain signals the testes (through the use of luteinizing hormone) to reduce the amount of Testosterone being made.

Testing

To understand your body's Cortisol and its impact on your Testosterone, we will be measuring:

How much Cortisol are you capable of making? This blood test determines total levels of cortisol, the precursor DHEA and Testosterone.

How and when you are using your Cortisol? This saliva test identifies your cortisol "rhythm" and provides a map of your body's cortisol utilization throughout the day and into the night.

Are you able to make enough Cortisol and are you using it up too quickly? This 24 Hour Urine test is essential to determine if your body has the appropriate building blocks to manufacture the cortisol it needs and to maintain it.

Program and Pricing

The average time to correct the overuse of cortisol is three to six months. During that time, you will be completing your testing and receiving the treatment indicated. Your treatment will be tailored to your degree of Cortisol imbalance which has seven distinct stages.