

THE MOST EFFECTIVE TRT PROTOCOLS FOR HIGH PERFORMING MEN

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MODERN DAY MEN AND TESTOSTERONE LEVELS

- Myths around testosterone use:
 - It does NOT cause prostate cancer
- Two main theories for declining testosterone in men
 - Obesity
 - Agents in the environment - endocrine disruptors.
- Has there been an adjustment in the median level/lab reference ranges?
 - They have not changed that much in the last several decades.
 - Reference ranges are very confusing for physicians and patients.
 - Different labs with different reference ranges.
 - Not based on clinical information.
- Measuring total T vs free T for prescriptions
 - Free T is critical and is more important than total T.
 - Symptoms of low testosterone follow free T, not total T.
 - Total T measures free T plus T that is bound to SHBG.

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MORE ON TESTOSTERONE REPLACEMENT THERAPY

- At what point does pushing up total T have implications with estrogen, DHT, etc.
 - Testosterone's actions in the body happen through:
 - Testosterone, estradiol, DHT
 - Different tissues are more sensitive to one or two of these than the other.
 - Scalp - DHT
 - Bone - Estradiol
 - Testicles - Testosterone
 - Prostate - DHT
- hCG and Clomid work to increase lutenizing hormone (LH), and cause the testicles to produce more testosterone.
 - Helpful for fertility.
- Lifestyle changes for T
 - Weight loss
 - Normalizing T helps with optimism and motivation, and can make exercise programs much more effective, as well as help motivate people to start.

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