Hormones

Hormone Balance and Imbalance

Lately there is an enormous amount of information (and hype) regarding testosterone and growth hormones. The benefits for each of these hormones have enormous implications on our aging, energy level, immune function, and many of the processes that occur in the body.

Here’s a list of some of the benefits associated with healthy levels of testosterone and growth hormones for men and women:

Benefits of Optimal Testosterone Levels
(Male and Female)

- Sex Drive
- Protection against plaque in the blood vessels
- Denser bones
- Greater focus and intensity
- Better balance and speed
- Strength and Stamina
- Lean Muscle
- Increased Libido, orgasmic power
- Feeling Youthful

Testosterone Deficient

- Poor Body Image
- Loss of hair
- Lack of energy and stamina
- Loss of coordination and balance
- Flabbiness and muscular weakness (flabby upper arms for women)
- Indecisiveness
- Decreased sex drive
- Loss of sense of security
Weight Gain

Benefits of Optimal Growth Hormone Levels
(Male and Female)

Better muscle tone
Improved elasticity of the skin
Greater bone density
Enhanced Immune Function
More energy
Greater sense of inspiration, positivity, and creativeness
Mental Clarity
Reduced Irritability
Greater sense of friendliness
Better attitude
More confidence

Growth Hormone Deficiency

More body fat
Decreased HDL cholesterol
Increased LDL cholesterol
Lowered metabolic rate
Reduced strength
Possibly reduce the size of the brain
Loss of skin tone
Poor immune function
Weaker kidneys
Weaker bones
Less lean muscle

Now I’m sure that you are excited about the benefits of growth hormones and testosterone. Usually after I tell clients what the benefits are, they would say, “Shawn, how do I balance out my hormones, or how do I reach an optimal hormonal state?” “Do I
need drugs or supplements?"

How do you naturally increase these two hormones in your body? It’s simple - **diet and exercise**… Of course, both of these have to be done properly. Two of the main causes of a hormone imbalance among men and women is the lack of exercise and a poor diet.

**Bottom Line:** A healthy diet and “proper exercise” will enhance growth hormone and testosterone production. Optimize your hormonal level by **exercising** and **eating healthy**… To see more on “proper exercise” please go to the Exercise Instruction Section.