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Though regularly referenced in regard to men (we know you've seen the ED commercials), testosterone is responsible for the development of secondary sexual characteristics that become prominent in both men and women at the time of puberty. "Testosterone affects men and women essentially for the same reason; men just have more of it and are more sensitive to it," says Dr. Robinson. Testosterone is vital for the production of dopamine, which is a neurochemical that stimulates the brain to induce the sexual response, or libido.

The Sex Docs have found in their 12 years of practice that low-T levels are running rampant in men younger and younger; in fact, Drs. Bosch and Robinson even treat teens. "New research, which is actually concurring with past research, shows that men are generationally losing their testosterone and sperm. It is an epidemic," says Dr. Robinson. Women are susceptible to this scourge as well, losing their testosterone gradually after the age of 20. "The most important time for anyone to consider hormones and testosterone replacement is around late-40's to early-50's. This is when things start to shift for a lot of people and when the testosterone levels for both men and women are very low and are becoming clinically relevant."

Low-T doesn't just put the brakes on one's sex drive, either. "[Testosterone] helps with increasing muscle and bone mass, improving cognition and mental focus, stimulating the immune system and balancing brain neurochemistry," says Dr. Bosch. Neurological conditions like Parkinson's disease and Multiple Sclerosis can even be helped by keeping testosterone at youthful levels.

Before considering testosterone replacement, the key to properly determine any hormone issue is comprehensive diagnosis. The Hormone Zone offers a cutting-edge treatment that focuses on the other hormone systems in the body as well as other potential health concerns that are leading or exacerbating the hormone imbalance. "We explore all of your hormones, in a collective, concerted way," says Dr. Robinson. "We consider adrenal hormones, insulin and blood sugar-handling hormones, thyroid hormones, and human-growth hormone and other pituitary hormones. Additionally, we have comprehensive solutions for diet and nutritional needs, including how to improve digestion and gut health."

The Hormone Zone even has a unique way of assessing blood work with a goal to optimize a patient's hormone levels, not just making sure they are barely in the range. "We approach the health of the patient so as to make the patient fully functional," says Dr. Bosch. "We are constantly innovating and improving upon proven systems."

Suspect you might be suffering from low-T? Contact The Sex Docs if you are experiencing memory and focus issues, depression, mood swings, irritability, muscle aches and pains, joint pains, fatigue, insomnia, night sweats, vaginal dryness, lack of libido, painful intercourse and erectile dysfunction.

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