

# Men's Health Men's Sexual Health Tips

**T**he topic of men's sexual health is increasingly important for men of all ages. Fortunately more and more men are choosing to learn about the healthy functioning of their own bodies and to view sexual health difficulties as a warning sign that some things simply need to change. And very, very often those changes need to focus on three key factors: improve natural testosterone; reduce stress hormones; improve prostate function.

## What is Testosterone Deficiency Syndrome (TDS)?

Testosterone deficiency syndrome is a real thing. Just because men might not talk about it openly, doesn't mean it's not happening. As early as 1946 the Journal of the American Medical Association published landmark research naming it as a "syndrome associated with a decrease in sexual satisfaction or a decline in a feeling of general well-being with low levels of testosterone". Diminishing testosterone impacts sexual desire and ability! Low libido is not the only troubling sign that a man has lowered testosterone.

## What are Common Symptoms of Testosterone Deficiency Syndrome?

When a man has low levels of testosterone, he can experience chronic stress and nervousness, reduced sexual potency, decreased libido, irritability, fatigue, depression, memory problems, sleep disturbances, and even hot flashes. In addition, an article about testosterone deficiency published in 2016 in Clinical Uro-Andrology included pre-mature aging, osteoporosis, atherosclerosis, hypertension, cardiovascular disease, diabetes mellitus, lower urinary tract symptoms, and erectile dysfunction on the list as "a common denominator" in testosterone deficiency. In his well-documented book *Sex for Life, The Lover's Guide to Sexuality*, author David Saul, MD reminds men that a long list of prescription medications are related to lowering their testosterone. Dr. Saul also warns that stress can be a major cause of testosterone deficiency.

## Don't Let Stress Ruin Your Love Life!

AndroForce is making a change for the better in the lives of men of all ages who suffer from testosterone deficiency. Prairie Naturals AndroForce is a synergistic blend of therapeutic nutritional and plant-source substances shown to help men naturally re-establish their healthy testosterone levels. This cutting-edge hormonal support formula primarily acts to block estrogen and reduce stress-induced cortisol (the stress hormone). Integrating the hormonal support from AndroForce with a well-balanced, nutrient-dense diet and regular exercise is an effective and timely strategy for a satisfyingly healthy sex life.

## What are the Ingredients in Prairie Naturals AndroForce?

As an award-winning Canadian company and a recognized pioneer in the formulation of Men's Health Products, Prairie Naturals is dedicated to provide men with the unique nutritional and hormonal support supplements they need to live their best life. All AndroForce ingredients are selected based on research, safety and efficacy.

**Ashwagandha Root & Leaf Extract:** this plant-source "adaptogen" modulates healthy levels of cortisol, the body's main stress hormone; stimulates a man's own testosterone production.

**D-Calcium Pantothenate:** this highly active form of Vitamin B5 it reduces stress and anxiety responses and supports adrenal function.

**Vitamin B6 (Pyridoxal 5 Phosphate):** this well-metabolised form of B6 is essential to men's health; it reduces prolactin levels, slows the conversion of testosterone to DHT (dihydrotestosterone) and prevents prostate enlargement.

**DIM (Diindolylmethane):** this potent, natural-source phyto (plant) chemical reduces "estrogen dominance", the formation of harmful estrogens; prevents aromatase enzymes from converting testosterone to estrogen.

**Rhodiola Rosea:** another well-documented plant source adaptogen that regulates a man's response to stress; prevents the dangerous elevation of cortisol, the stress hormone that can inhibit erectile function; alleviates depression; improves mood; improves sexual performance.

**Pumpkin Seed & Pumpkin Extract (4:1):** a natural food with powerful healing properties that protect the heart and help reduce high blood pressure; an effective remedy for urinary disorders, especially overactive bladder.

**Stinging Nettle Root extract (4:1):** a plant extract that promotes prostate health and reduces prostate enlargement; alleviates urinary tract symptoms related to prostate problems including frequent urination and incomplete bladder emptying.



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