

# HORMONES – The Key to Vitality, Sex Drive & Ageing

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- Do you have low libido or sex drive?
- Are you having trouble achieving and/or sustaining an erection?
- Would you like more lean muscle or to lose weight?
- Have you noticed a loss in muscle tone or increased fat tissue?
- Do you suffer from stress, burnout or find it hard to switch off at night?
- Do you often feel weak, fatigued or tired?
- Have you noticed a loss of body hair on your legs, arms or face?
- Do you have a family history of prostate or testicular cancer?
- Do you ever get irritable, depressed, anxious or overwhelmed?
- Do you have trouble focusing or retaining information?
- Do you experience forgetfulness, poor concentration or a lack of memory?

If you answer “yes” to any of these questions, talk to your nutritionist about the benefits of nutritional testing

## Decisive Information to Achieve Balance

### MALE HORMONES

Testosterone levels peak in most men during their early to mid-20s. Between the ages of 40 and 70, the hormone-producing cells begin to wear away, causing men to lose nearly 60 percent of peak levels. Key symptoms of testosterone deficiency include depression, fatigue, low sex drive, irritability, hair loss, thinning and wrinkling of the skin, weight gain and weakening of bone and muscle tissue. Eventually, hormone imbalances can set the stage for the development of more serious conditions like heart disease, osteoporosis, pre-diabetes and erectile dysfunction. While many medications are available to help sustain an erection, none of these drugs work effectively without adequate testosterone.

### THYROID FUNCTION

The thyroid gland secretes hormones that regulate your metabolism. Disruptions can slow down or speed up your body, producing unpleasant symptoms and health-threatening conditions from fatigue, hair loss and weight gain or loss, to high blood pressure and heart problems.

### ADRENAL FUNCTION

The adrenal glands produce several hormones, including DHEA and cortisol. When out of sync due to stress or other influences, these hormonal imbalances can cause weakness, fatigue, muscle and joint pain, obesity, and obesity, and reduced sense of well-being. A prolonged imbalance can impact the immune system, trigger premature ageing and set the stage for chronic illness.

### MELATONIN PRODUCTION

Melatonin possesses powerful anti-aging and anti-cancer properties, and enhances sleep. Low levels are associated with insomnia or infertility. High levels may be associated with depression.

## Make Informed Decisions

We recommend an array of hormonal tests that can help reveal important information about your hormones. These professional, laboratory tests can help determine which nutritional program is best for you.

- Male Hormones Plus (END17) £172
- Adrenal Stress Profile (END01) £82
- Urine Thyroid Test for T3/T4 (END08) £107

**To order:** Email: [info@thinknutrition.co.uk](mailto:info@thinknutrition.co.uk)