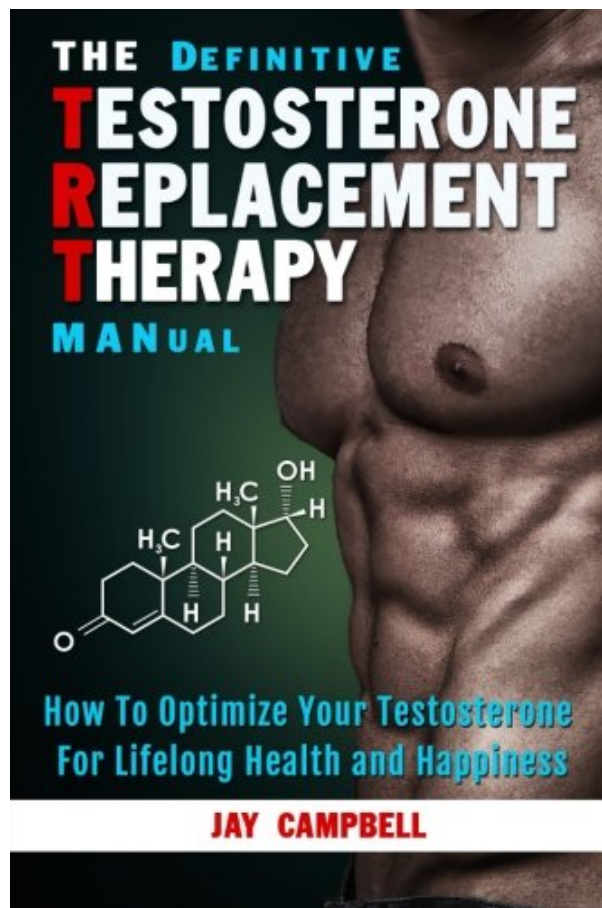


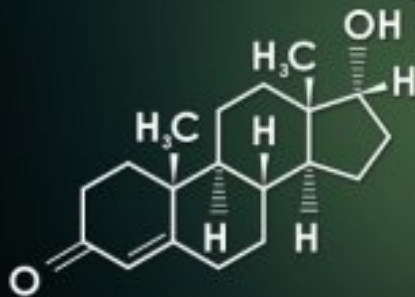
**THE DEFINITIVE TESTOSTERONE
REPLACEMENT THERAPY MANUAL: HOW
TO OPTIMIZE YOUR TESTOSTERONE FOR
LIFELONG HEALTH AND HAPPINESS BY
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**How To Optimize Your Testosterone
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Review

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From the Author

Thanks to everyone who has taken the time to review my book.

I have heartfelt gratitude for your words and thoughts. Each of you are helping more men than you could possibly imagine.

If you or a friend or loved one is struggling with a perceived testosterone deficiency but don't know where to turn, I'd be happy to offer my advice. Just subscribe to my blog and either email or message me there.

Please be patient as I respond to every email and message.

About the Author

Jay Campbell is the author of 'The Definitive Testosterone Replacement Therapy MANUAL: How To Optimize Your Testosterone For Lifelong Health and Happiness'?. The book is an authoritative TRT research guide written for both patient and doctor alike. Jay is also a champion male physique competitor and co-founder of FabulouslyFitOver40-the #1 site on the web for 'Fit Over 40' information. Jay is also the Co-Founder of SOAR Seminars-a unique seminar that improves the aging process through optimizing biochemistry, utilizing the warrior mindset, and teaching proper strength training technique and mobility

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The Definitive Testosterone Replacement Therapy MANual: How To Optimize Your Testosterone For Lifelong Health And Happiness By Jay Campbe. In undergoing this life, lots of individuals always aim to do and get the very best. New understanding, encounter, session, as well as everything that could enhance the life will be done. Nevertheless, many individuals often really feel confused to obtain those points. Really feeling the minimal of encounter and sources to be better is among the does not have to possess. However, there is a very basic thing that can be done. This is just what your educator always manoeuvres you to do this one. Yeah, reading is the solution. Reviewing a book as this The Definitive Testosterone Replacement Therapy MANual: How To Optimize Your Testosterone For Lifelong Health And Happiness By Jay Campbe as well as other referrals can enrich your life high quality. Just how can it be?

When obtaining this book *The Definitive Testosterone Replacement Therapy MANual: How To Optimize Your Testosterone For Lifelong Health And Happiness By Jay Campbe* as recommendation to check out, you could obtain not just motivation however likewise new knowledge and driving lessons. It has greater than common perks to take. What type of book that you read it will work for you? So, why ought to obtain this publication entitled The Definitive Testosterone Replacement Therapy MANual: How To Optimize Your Testosterone For Lifelong Health And Happiness By Jay Campbe in this post? As in web link download, you could get guide The Definitive Testosterone Replacement Therapy MANual: How To Optimize Your Testosterone For Lifelong Health And Happiness By Jay Campbe by online.

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Praise for The Definitive Testosterone Replacement MANual

"Inspiring is Jay's knowledge of hormone replacement and human physiology, which surpasses that of many of my medical colleagues. This he brings to you the reader in the pages of his much-needed and timely opus. Open your eyes, read and digest Jay's words. This book is the chapter that I was scared to write."

Brett Osborn, MD Diplomate, American Board of Neurological Surgery Diplomate, American Academy of Anti-Aging Medicine CSCS, National Strength and Conditioning Association, Author of Get Serious, A Neurosurgeon's Guide To Optimal Health and Fitness

"The Definitive Testosterone Replacement MANual presents practical information about the best ways to maximize benefits and minimize side effects of testosterone replacement therapy. It accomplishes this goal in the most visually appealing way I have ever seen in this field. This book makes for an enjoyable and highly empowering read for any man who wants to take charge of his health and quality of life."

Nelson Vergel CEO, ExcelMale.com and DiscountedLabs.com, Author of Testosterone A Man's Guide: Practical Tips For Boosting Physical, Mental and Sexual Vitality

Are You Living Life At Your Maximum Potential?

Is your sex drive at its peak, or has it diminished? Is your enthusiasm for life lessening?

Healthy testosterone levels are not only a physical state of prime health, but a mental state of positive wellness and aggression.

A man with low testosterone will experience not only a physical decline, but also a diminished quality of life.

Testosterone is often misrepresented by the media at large as inciting "hostility", or its effects are reduced down to building muscle only, and its portrayed as being detrimental to health. Nothing could be further from the truth. Comprehensive clinical evidence has unequivocally demonstrated that healthy testosterone levels not only slow the aging process and improve physical markers of health, but that they also reduce the possibility of degenerative disease, and by extension vastly improve quality of life.

Men NEED Optimal Testosterone Levels to age powerfully and live to their maximum potential.

The Definitive Testosterone Replacement Therapy MANual is the first book of its kind covering not only the therapeutic practice and application of TRT, but the historical, sociological, and biological issues that inform

its usage.

With this manual, you will learn:

- The history of testosterone, and the modern narrative that influences its use and prescription
- How to assess your own testosterone levels, and make medically supported decisions at improving your hormonal health
- The science of TRT gathered from ample research data made understandable, and how it influences broad spectrum
- Diet, training, and lifestyle guidance that will support your revitalized way of living

- Sales Rank: #216009 in Books
- Published on: 2015-11-06
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .46" w x 6.00" l, .60 pounds
- Binding: Paperback
- 182 pages

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If you or a friend or loved one is struggling with a perceived testosterone deficiency but don't know where to turn, I'd be happy to offer my advice. Just subscribe to my blog and either email or message me there.

Please be patient as I respond to every email and message.

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Most helpful customer reviews

23 of 25 people found the following review helpful.

This is THE Definitive Testosterone Replacement Information Resource!

By Calvin P. Poole, Jr.

This book is well written and fact filled. It gives suggestion and recommendations for testosterone replacement therapy that are excellent. It does not go into the scientific portion with relatively useless information, such as drawings of the hormones, the number of methyl groups, etc. If the advice in this book is used, I can almost promise that you will feel better and make many more advances in your appearance, your mood and, in general, how you face the world and live life.

That being said and hopefully you will considering buying this book, I am going into my background. I am a doctor and a board-certified Ob-Gyn. I am studying to become certified in anti-aging medicine at this time. When I finished residency in 1984, a large part of our knowledge base was endocrinology, especially in relationship to the sexual hormones including testosterone as well as estrogen and progesterone, which people usually consider the female hormones. For example, did you know that the usual post menopausal woman, say of sixty three will have a higher testosterone than her husband of the same age?

Your testosterone starts falling about 1% a year on the average starting at age 30 (ages of peak testosterone vary from source to source from 20-30). If you have had a high testosterone level and it drops to a much lower level, you can become symptomatic, even though your tests will show a low normal testosterone level. This is not an all or none situation. Do you really think that if your level is say 275 and the cut off for a low level is 270 that you do not would not benefit from therapy until your level gets to 269? Each lab is different and the one I just checked for a normal range is 270-1070.

I became depressed when I hit about 40 and after several years of being on SSRI's, and gaining weight (read getting fat) and not having the urge to work out or actually do anything, gaining about 70 pounds with a decrease in muscle mass, (so who knows how much fat I really put on) I continued to research since I got NO results from the medications or therapy. I found an old medical paper that said that testosterone therapy was effective in the treatment of depression in older males. I then found a paper that gave a comparison and it showed that testosterone therapy was much more effective than SSRI's. I got my levels done and I had a very low level of testosterone. I started replacement therapy and have lost weight and no longer have problems with depression.

Now back to the book. Most MD's do not like to start testosterone replacement therapy, since that is "part of getting old". This was a NoNo, even in the 70's. I do not agree with this since your quality of life suffers and you are miserable. Some worry that TRT can cause heart attacks or strokes. There was one flawed study that showed this, whereas there are many studies that show the exact opposite.

If you are considering replacement therapy get this book and get a copy for your doctor, because this has more practical advice in it for TRT. After my training and back ground, I personally like to know the chemical make up of the hormones and the degradation, etc., but most do not.

Jay is very knowledgeable in the area of TRT. I have not found any mistakes in the information that he presents. I have never met him, although I have communicated with him online. I was surprised at his grasp of TRT which is much deeper than most doctors that I have talked with and after discussions with him, I have made changes in my own TRT and have benefited from them. I highly recommend this book both for

men interested in TRT as well as all doctors that treat adult and elderly males.

In full disclosure, I did receive a copy of this prior to publication, free of charge, and did not receive anything in return for my review. I have nothing to gain or lose from this review and don't even know Mr. Campbell. If I had not thought so highly of this book, I would have stated it or not reviewed it at all.

In order to "put my money where my mouth is" I did purchase this to give to my own doctor. I just needed to explain how I was able to get a review out as quickly as I did on the day of release.

9 of 9 people found the following review helpful.

I felt like a completely different person

By Jeremy

After serving in the 75th Ranger Regiment for a number of years and going through a few of the toughest schools the military has to offer; I felt like a completely different person. The rigor to succeed that I had before was gone. My competitive edge started to go away. I was known as one of the more physically fit members in my unit and it was all just going away. Even weirder was the fact that I didn't really care. I was now becoming ok with not being the best.

I knew after Ranger School It would take awhile for my body to heal up. After all, I recycled mountain phase twice and was there for almost half a year (got caught in best ranger comp). I graduated and returned to things as normal assuming after a few months everything would start to become normal. But it was the last straw for my body. After deploying and being around so many blasts, Ranger School seemed to be the last straw the broke my body. After reading the information in this book and arguing with every doctor ever since they all told me "I was too young to have that problem", and 6 months after graduating I finally get my testosterone checked. It came back at 26ng/dl. I was 23 years old at the time. It explained the complete change in who I was and the fact that I couldn't even get a hard on. AT 23 YEARS OLD.

I followed recommendations as outlined in the book and talked to my doctor about TRT. He was hesitant at first. Saying that it must have been a fluke cause of my age and had more tests done including brain scans. But I stuck with the amazing information this book informs you with and worked with my doctor to bring my levels up to where they should be. I brought the information from this book to my doctor, which luckily he was open to trying, saying he even learned some things (Most doctors ego's are too big to ever admit they learned from someone who doesn't have letters after their name). That proved for me that Jay really knows what he's talking about. Without the knowledge I got from Jay and his book I would have never been able to return to who I was.

I've seen it happen to so many of my friends from serving and now can show them the same information that literally GAVE ME BACK MY LIFE. I have since gotten out of the military and continue to use this book as an on-going reference to how to optimize my hormones and my life.

All I can really say is thanks to this book, **THE REAL ME IS BACK**

9 of 9 people found the following review helpful.

and after all that they still often feel like s***. Many of these men just suffer from ...

By Adam L.

As I write this, this book has only been out for a few hours. I'm able to review it now because I was going to see my endocrinologist before the release date, had a bunch of questions for Jay, and rather than answer them all individually, Jay sent me a draft (and after I read it he still spent a half hour on the phone with me for free- what a guy!). Being a draft, there might be a few differences between this and the final copy available here on Amazon; I'll edit my review if necessary once I get my hands on the final draft.

TRT is a complicated subject, but Jay makes it about as understandable as possible. The point he drives home the hardest is that we live in a testosterone-deprived age. So many people are drugging themselves on SSRI's in an effort to keep from being depressed, Nootropics to stay alert and focused and, most commonly, boner-pills to keep their sex-life going...and after all that they still often feel like s***. Many of these men just suffer from low testosterone. "Low" doesn't always just mean out of range, but sub-optimal, and optimal can vary by the individual. Just because you're "in range" doesn't mean you're at optimum health. Optimizing this declining hormone can be an effective way to treat all of these symptoms by simply controlling the levels of a hormone your body should be making naturally anyway!

"The Definitive TRT Manual" takes much of the mystery and confusion out of this subject, and there are lots of advanced tips and cautions in bang-boxes for those who want extra detail or tips. He goes into detail about how the risks are over-villified and how the benefits are under-appreciated, which options he prefers and why, as well as how to monitor and control any side-effects, such as high red-cell count, in order to optimize health. You can tell Jay invested an enormous amount of time in this product. This book looks like it was illustrated and edited by a major publishing house; I had text books in college that looked less professional than this!

I don't have much in the way of criticisms. Ways to find a good, affordable, local TRT doc (or to talk to your primary doc) would be nice, but are somewhat outside of the scope and highly variable; he also recommends a tele-medicine clinic on his page. I'd like to learn more about HCG monotherapy, which he recommends you pursue first, but that's not exactly TRT so also somewhat outside of the scope (and the Q&A at the end suggests he may've added additional info on this in the final draft). I'm also interested in information about whether TRT will permanently effect my ability to naturally produce T after long term use (say, your natural level drops from 400 to 275 after stopping TRT). I spoke to Jay about this on the phone and he feels it is pointless to worry about as you wouldn't go on TRT to begin with if your natural levels weren't already making you miserable, so there's never a point in stopping. Fair point, but s*** happens and I'm still interested in learning more about long-term effects.

Overall, I highly recommend this book. It's concise, professional, detailed and still easy for a layman to read. Had I discovered it sooner I could've saved myself dozens of hours of scouring the internet. \$20 to save all that time and confusion is a bargain. Five stars.

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