



Helping men look, feel and perform their best at any age.

**Congratulations on your decision to take your health into your "own hands" with the OptiMale Testosterone Health Check.** Based on more than twenty years of research, salivary hormone assessments have become the preferred method of measuring hormonal health. In addition to being less expensive and more practical than blood testing, salivary assessments measure the active (*bioavailable or free*) levels of hormones rather than the inactive (*total or bound*) levels of hormones.

### **The Keys to Lifelong Male Health: The Four "Super Male" Hormones**

In order to experience optimum mental, physical and sexual health, it is crucial to have a youthful balance of the four "Super Male" hormones: testosterone, estradiol, DHT and DHEA. Levels of testosterone, DHT and DHEA should remain in the "high normal" youthful range, while levels of estradiol and cortisol should be in the "low normal" youthful range.

#### **Testosterone: Your Hormone King**

The core of hormonal health is youthful levels of testosterone. Testosterone is what makes a "man a man" and keeps you healthy and vital throughout your whole life. Unfortunately, aging and lifestyle factors can cause "active" levels of testosterone to fall two percent a year after age 35. The loss of youthful levels of testosterone can greatly diminish your energy, mood, physical strength as well as your mental and sexual function.

#### **Estrogen: Don't be a Queen!**

The facts are that high levels of estrogen are as much of a problem for modern man than is low testosterone. While small amounts of male estrogen, a testosterone by-product, are important for health, high estrogen levels can suppress testosterone levels as well as directly reduce sex drive, promote fat gain and muscle loss, enlarge the prostate and increase your risk of cardiovascular disease. Unfortunately, modern lifestyle and excess body fat coupled with chemical pollutants have resulted in many men having higher estrogen levels than menopausal woman.

#### **DHT: Your Sex Hormone**

Dihydrotestosterone (DHT), a by-product of testosterone metabolism, is the critical hormone involved with sexual function and prostate health. DHT levels can become low with excess dietary soy products, use of medications such as Propecia or herbs such as Saw Palmetto.

#### **DHEA: The Anti-Aging Hormone**

DHEA, a building-block for testosterone, is directly involved with healthy aging and your ability to handle stress.

### **What Hormones Should I Assess?**

While it is ideal to assess all four of the "Super Male" hormones, we strongly recommend that you ALWAYS assess at least your levels of *testosterone* and *estradiol*.

### **Your Special Bonus**

Please visit us at [www.checkmytestosterone.com/bonus](http://www.checkmytestosterone.com/bonus) to receive a special offer on my comprehensive Testosterone Health program that will have you looking, feeling and performing 20 years younger! The offer includes a FREE copy of "*Be All the Man You Can Be*," an essential guide for optimal hormonal health and special pricing for **OptiMale RX**, my clinical tested nutritional formula designed to maintain and restore healthy male hormone levels.

### **Questions or Comments?**

Please feel free to contact us at [info@checkmytestosterone.com](mailto:info@checkmytestosterone.com)

In Good Health,

Rick Cohen. M.D.