

## Male Hormones

Every cycling female has a monthly reminder of her hormonal condition. As she enters perimenopause, she is aware of changes in her body, and by the time menstruation ceases altogether, she knows she has entered a different phase in her life.

It's not quite the same with males. They have no recurring signal that alerts them of their hormonal status. While the aging process is inevitable, loss of vitality doesn't have to be. Many men in their fifties and older experience a progressive decline in their energy, vitality, sexual performance and mental capacity. This decline has been labeled *andropause*.

Some of the specific concerns of andropausal men are: decrease in muscle mass and strength, decrease in hair density, decline in sexual function and interest, irritability and nervousness, change in sleep habits, and depression.

To determine hormone levels, the [Male Hormone Panel](#), a simple saliva test, can help determine where an imbalance is occurring. Supporting the underlying organs that help balance hormone production can produce several positive effects: an increase in fitness and sense of well-being, a decrease of body fat, resolution of libido problems, and prevention of hair thinning.