TRT For Men And Its Weight Loss Benefits

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Dr. Amauri Wellness Centre, a integrative wellness centre in Toronto, Ontario, announced that they have recently published an article on testosterone replacement therapy for men and its benefits for weight loss. Men who?re experiencing signs and symptoms related to testosterone deficiency, particularly if blood tests have indicated low levels of the hormone, may be a candidate for testosterone replacement therapy. While the primary goal of this kind of therapy is to recover or maintain the best possible quality of life, this type of therapy may be able to help men avoid major illnesses and also help in fat loss. According to researchers from the School of Medicine of Boston University, the scientific evidence indicates that long-term testosterone therapy may lead to substantial and sustained weight loss. Aside from a significant decrease in waist circumference, the study results indicated an improvement in body composition and a decrease in body mass index or BMI.

There are other potential benefits from testosterone replacement therapy for men. These include improvement in bone strength, improvement in libido, decrease in the risk of developing Alzheimer?s disease, and increase in serotonin levels. Studies have shown that the bone mineral density in men may increase as the testosterone levels rise. This means lesser risk for osteoporosis and having weak and brittle bones. Recent studies have also indicated the possible role of testosterone in improving libido and in correcting erectile dysfunction. Testosterone-based hormone therapy may also be useful in preventing or managing Alzheimer?s disease. And in a placebo-controlled and randomized trial, it was shown that testosterone may be able to help improve mood. Irritability and fatigue may also be reduced.

Arv Buttar, NP from the Dr. Amauri Wellness Centre, says, ?For those who are wondering whether testosterone replacement therapy may be right for them, please contact us to learn more about this treatment. As a nurse Practitioner, I have partnered with Dr. Amauri,ND to offer a fully integrative functional medicine program to patients. Our testosterone replacement therapy program is designed to help men balance testosterone to optimal levels.?

It should be noted that numerous studies have shown that low testosterone levels may be linked to an increased risk of obesity, diabetes, and cardiovascular disease. Dr. Richard Bebb, a Vancouver-based endocrinologist, has observed that 40 percent of men who are more than 45 years of age have testosterone deficiency. Unfortunately, less than 5 percent of them have been diagnosed and treated for low testosterone levels.

There are a number of indications of low testosterone levels. These include low sex drive; prostate issues; reduced muscle mass, weak or absent erections; inability to have orgasm; premature ejaculation; frequent urination; depression; sleeping problems; fatigue and anxiety; cognitive problems; mood swings; decreased mental clarity; weight gain, and increased fat, particularly in the abdominal area; and lack of motivation and drive.

There are several components of the testosterone replacement therapy program at Dr. Amauri Wellness Centre. These include a complete hormone assessment, with complete evaluation and detailed medical history; comprehensive hormone, adrenal, and thyroid lab tests; individualized hormone and testosterone replacement consultation; monitoring of the symptoms to ensure optimum care; progress consultations during the treatments and follow-up appointments during the year; prescription management with several treatment options; and customized or patient-specific treatment.

This integrative functional medicine program is provided by Dr. Amauri Caversan, ND, in partnership with Arv Buttar, NP. Dr. Caversan, ND, is a naturopathic doctor who has a special interest in hormone optimization, focusing on the application of scientifically based approaches that may contribute to optimizing quality of life and help safeguard against diseases associated with aging. Arv Buttar, NP, was trained by Dr. Neal Rouzier, MD, who has focused on studies about bioidentical hormones.

People who are searching for a Toronto-based naturopath may want to visit the Dr. Amauri Wellness Centre website, or contact them through the telephone or via email.

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Dr. Amauri Wellness Centre

Dr. Amauri Wellness Centre is consist of wellness practitioners that are committed to helping you achieve optimum

health, well-being, and over-all quality of life. Our team is lead by a Naturopathic Practitioner in Toronto, Dr. Amauri Caversan, ND.

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