

Testosterone Replacement Therapy and Its Potential Mental Health Benefits to Men

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Dr. Amauri Wellness Centre, based in Toronto, Ontario, Canada, recently published a blog post written by Arv Buttar, NP, regarding potential testosterone therapy mental health benefits in men. In the article, Arv Buttar, NP points out that placebo-controlled trials and clinical research on testosterone therapy indicate potential improvements in mood and overall mental health in men. The article focuses on what is know so far about the potential psychological benefits offered by testosterone therapy or testosterone replacement therapy (TRT).

Arv Buttar, NP, says, ?Did you know that our testosterone levels decline as we age? Several mental health issues may arise with this decline, such as mood changes, an increased risk of developing a major depressive disorder, and increased anxiety.?

She continues, ?Research is uncovering the pros and cons of testosterone therapy on men?s psychological health, which must be noted since testosterone levels decline as we age. To see if testosterone replacement

therapy is right for you, please contact our clinic to learn more.?

It is quite common for men who are more than 40 years old to have symptoms of low testosterone levels. However, there may be some men as young as 25 years old who suffer from a deficiency in testosterone. There are a number of symptoms or indicators of low testosterone levels or hypogonadism. These include prostate issues/PSA health; low sex drive; weak or absent erections; decreased muscle mass; premature ejaculation; inability to have an orgasm; frequent urination; enlarged prostate; depression; fatigue and anxiety; sleep issues; cognitive issues; weight gain, increased fat, especially abdominal; reduced mental clarity; mood swings; and lack of motivation and drive.

TRT may be able to help in increasing muscle mass; improving sleep, mood and energy; and restoring sexual function. The men?s health program offered at Dr. Amauri Wellness Centre, includes TRT, disease prevention and optimum health, which may help in improving vitality, energy levels, health and wellness, libido and cognitive health.

Their TRT program includes: full hormone assessment (with a complete evaluation and detailed medical history); comprehensive hormone, adrenal and thyroid lab tests (some may be covered by OHIP); monitoring of symptoms for optimum care; progress consultations throughout the treatment; individualized hormone and testosterone replacement consultation; prescription management with multiple treatment options (topical compound creams, gels, pills, troches, capsules and/or injectable therapy by Arv Buttar, NP); patient-specific custom treatment; and follow-up appointments during the year.

Dr. Amauri Caversan, ND, has partnered with Arv Buttar, NP, to provide a functional and fully integrative TRT for men program for patients to help men balance testosterone and put it back to optimum levels, which may come with minimal side effects. Testosterone therapy may be used to help relieve the symptoms of low testosterone levels by: boosting energy, intensifying libido, building stronger bones and muscles, increasing lean body mass, improving workouts and cardiovascular endurance, sharpening memory, and elevating mood.

TRT is part of the wellness services offered at Dr. Amauri Wellness Centre. Other services include naturopathic medicine; functional medicine; detoxification and weight loss; addiction and neurological support treatments; bio-identical hormone replacement therapy; lab testing services; and thyroid support.

They also provide paint treatment services. It should be noted that pain is most often not the disease but a symptom of imbalance in one or more areas of the body. Pain treatment services include acupuncture, natural anti-inflammatory and pain meds, naturopathic manipulation, shockwave therapy, and cold laser therapy.

They also offer nutritional IV vitamin therapy, which is designed to provide the nutritional needs of the body?s cells. IV therapy has the advantage of bypassing the digestive tract and being able to deliver a large concentration of nutrients to the cells, which the cells require to support their function. When combined with their wellness program, IV therapy may be able to help in reducing inflammation, decreasing fatigue, boosting the immune system, and more.

Those who are interested in learning more about the services provided by a Toronto naturopath and the potential benefits may want to check out the Dr. Amauri Wellness Centre website, or contact them on the telephone, or through email.

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For more information about Dr. Amauri Wellness Centre, contact the company here:Dr. Amauri Wellness CentreDr. Amauri Caversan, ND(416) 922-4114info@dramauriwellnesscentre.comDr. Amauri Wellness Center1200 Bay Street #1102Toronto, Ontario M5R 2A5

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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