

# Understanding Testosterone

**The hormone behind strength, stamina, and confidence—yes, for women too.**

## What Testosterone Does

Often overlooked in women, testosterone supports energy, muscle, mood, and libido.

- ✓ Supports muscle mass and bone density
- ✓ Enhances motivation and drive
- ✓ Supports sexual desire and satisfaction
- ✓ Promotes cognitive sharpness
- ✓ Stabilizes mood and mental resilience
- ✓ Supports metabolic health

## Signs of Low Testosterone

Testosterone declines naturally with age or due to chronic stress and inflammation. Watch for:

- Low libido or sexual satisfaction
- Decreased muscle strength
- Fatigue and low stamina
- Brain fog or low motivation
- Mood swings or depression
- Increased body fat
- Poor exercise recovery

## Functional Medicine Insight

In women, testosterone is made in the ovaries and adrenal glands. Imbalances often link to **HPA dysfunction, insulin resistance, or inflammation**. Functional testing can uncover how you're metabolizing testosterone and whether you're converting too much to estrogen.

## **Supporting Healthy Testosterone**

### **Lifestyle**

- Prioritize sleep and resistance training
- Address insulin sensitivity (limit sugar, refined carbs)
- Reduce inflammation

### **Nutrition**

- Eat adequate protein
- Include zinc- and magnesium-rich foods
- Healthy fats (avocado, nuts, fatty fish)

### **Supplement Support**

- Zinc, magnesium, DHEA (with labs)
- Creatine, maca root

### **Hormone Therapy**

- Testosterone therapy may be used off-label or compounded in low doses to support libido, mood, and vitality.