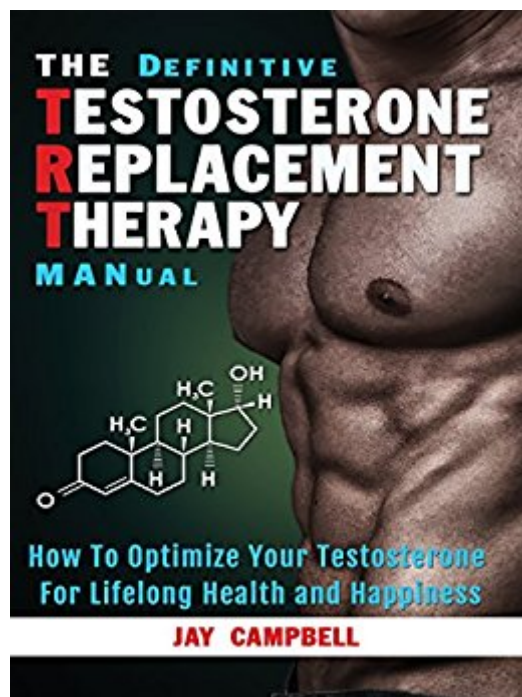




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# The Definitive Testosterone Replacement Therapy MANual: How To Optimize Your Testosterone For Lifelong Health And Happiness



## Synopsis

Praise for The Definitive Testosterone Replacement MANual "Inspiring is Jay's knowledge of hormone replacement and human physiology, which surpasses that of many of my medical colleagues. This he brings to you the reader in the pages of his much-needed and timely opus. Open your eyes, read and digest Jay's words. This book is the chapter that I was scared to write." Brett Osborn, MD Diplomate, American Board of Neurological Surgery Diplomate, American Academy of Anti-Aging Medicine CSCS, National Strength and Conditioning Association, Author of Get Serious, A Neurosurgeon's Guide To Optimal Health and Fitness "The Definitive Testosterone Replacement MANual presents practical information about the best ways to maximize benefits and minimize side effects of testosterone replacement therapy. It accomplishes this goal in the most visually appealing way I have ever seen in this field. This book makes for an enjoyable and highly empowering read for any man who wants to take charge of his health and quality of life." Nelson Vergel CEO, ExcelMale.com and DiscountedLabs.com, Author of Testosterone A Man's Guide: Practical Tips For Boosting Physical, Mental and Sexual Vitality Are You Living Life At Your Maximum Potential? Is your sex drive at its peak, or has it diminished? Is your enthusiasm for life lessening? Healthy testosterone levels are not only a physical state of prime health, but a mental state of positive wellness and aggression. A man with low testosterone will experience not only a physical decline, but also a diminished quality of life. Testosterone is often misrepresented by the media at large as inciting "hostility", or its effects are reduced down to building muscle only, and its portrayed as being detrimental to health. Nothing could be further from the truth. Comprehensive clinical evidence has unequivocally demonstrated that healthy testosterone levels not only slow the aging process and improve physical markers of health, but that they also reduce the possibility of degenerative disease, and by extension vastly improve quality of life. Men NEED Optimal Testosterone Levels to age powerfully and live to their maximum potential. The Definitive Testosterone Replacement Therapy MANual is the first book of its kind covering not only the therapeutic practice and application of TRT, but the historical, sociological, and biological issues that inform its usage. With this manual, you will learn: The history of testosterone, and the modern narrative that influences its use and prescription How to assess your own testosterone levels, and make medically supported decisions at improving your hormonal health The science of TRT gathered from ample research data made understandable, and how it influences broad spectrum Diet, training, and lifestyle guidance that will support your revitalized way of living

## Book Information

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## Customer Reviews

If you are always tired, have trouble burning fat, can't focus, and lack a strong zest for life, there's a chance your testosterone is low. Jay Campbell's book explains why this is so common today, and what you can do about it. If you are going to a General Practice MD for TRT, the odds of you getting the correct treatment are pretty low. I love my doctor - he's great for GP stuff. But most doctors know very little about TRT. Read this book, and you'll know more than almost all of them. I've been on TRT for over 2 years, and towards the end of each cycle, my testosterone is LOWER than when I first started treatment! It's a roller coaster. It shouldn't be that way. Campbell's book explains why and what I need to do to fix it. I've just had the correct blood work done, and actually have a consultation scheduled with a specialist tomorrow. This book explains everything you need to know to make the right decisions for your particular situation, with the help of a competent MD who specializes in TRT. It's backed by science and the author's real world experience and written in a way that's entertaining and easy to digest. Don't even think about messing with your testosterone levels until you read The Definitive Testosterone Replacement Therapy Manual.

It's about damn time. Tens of thousands of men are too proud to talk about a major epidemic facing us...Low Testosterone levels.Creams, gels, patches, pellets...you name it I've tried it. About a year ago I stumbled across Jay's website, fabfitover.40 and decided to email Jay.Lo and behold Jay responded and that began a friendship/counseling/coaching regarding TRT.In my first few correspondences with him I learned more than 8 years of trial and errors with doctors and clinics. My testosterone levels came back, my libido improved and my energy and mojo reappeared.Jay patiently told me to 'wait until my book comes out and you'll have all the tools you will need.' Everything he advised me to do is in his book explained in a very concise, user friendly matter.I received his book and after reading and rereading it everything makes more sense. Jay has somehow taken a very complex and abstract subject matter and made it very understandable.I've become a loyal follower of not only Jay's website but also his podcasts and blogs. His vivacious, attractive wife shares many of his presentations and is a remarkable example of living the lifestyle.Jay's first goal in life is helping people live a healthier, more productive life. Money, fame and notoriety are not his motivators.Not once during many of my annoying, inquisitive quests for answers did Jay fail to help me. (for free)I only wish I had his remarkable book to read years ago. It would have saved me not only a few thousand wasted dollars but years of hopeless frustration for myself and my patient wife.Do yourself and loved ones a favor and order this book immediately. I've got a list of male peers who will be receiving it for a Christmas present.Jay, thank you for having the fortitude, insight, focus, discipline and caring to write this priceless book.You have managed to remove the stigma associated with this widespread condition and brought it out of the closet and into the mainstream.

As a medical student who is very enthusiastic about his own health, I have referred back to this book many times (and continue to) not only because of Jay's comprehensiveness and competency on the subject, but also because it helps me put a wide array of medical conditions into perspective. Let me be clear. This is a book about THERAPEUTIC TESTOSTERONE, not "taking steroids." The Definitive TRT MANual is a book unlike no other that is very complete about the facts of testosterone use in conjunction with health optimization practices. For years, I have been trained to be skeptical of anything that other people tell me; but, like I expected, Jay cites the science and isn't flawed like so many studies are. The focus of the book is health, not its sacrifice for the sake of winning bodybuilding competitions. I have complete confidence that more people will continue to read and be enlightened by this masterpiece.

Great resource on TRT and male hormones. I now understand why my blood sugar, SHBG, ldl and free testosterone are all out of wack and how they are all related. If you're a man over 30, this book is a must have.

This book is full of good information, and I'm glad it exists. My Ant-Aging TRT doctor told me everything in this book, when I went for my first visit, so at first I thought this was a waste of \$15 as I bought it a week after starting TRT. It turns out that actually my Dr, has read the book before and the ones mentioned in here. So thanks to this book I have a great Dr. For some people that have been looking into testosterone therapy the first half of the book will be repetitive to most things you have already read, which is when I left my first review. The second half on the other hand is where you start getting more of the modern take on TRT. The chapter on nutrition was great along with the interview with Dr. Brett Osborn. He does recommend a lot of supplements and books to read, but with the influence this has had on Dr.'s I am definitely going to look into all of these. This is a great book to start with.

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