



## The Natural Testosterone Plan: For Sexual Health and Energy

By Stephen Harrod Buhner

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**The Natural Testosterone Plan: For Sexual Health and Energy** By Stephen Harrod Buhner

How to maintain optimum testosterone levels for the male body through the use of herbs, nutritional supplements, and diet

- Explains the phenomenon of andropause--male menopause--and how to deal with it
- Reveals scientific evidence of testosterone-blocking agents in the environment that alter men's essential chemistry as they age
- Presents safe, organic plant medicines that can restore optimum testosterone levels
- Contains the most up-to-date natural treatments for impotence, infertility, and prostate disease

The recognition of the middle-age stage in male development of andropause, which is comparable to women's menopause, is hampered by the lack of a clear understanding of the chemistry and physiology specific to aging men. Men are still capable of reproduction well into and beyond middle age. Yet a man's sexual desire and potency varies, often according to his testosterone level. Recent studies show that the lowered testosterone levels endemic in aging men--the gradual drop that is quite normal--is being exacerbated by environmental agents. Testosterone-blocking estrogen agents are present in insecticides, industrial materials, pharmaceuticals, and foods. Men are daily inundated with a "cocktail" of estrogen agents that alter the fine balance of testosterone that makes them male.

In *The Natural Testosterone Plan*, Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how safe, naturally occurring phytoandrogens--plant medicines that contain male hormones--can remedy the depletion exerted by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application.

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## **Editorial Review**

### **Review**

"Stephen Buhner combines scientific research, traditional knowledge, and personal experience into what may be one of the most important books available on men's health today. He primarily explores the little-known territory of men's hormonal changes during midlife--a transition in men's life that has unfortunately been largely ignored, often denied by modern medicine--and offers simple, sensible solutions to help men navigate this important cycle of their lives."

(*Rosemary Gladstar*, founder of *United Plant Savers* and author of *Herbal Healing for Women*)

"This book is superbly laid out in easy-to-understand language to get you back on track, complete with dosages, possible herb/drug interactions, and availability."

(*Rahasya Poe*, *Lotus Guide*, July-Aug. 2007)

"[Buhner] blends scientific research, traditional knowledge, and personal experience. The solutions he offers to help men maintain testosterone levels are very natural . . . "

(

*The American Herb Association*, Vol. 22:3, Sept 2007

)

"This book is very educational, informative, and well-organized. If the reader has little understanding of hormone changes, this book explains it in terms anyone can understand. On the other hand, if the reader is a health professional looking for alternatives for their patients, the book also speaks to them. This is a good reference book to keep alongside the health and gardening volumes on your bookshelves." (

*Curled Up with a Good Book*, Dec 2007)

From the Back Cover

**HEALTH / NUTRITION**

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In *The Natural Testosterone Plan*, Stephen Harrod Buhner shows why men need to take action to maintain their testosterone levels as they age and explains how safe, naturally occurring phytoandrogens--plant medicines that contain male hormones--can remedy the depletion caused by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application.

STEPHEN HARROD BUHNER lectures throughout the United States on herbal medicine, the sacredness of plants, and the intelligence of nature. His other books include *The Secret Teachings of Plants* and *Sacred Plant Medicine*. He lives in New Mexico.

#### About the Author

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