

Low Testosterone

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Testosterone isn't just about libido; it's a vital hormone for energy, mood, metabolism, and preserving lean muscle mass. In both men and women, low testosterone can show up as fatigue, brain fog, irritability, weight gain (especially around the midsection), decreased strength, and lowered motivation. For women, it can also contribute to poor sleep, reduced bone density, and a sense of "flatness" in mood or drive.

Why It Matters

Testosterone helps your body build and maintain muscle, which is essential for burning fat, stabilizing blood sugar, and protecting long-term health.

When levels are too low, it can accelerate muscle loss, increase inflammation, and worsen hormone imbalance, often creating a cycle of weight gain and fatigue.

What Are We Doing About It

We look at testosterone as part of the bigger hormonal picture. Optimizing testosterone isn't about quick fixes, it's about helping your body reclaim energy, strength, and resilience.

