

Testosterone is an important hormone for men. It helps to build bones, build muscle, and prevent Alzheimer's. It is extremely important for cardiac function. Men with low testosterone levels lose their joi de vie and get depressed.

Morning erections are the best way of assessing the presence of an adequate amount of testosterone. Testosterone levels peak around 4 am and rapidly become lower. Having blood tests can therefore be unreliable. They are better for assessing levels once you're taking testosterone.

A concern about testosterone is that it can be converted into estradiol, the hormone that causes prostate cancer. In this regard there are a number of measures that are used to prevent this. Anastrozole is an aromatase inhibitor. It can be obtained from a compounding pharmacy with a recommended dose of 100 mcg M-W-F. Aromatase is the enzyme that converts testosterone into estradiol. Zinc, 50mg per day, is also an aromatase inhibitor. Indole - 3 - carbinol(I-3-C) and diindolemutase (DIM) also help to lower estradiol levels.

Dosage: 100mg (1/4 tsp) twice a day.

The preferred area to apply the cream is on the testicular sac. It is the most physiologic place to put it. The testosterone goes right into the pelvic veins, does its thing, then goes into the inferior vena cava and then goes straight to the heart where the body has the most testosterone receptor sites. Prior to placing the testosterone cream it is recommended that a small amount of progesterone cream be applied because it, too, is an aromatase inhibitor.

An alternative application site is the upper, inner arm.

In accordance with how your body responds with morning erections, the cream can be reduced to once per day or even 3 times per week.