

## Guillermou

In men, 95% of circulating testosterone is derived from testicular production. Testosterone reaches peak levels in men at approximately age 30, after which levels steadily decline at a rate of 1% to 2% annually. In the human body, most testosterone is bound to a carrier molecule, while only a small fraction (1-3%) exists as free. Free testosterone is considered to represent the most potent form of T in terms of activity. Endogenous serum testosterone levels fluctuate according to a circadian pattern, as well as in response to stress. Testosterone levels drop abruptly with acute illnesses, such as myocardial infarction, sepsis, or trauma, and low testosterone levels are associated with several chronic conditions, such as diabetes, kidney failure, malignancies, hypertension, and dyslipidemia.

Testosterone is a hormone that plays a key role in the metabolism of carbohydrates, fats and proteins. Testosterone deficiency is associated with increased fat mass (particularly central adiposity), reduced insulin sensitivity, glucose intolerance, elevated triglyceride and cholesterol levels, and low HDL cholesterol levels. All of these factors are found in metabolic syndrome (MetS) and type 2 diabetes, contributing to cardiovascular risk. Lower serum testosterone levels and a greater burden of chronic disease.

Calculated bioavailable testosterone had a significant positive association with processing speed, sustained attention, and working memory in men over 60 years of age. A meta-analysis of individual participant data evaluated the impact of testosterone on individual quality of life tools. Testosterone improved all domains of the AMS scale, which is highly sensitive to sexual discomfort in men. Testosterone treatment significantly improved the SF-36 or SF-12 domains of social functioning, role limitations due to emotional problems, and mental health composite score.

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In subgroup analysis, differences between AMS score during testosterone treatment, smoking, and diabetes, which are known to reduce quality of life, could have mitigated improvements in quality of life during testosterone treatment. [www.ncbi.nlm.nih.gov/.../PMC1677883](http://www.ncbi.nlm.nih.gov/.../PMC1677883) (1993)-

[link.springer.com/.../1477-7525-1-15](http://link.springer.com/.../1477-7525-1-15) (2003).---

[joe.bioscientifica.com/view/journals/joe/217/3/R25.xml?body=contentSum..](http://joe.bioscientifica.com/view/journals/joe/217/3/R25.xml?body=contentSum..) (2013).----

[www.sciencedirect.com/science/article/abs/pii/S0025619617308248](http://www.sciencedirect.com/science/article/abs/pii/S0025619617308248) (2018).----

[www.acpjournals.org/.../M19-0830](http://www.acpjournals.org/.../M19-0830) (2020).--- [www.nature.com/.../s43856-022-00226-0](http://www.nature.com/.../s43856-022-00226-0) (2023).--

[link.springer.com/.../978-3-031-31501-5\\_19](http://link.springer.com/.../978-3-031-31501-5_19) (2023).---

[academic.oup.com/biomedgerontology/article/78/1/151/6655975?login=fals..](http://academic.oup.com/biomedgerontology/article/78/1/151/6655975?login=fals..) (2023).--

[www.thelancet.com/.../PIIS2666-7568](http://www.thelancet.com/.../PIIS2666-7568) (23)00169-1/fulltext (2023).-----

-----Two recent large randomized trials of testosterone (T) and meta-analyses of randomized trials showed no signal of adverse cardiovascular (CV) events, and treatment with T in a lifestyle intervention setting reduced type 2 diabetes by 40%.

% in men at high risk. Exercise training interventions improve blood pressure and endothelial function in middle-aged and older men, without comparable benefits or additive effects of T treatment.

Therefore, exercise training improves cardiometabolic health in middle-aged and older men. greater when applied effectively as a supervised regimen incorporating aerobic and resistance modalities.

[academic.oup.com/.../7086078](http://academic.oup.com/.../7086078) (2023).---

Posted On 02/16/2024

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## juststeve

Gui, when going to the links in the article it seems the biggest take away is the fenugreek makes a complex network of many things work in concert and better. The main positives sited are chronic among the general population so such a simple addition to however one may like to include it in their routine could have positives without the many side effects riding with many of the conventional Allopathic treatments.

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Just, there has been controversy regarding testosterone supplementation in prostate cancer patients. In this review, a paradoxical decrease in tumor growth in prostate cancer models after treatment with supraphysiological levels of testosterone has been reported. Evidence indicates several complementary mechanisms, including cell death and cytostasis, that could be responsible for the paradoxical inhibition of growth by supraphysiological testosterone. Adaptive reliance on androgen signaling by castration-resistant prostate cancer cells becomes a therapeutic liability that can be exploited clinically through the administration of supraphysiological testosterone, an approach termed 'bipolar androgen therapy' (BAT). The term bipolar is used to emphasize that, with this strategy, rapid cycling occurs between two extremes: from supraphysiological back to near-castration testosterone levels over a 4-week cycle. [www.ncbi.nlm.nih.gov/.../PMC10164147](http://www.ncbi.nlm.nih.gov/.../PMC10164147) (2023).---

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In recent years, several dietary components have been identified that can potentially be used for cancer prevention and treatment. In this study, we demonstrate that the extract (EF) of the seeds of the plant *Trigonella foenum graecum*, commonly called fenugreek, is cytotoxic in vitro to a panel of cancer cells but not to normal cells. Treatment with 10-15 g/ml FE for 72 h inhibited the growth of breast, pancreatic and prostate cancer (PCa) cell lines. [www.tandfonline.com/.../cbt.8.3.7443](http://www.tandfonline.com/.../cbt.8.3.7443) (2009).-----

----- ANTICANCER ACTIVITY OF SENNA LEAF AND FENUGREEK SEED AGAINST LUNG AND PROSTATE CANCER CELL LINES [www.scirp.org/.../paperinformation](http://www.scirp.org/.../paperinformation) (2024).-----

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IDENTIFICATION OF APPOSITE ANTAGONIST FOR ANDROGEN RECEPTOR IN PROSTATE CANCER: AN IN SILICO STUDY OF FENUGREEK COMPOUNDS [www.tandfonline.com/.../07391102.2023.2273988](http://www.tandfonline.com/.../07391102.2023.2273988) (2023).---

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## Ronald\_H

It defies my sense of proper functioning that the medical establishment looks at numbers on a chart and attempts to match what they deem good numbers by administering man-made chemicals from the pharmaceutical industry as if our Creator's design is faulty. My past doctor (I no longer have a doctor) tried to get me to take thyroid hormone which I refused. Supposedly it was for more energy. I win bicycle races! Perhaps that is nature's way of holding me back when not in a race. I feel chemistry change in the race with a sudden burst of energy. My body knows what it's doing. My testosterone is abnormally high and even high for young men, but I figure the body finds a way which might account low thyroid hormone not having the usual consequences.

Who's to say the chart is right and my body is wrong. IF that were the case, then the charts should be based upon my numbers and not vice-versa. But, still the same thing just the other way around. Forcing someone else's body to match my numbers by man-made chemicals will not make them a winning bicycle racer. I think the entire philosophy of matching numbers on a chart is arrogant assumptions of knowing more than our Creator. What is this -- the dark ages! [youtu.be/Ssq8wHAX4nE](https://youtu.be/Ssq8wHAX4nE)

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## den7788

if you want to raise your T Level naturally, get some Tongkat Ali powder, Pine Pollen tincture or powder, and Nettle Root tincture or powder. Follow the directions. Take them twice a day, 5 days on 2 days off until gone. I get mine from [lostempireherbs.com](http://lostempireherbs.com). I don't work for them or get paid. I just use their products. And be sure have your T level tested prior to starting the cycle and then after you complete the cycle. Fair warning, the Tongkat Ali powder is very bitter. I have gotten to use to it. The above items will cost less than two hundred bucks and will raise your T level substantially.

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**amantakhee08gmail.com**

I actually use fenugreek powder in cooking. Also, you can soak 1 Tbsp of the powder in 2 cups of water and leave overnight, then put in the blender with your choice of sweetener and enjoy. It's has an acquired taste but I love it.

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**userned**

I can't find the answer anywhere about the best form to consume fenugreek. fenugreek seeds, is it better to grind them in a grinder, take the dry powder and drink water (if so, how many grams and how many times a day?) or brew them into tea? Is it better to buy fenugreek extract?

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**sco3869**

It is often Fenugreek Standardized to 70% Total Furostanol Saponins.

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**juststeve**

Try [takecontrol.substack.com/.../fenugreek-testosterone](https://takecontrol.substack.com/.../fenugreek-testosterone) two short clips, and lightly covered with sources and doses. Buy from the store as powder, make a tea, or buy a supplement.

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## ela3783

Just to inform that BioInnovations.com sells a good fenugreek supplement In India , fenugreek is traditionally soaked overnight and some just drink the water and eat up the soaked seeds for its blood sugar lowering effects A person who ran a health center once shared with me that he teaches his clients to let the seeds sprout for a day and consume a Tablespoon each first thing in the morning with lemon/ juice in water . Repeat before bedtime with just a half a cup of warm ( pre cooked ) milk - or maybe just water for those lactose intolerant or milk casein allergy Hope this helps - this is Ayurvedic medicine for quite a few ailments

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## bchristine

ela3783: You mentioned Bioinnovations ... I love Dr. Becker! I try to watch him nightly at 9pm when I go to bed, but sometimes his voice is so soothing it puts me to sleep - even though the subject matter is always interesting :)

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## Fisher153

God-given masculinity is a threat against those who want world control. How can they counter the courage, problem-solving, protectiveness, and physical prowess of "manly men" who don't endorse their slavemaking deathcult agenda??? Plastics impact testosterone production AND they make men suicidal? WIN for the globalists! And if that doesn't work, they educate boys to resent their God-given gender and self-mutilate. Real men accept responsibility, reject passivity, lead courageously, and expect the higher reward (the antithesis of greed). It is time that real men stopped the idiocy that abounds. Dr. Mercola is already in that fight.

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