



Low Testosterone

Low testosterone may lead to many different symptoms, including those that affect your body, your mind and your sex life.

Psychological symptoms such as:

- Depression
- Difficulty in concentrating
- Being irritable
- Less energy
- Less “get up and go”
- Feeling a lack of well-being

Physical symptoms such as:

- Smaller and weaker muscles
- Weaker bones
- More body fat, particularly around the waist
- Reduced body hair and skin changes
- Anaemia

Sexual symptoms such as:

- Erectile dysfunction (ED)
- Less interest in sex
- Difficulty having an orgasm

If you have some of the above symptoms and are concerned that you may have low testosterone, schedule an appointment with your Naturopath or GP.

Ask us how... 02 9501 0326 or christine@healthinourhands.com.au

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