



TESTOSTERONE FOR HER



Discover our essential guide to understanding the role of testosterone in a woman's body and how testosterone therapy can improve vitality.



HEY GORGEOUS

At GAYA WELLNESS, we believe that a comprehensive hormone evaluation and treatment plan includes testosterone.

Traditionally associated with men, testosterone is a hormone that plays a crucial role in various aspects of women's well-being. From influencing energy levels and mood to impacting muscle strength and libido, the significance of testosterone in women's health cannot be overstated.

We aim to demystify the often-overlooked realm of women's testosterone, providing you with a deep dive into its functions, fluctuations, and the profound impact it has on your physical and mental vitality. Discover the ways in which testosterone contributes to your overall health and vitality.

Shweta Patel, MD FACOG

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How could testosterone therapy help me?



1 Muscle Mass

Testosterone, often associated with male characteristics, plays a pivotal role in muscle health for both men and women. In women, this hormone contributes to the development and maintenance of lean muscle mass. Adequate testosterone levels support muscle protein synthesis, helping you build and sustain strength. As we delve into the impact of testosterone on muscle mass, discover how optimizing this hormone can enhance your physical prowess, boost metabolism, and contribute to a toned and resilient physique.



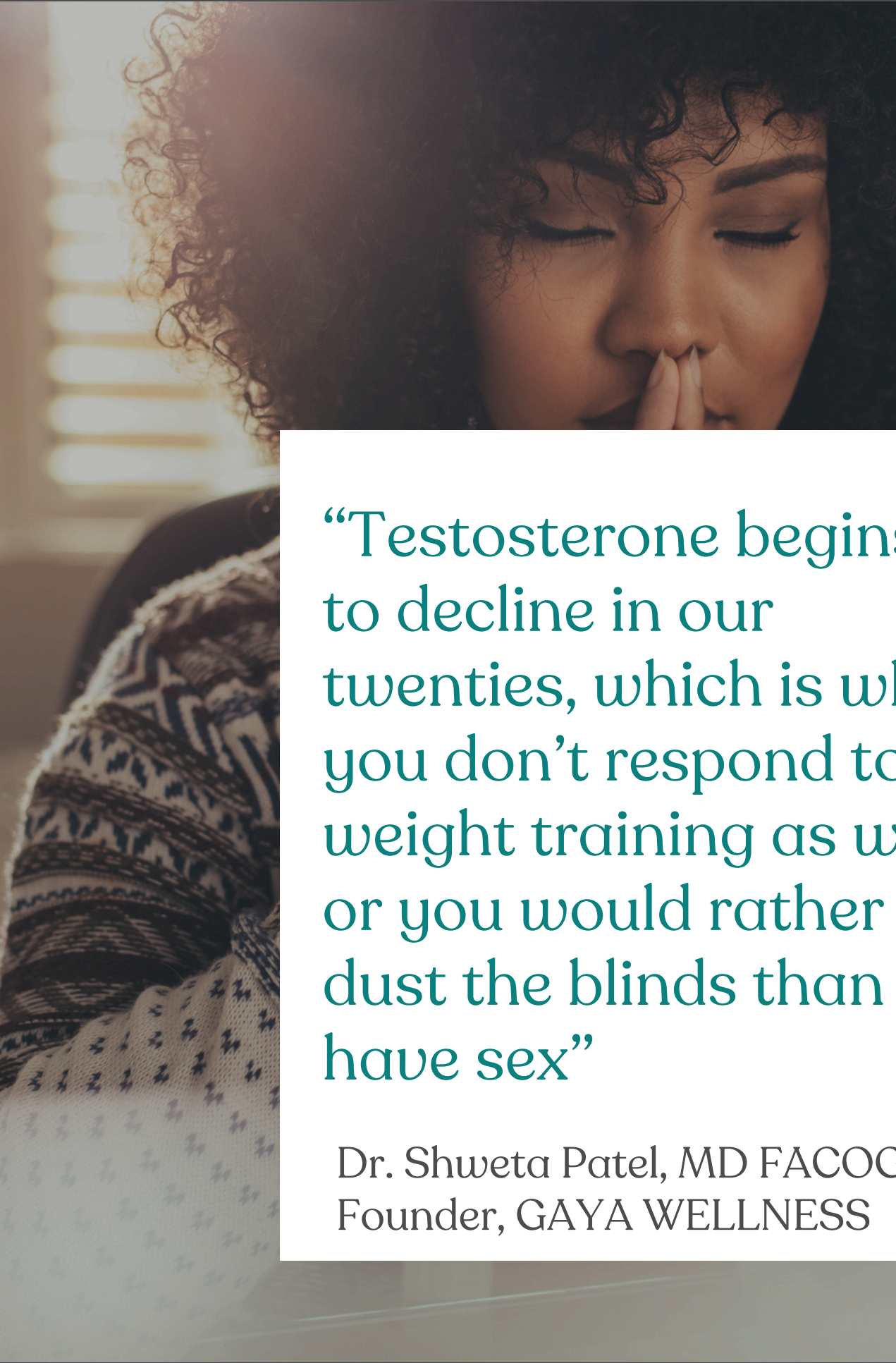
2 Libido

Beyond its influence on physical strength, testosterone is a key player in igniting the flame of desire. Women's sexual health is intricately tied to testosterone levels, affecting libido and overall satisfaction. There is a strong connection between testosterone and sexual well-being. From arousal to pleasure, testosterone contributes to a healthy and fulfilling intimate life which is essential. Balanced hormones can empower you to nurture your passionate side and cultivate a satisfying and vibrant sexual experience.



3 Energy & Vitality

Ever wondered about the source of your energy and vitality? Look no further than testosterone. This hormone is a dynamic force in maintaining optimal energy levels, influencing your overall sense of vitality and well-being. As we explore the impact of testosterone on energy, discover the role it plays in combating fatigue, enhancing endurance, and supporting an active lifestyle. Unleash the potential of testosterone to fuel your days with vigor, ensuring you have the energy to pursue your passions, conquer challenges, and savor life's vibrant moments.



“Testosterone begins to decline in our twenties, which is why you don’t respond to weight training as well or you would rather dust the blinds than have sex”

Dr. Shweta Patel, MD FACOG
Founder, GAYA WELLNESS

NATURAL TESTOSTERONE BOOSTERS

CHECKLIST



Exercise and lift weights



Eat a balance of protein, fat, and carbs



Avoid undereating or excessive dieting



Minimize stress to lower cortisol levels



Maintain adequate zinc and vitamin d levels



Prioritize high quality and adequate amounts of sleep



Remove plastics from your environment



Limit alcohol intake



Get morning light in your eyes for at least 20 minutes



Engage in healthy competition



Avoid artificial fragrances



Should you schedule a consultation?

SYMPTOMS

YES

NO

LOSS OF MUSCLE

If you have noticed you are losing muscle or having a hard time building muscle, you may have low testosterone.

☐☐

LOW LIBIDO OR LESS SATISFYING SEX

If you are experiencing low libido or less satisfying sex, utilizing testosterone therapy may help you.

☐☐

LOW ENERGY

Feeling low energy or loss of vitality can be caused by low testosterone levels.

☐☐

LACK OF CONFIDENCE

A loss of confidence can actually be a complaint many women have that can be attributed to low testosterone.

☐☐



Understanding Testosterone's Impact on Libido

Libido, often described as one's sexual desire or drive, is a complex interplay of physical, emotional, and hormonal factors. Among these factors, testosterone takes center stage, playing a significant role in shaping and sustaining a healthy libido in both men and women.

Testosterone, traditionally associated with male characteristics, is equally crucial for female sexual health. In women, this hormone is produced in the ovaries and adrenal glands, influencing various aspects of their well-being, including libido. The intricate dance of hormones, including testosterone, regulates sexual desire by influencing the brain's receptors and neurotransmitters involved in arousal.

How Testosterone Boosts Libido



STIMULATION OF SEXUAL THOUGHTS

Testosterone has the power to stimulate sexual thoughts and fantasies, laying the foundation for a heightened sense of desire. This hormone acts on the brain's reward centers, enhancing receptivity to sexual stimuli and paving the way for a more passionate mindset.

While testosterone plays a crucial role in sustaining libido, it's essential to recognize that hormonal fluctuations occur naturally throughout life. Factors such as puberty, menstruation, pregnancy, and menopause bring about changes in testosterone levels, influencing sexual desire in various ways. Understanding and embracing these natural shifts can empower individuals to navigate their sexual health with awareness and confidence.

INCREASED BLOOD FLOW

Testosterone contributes to increased blood flow to the genital area, promoting arousal and sensitivity. This enhanced circulation is essential for the physical aspects of sexual response, ensuring a more pleasurable and satisfying experience.

SENSORY RESPONSIVENESS

Testosterone influences the sensitivity of sensory receptors, intensifying the experience of touch and pleasure. This heightened sensitivity can contribute to a more profound connection and enjoyment during intimate moments.

Seeking professional guidance and adopting lifestyle practices that support optimal hormone health, can play a pivotal role in how you feel in your body.

What do I do next?

Four steps to take today to boost your testosterone levels!

1

LIMIT ALCOHOL

Alcohol can cause oxidative stress and promote inflammation. Limit or eliminate your intake altogether as an easy change to improve your hormone health.

2

TAKE A VITAMIN D SUPPLEMENT

Adequate Vitamin D levels are necessary to normal testosterone levels and overall wellness and vitality.

3

LIFT HEAVY WEIGHTS

We know that increased muscle mass improves overall hormone health, decreases insulin resistance, and can naturally increase health testosterone levels.

4

MAKE AN APPOINTMENT!

Consulting one of our experts in the health and wellness of your hormones is the first step into exploring whether optimizing your testosterone levels would improve your life.



WHAT DO

WE OFFER?



CONCIERGE ACCESS
VIA TEXT AND ZOOM



NUTRITION AND
WEIGHT TRAINING
GUIDANCE



50+BIOMARKER
WORK UP



ONGOING
SURVEILANCE



COMPOUNDED
TESTOSTERONE
TOPICALS



REGULAR CHECK INS

... & SO MUCH MORE!)

MAKE AN APPOINTMENT TODAY!