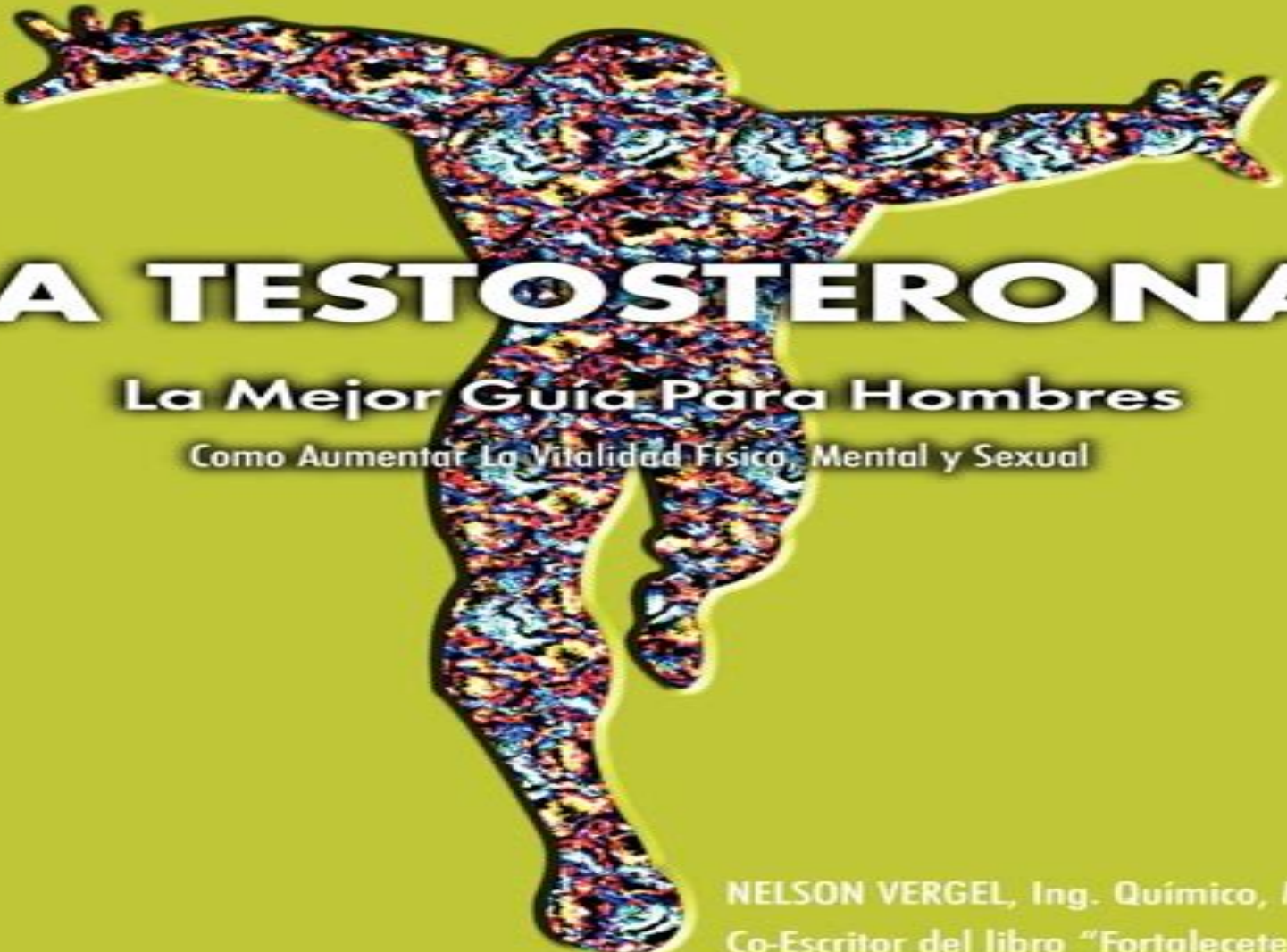




LA TESTOSTERONA:

La Mejor Guía Para Hombres

Como Aumentar La Vitalidad Física, Mental y Sexual

NELSON VERGEL, Ing. Químico, MBA
Co-Escritor del libro "Fortalecete y Vive"

La Testosterona La Mejor Guia Para Hombres Spanish Edition

Irina Apraksina



La Testosterona La Mejor Guia Para Hombres Spanish Edition:

La Testosterona: Nelson Vergel, 2011-06-30 Este libro esta disponible en Ingles con el titulo Testosterone A Man's Guide el cual puede ser comprado en amazon Tiene mas de 96 comentarios de lectores a quienes este libro ha ayudado a vivir mejor Este libro educa a hombres sobre la deficiencia de testosterona y como tratarla Se informa al lector como contrarrestar y prevenir los efectos secundarios de la testosterona mostrando procedimientos especificos para tratar el agrandamiento de mamas y la reducci n en el tama o de los test culos as como tambi n prevenir problemas cardiovasculares potenciales causados por el incremento de testosterona en los gl bulos rojos A diferencia de otros libros que afirman que la testosterona es la soluci n principal para mejorar la capacidad er ctil Nelson Vergel advierte que a veces se necesita tomar medidas adicionales en algunos hombres y especifica cada una de ellas El libro tambien provee al lector la b squeda de un m dico de su localidad proporcionando directorios de f cil manejo Para aquellos que no poseen seguro m dico l te ense a c mo aplicar para programas de asistencia al paciente estudios de investigaci n y c mo obtener geles econ micos de farmacias que manufacturan productos de testosterona una fuente importante que la mayor a de los hombres y los m dicos ignoran Adem s proporciona informaci n concreta sobre nutrici n suplementos y ejercicios para maximizar los beneficios de la testosterona Y l desmiente las falsas afirmaciones relacionadas con los suplementos que sostienen que la testosterona incrementa naturalmente Este libro puede ahorrarle mucho tiempo y trabajo a cualquier hombre que tome su salud en serio

Los Mitos y la Realidad de la Testosterona: Una Guia Simple y Practica Para Hacerlo Volver al Juego Jose Cangiano, Thomas Cangiano, 2019-11-21 Baja energ a Se siente fatigado Bajo impulso sexual Confusi n mental Se siente ansioso o deprimido Ganancia de peso y p rdida de masa muscular sin explicaci n Simplemente no se siente como usted mismo y est desequilibrado ADVERTENCIA PUEDE QUE TENGA BAJA TESTOSTERONA En este libro desenmascaramos los mitos sobre la testosterona y proporcionamos una gu a y soluciones simples para que usted viva una mejor vida a trav s de sus hormonas Esto es una guia practica para hombres interesado en balance de hormonas

Testosterona: El Enfoque Basado en La Ciencia Para Transformar Naturalmente Los Niveles De Testosterona Masculina (Una Guía Para Tener Más Músculos Menos Grasa Y Una Vida Mejor) Leonard Johnson, 101-01-01 Los niveles de testosterona en los hombres han disminuido constantemente durante las ltimas d cadas El estilo de vida moderno no favorece un buen nivel de testosterona Sin embargo t tienes el control si as lo decides La cantidad de testosterona que produce tu cuerpo se ve afectada por tus decisiones diarias Desde la alimentaci n hasta la salud del h gado y las horas de sue o todo esto influye en la producci n de testosterona Por Qu Este Libro Puede Cambiar Tu Vida Fatiga Dificultad para concentrarse Depresi n Irritabilidad Ca da del cabello Este libro explica de forma concisa y f cil de entender qu es la testosterona y c mo la produce el cuerpo A continuaci n explica qu son los niveles bajos de testosterona y qu puede significar para la salud

Poder Masculino. Secretos Para Aumentar La Testosterona Irina Apraksina, 2024-04-22 Muzhskaya Sila Sekrety Povysheniya Testosterona eto

ischerpyvayushcheye rukovodstvo dlya muzhchin zhelayushchikh uluchshit svoye zdorov'ye energiyu i obshcheye blagopoluchiye putem povysheniya urovnya testosterona V etoy knige vy naydete proverennyye vremenem metody effektivnyye strategii i nauchno obosnovannyye sovery po uvelicheniyu urovnya etogo gormona yestestvennym obrazom Avtor detal'no rassmatrivayet vliyaniye testosterona na fizicheskoye i psikhicheskoye zdorov'ye muzhchiny a takzhe privodit konkretnyye shagi dlya yego uvelicheniya vklyuchaya rekomendatsii po pitaniyu fizicheskim uprazhneniyam upravleniyu stressom i drugim aspektam zdorovogo obraza zhizni Nezavisimo ot vashey vozrastnoy kategorii ili tekushchego urovnya testosterona eta kniga pomozhet vam raskryt vash polnyy potentsial i dostich muzhskoy sily kotoruyu vy zasluzhivayete Vse illyustratsii prinadlezhat avtoru knigi Show more 834 5 000 Translation results Translation result Poder masculino Los secretos para aumentar la testosterona es la gu'a definitiva para hombres que buscan mejorar su salud energ'a y bienestar general aumentando sus niveles de testosterona En este libro encontrar m'todos probados estrategias efectivas y Consejos respaldados por la ciencia para aumentar sus niveles de testosterona de forma natural El autor detalla los efectos de la testosterona en la salud f'sica y mental de un hombre y proporciona pasos espec'ficos para aumentarlos incluidas recomendaciones de nutrici' n ejercicio manejo del estr's y otros aspectos un estilo de vida saludable independientemente de su categor'a de edad o sus niveles actuales de testosterona este libro le ayudar a desbloquear todo su potencial y alcanzar el poder masculino que se merece Testosterona al M'ximo Ignacio Jadue, 2020-09-16 La testosterona principal hormona masculina dicta y define pr'cticamente la vida de un individuo ya que afecta todas las reas de esta Actualmente la comunidad cient'fica sabe que la humanidad est viviendo una crisis mundial sin precedentes respecto al genero masculino que est robando a los hombres su masculinidad su deseo sexual y su entusiasmo por la vida en general sin embargo la poblaci' n general desconoce este preocupante hecho Esto dista mucho de ser una teor'a conspirativa es la fr'a y cruda verdad Se estima que los niveles de testosterona disminuyen en un 1% por ciento cada a'o despu's de los 30 a'os y que hasta el 50 por ciento de los hombres adultos est'n lidiando con niveles bajos de testosterona Tambi'n se estima que la generaci' n anterior a la actual tenia hasta 70% m's de testosterona que nosotros Esto se ve agravado por toda la contaminaci' n en nuestro medio ambiente que altera nuestras hormonas de forma alarmante Este libro est repleto de informaci' n de vanguardia basada en evidencia que incorpora los conocimientos que ha logrado acumular la ciencia respecto a como mantener los niveles de la hormona masculina Optimizados Este libro te ense'ar Por qu' optimizar su testosterona es esencial para ayudar a su cuerpo a funcionar correctamente y c'mo afecta mucho m's que sus m'sculos o su fuerza f'sica C'mo los niveles optimizados de testosterona pueden ayudarlo a recuperar su salud vitalidad y masculinidad Por qu' la obesidad es tan com'n en hombres con niveles subptimos de testosterona y c'mo puede reducir la grasa corporal de forma permanente La impactante verdad sobre el estilo de vida la salud y los factores ambientales casi inevitables que afectan negativamente sus niveles de testosterona Nutrici' n entrenamiento y cuerpo mente de alto rendimiento Este libro es para hombres que quieren convertirse en la mejor

versión posible de sí mismos y vivir una vida increíble con una salud y vitalidad óptimas. Está dedicado netamente a las soluciones y específicamente a métodos orgánicos y naturales y pretende ser conciso, simple y que va al grano ofreciendo puntos concretos en los que se puede tomar acción y mejorar el sistema funcional del organismo en conjunto. **Dieta de Testosterona: Guía para Principiantes y Plan de Acción: 30 Alimentos Naturales Que Aumentan Su Energía, Pierden Peso y Libido (Libro en Español / Testosterone Diet Spanish Book)** Freddie Masterson, 2018-08-30 Compre la versión de este libro en rústica y obtenga la versión Kindle en formato digital de forma GRATUITA. Deje de sentirse cansado y aumente naturalmente su testosterona baja. Finalmente aprenda sobre pasos y estrategias comprobados para aumentar su testosterona. Si no lo sabe, tener bajos niveles de testosterona disminuye la formación de músculo, conduce a la reducción de la libido y a la sensación de pereza. Sin embargo, hay formas naturales de tratar este problema y aumentar su testosterona de forma natural. Este libro le explicará cómo funciona esta hormona en su cuerpo y de qué manera se reduce. Este libro también le hará descubrir cómo puede vencer su miedo y aumentar su deseo sexual. Si su vida sexual está alterada o está aumentando de peso sin ninguna razón, este libro será extremadamente valioso para usted. Testosterona: La Solución Probada De Testosterona Una Guía Para Tener Más Músculos Menos Grasa Y Una Vida Mejor (Potenciador Natural De Testosterona Potenciador De Testosterona Con Tongkat Ali Y 7 Hierbas Potentes) Lester Hulsey, 101-01-01 La testosterona principal hormona masculina dicta y define prácticamente la vida de un individuo ya que afecta todas las áreas de esta. Actualmente la comunidad científica sabe que la humanidad está viviendo una crisis mundial sin precedentes respecto al género masculino que está robando a los hombres su masculinidad, su deseo sexual y su entusiasmo por la vida en general. Sin embargo, la población general desconoce este preocupante hecho. También se estima que la generación anterior a la actual tenía hasta 70% más de testosterona que nosotros. Descubra Estrategias Científicamente Comprobadas para Pasos prácticos para maximizar la producción de testosterona naturalmente. Os melhores alimentos e suplementos para apoiar n veis hormonais saud veis Estrategias eficaces para gerenciar o estresse e otimizar o sono. Como identificar e tratar síntomas de baixa testosterona. Formas seguras e eficaces de melhorar o desempenho sexual. Gracias a técnicas simples centradas en la actividad física, la nutrición, el sueño, la respiración y el manejo. Del estrés obtendrás resultados espectaculares en poco tiempo: es mantener un nivel óptimo de testosterona durante todo el año e incluso toda tu vida. **Testosterona** Jeff Mercer, 2018-07-13 Lee más sobre lo específico de la testosterona, una deficiencia de ella y los grandes potenciadores que pueden ayudar. Testosterona, la hormona que causa un espíritu de luchador, agresividad, asertividad y deseo sexual, es usualmente mal entendida. Vamos a levantar el telón y revelaremos más sobre esta hormona esencial en el cuerpo masculino y femenino. La testosterona puede afectar enormemente el humor de una persona, los deseos, nivel de tolerancia y más. Es crucial conocer más sobre lo que te ocurre a ti. Por lo tanto, el autor ha incluido temas como: De dónde proviene la testosterona y cómo afecta tanto a hombres como a mujeres. 5 alimentos que potenciarán instantáneamente tus niveles de testosterona. Orígenes, consecuencias, síntomas y tratamientos para la

deficiencia de Testosterona Ejercicios que pueden beneficiar a cualquier hombre que quiera aumentar sus niveles de testosterona Factores de estrés y pequeños cambios a tus hábitos que puedes mejorar para niveles más altos de testosterona Mediante esta breve guía aprenderás lo básico y más sobre potenciar tus niveles de testosterona causas y soluciones para deficiencias etc

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