

Biology research paper sample

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TESTOSTERONE BOOSTERS.

Testosterone is a hormone mostly found in men and is responsible for the manifestation of secondary male sexual characteristics. Testosterone is not a hormone exclusive to men. it can also be found in women but in very low quantities. Testosterone is also pivotal in bone production and the growth of muscles. it is also responsible for libido in men. Men in their twenties have the highest testosterone levels. at the age of thirty and above testosterone levels decrease at a rate of one percent per year. Hereditary disorders can also cause a downward trend in testosterone levels in men. as the levels of testosterone reduce men usually experience a decrease in sexual enthusiasm as well as a significant decrease in strength and in some instances baldness. Testosterone boosters are available in form of injections, oral supplements as well as transdermal patches. They help raise the testosterone levels in the body (Auyeung, Bonnie, Simon Baron-Cohen, Emma Ashwin, Rebecca Knickmeyer, Kevin Taylor, and Gerald Hackett, 2009).

Testosterone boosters are used to boost the level of testosterone in the body. The primary effect that these testosterone boosters have is a significant rise in libido. Being the hormone responsible for secondary sexual characteristics in men it is clear that a decrease in testosterone levels is directly proportional to a decrease in libido levels in men. Testosterone boosters can solve this problem as well as the problem of erectile dysfunctions. Increased testosterone levels as a result of testosterone boosters can give the sex drive of a man a new lease of life and a sense of refreshment.

Testosterone boosters are not just a necessity for the elderly. Athletes and bodybuilders also need testosterone boosters. These testosterone boosters help athletes to build more muscle fat and develop more strength and agility. This is very useful in the career of a professional athlete who is expected to perform at extraordinary physical levels around the calendar. Increased testosterone levels do not just increase the size of muscle mass but they also increase the strength levels in people who take them (Auyeung, Bonnie, Simon Baron-Cohen, Emma Ashwin, Rebecca Knickmeyer, Kevin Taylor, and Gerald Hackett, 2009).

Testosterone boosters can also help people overcome weight problems. an increase in testosterone levels in the body leads to a significant decrease in the total fat mass of the body. This decrease is especially profound in the abdominal areas. This means that testosterone boosters can help reduce the stubborn abdominal mass that seems to persist despite dietary constraints and training (Nancy, 2005).

Among the major side effects of testosterone is that it initiates hair growth in the pubic region and on the face during puberty. This side effect of testosterone is however not limited to puberty. Ageing people tend to experience loss of hair primarily due to the decrease in their testosterone level. Testosterone boosters can initiate a new wave of hair growth irrespective of age and the stage in life.

Testosterone boosters do not affect physical health alone. They also affect mental health. Increased testosterone levels lead to an improved mood and a much better assessment of the quality of life. This is perhaps due to the fact that increased testosterone levels increase the sexual drive and lead to

development of muscle mass and this is important in boosting the general confidence levels of an individual. Testosterone boosters help people to be more relaxed and have a nature that is less prone to panic and anxiety (Paulum, 2013).

Despite the good side effects of testosterone boosters they also have a down side. Prolonged and excessive use of these testosterone boosters by men can lead to men developing breasts not unlike those of a woman. This means that a man can actual grow breasts as a result of the use of testosterone boosters. This however only occurs in instances of excessive use of the testosterone boosters over a very long period of time. If the testosterone boosters are used as prescribed by the physician it is highly unlikely that the user will report any development of breasts irrespective of the length of time the user uses the testosterone boosters. Safe use of testosterone boosters will ensure no abnormal developments occur in the body of the user (Spence, 2008).

The use of testosterone boosters can also cause the abnormal growth of muscles. This means that the muscles grow at a fast rate but the ligaments and tendons do not. The ligaments and tendon may thus be unable to support the increasing muscle mass resulting in myalgia. Muscle tears may also occur accompanied by tendon ruptures and ligament injuries. These side effects have however been linked to excessive use of testosterone boosters.

Testosterone boosters have also been linked to kidney dysfunctions.

Testosterone boosters disrupt the reabsorption of sodium and this leads to glomerular injury which in turn alters the normal renal functions. This leads

to retention of water, retention of potassium and nitrogen as well as phosphorus and sodium. This also leads to a decrease in the excretion of calcium chiefly through urine. These side effects have however been reported in instances of overdosing and excessive use of testosterone boosters. A person using the testosterone booster in correct doses as prescribed by a physician is at a very low risk of developing such symptoms and complications (Priest, 2013).

Despite the detrimental side effects of testosterone boosters correct use and dosage of these boosters is very good not just physically but also mentally and emotionally. They help to suppress the changes that come with ageing such as hair loss and reduction in libido levels.

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