



## ***Testosterone for Life: Reclaim Balance, Sleep and Recharge Your Vitality, Sex Drive, Muscle Mass & Overall Health***

Abraham Morgentaler, M.D.  
Associate Clinical Professor, Harvard Medical School  
McGraw Hill

**This book is a 182-page expansion of my office pamphlet, *Why Should Men Take Supplemental Hormones, The Benefits of Androgen Therapy*.**

Clearly and concisely, Dr. Morgentaler lays out the symptoms of testosterone loss, illustrating how low testosterone levels can harm a man's health, how to be evaluated, and what health benefits are gained from having testosterone restored. Most importantly, Dr. Morgentaler reviews literature about the relationship between testosterone and prostate cancer, exploring a common medical myth that testosterone causes prostate cancer. This is an excellent resource book for both men and their doctors.

I have some reservations and disappointments. Although a brave and intelligent researcher, Dr. Morgentaler has not looked very far beyond his narrow field of urology. He is unaware of the importance of the hormone DHEA for men's health. Although he discusses the benefits that regular exercise has for restoring muscle growth with testosterone therapy, he does not have a truly holistic approach. On the cover of his book, he is riding on a bicycle along a rugged coastline, (probably in New England) with a woman. They are both trim, fit and look happy. I assume he is actually living a healthy, holistic lifestyle. However, he does not stress that the full benefits of testosterone cannot be realized unless a man also eats a healthy diet, loses excess abdominal fat and is evaluated to balance any other hormones that may need attention, such as thyroid, adrenal or insulin resistance.

I highly recommend this book.

Robert P. Goldman, MD