

# Naturopathic Doctor In Toronto Highlights Benefits Of Testosterone Replacement Therapy

March 05, 2019



The Toronto, ON based Dr. Amauri Wellness Centre recently issued a health advisory, bringing the potential benefits of [Testosterone Replacement Therapy \(TRT\)](#) for Low Testosterone levels into the public eye. This condition, most prevalent among middle-aged men, is typically associated with an increased risk in diabetes, obesity, and cardiovascular disease.

Also known as ‘Low T.,’ a deficiency in testosterone levels is experienced by around 40% of men over the age of 45, according to Dr. Richard Bebb, a Vancouver based endocrinologist. However, fewer than 5% of the afflicted are diagnosed and subsequently treated for the condition. Furthermore, while it isn’t uncommon for men over the age of 40 to experience Low T., it is possible for the condition to appear in those as young as 25. Note that low testosterone in young men can itself be a symptom of other illnesses, such as type 2 diabetes, chronic liver or kidney disease, or even issues with the pituitary gland.

The issue with the low rate of diagnosis is that few are aware of the symptoms of Low T, perhaps even going so far as to associate the changes they do notice in their bodily functions to their natural aging process. While this association is accurate to an extent, Low T. itself is treatable as long as the symptoms are recognized and then acted upon. These symptoms involve prostate issues/Prostate Specific Antigens (PSA) health, low sex drive, enlarged prostate, frequent urination, decreased

muscle mass, and more.

While these symptoms are more likely to galvanize patients to seek a diagnosis, others may be ignored due to them being perceived as the normal byproducts of age, as Low T. levels can lead to reduced mental clarity, other cognitive issues, sleep issues, weight gain, and so on. It is important for patients to notice these conditions and bring them up with their either primary health care provider in case they are relevant to the overall diagnosis.

Once diagnosed, patients may want to ask their primary care provider about Testosterone Replacement Therapy to bring their testosterone levels back to normal. The procedure is available at the **Dr. Amauri Wellness Centre** (though a licensed practitioner), and includes a full hormone assessment, multiple therapy options in the form of topical compound creams, gels, capsules, and more. In addition to the other aspects of the program, the TRT offered at the clinic is designed to keep the individual patient's needs in mind, following the ethos of holistic medicine.

Dr. Amauri Caversan, ND ([Naturopathic Doctor in Toronto](#)) of the Dr. Amauri Wellness Centre, has teamed up with Nurse Practitioner Arv Buttar, NP, who studied "*Mastering the Protocols for Optimization of Hormone Replacement Therapy*" under the tutelage of Dr. Neal Rouzier M.D. of WorldLink Medical, a renowned BHRT expert. Together, their hormone replacement therapy program which utilizes many Naturopathic principles aims to help men restore their testosterone hormones to an optimum level with as little side effect and best result as possible.

The Dr. Amauri Wellness Centre also provides a host of other healing services, such as Pain Treatment (Acupuncture, Low Laser Therapy, Extracorporeal Shockwave Therapy etc.), Nutritional IV Therapy designed to help with energy, mood, and athletic performance, and various Wellness Services (Naturopathic Medicine, Fertility testing, Thyroid Support, etc.) to help ensure each of their patients have access to the best holistic healing practices available.

Those who wish to find out more about the clinic's services and what their treatment options entail may contact Dr. Amauri Caversan, ND, of the Dr. Amauri Wellness Center, or visit the clinic's website to peruse [more resource](#) materials. Furthermore, prospective patients may directly book a consultation through the website's Contact Us page, or use the other contact details included to get in touch.

Source: <http://www.pressadvantage.com/story/25240-naturopathic-doctor-in-toronto-highlights-benefits-of-testosterone-replacement-therapy>