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Natural Herbal Treatment for Low Sex Power and Low Testosterone Levels by [Jhon Napier](#)

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Testosterone is an important hormone produced in the testes in men or ovaries in women. They are also secreted by the adrenal glands of both men and women. In men, this hormone plays an important role in the creation of red blood cells, burning of fat and in maintaining muscle mass and strength and bone density. This hormone is also essential for the production of sperms and to maintain male libido or sex drive. Low testosterone level can cause many health and emotional problems, such as loss of bone density, decreased muscle mass and muscle strength, excess body fat, poor hair growth, insomnia and other sleep problems, depression, motivation problems, sadness, and concentration and memory difficulties.

Low testosterone levels can also affect the sexual health of a man and may lead to several male sexual problems like low sex drive, erectile dysfunction, and infertility. The condition of insufficient production of testosterone by the body is medically referred to as hypogonadism. There are chiefly two types of hypogonadism, primary hypogonadism and secondary hypogonadism. Primary hypogonadism is mainly due to a testicular problem, while the secondary hypogonadism is caused by the problems in the pituitary or hypothalamus glands.

Primary hypogonadism can be caused by trauma to the testicles, undescended testicles, mumps infection, excessive iron in the blood, cancer treatments like chemotherapy and radiation, and Klinefelter syndrome, a congenital chromosomal abnormality. The factors that can contribute to the occurrence of secondary hypogonadism include age, obesity, hormone medication, opiate medications, and certain medical conditions, such as pituitary abnormalities, AIDS, Kallmann syndrome, and inflammatory diseases like tuberculosis, histiocytosis and sarcoidosis.

Testosterone replacement therapy or TRT is widely used to treat low testosterone levels. This therapy can help improve sex drive, boost energy levels, augment the strength of muscles, and to avoid bone loss. Add healthy fats like omega-3 fatty acids and monounsaturated fats and foods that contain zinc, vitamin A, vitamin B, and vitamin E to your diet. Try to get enough sleep. Also, reduce the consumption of alcohol. Some herbs are found to be effective in the treatment for low sex power and low testosterone levels. A few of these herbs are muira puama, maca root, sarsaparilla root, tribulus terrestris, vitex, yohimbe, horny goat weed, ginkgo, damiana, and L-arginine.

An excellent way to raise the level of testosterone levels in males is to take 4T Plus capsules regularly. This herbal supplement is proven to be highly beneficial in the treatment for low sex power and low testosterone levels. 4T Plus capsule enhances blood circulation to the genital area and helps maintain the health of reproductive organs. The 4T Plus capsules is also helpful to strengthen immune system, delay the aging process, improve bone density, and to develop muscle mass. It is composed of many powerful natural aphrodisiac herbs and has the potential to increase male libido, energy, endurance, and sexual performance. 4T plus capsules can be used to treat erectile dysfunction, early ejaculation, low sperm count, male infertility, increase libido and treat decreased sex drive.

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