

BIOIDENTICAL
TESTOSTERONE

*Pellet Therapy
for Men*



LOOK GOOD · FEEL GOOD · BE HEALTHY

AN INTRODUCTION TO BIOIDENTICAL TESTOSTERONE PELLET THERAPY

by Roberto Tostado, MD



Many years ago, I founded the iBody with a simple goal to inspire every client that walks into my clinic to live a healthy, robust, disease-free life and to experience energy vitality and wellness no matter what age.

Establishing hormonal balance plays a key role in one's quality of life. Men, in particular, are experiencing symptoms and diseases due to low levels of testosterone. Processed foods, stressful lives, and toxins destroy our ability to produce and maintain normal testosterone levels, resulting in more fat, less muscle, less energy, and decreased masculinity.

Bioidentical plant-based testosterone therapy naturally restores levels to enhance our body and mind to prevent disease and deterioration as we age

Getting older doesn't mean we have to break down and feel our age. I have helped many men regain hormonal balance to feel vitality, confidence, and happiness.

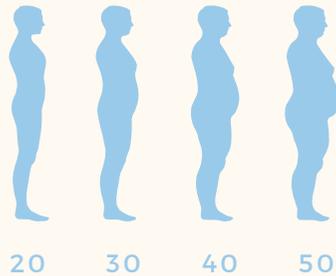


MEN AND ANDROPAUSE

Today, more men than ever are becoming aware of the vital role testosterone plays in their physical and emotional well-being.

The gradual decline of male testosterone levels is now associated with a host of undesirable symptoms once attributed solely to the aging process. Studies have shown that after age 30, men lose approximately 1 percent of their testosterone and 2.5 percent of their DHEA (dehydroepiandrosterone) per year.

Unlike women, who tend to experience the symptoms arising from menopause in their forties and fifties, the gradual and consistent loss of hormones in men can have a profoundly debilitating long-term effect. Current medical research has described this effect as andropause, the counterpart to female menopause, wherein men experience a wide range of undesirable physical changes: reduced energy, mental clarity, and sex drive; weight gain and loss of muscle mass; and unpredictable mood swings.



Decrease in testosterone, the hormone long seen as a hallmark of masculine potency, can lead to depression, anxiety, fatigue, and loss of libido. The loss of this crucial hormone poses additional threats. Low testosterone has been associated with prostate problems, poor sexual performance, and decreased bone-mineral density, the last of which increases the risk of osteoporosis. Men have come to regard this decline in quality of life as a regrettable, unavoidable part of aging.

Yet, rather than resign themselves to enduring these bodily and hormonal changes, men are now realizing that they can again feel vigorous and alive. Bioidentical Hormone Pellet Therapy restores hormonal balance, allowing men to feel healthy and sexual, and look and feel their best for the rest of their lives.

WHAT IS BIOIDENTICAL HORMONE PELLETT THERAPY?

Bioidentical Hormone Pellet Therapy is a treatment process delivered via the painless insertion of a bioidentical hormone pellet just beneath the skin's surface. Each pellet is chemically identical to natural human hormones.

But bioidentical hormones are not synthetic pharmaceuticals, artificial stimulants, or animal derivatives. They are all-natural, biological equivalents that work in tandem with your body 24/7, releasing safe, measured dosages of testosterone directly into your bloodstream whenever your body requires them. Other treatments require a consistent regimen of self-administration and careful timing, whereas bioidentical hormones work in concert with your body, responding naturally to your specific hormonal needs.

Bioidentical Hormone Pellet Therapy usually requires a visit with your physician twice a year and requires no pills, gels, creams, patches, or injections.



HOW CAN TESTOSTERONE THERAPY HELP ME?

- Improves mental clarity, focus, memory, automatic recall, and ability to concentrate
- Prevents Alzheimer's disease
- Enhances libido; increases sexual satisfaction
- Relieves nervousness and depression
- Promotes emotional stability; decreases anger, anxiety, and irritability
- Reduces fatigue and increases energy levels
- Enhances ability to get in shape
- Creates gains in lean body mass and decreases in body fat
- Reduces the risk of cardiovascular disease and high blood pressure
- Prevents osteoporosis
- Increases vitality and overall well-being
- Improves mood

A grayscale photograph of a hand held palm up, with a small, white, cylindrical testosterone pellet resting on the palm. The background is a dark, textured gray.

WHAT ARE BIOIDENTICAL TESTOSTERONE PELLETS?

The bioidentical testosterone pellets you will receive during treatment are natural plant derivatives obtained from plant-based ingredients. They are compounded by pharmacists to be biologically identical to the testosterone produced by the human body and provide hormones the body no longer can produce at physiologic levels.

Hormonal replacement has enjoyed a long and safe history of clinical application, with medical-journal documentation and research extending back to the 1930s.

Insertion of testosterone pellets is simple and can take only a few minutes. Pellets measure about 3 mm by 9 mm and are implanted through a small incision, usually in the sub-dermal fat layer of the upper hip area. They deliver a steady dose of testosterone over 4-6 months.

FAQS

How do I begin? Start by calling our office at (626) 593-5993 to schedule a consultation with Dr. Tostado. Our staff will help you write your medical profile. During your appointment, Dr. Tostado will conduct a thorough review of your lifetime medical history, and evaluate your current hormone levels, symptoms, and lifestyle to determine your optimal course of treatment.

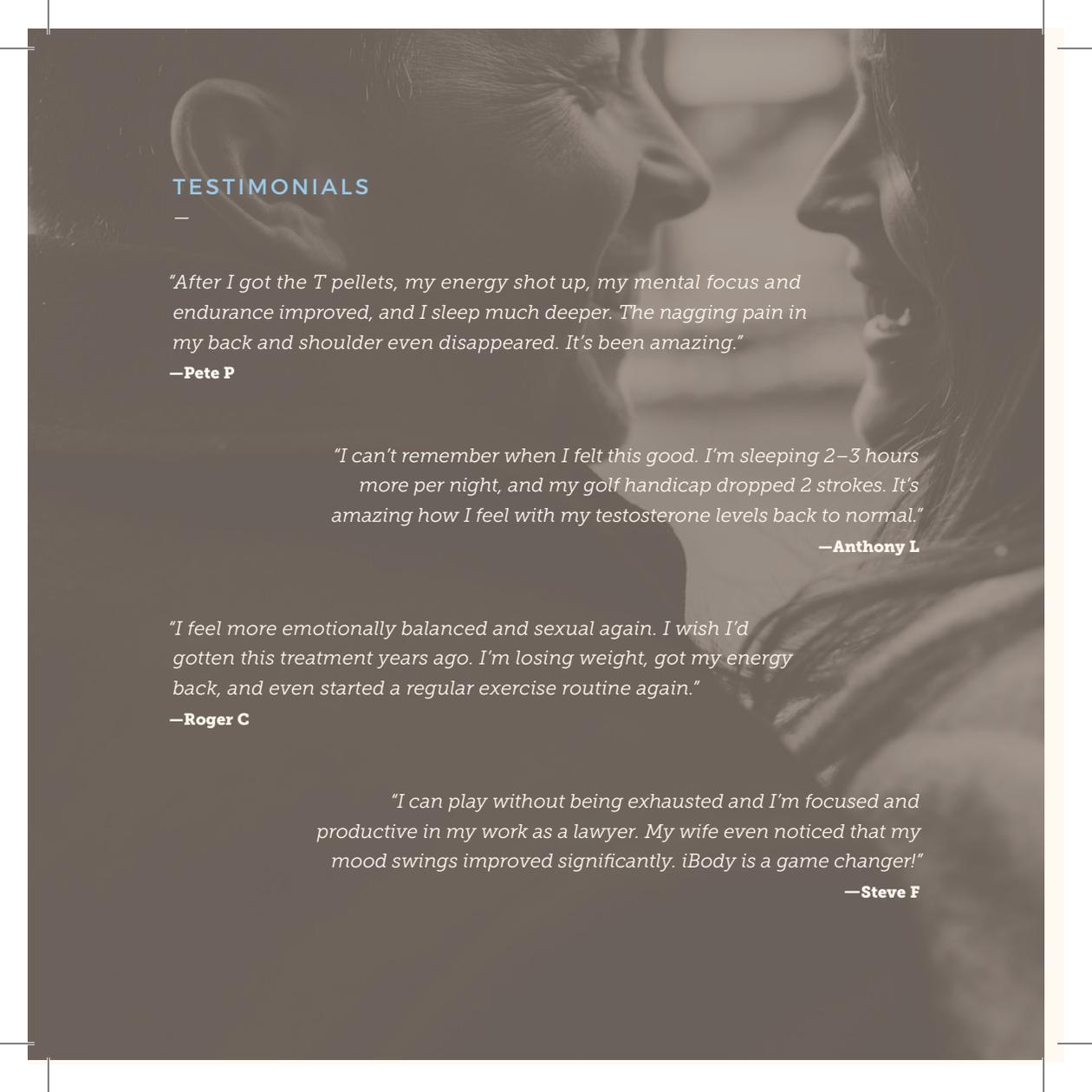
How do I determine if I have low testosterone? A simple blood test will help determine your testosterone level. If your testosterone level is not within the normal range, you may be a candidate for treatment.

How do I receive my treatment? Each minuscule bioidentical hormone pellet, measuring the same size as

a grain of rice, is slipped painlessly beneath the surface of the skin, usually near the hip. A mild anesthetic is applied locally, and the procedure is completed in five to ten minutes. The effects are long-lasting; maintenance is limited to brief, in-person follow-up treatments a few times per year.

How long does it take to feel the effects of the pellets? You can start feeling the difference within 24-72 hours, with optimal effects after 3 weeks of insertion.

How long do the testosterone pellets last? The pellets slowly release testosterone and deliver a steady dose for upwards of 6 months in men.



TESTIMONIALS

"After I got the T pellets, my energy shot up, my mental focus and endurance improved, and I sleep much deeper. The nagging pain in my back and shoulder even disappeared. It's been amazing."

—Pete P

"I can't remember when I felt this good. I'm sleeping 2–3 hours more per night, and my golf handicap dropped 2 strokes. It's amazing how I feel with my testosterone levels back to normal."

—Anthony L

"I feel more emotionally balanced and sexual again. I wish I'd gotten this treatment years ago. I'm losing weight, got my energy back, and even started a regular exercise routine again."

—Roger C

"I can play without being exhausted and I'm focused and productive in my work as a lawyer. My wife even noticed that my mood swings improved significantly. iBody is a game changer!"

—Steve F

ABOUT DR. TOSTADO

Dr. Roberto Tostado has been a preeminent medical doctor for over 25 years. He is a dual board-certified physician in Family Medicine, Regenerative Medicine and Anti-Aging Medicine; a Fellow of Nutritional and Digestive Medicine from the American Academy of Antiaging Medicine; and is certified by the American Academy of Restorative Medicine. With additional specialized training in stem cell harvesting and isolation techniques from U.S. Stem Cell, he is a nationally-renowned provider of these innovative treatments.

Dr. Tostado has degrees from Columbia University and the University of Michigan, with a USC Medical Residency at the California Medical Center in Los Angeles.

In 2005 he founded the iBody, his successful private practice in San Marino, California. He chose the name iBody to reflect his emphasis on treating the entire patient, not their ailments.

A widely sought-after health expert, Dr. Tostado dedicates his practice exclusively to preventive and regenerative medicine. He is one of a new breed of doctors pioneering a unique integrative approach to health and has led thousands of patients to improved, healthier lives. His patients fondly enjoy his attitude of ease, humor and continual inspiration.





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