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Adaptogenic herbs for hormone balance is a great tool to use for wellness. Sometimes known as superfoods, adaptogenic herbs help naturally raise the body's resistance to stress, both physical and emotional, anxiety, toxic exposure, and fatigue, and help the body restore and maintain balance. [How To Balance Hormones with Supplements](#)

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Medical conditions causing hormonal imbalances in men include: prostate cancer; hypogonadism (low testosterone) Symptoms of hormonal imbalances in men include: reduced sex drive; erectile ...

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Hormones like estrogen and testosterone are crucial to your health, and a hormonal imbalance can cause symptoms like acne and weight gain. [Learn more.](#)

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Magnesium is also key for men's hormonal health. It boosts levels of free testosterone as well as aiding better sleep and moods. If you have a lot of stress, like a glass of wine, are caffeine-dependent (who isn't?), then you're probably deficient in magnesium.

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Keeping Men's Hormones in Balance Testosterone, growth hormone, and cortisol levels all have a profound impact on men's health. Here's how you can help keep these hormone levels in balance. By...

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A hormonal imbalance can occur at any point in a man's life—even in his early 30s. Symptoms can be brought on by stress, an acute injury, illness, poor nutrition, inadequate exercise, and a host of other factors.

[Five Important Hormones for Men's Health - Lost Empire Herbs](#)

Conventional treatments for hormonal imbalances usually include synthetic hormone replacement therapies, birth control pills, insulin injections, thyroid medications and more. Unfortunately, for the majority of people suffering from hormonal disorders, relying on these types of synthetic treatments often does three things:

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In other articles, we'll be going into more detail about other hormones like cortisol, insulin, and the thyroid hormones, which interact mostly the same among men and women. But for simplicity, it's the androgens that make men men, and estrogens that make women women. This is important because male hormone testosterone goes down as we age.

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