

TESTOSTERONE FACTS

FUN FACTS ABOUT TESTOSTERONE, AND THE EFFECTS
BETWEEN THE MALE AND FEMALE BODY



Men who have children experience decreases in their testosterone levels. This is due to the emotional changes that occur and help to promote paternal care and instinct.



Men who produce less testosterone
are more likely to be in a
relationship or be married.



Men who produce more testosterone
are more likely to be
single or divorce.



Single men who haven't experienced many relationships have lower testosterone levels than single men with experience.





Long distance relationships affect females testosterone levels. Same-city partnered women have lower testosterone levels than women in long distance relationships. Men's testosterone levels however, do not fluctuate while in a long distance relationship or not.



Testosterone levels follow your natural 'nyctohemeral rhythm' and peak early each day.



After sex, females receive a spike in testosterone, oxytocin and endorphin levels after ejaculated semen meets their cervical wall.



There are positive correlations between a woman's orgasmic experiences and increased testosterone levels.



Testosterone levels increase after
masturbation induced
orgasms as well.

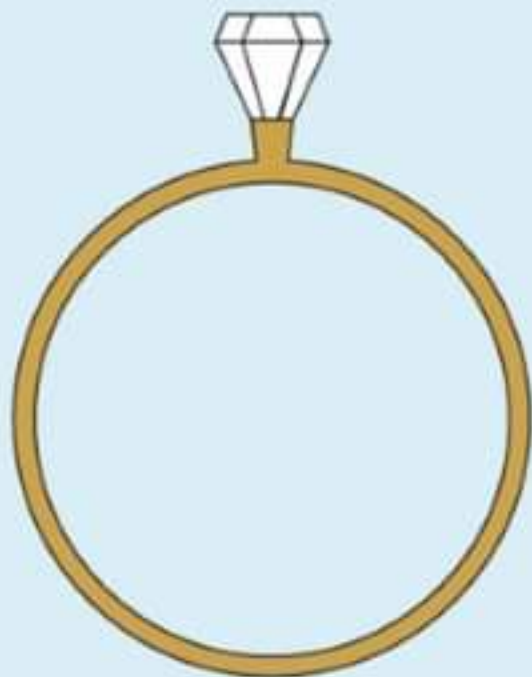




Men who have random sexual encounters or multiple partners experience large spikes of testosterone the morning after.



Men with lower testosterone levels are more likely to get married than are men with higher testosterone levels.



After watching a sexually explicit movie, men have a 35% increase in testosterone levels (peaking 60-90 min after the film), experience increased optimism and decreased exhaustion.



Men who engaged in sexual activity after a conversation with a woman experienced increases in their testosterone levels (attributed to the “courtship” behavior they exhibited).
[2002 study]





Men exposed to ovulating woman maintain a consistently higher testosterone level than men exposed to non-ovulating woman.



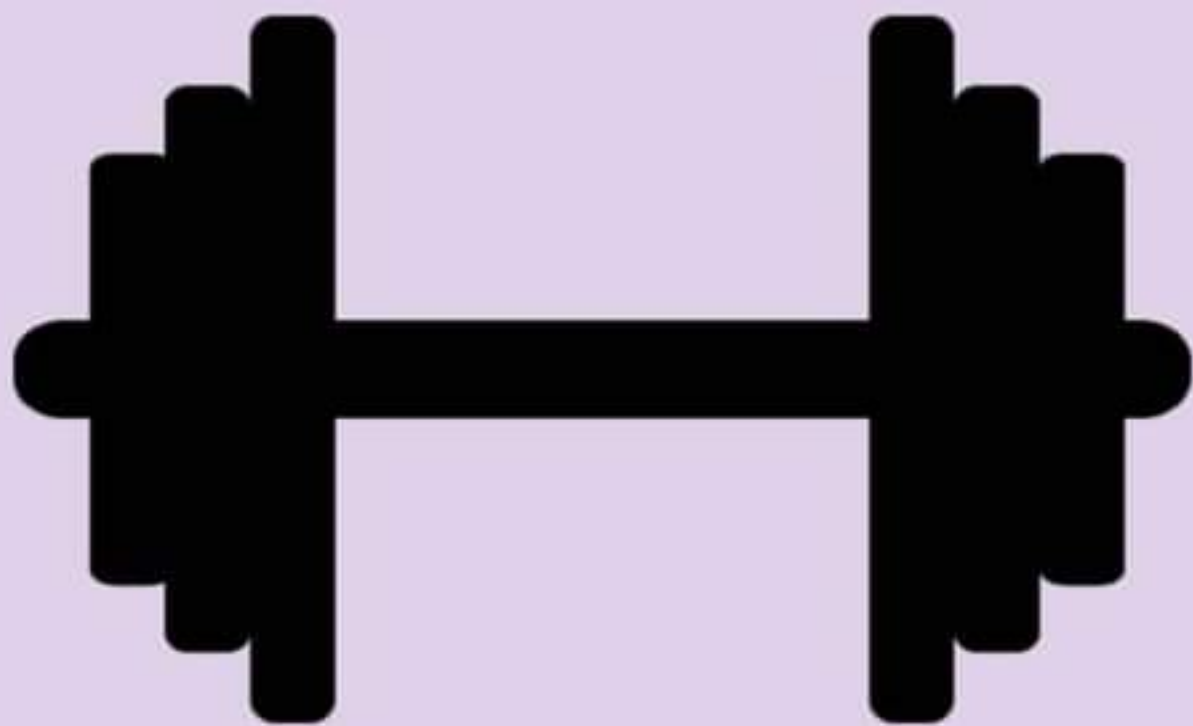
Testosterone (an anabolic steroid) increases muscle development, endurance and strength. It does so by increasing the muscles' protein synthesis.

This causes the muscle fibers to grow larger and repair faster than they typically would.



REM Sleep increases nocturnal
testosterone levels.





Resistance training increases
testosterone levels.

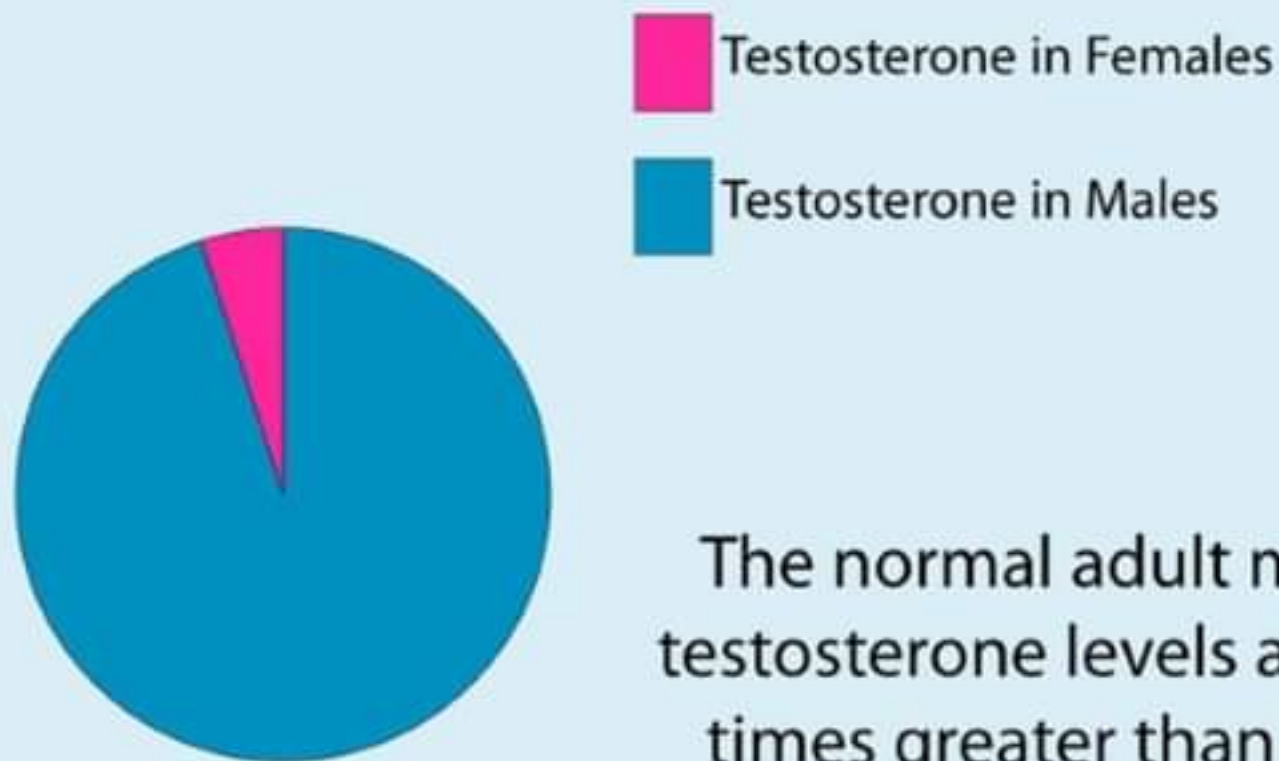


Licorice decreases women's
testosterone levels.



Testosterone is secreted in the testicals of males, ovaries of females and smaller amounts through the adrenal glands.

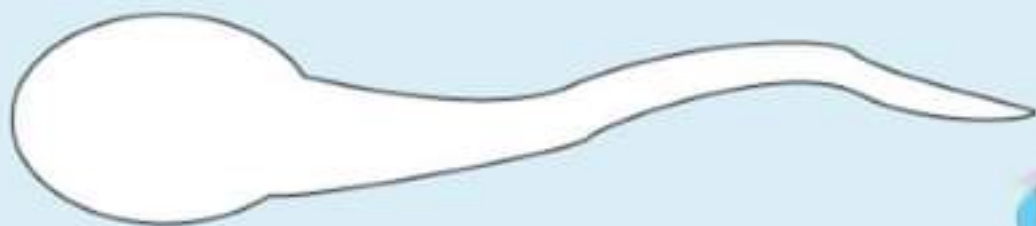




The normal adult male testosterone levels are 20 times greater than the normal female levels.



Testosterone is necessary for
normal sperm
development.





Elderly men who maintain their normal testosterone levels reduce their risk of cardiovascular disease. This occurs because testosterone increases their lean body mass, lowers cholesterol and normalizes glycemic levels.



Men with above average testosterone levels are much less likely to have a heart attack, experience high blood pressure, become overweight, and are more likely to rate their health as good to great.



Falling in love
decreases men's
testosterone
levels.



Falling in love
increases a
woman's
testosterone levels.

