

As I alluded to earlier, testosterone levels peak in our twenties and start to decline at the rate of one to two percent each year beginning around age thirty. That means that a man of my age, fifty-eight, will have less than 50 percent of the testosterone he had in his prime.

While low testosterone does affect the libido, it has even more sinister effects on the body. “Low T” contributes to obesity and fatigue, and it can accelerate type 2 diabetes, cardiovascular disease, and prostate cancer.

Al Sears, America’s leading anti-aging doctor, is a big proponent of keeping testosterone levels high. According to Dr. Sears, research from all over the world shows that the more testosterone you have, the less chance you’ll die—of ANY cause!

Writing in “What Men Really Need to Boost Testosterone,” an article you can find on [alsearsmd.com](http://alsearsmd.com), Dr. Sears referenced six startling studies that all highlight the benefits of high testosterone levels. “It doesn’t matter how old you are, your body fat, cholesterol, blood pressure, or what your blood sugar measurements are,” he asserted. “In all the studies, testosterone was the biggest indicator of longer lifespan.”

Here’s a quick overview of the studies he was referring to:

- *In 2010, researchers found that men with heart disease are twice as likely to die if they also have low testosterone levels.*
- *A 2009 study of men with diabetes showed that those with the lowest T levels were twice as likely to die—not just from diabetes but for any reason.*
- *A European study showed that low testosterone led to a 41 percent greater chance of dying from any cause.*
- *The University of California looked at 794 men over a time period of about 12 years. They found that men with low testosterone were 40 percent more likely to die than those with higher levels.*
- *A study of older men in Seattle, published by the Journal of the American Geriatrics Society, found*