



“A natural boost for men.”

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Going Natural for Male Vitality

By W. Gifford-Jones, MD

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Mark Twain said, “Age is an issue of mind over matter. If you don’t mind, it doesn’t matter.” But for many aging men, it matters a lot when their prized male organ starts to lose the vitality of youth. One of the most common yet often unspoken challenges is the decline in testosterone levels, a natural part of aging that can significantly impact physical and emotional well-being.

Starting as early as the mid-30s, testosterone levels in men begin to decrease by approximately 1 percent per year. This gradual decline can lead to symptoms like fatigue, reduced muscle mass, irritability, and perhaps most distressing for many, a diminished libido.

Not everyone aspires to be Don Juan. But for many, having sufficient upbeat libido is what drives life’s most intimate joys. Plus, having positive and healthy intimate connections can be an indication of broader good health. How many readers know that erectile dysfunction (ED), for instance, is often a precursor to cardiovascular problems? The healthy performance of the male organ can be an indication of the healthy performance of the heart. And when the former declines in prowess, one may surmise the heart is also losing vitality.

But here’s the rub. Many men have trouble discussing their sexual health – with their partners and their doctors, both. The personal relationship with their partners suffers needlessly as a result. Those who do act make two common mistakes. The first is to leap immediately to pharmaceutical solutions that come with potential side effects. The second is to scour the Internet for promising products, nearly all of which are dubious. Searching the Internet causes another problem –

the invitation for algorithms to send more and more trashy content that will certainly embarrass when popping up on the screen as someone else is watching!

There’s a Gifford-Jones law that says, “Try natural remedies first.” Fortunately, there are some products available at natural health food and supplements stores that are tested and proven solutions to reignite men’s testosterone production and renew sexual interest. One example is Testo Charge, produced by Certified Naturals, a firm that specializes in clinically studied ingredients, uses no artificial additives, and packages capsules in the dosage scientists have tested in trials.

Testo Charge is made using patented LJ100 tongkat ali, an extract derived from a Southeast Asian plant having a long tradition as a natural aphrodisiac and vitality booster. Studies have demonstrated its effectiveness in boosting testosterone levels, improving sexual performance, and enhancing mood and energy.

There’s something to be said for another natural approach to macho manhood. Don’t forget that a little romance can be a powerful aphrodisiac. Build a menu of loving options, each one of which is priceless – a kiss, a caress, a lasting cuddle. There need not always be a main course when the appetizers are filling enough. It’s perfectly natural for intimate relationships to evolve as the years go by.

What’s often underestimated is the importance of talking about how personal abilities change. Yet being the one to open up such discussions is often very, very hard. Years ago, we told readers that bananas go well with hanky-panky. That’s because bananas are loaded with potassium, a nutrient that lowers blood pressure. Bananas also contain magnesium and calcium, nutrients that can help to ease strained muscles. We recommended putting a banana on the bedside table as a fun way to signal romantic intentions to a partner.



For more information on Certified Naturals® visit www.certifiednaturals.ca

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Certified Naturals® Testo Charge features LJ100® Tongkat Ali

Retail inquiries:

Hedley’s Enterprises Ltd.
1-888-292-5660 info@hedleys.ca
www.hedleynutritionals.ca