

# Testosterone Replacement Therapy: What Most Men Aren't Told

By Robert Ferguson

Many men wake up and it seems like out of nowhere—no warning—they realize they've added belly fat. Libido is down (excuse the pun), energy levels seem to have plummeted, and you just don't feel like yourself. Before you quickly embrace the idea that your problem is hormonal, read this article and learn how you can regain what many refer to as the benefits of being youthful—naturally.

## And How to Boost Testosterone the Natural Way

Testosterone therapy, also called TRT, is growing fast. It seems that more men than ever are thinking about or beginning to use testosterone shots, gels, and pellets to try to feel younger, build muscle, and have more energy.

But what if I told you many men start TRT too soon—without fixing what's really going on in their body?

This article explains:

- Why low energy and mood swings may not be a testosterone problem
- What can go wrong when you start TRT too early
- A real story from one of my clients
- My personal testosterone story
- How to raise testosterone **naturally**—without drugs or risky treatments

## Meet Terry M. — A Real Story

Terry M. is a 58-year-old man who came to me after being on TRT for about a year. At first, TRT seemed to work great. He looked leaner. He added muscle. He had more energy.

But after 12 months, things changed.

Terry's energy dropped again, and he wasn't feeling like himself. Then, something shocking happened—**one of his testicles began to shrink**. What once felt like a grape had shriveled up to the size of a raisin.

Terry didn't know that when you go on testosterone, your body stops making its own. That includes your testicles, which shrink from lack of use. He was never told this could happen.

This is a real example of what can happen when men start TRT **without first trying to fix the root problem**.

# My Testosterone Story (Robert Ferguson)

When I had my testosterone tested in **June 2025**, my levels were **710 ng/dL**. That number might not mean much to most people, so here's what it means:

Just two years earlier, in **June 2023**, my testosterone levels were at **350 ng/dL**. Even at 350, I felt good. I didn't have the common symptoms you often hear about—like low libido or erectile disruption. I've also met men, including clients, with testosterone levels between 100 and 300 ng/dL. Some of them had typical symptoms, while others felt just fine. Everyone is different.

Now, in my 50s, I can honestly say: **everything is even better**. I feel sharper, stronger, and more energized than ever.

- For adult men, the **normal range** for total testosterone is usually around **300 to 1,000 ng/dL**.
- A level of **710** is considered **high-normal**—it means my body is producing testosterone *naturally and efficiently*.

Here's what's important to know:

I didn't get there with testosterone shots, pellets, or gels. I got there by continuing with what I teach others when it comes to nutrition—and by making a one specific adjustment, which I'll share shortly. When it comes to my lifestyle habits, I don't eat a lot of ultra-processed food, I avoid seed oils (like soybean, canola, sunflower, safflower, etc.), I perform resistance training (e.g., lift weights) as part of my exercise routine, and I am mindful of getting good sleep when possible, and yes, I enjoy alcohol casually. I'm not perfect—but I'm consistent with the things that matter most.

One thing I have changed over the last year and a half is how I take care of my cell health.

I was introduced to test-based nutrition and how I could quickly and easily take an at-home dried blood spot test (also known as the BalanceTest) to find out my omega-6 to omega-3 ratio, omega-3 index, arachidonic acid percentage, and cell membrane fluidity. This has been a game changer for all parts of my health. Once you know your numbers, you can take steps to improve them. Making sure my cell membranes stay fluid and functioning properly is important because that's where hormones like testosterone do their job.

Let me be clear:

**High testosterone alone isn't the goal.**

The goal is to feel good—strong, clear-minded, energized, and balanced. That's when you know your testosterone and your metabolism are truly working for you.

So before jumping on TRT, do what I did:

Start with your lifestyle and fix what's happening at the cellular level. You may not need therapy—your body might just need the right support.

# The Real Reason for Low Energy

Many men believe low testosterone is why they feel tired, gain weight, or lose interest in things. But that's not always true.

**In many cases, the real problem is inside the cells.**

Your body needs something called **ATP (adenosine triphosphate)**—this is your energy fuel. If your body isn't making enough ATP, you feel tired, no matter how much testosterone you have.

And your cells need healthy outer layers—called **membranes**—to make ATP and use testosterone properly. These membranes can become stiff and inflamed if your fat intake is off balance.

## Why Cell Membrane Health Is So Important

Think of your cells like water balloons. The balloon part is the membrane—it lets good stuff in and keeps bad stuff out. If the membrane is stiff or damaged, nothing works well.

What makes membranes stiff?

- Too much omega-6 (found in seed oils like soybean and canola oil)
- Too much saturated fat (especially without enough omega-3 to balance it)
- Not enough omega-3 (found in fish or quality supplements)
- A bad omega-6 to omega-3 ratio (most people today are 20:1 or worse—it should be closer to 3:1)

When your cell membranes are stiff:

- Hormones like testosterone can't work well
- Your body can't make enough ATP (energy)
- You feel tired, moody, and weak

## How Low Omega-3 Can Lower Testosterone

Many people don't know this, but not getting enough omega-3 can make it harder for your body to use testosterone. Here's how:

### 1. Your Cells Need Omega-3

Every cell in your body has a soft outer layer called a membrane. Omega-3 helps keep that membrane smooth and flexible. If you don't get enough omega-3, that layer becomes stiff and inflamed. When that happens, testosterone can't work properly inside your cells—even if your levels look normal.

## **2. More Inflammation, Less Testosterone**

When your body is inflamed, it makes more of the stress hormone called cortisol. Cortisol blocks testosterone. Omega-3 helps fight inflammation and bring cortisol down. That gives your body a better chance to make and use testosterone.

## **3. Testosterone Is Made in Cells That Need Omega-3**

Men make testosterone in their testicles, in special cells called Leydig cells. If those cells are under stress or not working right because of low omega-3, they can't make enough testosterone.

## **4. The Balance Matters**

It's not just about having low omega-3. Most people eat way too much omega-6 from seed oils and fast food. This causes an imbalance. If your omega-6 to omega-3 ratio is too high (like 15:1 or higher), it creates more inflammation—and less testosterone. You want your ratio to be around 3:1 or better (lower).

## **5. Your Brain Needs Omega-3 Too**

Your brain controls your hormones. If you're low in omega-3, it can affect your mood, energy, and even your sex drive. Omega-3 helps your brain send the right signals to your body to make testosterone.

In short, if you're low in omega-3, your body may not make or use testosterone the way it should. That's why I always recommend checking your omega-3 index and fixing your omega-6 to omega-3 balance first—before even thinking about TRT.

# **Dangers of Starting TRT Too Soon**

TRT should be a last resort—not a first step. Here's what can go wrong when you jump in too early:

## **1. Your Testicles Shrink**

Like what happened to Terry M., your body stops making its own testosterone, and your testicles can shrink from lack of use.

## **2. You Can Become Infertile**

TRT lowers sperm production. Even short-term use can hurt your chances of having kids naturally.

### **3. You Might Feel Worse Later**

When your body depends on outside testosterone, coming off it can make you feel even worse than before.

### **4. You Don't Fix the Real Problem**

If your energy is low because of bad sleep, poor nutrition, extra belly fat, or inflammation, TRT only covers it up. It doesn't fix it.

### **5. It Can Raise Health Risks**

Some studies show TRT may raise your chance of heart problems. It can also mess with other hormones and cause acne, mood swings, or hair loss.

## **Natural Ways to Boost Testosterone and Energy**

Before you consider TRT, try these natural steps that can help bring your body back into balance:

### **1. Sleep Well**

Your body makes testosterone while you sleep. Aim for 7–8 hours a night.

### **2. Lose Extra Belly Fat**

Fat around the belly turns testosterone into estrogen. Losing even 5–10 pounds can help.

### **3. Build Muscle**

Do strength training (like squats, push-ups, or lifting weights) 2–3 times a week. This helps boost natural testosterone.

### **4. Cut Back on Alcohol**

Alcohol can raise estrogen and lower testosterone. Drink less or stop completely.

### **5. Balance Your Blood Sugar**

Too much sugar or fast food causes high insulin, which lowers testosterone. Eat whole foods with fiber, protein, and healthy fats.

## 6. Reduce Stress

Stress raises cortisol, which blocks testosterone. Try walking, breathing exercises, or taking breaks from screens.

## 7. Improve Cell Membrane Health

This is where real change happens. Healthy membranes help your body use testosterone and make ATP.

Here's how:

- Stop using seed oils (like corn, soybean, and canola)
- Eat omega-3-rich foods (like salmon and sardines)
- Or take a test-based supplement with omega-3 and polyphenols (like BalanceOil+)

Also, get tested!

You want:

- **Omega-3 Index:** 8–12%
- **Omega-6 to Omega-3 Ratio:** 3:1 or better (most people are 15:1 or higher)

## Final Thought

Just like Terry M., many men turn to TRT too fast—and end up with side effects they never saw coming.

And just like me, many can restore their testosterone naturally by taking care of their body the right way.

Before you go down that path, take time to:

- Improve your sleep
- Eat real food
- Build muscle
- Cut back on alcohol
- And fix your omega-6 to omega-3 ratio (balance)

When you take care of your body at the **cellular level**, your testosterone, energy, and mood can improve **naturally**—without drugs.

If you would like to learn more about how you can get this BalanceTest and learn how to improve your omega-6 to omega-3 ratio, contact the person who shared this article, email me at [robert@dietfreelife.com](mailto:robert@dietfreelife.com) or [schedule a free consultation](#).

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