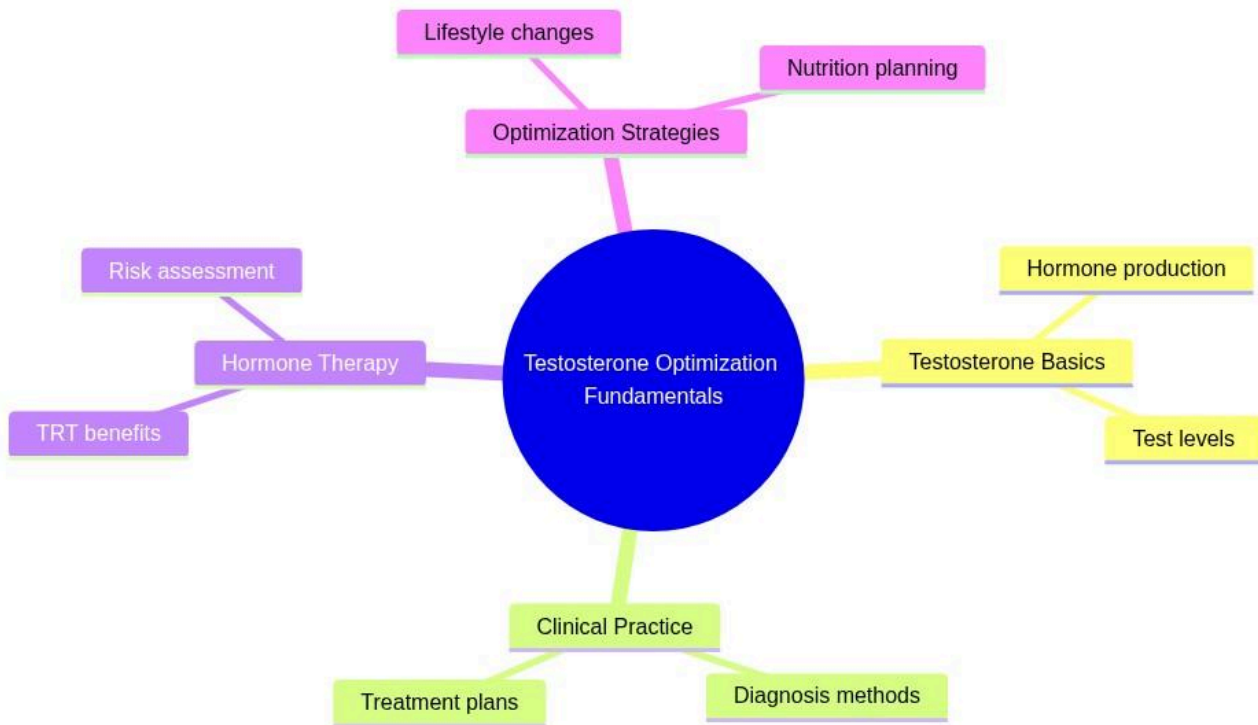


Testosterone Optimization

Testosterone Optimization Fundamentals



mindmap

```
root((Testosterone Optimization Fundamentals))
  Testosterone Basics
    Hormone production
    Test levels
  Clinical Practice
    Diagnosis methods
    Treatment plans
  Hormone Therapy
    TRT benefits
    Risk assessment
  Optimization Strategies
    Lifestyle changes
    Nutrition planning
```