

## Case Study

# FROM FEELING GOOD TO FEELING GREAT—RENEW YOUTH IMPROVES COGNITION, SLEEP, AND FITNESS FOR A HEALTH-OBSESSED GLOBETROTTER

RENEW YOUTH™

#### PATIENT:

Kevin Moore\*

#### AGE:

58

#### BEGAN TREATMENT WITH RENEW YOUTH:

2015

#### SYMPTOMS:

None (or so he thought)

#### TREATMENT REGIMEN:

- Testosterone 2x per week by injection
- Estrogen blocker
- Clomiphene
- HCG
- Thyroid (T3/T4 combination)
- Metformin
- Ipamorelin
- MIC + B12 injections

#### CHANGES:

Improved sleep, improved mental cognition, improved mood, increased energy level, increased muscle mass, decreased body fat

**RENEW YOUTH™**

p: 800-859-7511

f: 866-397-8248

renewyouth.com

Kevin Moore didn't think he needed hormone replacement therapy. He was 54-years-young and doing great. He felt strong, he ate well, and he worked out every day. Nevertheless, Kevin's friend at the gym asked him if he ever had his testosterone level tested. "I told him that I knew intuitively that I didn't have low testosterone," Kevin says. "My energy level was high and my libido was strong."

### The Numbers Don't Lie

Kevin's friend continued asking him about getting his testosterone level tested, and Kevin was curious, so he had it checked. "It turns out that I was below the low end of the reference range," he says. "That was a real shock."

Working as a venture capitalist, Kevin is no stranger to doing research. Renew Youth was recommended to him by a friend, but Kevin would have to do his own due diligence before committing to a solution. "I'm really very interested and sort of obsessive about health, fitness, and longevity," he says. "I got in contact with a consultant at Renew Youth and probably talked her ear off! I really liked their approach and experience base."

So, if someone doesn't think he needs testosterone in the first place, will he really notice much of a difference once he begins therapy? Kevin describes it this way: "You're living your life, and your testosterone degrades slowly, so it's not like one day you're at the high end and the next day you're off the low end. It's a progressive thing, and so you just don't really notice it."

Kevin didn't notice the decline, until he fixed it. Then it became apparent. "Now that I've been doing hormone therapy," he says, "I notice the improvement massively. Every male over the age of 30 should have their testosterone tested. It's so fundamental. It's mental acuity, it's sleep, it's the ability to handle stress, and then there's the physical aspect as well."

### Improving Fitness and Physique

The change to his physique is the most dramatic shift that Kevin has observed. Since beginning therapy, he has gained nearly 20 pounds of lean muscle mass.

Before contacting Renew Youth, Kevin was already leading a healthy lifestyle. "It's not like I was changing six things at the same time when I started treatment. Good lifestyle habits were already dialed in," he explains when asked whether he thinks it's the hormone replacement therapy that truly made the difference. "I was in good shape before, but I wasn't anywhere near where I am today." Kevin is now 58, and people routinely assume that he's in his mid 40s.

### Good Sleep in Every Time Zone

To say that Kevin travels a lot for his career is an understatement. It was actually difficult to pin him down for an interview because he was in Edinburgh, then Rome, then Corsica, Santorini, London, Chicago, and Norway. Luckily, he returned to New York and had enough time to share his story.

"I do deal with a lot of time zone differences," Kevin says (again, an understatement). "I used to take Ambien from time to time to help me deal with this, but since starting hormone replacement therapy, I haven't had to rely on that. I sleep like a baby every night."

Kevin feels extremely fortunate to have been connected with Renew Youth. "I've asked thousands of questions," he says, "and they have held my hand through the whole thing." He appreciates Renew Youth's depth of understanding and experience. "And it's great to be able to jump on the phone and have a conversation with them whenever I need to," he adds. He just has to be sure to calculate the time zone difference before calling.

*\*Please note that names have been changed to protect patient privacy.*