

STOPPING THE SLIDE: Renew Youth Provides a Toehold So the Climb Can Resume

PATIENT:
Bill Astbury*

AGE:
54

BEGAN TREATMENT WITH RENEW YOUTH:
2009

SYMPTOMS:
Fatigue, unproductive workouts, weight gain, depression, decreased mental acuity

- TREATMENT REGIMEN:
- Testosterone 2x per week by injection
 - Estrogen blocker
 - Clomiphene
 - Danazol
 - Ipamorelin alternated with growth hormone

CHANGES:
Improved body composition (23 pounds lost), improved workouts, increased energy, improved mood, improved mental cognition



Bill Astbury has always been athletic. But by his early 40s, he started noticing some changes he didn't like. "My energy for life was starting to diminish," he explains. He wasn't getting the results at the gym that he used to see, he wasn't able to recover from his workouts as quickly, and he was diagnosed for the first time with clinical depression.

"I also wasn't doing a great job at work," he continues, "even though I was trying hard. I started to shortcut my workouts. I started drinking too much. I was just starting to slide." Bill says he noticed his peers having similar issues. Unlike them, however, he wasn't ready to accept that this would be his life from now on. He started looking for a solution.

Gaining a Toehold

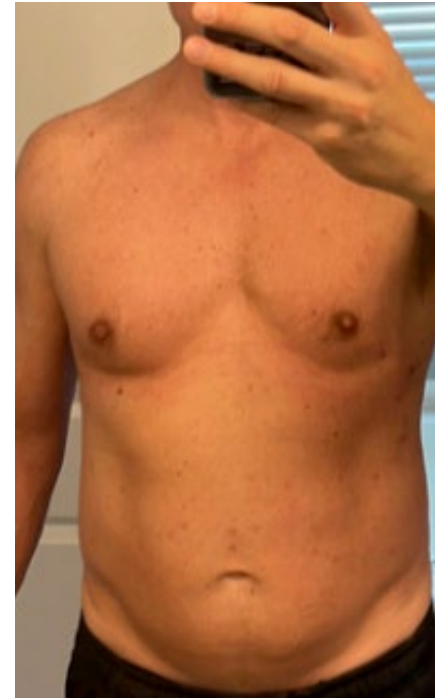
Bill cast a wide net when looking for solutions—diet, counseling, wellness therapy—he was open to all of it. When he started to think about how his hormones might be affecting him, he stumbled onto Renew Youth...and several other testosterone replacement providers. What he appreciated about Renew Youth was the capacity for customization that they provided, as well as the collaborative approach they take with their clients.

The exercise, the improved diet, the antidepressants—none of it made much of a difference until Bill added Renew Youth into the mix. "Getting my hormones balanced was a big part, a really important part of the journey," he explains, "because it arrested my fall. It allowed me to establish a toehold. Then I could really work on myself and see those gains."

Finding a Collaborative Partnership

As Bill continues to work with Renew Youth, he is still impressed by and appreciative of their approach. "It wasn't all metrics with them," he says. "It was the human experience that they really managed, and then from there they managed the metrics and the medication, and I thought that was great. And they continue to do that to this day."

Bill feels confident he is getting the best product and the best service from Renew Youth, and he appreciates the ease with which he can do business with them. There are more options for hormone replacement now than there were when Bill began his journey. Periodically he has looked to see if there is another less expensive option, but he always stays with



Renew Youth. "Price and value are not the same thing," he says. Other options he has explored have not felt as consultative or responsible. That's why after 13 years he's still a client.

Living at His Highest Level

Bill admits that in the beginning he was nervous about starting hormone therapy. "The thought of giving yourself injections and going for bloodwork every six months," he says gave him some trepidation. "But once I did my research, I found that there are safe ways to administer treatment

in such a way that your sense of wellbeing and your health are optimized." And now? "The downstream effect of feeling better has improved my entire life," he says. "I've never lived life at a higher level—spiritually, emotionally, or physically—than I am right now."

Bill is modest about the physical benefits Renew Youth has provided, but he does say that he feels better and can recover faster from exercise than he could even in his 20s. If you look at his before and after photos, you can see his remarkable transformation.

Looking back at things from his current vantage point, Bill recognizes that in the past he used food and alcohol to cope during tough times. He had "powered through" situations without really dealing with them head on. "As we age," he says, "it gets harder and harder to act as if nothing is wrong when there is something wrong. Eventually we have to correct those problems. But I couldn't do that until my hormones were balanced. Properly balanced hormones arrested my fall so I could work on the larger self that is Bill."

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