

## TESTOSTERONE TRANSFORMATION



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And the results of his lifestyle transformation would be: Lower stress levels. More happiness. More strength and muscle mass. Better posture. Less body-fat. More energy. More drive to get work done and hit the gym. In other words: By transforming your life for the better, you will improve your mental and physical health.

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### **Transgender hormone therapy female to male Wikipedia**

Testosterone increases body weight (and increases appetite). The form that this weight gain will take depends on diet and exercise as well as genetic factors. Since testosterone has anabolic effects, gain of lean muscle mass will be easier than it previously was for transgender men.

<http://ebookslibrary.club/download/Transgender-hormone-therapy--female-to-male--Wikipedia.pdf>

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