many men experience changes as they age that are similar to the symptoms of hypogonadism, but may not be related to any disease or injury.

herbs such as suan zao ren (semen ziziphi spinosi) along with chai hu (radix bupleuri) may help balance the emotions and relieve stress.

of public health conducted a 12-week randomized, placebo-controlled study of mirtazpine in people using