

## Max Results - Duane Franzen

*Low Testosterone Affects More Men Than You Might Think*

Max Muscle's 2012 MaxForm Life Challenge Top 25 Champion Duane Franzen is no longer afraid to admit he suffers from low testosterone. Now he's out to change the world.

"I felt broken. I felt like a former alpha dog that was old and run out of the pack."

Duane Franzen's public journal post on MyMaxMuscle.com made thousands of men, especially younger men, wince the way we do when we think of Glenn Close in the movie, "Fatal Attraction." Ask any man over 45, that there was a scary film.

But Franzen, a Top 25 Champion from the 2012 MaxForm Life Challenge, is only 39. Seems young for a guy to be dealing with the negative effects of low testosterone. Ends up, years of private turmoil had taken a toll on his hormone levels. It took him a while to get tested.

Now his warning to other guys: "MAN UP! Get checked."

"I want my friends and any other male who will listen to me to feel freedom and confidence to get tested if they have experienced the feelings and health decline that I have," Franzen wrote in an online post on MyMaxMuscle.com.

For 10 years, Franzen's testosterone levels had been sinking. He was officially diagnosed in June 2011. "When I found out, I wanted to hide it from the world out of shame," he admits.

But over Father's Day weekend earlier this year while hanging out with his son, Franzen realized he needed to stop being afraid of telling people about his battle with low testosterone levels and instead try to help other men open their eyes and get tested for this hormone deficiency.

Before Franzen was diagnosed, he fought this unknown demon with every diet known to man. He had ballooned to 245 pounds with 36 percent body fat. After he was diagnosed, he was prescribed 50,000 IU of vitamin D per week to treat depression and was placed on Testosterone Replacement Therapy (TRT). He dropped some weight in an unhealthy way, he said, but in October 2011, he did two things that have forever changed his life:

1. He joined Max Muscle's annual weight loss contest: the 2012 MaxForm Life Challenge.
2. He "went natural" by stopping his TRT treatments and opting for Max Muscle's innovative testosterone booster: 2Tx.

“Now, I work with what God gave me,” Franzen said. “I play the hand I was dealt. And I take 2Tx.” MS&F