

# **Testosterone**

***Boost Masculinity for Sex Drive, Confidence, Muscle Mass, Fat Loss, Energy, Avoiding Hair Loss and other signs of low testosterone.***

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# Introduction

Thank you for downloading this book, “Testosterone: Boost Masculinity for Sex Drive, Confidence, Muscle Mass, Fat Loss, Energy, Avoiding Hair Loss and other signs of low testosterone.” Developing masculinity requires commitment and hard work. There are many subjective definitions for manliness. This book is focused on boosting your biological masculinity. **What is testosterone?**

Testosterone is a sex hormone vital to sexual development. The hormone also plays a role in sex drive, sperm production, fat distribution, red blood cell production, and maintenance of muscle strength and mass. Testosterone is necessary for men’s health.

Testosterone is what differentiates your body and attitude from that of a woman’s. It gives you power. Testosterone is the building block of a strong, energetic manly body. It’s of course not the only key to improving those parts of your life. But it is essential. This book includes strategies that effectively increase this necessary element of your physiology.

There are many proven benefits to taking care of your testosterone levels. It helps your brain function. It helps you dominate social situations and behave aggressively if necessary. It enhances sexual pleasure for both you and the women you date. It boosts serotonin, dopamine and related hormones that make you feel happier. It makes you feel manly and satisfied with life instead of insecure. It helps you stay motivated and avoid depression. It definitely improves your level of sexual attractiveness too. It deepens your voice and helps you build muscle mass. It improves blood flow giving you a healthier heart as cholesterol levels lower. Other benefits include improved hair and skin. Most men are terrified of losing their hair and even if you are a young guy, it’s never too early to take care of this part of your life so you can look and feel strong and manly even when you are an older guy.

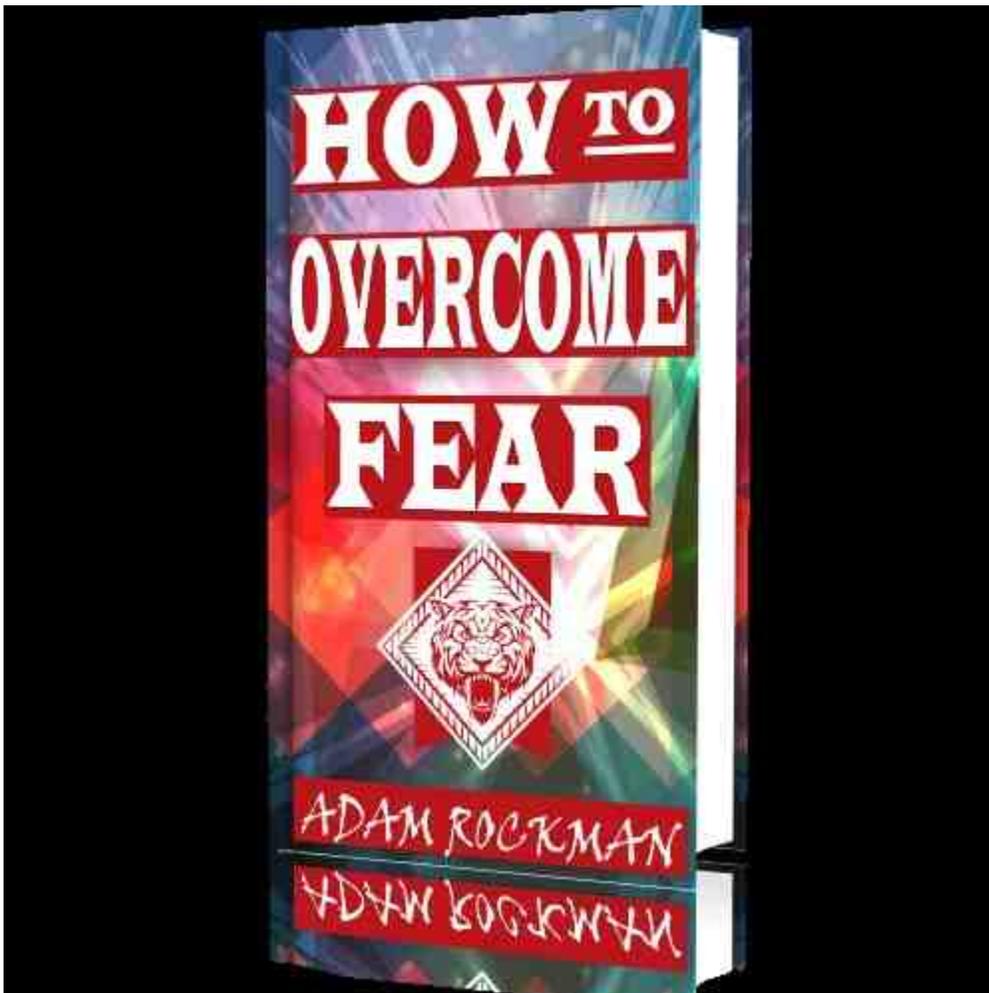
There are so many benefits to testosterone that all men should at least be aware of them before deciding to engage in habits that could be detrimental to their T-levels. Obviously, increasing your testosterone isn’t going to completely cure all the problems in your life. It isn’t going to instantly turn you into superman. However, after a period of mindfully taking action in this area you are likely to see and feel actual results.

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# Chapter 1: Low Testosterone

It is widely known that testosterone is the primary sex hormone in men though women also produce it at much lower levels. This hormone starts to take action when you hit puberty. Testosterone triggers sexual maturity and development. And as mentioned, it strengthens your vocal cords, kicks off the growth of body hair and produces other significant biological changes that say to the world that you are either now a man or quickly becoming one.

Assuming puberty has hit, and a man has been taking care of his health, by teens and early twenties he will have an unstoppable sex drive, physical strength, and an attractive physique.

During his twenties a man's testosterone is usually at its peak. It's easier to build muscle and bone. It's easier to recover from injuries. But by the time a man reaches his thirties or forties, his testosterone levels will quickly start to plummet. Hair turns gray and falls out. Muscles turn into saggy chunks of flesh hanging from your bones. His motivation has dried up because he no longer has the biological drive or need to be a man. But it doesn't need to be that way. Unfortunately modern lifestyles can be detrimental to testosterone levels. Many men in their twenties already exhibit multiple signs of low testosterone. Obesity, hair loss, fatigue, erectile dysfunction, bone problems, physical and mental weakness, osteoporosis, infertility and other problems can occur when even young men live a life that kills testosterone production. If you follow the tips in this book you can keep testosterone pumping through your body no matter your age. You might need to sacrifice some bad habits but the payoff will be worth it.

## **Symptoms of Low Testosterone**

When you are young and full of life it's time to go explore the world, make mistakes, and maximize as many areas of your life as possible. It's also natural for testosterone to decrease as you age. Young people are expected to attract mates. Older people are expected to already have their life together and not need to desperately hang onto the good looks they enjoyed in youth.

Unfortunately, responsibilities get in the way of maximizing your potential. You may want to engage in testosterone enhancing behaviors such as intense workouts at the gym you are too busy. You might want to eat healthier foods but fast foods are convenient and tasty.

Overtime certain habits deplete your testosterone and other hormones vital to enjoying life to its fullest. The foods you eat combined with many habits of the modern lifestyle combine to lower the levels of testosterone in men who should be in the optimal testosterone producing years of their lives.

As your testosterone falls so does your energy. Men lose motivation to chase their goals and crush competition. Many men hope for a quick fix of introducing artificial testosterone into their body. But that is only fighting the symptom, not the disease. It's like if you have shoulder pain so you have a surgery to try to relieve some of the discomfort. It will feel better for a few days. But the pain will return because you didn't solve the actual problem, which was your back muscles weren't strong enough and your giant pecs have been pulling your shoulders too far forward. To solve the problem you'd have to develop your back muscles rather than hope the surgery would solve everything for you.

There is no quick fix. You can't live a testosterone draining lifestyle and hope a few testosterone supplements are going to prevent hair loss and any other low T related afflictions.

Now let's look at some common symptoms and causes of lowered testosterone.

### **Stress**

If you are doing everything else right but still feel extremely stressed out it will not only destroy your testosterone levels but can literally kill you. You could be going to the gym 6 days a week and be eating well but if you let life stress you out it causes biological changes that make survival a priority over testosterone production. That's completely natural when you live in an environment where you strive for homeostasis but occasionally encounter stressful situations. Your body can handle temporary stress. Rest and relief help you come back refreshed. But many people live lives full of stress. Their systems never get a chance to rest from the stress. Constantly being in that state can be deadly.

When you are stressed your body produces cortisol. A hormone that regulates many changes that occur as a response to stress. Although it helps you regulate the fight or flight response, too much can cause many problems. It causes problems with memory and sleep. It makes blood vessels tighten, which helps you make a quick decision such as run away from a stressful situation, but if you are stressed out all the time that makes it much more likely you'll have a heart attack. Cortisol eats away at muscle, increases fat gain, slows down the immune system and lowers testosterone.

It is vital after a stressful situation for bodily functions and cortisol levels to return to normal. Unfortunately people are constantly forced to endure daily stresses that activate this stress response and as a result your body never has a chance to return to normal.

Therefore minimizing stress is essential to living a healthy life and testosterone production. Stress is actually all in your head. It is the interpretation of a situation rather than the actual situation that causes your stress response and let it take control of your emotions and health. You are probably intelligent and logically understand that fact. And yet, disengaging from your usual reaction to a situation you see as stressful can seem impossible.

For example, imagine an average man who is not as badass as you wakes up one morning, and when his feet hit the floor he looks down and is surprised to see a poisonous snake next to his feet! I know you are a badass and you would simply bite and kill the snake before it had a chance to do the same to you. But what do you think the average man's reaction will be? He will either freeze or immediately jump away terrified while he searches for some weapon or tool to remove the creature from his house. If he is used to dealing with poisonous snakes he might have a calmer reaction of course but the average man's pupil's will dilate, his blood vessels will tighten, and his heart will start pounding.

Now imagine that after fearfully jumping back up onto his bed, this average man looks again and realizes it was only a toy snake that someone left there to scare him. Will he still be stressed out? No. After he takes a moment to calm himself down he will be completely fine.

So why did he get scared of something completely harmless? Because he interpreted it as a danger even though it wasn't. This happens all the time. I'm sure even a badass such as yourself has encountered similar situations. Stress is completely natural. In moderate doses it is actually healthy as it can make you more resilient. But over interpreting every minor annoyance as major stress causes much more damage to the body than it is worth.

Here are a few tips for handling stress.

Develop a sense of humor. Laugh more. Yes this sounds simple but people who are laughing and saying silly things feel free to do and say what they want. They aren't trying to take from others. They are generally sharing value as long as they aren't a reaction seeking clown.

Take time to relax every day without any stimulus at all. People are constantly using movies, TV, games and interaction as an excuse to avoid acknowledging how they are really feeling.

Meditate in silence. Or at least sit silently for a few moments every day and pay attention to the thoughts that come to you. Sensory deprivation tanks are great for cortisol reduction too as you don't feel or see anything. Avoid caffeine and other stimulants. Engage in more physical activity. Get more sleep.

Reinterpret stress. Analyze your behavior and figure out if the things that worry you actually should. Whenever something happens that shouldn't bother you please remind yourself to relax.

Take breaks. If you are working hard on a project, taking a break may be the best way to regain motivation and willpower.

Research more techniques for minimizing stress and figure out what works for you. We've covered the basics, but there is more information that could be relevant to your specific situation.

## **Overweight**

Maintaining a healthy normal weight is important to production of testosterone. This is because being overweight creates chemical changes that diminish it. The overweight body produces an enzyme called aromatase found in body fat. This enzyme turns testosterone into estrogen, which as you know is the main sex hormone for women. Perhaps the most obvious consequence of this is man boobs. Instead of a glorious shield of pectoral armor these accidental lady boys are a step closer to becoming women.

## **Depression**

Depression produces cortisol which inhibits testosterone production. There is a relationship between cortisol and testosterone levels. When your testosterone is at high levels you feel much more energetic and positive. As testosterone lowers, you are simultaneously more prone to depression. Depending on the severity of your condition, you might want to see a psychiatrist.

## Chapter 2: Why You Should Increase Testosterone

There are numerous benefits to increasing your testosterone levels. It makes it easier to build muscle mass, burn body fat, and seriously enhances your sexual performance. It helps us perform at our physical and mental best in many situations. There are also many other reasons to increase this vital hormone. Let's examine a few of these great reasons.

### **Reduced Facial Fat**

Wouldn't you like to be more handsome? Increased testosterone makes facial muscles thicker and stronger giving your face a more chiseled and masculine look. A fat puffy face often looks either unattractive or childish. By reducing your facial fat you instantly look better. Much evidence indicates that the higher the testosterone the less fat is able to cling to your face. So basically, the more testosterone in your system, the manlier you will look.

### **Increased Metabolism**

With higher T levels your body is burning more energy so you can literally eat more food without gaining weight. Related to the previous benefit, there is evidence that fat cell production is inhibited as Testosterone increases. Testosterone also increases your metabolic rate. If you love to eat then this might be great news to you.

## **Women Are Attracted to High Testosterone Men**

Women are subconsciously attracted to men with high testosterone. It is common sense that women are naturally attracted to masculine men. To be more specific, women are attracted to men with indicators of high testosterone. One well known study asked women to judge attractiveness levels of men based on the smell of their t-shirts alone. Women all preferred the shirts of men with very high testosterone levels and were quite disgusted by the smells from shirts of some of the low T guys. Other more obvious characteristics are a chiseled masculine face, low body fat, and muscle mass.

## **Improved Blood Flow**

Another great benefit of high testosterone is increased blood flow throughout the body. Testosterone stimulates the enzyme nitric oxide synthase, a molecule that widens and relaxes blood vessels and arteries.

This enzyme improves erections, workouts, and shortens recovery time after workouts. It helps your body function much more effectively as blood is flowing more freely.

## **Lean Muscle Mass**

This may be the most obvious benefit of increased testosterone. By now it should be clear that testosterone helps your body manage production of muscle mass and reduction of fat.

From an evolutionary perspective we can look at it like this: The active hunter or warrior is busy fighting for food every day. He exerts a large amount of energy every day and his body adapts to provide the strength needed to survive. This increased testosterone keeps his body fit and attractive. Whereas during times of inactivity the metabolism slows down. If he doesn't need to go hunt or fight his body will not provide the testosterone to engage in these high energy consuming activities.

Interestingly, a study by a team of Harvard University anthropologists showed men's testosterone levels significantly decrease when they settle down and start a family. Multiple studies support these findings. Other studies have shown that testosterone begins to decline shortly after marriage, but surges upward after divorce. This clearly shows the importance of testosterone. When you need to fight, compete, and find a mate it will be available to you as long as you are healthy and capable of producing it.

## **Healthier Bones**

Testosterone helps your body more effectively use calcium to maintain strong bones. If you are still relatively young, your older self will be grateful to have strong bones. Even as a young man strong bones are obviously important for both your physique and overall health.

## **More Positive Mood**

High levels of testosterone enhance your mood. You will naturally feel happier as you get healthier. A lot of people have trouble with depression and other mood disorders. Perhaps they need some intense work on themselves and contemplation about what is really causing their problems. Perhaps they could also benefit from professional help.

If you want to take responsibility for your mood then working on your health and testosterone is something you should really work on.

## **Conclusion**

Natural testosterone clearly contributes to a more enjoyable life. Obviously you aren't going to erase decades of pessimism with a few trips to the gym and eating right. But being concerned with how your actions contribute to your testosterone and thus masculinity is a clear step in the right direction.

Conversely, we should also be aware that there are dangers to having too much testosterone in the system. One example is the condition known as hyperthyroidism. In which, the thyroid produces excess testosterone. Some symptoms of this condition include:

Appetite change (decrease or increase)

Difficulty sleeping (insomnia)

Fatigue

Frequent bowel movement—perhaps diarrhea

Heart palpitations

Heat intolerance

Increased sweating

Irritability

Mental disturbances

Muscle weakness

Nervousness

Problems with fertility

Shortness of breath

Sudden paralysis

Tremor/shakiness

Vision changes

Weight loss-but perhaps weight gain

Dizziness

Thinning of hair

Itching and hives

Possible increase in blood sugar

Hyperthyroidism can potentially lead to cancer so take care of your health and consult a thyroid specialist if necessary. There are other conditions that contribute to excess testosterone and the unfortunate potential of developing cancer. Such as drugs, steroids and cancerous substances you come into contact with. Be careful what you put into your body. There are no shortcuts. No matter what you do to yourself you will always have to face the consequences. You only have one body and it is your responsibility to take care of it and develop it to its fullest potential. When it comes to your health, there are many things you should consider. As a man, it is your duty to be familiar with this hormone responsible for your masculinity or lack of it.

## Chapter 3: Best Foods for Testosterone

Food makes you the man you are. Eat crap and you will become crap. Eat quality and you become quality. You will feel energized. I hope you recognize this as the fact it really is and not as some cliché. Imagine in front of you is the choice between a salad and some French fries. Which are you going to choose? Obviously this both depends on the person and their current mood when asked this question. But we can be sure most people will choose the French fries. There is an evolutionary reason its flavor is more appealing. In nature, sugars and fats appeal to us because they should be rare. The body craves it because it's so uncommon in nature and junk food companies are profiting off our addictions. The salad gives you vitality. To feel alive you must take in life. But the French fries are just a momentary sensation of good taste. Is it worth it? In the moment you might think so. And in moderation of course it's ok to have some junk food once in a while. The problem is that stuff is so addicting and in excess it poisons you, lowers your testosterone and makes you less of a man.

Do you really want some corporation to take advantage of your natural inclination to eat sweet flavored poison? That should be your choice, not theirs. To help encourage you to make more conscious choices about the food you eat, this section includes a list of foods that contribute to testosterone production.

### **Eggs**

Eggs are by far one of the best testosterone boosting foods out there. Egg whites are full of necessary amino-acids. Be sure to eat the yolk as that's what you need. The yolk contains natural cholesterol which is a precursor to the production of testosterone. You need cholesterol to make testosterone.

Eggs are also full of necessary fatty acids that boost testosterone and it has been proven that eating foods containing them is directly related to having more testosterone. Eggs also have vitamins and minerals needed in testosterone production, such as Iodine, Selenium, and choline. As you know, there is a reason traditional body builders consume eggs raw. It preserves more cholesterol and vitamins that would have broken down from heat. However, if you want the most protein, you should cook them first. Some people even drink raw yolks, and cook the whites.

### **Beef**

Of course we need to talk about beef. It immensely enhances your testosterone. Studies have shown that both too little and too much protein can be bad for testosterone production. About a fourth of your daily calories should come from protein. Especially beef if possible.

It's also recommended to get your beef from grass fed cows as they are more nutritionally dense than feedlot cattle which eat mostly GMO soy and corn. Grass-fed beef has 4 times more vitamin k2 than grain-fed. 5 times more omega-3 and a few other vitamins essential to testosterone production.

Grain-fed cattle are also full of hormones to increase their growth. But it also makes them fatter and full of estrogen. These hormones end up in the beef. That doesn't make it poisonous. It also doesn't mean it will make you sprout a pair of man boobs. However, when you have a choice between grain-fed and grass-fed beef, always go with the grass-fed variety. Grain-fed is still better than nothing though.

### **Oysters**

Oysters contain zinc which not only helps with testosterone but also muscle growth, physical endurance and sperm production. Other foods loaded with zinc are pumpkin seeds, grass-fed beef, lamb, cashews, yogurt, chicken, and spinach, and oats. Zinc also helps in healing wounds which is great as you might get hurt when you are out kicking ass every day.

### **Organic Bacon**

Bacon is luckily packed with protein and saturated fats you need to boost testosterone. The caveat of course is that it's preferential to eat organic bacon. This is because of the same reason you should prefer grass-fed beef rather than grain-fed. Pigs fed GMO soy and corn are living in horrible conditions and are pumped full of antibiotics and growth hormones to make them more profitable.

Pork has lots of fat that stores these additives. If you are eating non-organic pork, then the additives might actually be detrimental to your testosterone rather than beneficial.

### **Wild Salmon**

This fish has a high concentration of omega-3 fatty acids which is also proven to help with production of you know what.

### **Tuna**

Tuna is another great food for virility and testosterone.

### **Olive Oil**

Olive oil is often recommended by many so called health experts. It has many benefits. It also contains mostly monounsaturated fatty acids which have been linked to higher testosterone levels.

## **Avocados**

These delicious vegetables are full of monounsaturated fatty acids, 20 vitamins and minerals, including zinc, magnesium, and copper, and contain oleuropein. All items shown to boost testosterone.

Avocados are clearly one of the best foods for boosting testosterone naturally.

## **Butter**

Eat real butter. Especially organic butter as it's contains more fats and nutrients you need for testosterone production. **Potatoes**

They are one of the best sources of carbohydrates. Which are essential to testosterone production. Potatoes are a much better alternative to most grains which potentially lead to inflammation. Especially when overly processed and full of sugars and other additives.

Other great sources of carbs include squash, oats, pumpkin, beans and turnips. They are low in fiber and less likely to cause inflammation.

Processed grains aren't going to kill your testosterone but keep in mind there are healthier alternatives.

## **Blue Cheese**

This is one of the best tasting cheeses in the world. Luckily it's great for testosterone production. Studies have shown that probiotics like those found in blue cheese can be very beneficial to the level of T in your body.

## **Pomegranates**

This fruit is great for blood flow and testosterone. Studies have also shown it inhibits aromatase, the enzyme that converts testosterone to estrogen.

## **Cabbage**

Broccoli, cauliflower and cabbage provide compounds called indoles that lower estrogens, which can help reduce estrogen's inhibition of testosterone production.

## **Asparagus**

This is a great vegetable full of folic acid, potassium and Vitamin E. These are all helpful helping you increase testosterone naturally.

## **Garlic**

Garlic helps with testosterone by enhancing protein absorption.

## **Bananas**

Bananas are an excellent source of potassium and bromelain which has been shown to boost a man's libido. Bananas are also rich in B vitamins which are essential for manufacturing testosterone. Another great source of bromelain is pineapple.

## **Watermelon**

Watermelon contains citrulline which produces arginine a molecule that increases blood flow and helps your body produce, you guessed it, more testosterone!

## **Citrus Fruits**

Oranges, limes, grapefruits, lemons, and kumquats all have plenty of vitamin A and help to minimize estrogen levels.

## **Grapes**

Red grapes, especially their skin have resveratrol, which is another aromatase inhibitor. If you have been paying attention you know that means more testosterone in your body. It's also very beneficial to sperm production.

## **Ginseng**

Numerous studies have demonstrated that ginseng can directly improve erections. An important study has shown that ginsenosides, which are obviously found in ginseng, stimulate nitric acid and this in turn helps with erectile quality.

## **Strawberries**

Strawberries contain Vitamin C. This potent antioxidant helps lower cortisol levels. As we have seen, cortisol is a stress hormone that reduces testosterone.

## **Coconuts**

Another great source of saturated fats which are required for many bodily functions including testosterone production.

## **Testosterone boosting diet**

Those are the top foods for maximizing your testosterone levels. You can of course find similar foods that provide the same fats, vitamins, minerals and antioxidants too. It's your responsibility to make the smart choice and eat foods that help you maintain your masculinity.

You might need to quit some unhealthy eating habits, but it will be worth it when you wake up with more vitality than you've had in a long time.

Knowing how to eat properly can make a major difference in how masculine you look and feel.

Let's dig a little deeper into how the food you eat impacts your masculinity. Testosterone production begins in the brain with a hormone called gonadotropin-releasing hormone (GnRH). This is released by the hypothalamus, travels to the pituitary gland and then stimulates the release of luteinizing hormone which enters the blood and goes all the way to the testes and activates enzymes that convert cholesterol into testosterone. Testosterone travels in the blood to muscles and other tissues as either free testosterone or stuck to a carrier protein. The free variety helps increase muscle size by entering muscle cells and similar processes take place across the body as testosterone plays its role.

The food you eat can either contribute to or inhibit any of the steps in this complex process. The food you eat clearly influences the amount of testosterone and estrogen in your body. So pay attention to what you eat and how it might be impacting your testosterone.

### **Eat enough calories**

Consuming an adequate amount of calories helps ensure your body can release enough GnRH from the brain. Without enough calories you risk lowering the amount of testosterone catalyzing enzymes in your system. Of course you should also avoid overeating as it can result in excess body fat which contains the enzyme that converts testosterone into estrogen.

### **Eat enough carbs**

Try to get at least 2 grams per pound of bodyweight per day of carbs. Research demonstrates that this is very beneficial to testosterone production especially when you are eating the ideal amount of protein at the same time.

### **Protein**

Protein is essential to testosterone production. However, research shows that eating more protein than carbs may actually lower testosterone. It's recommended that you consume 1 gram of protein per pound of bodyweight per day. Also, make sure you consume about twice that amount in carbs. This advice is of course best combined with a regular workout or exercise regimen to keep you in shape.

### **Fats**

You need some fat in your diet. Studies have shown polyunsaturated fats are more likely to lower testosterone. Soybeans turn out to be pretty high in polyunsaturated fats and research shows that soy and tofu turn out to be not so good for testosterone levels. The better choice turns out to be monounsaturated fats, which can be found in nuts, olives, avocados, red meat and egg yolks.

### **Vegetables**

Vegetables help your body lower estrogen thus supporting your testosterone levels. Make sure you get plenty of fresh vegetables in your diet. Of course, you've heard this advice before, but now you know they can help with boosting your testosterone and make you manlier.

## **Eat Well**

This basic diet plan has been designed to correspond with a regular workout regimen to maximize your testosterone, virility and muscle gain. Make sure you eat enough. Lower calorie diets potentially lower testosterone. Ideally you should consume about 20 calories per pound of bodyweight per day. If you are unsure how many calories a food item contains there are plenty of guides online that can tell you. You don't need to become obsessed with calorie counting but by becoming conscious of how many calories you consume for a week or more can teach you a lot.

After working out it is recommended to consume a combination of protein and carbs as this has been shown to increase the amount of testosterone entering muscle cells, helping muscles grow. 20 to 40 grams of protein plus double that amount in carbs is recommended. Remember, even though protein is necessary for testosterone production, consuming more protein than carbs can actually lead to loss of testosterone. Try to consume about a gram of protein per body weight and not much more. It should be plenty, and again to repeat myself, consume twice as many carbs.

## Chapter 4: Best Exercise for Optimal Testosterone

Besides eating right, you also need proper exercise. Those two tips are excessively thrown at you all the time. Because they come with many benefits. You can look better and feel better. You will be smarter. Your memory will improve. You will be happier. You will have better stamina. Obviously there are many significant benefits to your testosterone levels too.

You know exercise and eating right are what's best for you. Eating a lot of the right foods isn't enough. Without exercise, your body converts these calories into fat, which as we now know, isn't good for your testosterone. We need to exercise consistently to ensure that doesn't happen.

You don't need to start a daily intense workout regimen just yet. You can start small with short exercise sessions that gradually increase in intensity. Every exercise make sure your form and breathing is correct. You can consult the internet for many videos that clearly demonstrate exactly how to do the exercise you want to do correctly.

Although you need to push your body to see progress, be careful and don't push yourself too far too fast. Smart exercise is much more effective than forcing yourself to run faster and lift heavier than you are ready for. So make sure you are aware of exactly how much physical activity you can handle.

### **Sprinting**

The right amount of sprinting can help maintain your testosterone levels at optimal levels. However, too much sprinting can cause the release of cortisol, which can actually reduce testosterone.

So how much sprinting is the right amount?

A study from the British Journal of Sports Medicine gives an idea. The main purpose of this study was to determine how different types of exercise affect testosterone levels. In this study men were divided into 3 groups. One group ran a 30 minute tempo run, one group 30 minute intense interval sprinting, and the other 30 minutes of weight training in which they exercised for 30 seconds and then rested for 30 seconds.

The results were surprising. They showed that only the interval sprinting group saw significant increases in testosterone. This shows the necessity of high intensity exercise. If you aren't a runner and don't know exactly what interval sprinting is here is a quick explanation:

In interval sprinting, the runner has a set distance to run, such as 40 or 50 yards. The runner runs this entire distance as fast as they can, jogs back to the starting point and then sprints the whole distance again and repeats this process several times.

In the experiment, the tempo run and weight training also increased testosterone, but to a much lesser extent.

You can still sprint on a machine, the key is to push yourself hard and reach a high intensity to increase testosterone. Studies show that low intensity sprinting doesn't impact testosterone.

Take caution to not over train. Too much high intensity exercise can actually be detrimental to your testosterone levels. You should train hard but feel great and full of energy after exercise. If you feel tired all day and irritable you are probably training harder than you can handle. When you sprint, give your maximum effort for about 20 seconds, and then rest for 1 to 2 minutes before repeating several times. Your legs should burn a little, showing that you've passed the lactase threshold and have received a boost of testosterone and growth hormone. When you start, repeating 3 times should be enough. Gradually increase it to 6 to 8 repetitions per session. If you do more you risk raising cortisol instead of testosterone.

Remember to take regular rest days. 48 hours between sprinting sessions should be enough as long as you are getting adequate sleep.

## **Heavy Weight Lifting**

Weight training helps your body produce testosterone too. It's important that you don't over train. When you work out for more than an hour your body is more likely to produce cortisol which will breakdown testosterone.

Intensity is just as crucial. Lift with a heavy weight with which you reach failure at about 6 to 8 reps. Lifting to failure ignites your body's testosterone production. The best exercises for this are compound movements such as deadlift, bench press, squats and rows. These exercises must be a part of your workout routine to maximize testosterone.

As these exercises work multiple muscles your body experiences more stress which stimulates the release of more testosterone into the bloodstream. Squats especially stimulate production of testosterone as the legs are the largest muscle in the body. Make sure you are squatting properly to get the most out of this exercise. It can be difficult at first, so don't worry about using a lighter weight at first before you figure it out.

A study on the *effects of very short rest periods on hormonal responses to resistance exercise in men*, tested testosterone levels of men who exercised with rest periods of either 60, 90, or 120 seconds. They found that shorter rest periods of around 60 seconds were very beneficial for production of Growth Hormone. However, longer rest periods of 120 seconds resulted in greater production of testosterone. Therefore we can conclude

that you should give your body a longer rest if testosterone production is your goal. Your muscles get plenty of time to rest. Then you can pump out an intense set to failure again.

If that seems like a long rest period, you can use that time to stretch, which helps you relax, and relieves tension.

## **Frequency**

Frequency means how often you are working out. Many athletes workout 6 days a week, multiple times per day. But they won't see results if their body isn't getting enough rest for adequate recovery.

It's recommended that you lift weights 3 or 4 times a week. If you are certain your body can get adequate rest and nutrition then more may be acceptable for you depending on your specific goals and situation. However, as we have mentioned already, one of the biggest threats to your testosterone is cortisol. Too much exercise without enough rest and this hormone will sap your strength and progress.

Here are some ways to combat this:

Take at least one day completely off per week

Make sure you get enough sleep every night

Wait at least 48 hours before training the same muscles again

Start at minimal frequency such as 2 or 3 times a week and gradually increase.

Meditate. Especially post workout.

## **Warm up**

Before diving right into your work outs be sure to warm up first to give your body time to prepare for vigorous activity. It helps your blood flow and gets more oxygen into your system. 5 to 10 minutes of warm up stretching and exercise can prevent injury and produce better results. Some jumping jacks, pushups and stretching will probably be enough.

## **Testosterone Boosting Workout**

This workout relies on the facts we have already discussed. Train large muscle groups, lift heavy and take long rest periods. These three factors combined should positively impact your testosterone levels. Choose 3 exercises that utilize multiple joints. An intense half hour of training is all your need to stimulate testosterone production.

Rest for 100 to 120 seconds between sets. Perform 3 to 6 sets of each exercise depending on what you can handle.

If you are very fatigued after the 5<sup>th</sup> or 6<sup>th</sup> set of an exercise, rest for 3 to 5 minutes before switching to the next one. During this rest time it's advisable to stretch.

Start with a weight you can lift 6 – 8 times. For subsequent sets try to lift at least 6 reps per set. If you can still lift 8 or more reps for the subsequent sets then you are either lifting too light or your rest periods are too long. Keep lifting until you can't get to 6 reps and then lower the weight. Aim for high intensity but don't kill yourself going for an extra rep.

Exercise different muscles in each workout within the week. Your muscles will have more time to recover, you will feel less sore, and you are less likely to over train.

If you haven't been getting much exercise lately then it's advisable to start by working out 3 times a week. If it seems impossible because going to the gym isn't part of your life right now then don't worry. Spend a week or two going 2 times a week before adding the third time to your regimen. Be sure to rest for 48 hours between workout sessions to give your body adequate time to rest and for cortisol levels to drop.

**Workout 1 Warm-up:** after stretching do 30 jumping jacks followed by a 30 second high intensity sprint. Then repeat for 3 rounds.

Pull ups (If you can't do pull ups yet, then use the Lat Pulldown Machine)

Bench Press (3 sets flat bench / 3 sets inclined)

Squats

Sets: 6

Reps: 6 – 8 per set

Weight: Use a weight you can lift 8 – 9 times. Lower the weight when you can't lift 6 reps.

Rest: 100 to 120 seconds between sets. 3 minutes between exercises. A little more is acceptable if you are already exhausted.

## **Workout 2**

**Warm-up:** stretch and then 30 pushups followed by 30 second high intensity sprint on running machine or stationary bike. Repeat for 3 rounds.

Standing dumbbell shoulder press

Cable pushdowns for triceps.

Deadlifts

Sets: 6

Reps: 6-8 per set

Weight: Use a weight you can lift 8 – 9 times. Lower the weight when you can't lift 6 reps.

Rest: 100 to 120 seconds between sets. 3 minutes between exercises. A little more is acceptable if you are already exhausted.

## **Workout 3**

**Warm-up:** Repeat from workout 1

Exercises:

Dumbbell Reverse Lunges

Reverse rows

Squats

Sets: 6

Reps: 6-8 per set

Weight: Use a weight you can lift 8 – 9 times. Lower the weight when you can't lift 6 reps.

Rest: 100 to 120 seconds between sets. 3 minutes between exercises. A little more is acceptable if you are already exhausted.

### **Program Duration**

Maintain this program as long as you are seeing and feeling results. If the results plateau or you don't feel motivated anymore then it's time to improve your routine or handle problems you may have with your nutrition, sleep or stress.

As you can see, this program focuses on a few key muscle groups and the intensity of the work outs are intended to stimulate both muscle growth and testosterone production. When you have gotten used to this workout and would like to focus on building a certain muscle group you can add an extra exercise at the end of your session. As you gain strength and energy, you may also consider adding an extra workout or two within the week.

Try to work out on consistent days and times of the week. Your body becomes accustomed to your schedule.

## Chapter 5: Obstacles

Your testosterone levels are your responsibility. Besides nutrition and exercise, there are several other ways to maintain proper health in general, especial in terms of what's conducive to testosterone production.

In this section we will expand upon a few previously mentioned points and discuss ways of dealing with obstacles to adequate testosterone. Pay attention to which of these areas may be bothering you so you can adjust your lifestyle accordingly.

### **Inadequate sleep**

This is the greatest testosterone killer for many men. Sleep is required to keep your body energized, heal tears in body tissues from exercise or damage, and regulates many hormonal interactions and bodily systems. Your body needs rest and deep sleep. Of course you already know that. Unfortunately a busy schedule can interrupt your sleeping pattern and leave you exhausted all day every day. Inevitably many men work hard during the week, and then they crash. Their body is dying and they try to make up for this damage by sleeping long hours on the weekend.

Another common problem is that men don't want to wake up. They only get out of bed when morning responsibilities demand they do. Such as if Monday they have to be at work by 10 AM they will wake up at 9 AM. However the next day they need to be at work at 9 AM, so wake up at 8 AM. This isn't a sleeping schedule. It is chaos. Your body is a clock. It's best for you to start the day at the same hour every day!

Do you wake up because responsibilities force you to get out of bed? Or because you are excited to be living your life? Statistics show you are more likely to fall into a chaotic sleeping pattern such as the one above if you aren't enjoying your life. When the comfort of sleep becomes more appealing than the life you are living then you will inevitably hate getting out of bed in the morning. To combat that you can create a morning routine. Choose a few activities you enjoy and start your day with them. Some examples could be light exercise, drawing a picture, memorizing some new foreign language vocabulary, punching a sand bag, meditation, or anything else you can do in a few minutes to half an hour. The trick here is to reward yourself for these activities. Think of a consistent way to reward yourself and it will help you start your day fresh.

It really works. Especially if you are already living the life you want. However, if you hate your job, have a stressful life, and relationships, then you might need to handle some internal issues and external situations before you are able to consistently get adequate sleep each night. Most people are probably somewhere in the middle. So there is likely enough going on in your life that you can get excited about waking up in the morning and starting your day.

Try to go to bed at a consistent time each night too. Avoid the lighted screens of phones, computers and TVs before bedtime. Remove light sources and other distractions from your room. If you've been in bed a few moments, and the lights are out, then absolutely do not waste time checking your phone. You are losing valuable sleep time, and confusing your brain. Of course you can make an exception if you absolutely must write down an amazing idea. If it isn't necessary then relax and get some sleep. If you suddenly want to remind yourself of something one trick is to throw something on the floor and remind yourself why are throwing it. Assuming your floor isn't already full of clutter, that item will stand out in the morning and you will remember why you threw it and remember what you wanted to remind yourself of.

Consistently get at least eight hours of uninterrupted sleep each night. When you have healthy sleeping habits it positively impacts every area of your life. Also, studies show that every hour of quality sleep leads to roughly 15% more testosterone. Conversely, sleep deprived men, especially those sleeping 5 hours a night or less show enormous decreases in testosterone compared to when they are well rested.

## **Stress**

Short-term stress is manageable and even healthy. It gives your system a challenge and helps it grow. It's like lifting a heavy barbell and holding it over your head for a few seconds. It's difficult, but you feel much better when it's over, and after your body rests and adapts you can repeat this action with even more strength and resilience.

However, long-term stress is chronic. It doesn't just go away after a few seconds. It's like holding that barbell over your head and not being able to put it down. You will be able to hold it a few seconds longer than you should, but your arms will begin to shake until it collapses onto your head. Real life examples of this metaphor would be working in a toxic, negative environment where your coworkers and boss constantly criticize you. You feel trapped because you need that job. So you constantly face that daily stress even though it is literally killing you. You keep enduring the stress but don't realize you have to put it down and walk away.

Long-term stress keeps your cortisol and other stress hormones high for extended periods of time, which is horrific for your health, emotions, and mental health.

Cortisol is released during long-term stress and suppresses testosterone production. Also, cortisol production requires cholesterol, which could be put to much better producing testosterone.

When you are seriously stressed out much of the vital building blocks of testosterone instead become devoted to creating cortisol. You could be eating well and exercising consistently but still have immense drains on your testosterone if you let stress ruin your life. But stress doesn't just kill your testosterone. It negatively impacts many of the body's systems.

Here is an important quote about cortisol from psychologytoday.com: *“The stress hormone, **cortisol**, is public health enemy number one. Scientists have known for years that elevated **cortisol** levels: interfere with learning and memory, lower immune function and bone density, increase weight gain, blood pressure, cholesterol, heart disease.”*

Knowing all the risks of excessive cortisol, especially to your testosterone, it seems obvious that appropriately handling stress is one of the most important parts of maintaining health and masculinity. The only benefit of cortisol is that it is telling your body that something is wrong. It is motivation to change your situation, or your interpretation of the situation.

If you need a career or location change, then work on securing them. However, many people realize that stress follows them everywhere. Stress is reasonable if you are in actual danger but if nobody is threatening your life, you might want to work on reinterpreting your daily stress in a more positive light. Research has shown that believing stress is bad for your health is more likely to kill you than if you believe stress is good for you. One study realized this truth after following hundreds of stressed out people for over a decade. The more optimistic people lived longer. The pessimists were terrified stress would kill them and it often did. Part of the reason is during stress blood vessels restrict and get smaller. This is useful when you need to make a quick fight or flight decision. But when you are in this state long term it causes serious damage to your cardiovascular system. Optimistic people are less likely to suffer long term from these biological reactions because they frame stress as positive motivation rather than a dangerous killer.

Other great methods for dealing with stress include:

Meditation – very effective at lowering cortisol

Sensory deprivation tank – also very effective at lowering cortisol

DHEA – Also an adrenal hormone, counters the action of cortisol in many tissues.

Melatonin.

B-Complex vitamins.

Vitamin C (Ascorbic Acid)

L-Theanine. (The relaxing amino acid found in green tea)

Quality sleep

Adequate exercise

Yoga and other relaxation exercises.

Stress eats away at you. It kills your motivation and can make you feel helpless if you let it. If you suffer from chronic stress then use some of these methods to combat cortisol and its negative impact on your testosterone. It is your choice how to handle your stress. Figure out what is most effective for you and stick with it.

## **Alcohol**

Alcohol increases estrogen in the body and diminishes testosterone. Alcohol turns you into a woman. Even the hops in beer is especially estrogenic and is being studied for treatment of menopausal women. Alcohol inhibits protein synthesis, the process in which amino acids join to form complete proteins. This prevents muscle development, which is obviously bad for strength, health, masculinity and testosterone levels. Alcohol depletes the body of important vitamins and increases the storage of fat. That's why they call it a beer gut.

If you have to drink socially once a week or so then enjoy yourself.

However if you want to optimize your testosterone levels you should completely avoid alcohol. If you are overweight and drink too much then please give the booze a rest for at least a few months while you get your life back on track. After you start seeing some progress you can reward yourself with a drink every once in a while. We all know alcohol is seen as a social lubricant because it lowers inhibitions. It knocks out your fake façade of seriousness and lets the cool version of you come out to play. But you don't need alcohol to do that.

You can practice getting high on life and saying and doing what you want because it makes you feel good not because alcohol temporarily made you forget about a majority of your worries and anxieties.

## **Junk Food**

Processed foods are designed to appeal to your sense of taste but often have zero nutritional value. Cut the strings tying you to any addictions to unhealthy foods. Avoid anything processed, fried, or full of artificial colors and flavors. Focus on fresh vegetables, fruits, and organic foods as much as you can. There is no way of eating tons of junk food and still maintaining high testosterone.

If you eat a lot of sugary snacks and junk food. Give yourself a challenge to only eat fresh non-processed foods for at least a week. At first you might miss potato chips, ice cream, or whatever testosterone killing consumable you are addicted to. However after a few days of eating adequate healthy food, you will likely start feeling healthier and stronger. Your testosterone levels will inevitably rise as well.

Many people who try this challenge are hesitant to give up their tasty addictions at first, but when the first week or so is finished, they realize how much they are actually disgusted by those foods. Their cravings disappear. It's only the first step that is most difficult.

## **Milk**

Milk is full of vital nutrients. It has quality protein, fatty-acids, vitamins, minerals and carbohydrates. This makes it seem like an ideal healthy food for anyone building muscle and increasing testosterone.

However, cow milk is full of estrogen. Cows are kept pregnant most of the year to keep them producing as much milk as possible. This also increases the amount of estrogens in milk. According to one study this amount can increase up to 33 times compared to non-pregnant cows!

Drinking cow milk has shown to increase estrogen and progesterone levels which suppresses GnRH secretion from the brain. If you remember from earlier in this book, you know GnRH is the hormone that begins the entire testosterone production process.

If you suffer from man boobs and low testosterone then it's best to completely avoid milk. It obviously has lots of nutritional value but numerous studies indicate milk, especially whole milk from pregnant cows decrease testosterone levels.

## **Other foods to avoid**

Polyunsaturated fatty acid (PUFA) vegetable oils, such as corn oil, canola oil, and soybean oil.

Soy products – they suppress thyroid activity, lowering testosterone

Muffins, doughnuts, cakes and cookies, crackers, and other foods packed with trans-fats.

Fast food

Soft drinks

French fries

Pasta

Nachos

Flaxseeds

Licorice

Cheese

Mint

Fried foods

Microwave popcorn

Shrimp, tilapia, and farmed salmon – a coloration additive in these is highly estrogenic.

Sugar

Bottled water

Beets

Also be careful when eating fruits with edible skins such as strawberries, apples and peaches. These foods are often covered with estrogen mimicking pesticides. Be sure to wash them thoroughly or cut off the skin first before eating. Even though these skins are supposed to be full of vitamins there is still a risk. Alternatively you can include more organic fruits and vegetables in your diet.

As you can see the world is full of obstacles to cultivating high testosterone. You come into this world with the potential to eventually become a very masculine man. But the world will stress you out. It will terrify you and tempt you with addictions. It will get you hooked on tasty poison if you let it. It's amazing you have the option to choose between actions and habits that either help or hinder your path to biological masculinity. However as a result of this ever increasing variety, more and more men are becoming less masculine as a result of foods and lifestyles detrimental to testosterone production. I don't think it's an evil plan to make the world's men weak and passive. It's just that corporations take advantage of our inclination to be lazy and chase short term pleasure rather than long term satisfaction. These food producers aren't as concerned with your hormonal balance as they are with profit. As long as it is deemed edible by the FDA you will find it available in stores. It really is great to have so much variety. If you are exercising and eating well regularly it can be rewarding to have a cheat day and eat whatever you want. Moderation is possibly the best choice because if you actually want to eat lots of sugary junk foods, but you suppress that urge it will still be there even though you are abstaining. Suppressed urges often aren't good for willpower. You have to make these choices yourself so that you can have a level of testosterone you are satisfied with.

## Chapter 6: Top 10 Testosterone Boosting Supplements

Obviously testosterone boosters are more effective when your nutrition, fitness, and sleep are under control. Handle those essentials before you spend your money on supplements. With that in mind, here are the top 10 testosterone boosting supplements.

### **D-Aspartic Acid**

This natural amino acid can stimulate cells in the testes to produce more testosterone. Research indicates it may also increase sperm production. Men taking this supplement have also show increases in strength.

It may be especially helpful for men with very low testosterone.

I sometimes mix this brand of D-aspartic Acid in my workout shake. In combination with a healthy diet and regular exercise I've noticed a major impact on my strength compared to when I don't use it.

### **Vitamin D**

Vitamin D deficiency has been correlated with low testosterone. Vitamin D is produced by the skin when exposed to sunlight. It is essential for general health as it regulates more than 1000 of the body's functions. Numerous studies demonstrate its role in healthy testosterone production as well.

There is evidence that naturally produced Vitamin D from sunlight is more effective at stimulating testosterone. However, modern life keeps many men indoors for most of the day. If you often have limited exposure to sunlight then supplementing vitamin D may be the best alternative.

### **Mucuna Pruriens**

This Indian herb has been used to enhance sexual vitality for thousands of years. A compound in Mucuna called L-Dopa acts as a dopamine precursor.

Dopamine is the opposite of cortisol. When your body is stressed out cortisol starts shutting down non-essential functions such as testosterone production so your body can focus on survival. But when life is good and you feel amazing this increases dopamine, which tends to stimulate testosterone production. In one study 75 healthy and 75 infertile men, consumed 5 grams of Mucuna Pruriens for 90 days. The results showed testosterone levels increased significantly. 38% in infertile men and 27% in healthy men.

## **Royal Jelly**

Royal Jelly gets its name because it is the special liquid secreted by worker bees and fed to a lucky larvae when the hive needs a new queen. This lucky bee baby grows 60 times bigger and becomes virtually immortal. The new queen can live 40 times longer than other bees as a result of being fed the royal jelly.

This liquid is rich in nutrients, enzymes and a small amount of actual testosterone.

In one study participants consumed 3000 mgs of royal jelly daily for 6 months and increased their testosterone levels by 14%. The placebo group in this study received a supplement with similar vitamins and minerals to royal jelly, yet did not see any results. Something in royal jelly clearly stimulates testosterone.

I recommend taking it before working out because if you get a potent dose it can really stimulate your energy. For the same reason, avoid taking it in the evening because it could keep you up at night.

## **Tongkat Ali**

This herb is very popular for its effect on libido and erections. Research indicates it can increase testosterone dramatically! Other studies also indicate it can kick cortisol's whiny ass for added benefit!

In one study on the effect of Tongkat Ali on stress hormones, participants who consumed 200 mgs of Tongkat Ali had 37% higher testosterone after 4 weeks! That is a dramatic increase! They also had a 16 % decrease in cortisol.

Unfortunately there is not a lot of research on this herb. But the research that is available clearly indicates the benefits.

## **Zinc**

Zinc is essential for more than 100 chemical processes in the human body. Your immune system requires it to function properly. Zinc deficiency has been associated with lower testosterone levels. If you have low testosterone supplementing with zinc appears to be very helpful. It is also helpful in recovering from stressful exercise.

Natural Zinc is also found in these foods:

oysters

beef

chicken

pork

crab

Zinc fortified cereals

oatmeal

beans

nuts

## **Creatine**

Creatine has shown to have a wide range of physical benefits. It helps with power, strength and lean muscle mass. These results make it a popular body building supplement. Another great benefit is that it is proven to increase testosterone. It also helps convert it into dihydrotestosterone (DHT) which can have up to 10 times the potency of testosterone. Creatine is relatively cheap and the benefits are worth it. Of course, expect best results in combination with regular exercise.

## **Cod Liver Oil**

Fish oils are also great for testosterone production. Fish oil increases production of Luteinizing Hormone, which is responsible for production of testosterone in the testes. Fish oils also prevents SHBG, Sex Hormone Binding Globulin, from deactivating testosterone.

Cod Liver Oil is even more potentially beneficial. It contains more vitamins essential to T production, and decreases SHBG levels allowing for more testosterone in your blood.

## **B Vitamin Complex**

The eight B vitamins are thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), vitamin B6, biotin (B7), vitamin B12, and folic acid. Each of these play an important role in testosterone production.

B1 Thiamine is required for proper cognitive function and neural health. Healthy brain function is necessary for the production of testosterone. Thiamine deficiency is associated with muscular atrophy and low testosterone levels.

B2 Riboflavin is essential for testosterone production. It also regulates sex drive and riboflavin has been shown to contribute to hair growth. B3 Niacin boosts human growth hormone and cholesterol, which your body needs to produce testosterone. It can lead to anabolic muscle growth and increased muscle mass.

B5 Pantothenic Acid also produces cholesterol. It has an important role in regulating testosterone and cortisol production. It also helps with production of red blood cells which uptake oxygen into the body. Increased oxygen uptake spikes testosterone levels.

B6 suppresses synthesis of estrogen. As you know by now, this is very important for testosterone levels.

B7 Biotin reduces the risk of obesity, a major obstacle to high testosterone levels.

B12 Cobalamin raises both testosterone and energy levels. It's very effective when taken before a workout.

Folic Acid is essential for the synthesis and upkeep of new cells. It also repairs damaged muscles. Folic Acid produces nitric oxide in the body, which helps increase muscle mass during weight training. Increased muscle mass is associated with increased testosterone levels.

All the B vitamins can help increase your testosterone levels. Good food sources of thiamine include pork, and nuts. Riboflavin can be found in lean meats such as lamb, almonds and tomatoes. Niacin-rich foods include Turkey, peanuts, tuna, and green peas. Folic acid and thiamin, B6, and riboflavin are found in dark green leafy veggies like spinach, and kale, as well as oats and fortified grains.

Vitamin B6 can be found in chicken, seafood, bananas and garlic. B12 is naturally found in shellfish, meat, and eggs. Biotin and pantothenic acid can be found in liver, egg yolk, salmon, broccoli and mushrooms.

Get as many B complex vitamins from natural foods as you can. You can also supplement with a quality B-Complex multivitamin.

## **Ginseng**

Ginseng boosts nitric oxide levels in the body which increases your overall blood flow, enhancing your body's ability to produce testosterone. Ginseng is also associated with enhanced libido and erections. Several studies also indicate a correlation with increased testosterone.

## Chapter 7: Ten More Tips for Maximizing Testosterone

You already have enough information to successfully increase your testosterone. Eat well, sleep well, exercise, and avoid alcohol unhealthy foods and stress. It's the same advice doctors have been trying to tell us for years. Most people already know those essential words of advice even if they don't always follow through on them. There are no secret techniques to suddenly being super healthy and rich in testosterone.

You will have to take responsibility for the changes you need to make. If you need help with that, please read my other book: 10 Days to Lifetime Self-Discipline.

You know enough now to increase your testosterone dramatically. And if you are worried you don't have the willpower to make real changes then please read 10 Days to Lifetime Self-Discipline. Quite a few people have already thanked me because of how it helped them change their bad habits and develop more positive goals.

To help you on your journey I want to give you a few more great tips to help you increase testosterone naturally.

### **Have Lean Muscle Mass and Low Fat**

Your body fat percentage should be low. Between 8 – 15 %. The more fat you have hanging off your bones the less testosterone will surge through you. When you are fat it's like you have told your body you gave up on being a man. Your body will respond by turning you into a woman. As mentioned previously, fat converts testosterone into estrogen via the aromatase enzyme. But this is not the only reason excess body fat is bad for testosterone. It also increases oxidative stress, poor metabolism, and insulin sensitivity, all of which are related to low testosterone.

Losing weight naturally increases testosterone.

You still need some body fat for proper thyroid function. Too little fat will mess up your testosterone and metabolism. So avoid going below 8 % body fat.

## **Have Lots of Sex**

It's not entirely understood how sex increases testosterone. It could be a combination of dopamine, pheromones and other neurotransmitters interacting during sexual activity.

It seems some increases in testosterone can be completely psychological. Men observing sexual acts have a slight boost in testosterone. Some studies indicate actually having sex can increase testosterone upwards of 70%. Men of all ages show increased testosterone when engaging in regular sexual activity. Though admittedly, this could also be the other way around. Men with high testosterone also have more sex.

## **Temporary No Fap**

You've likely seen people talking about this movement on the internet. It's the idea that abstaining from masturbation, or even all sexual activity can help you accomplish higher goals. Even famous athletes and politicians have abstained from sex for long periods before important events.

Perhaps the benefit of this is completely psychological. Muhammed Ali reportedly avoided sex for 6 weeks before a big fight. He focused on winning. To him, being champion was more important than those annoying biological urges that could have gotten in the way of his greatness.

But does abstinence actually increase testosterone? Research indicates that short term abstinence increases testosterone. One study even indicated that 7 days of abstinence triggered a more than 140% increase in testosterone in healthy males. This may be an evolutionary motivation to get men to go pick up hot girls. So if you are going to a party in a week you might want to abstain for a few days. However, long term abstinence up to several months has shown a significant decline in testosterone.

## **Confident Body Language**

Multiple studies indicate how body language affects your hormones and emotional state. Your emotions influence your body language and posture. If you are feeling closed, shy, weak, and submissive then your body language will indicate what is going on inside you. Your body language doesn't lie. As a result, very submissive body language often triggers the release of stress hormones such as cortisol. Fortunately, the opposite is also true. Your body language can influence your emotions and hormones. Studies have shown that confident body language can actually increase dopamine and testosterone! In one such study, men were asked to bungee jump. Before the jump one group of men had to curl up in a ball for several minutes. Their testosterone levels decreased and they hesitated longer to take the jump. However the other group of men stood up straight with their arms stretched up high in a victory pose. These men showed an increase in testosterone and they could all immediately take the leap. They even enjoyed it more. By being conscious of your body language you can

influence your testosterone. Stand up straight, walk and speak confidently, maintain eye contact, and avoid submissive positions. Pay attention to how confident people move and speak and mimic their actions. At first you might just be faking it. But eventually these actions will become second nature to you and will end up influencing your mood and testosterone positively.

### **Compete and Win**

Find a sport or activity you enjoy competing in. Studies show that when you are winning your testosterone increases dramatically. It could be trading stocks, making money, or any activity you really love. When you are successful there are many positive neurological reactions in the body that increase testosterone. When you feel like you are dominating life, your internal reactions reflect it.

### **Drink lots of water**

Drink lots of water. Especially when working out. Even a little dehydration can kill your testosterone and increase cortisol.

### **Get a high quality multivitamin**

Invest in a quality multivitamin. You might be missing some key minerals and nutrients required for general health and testosterone production.

### **BCAAs**

Branch chain amino acids result in higher testosterone levels, especially when taken with weight training. BCAA supplements are available and also present in high concentrations in whey protein.

### **Avoid Low Fat Diets**

Saturated fat is important. Low fat diets will hurt natural testosterone production.

Fat can be healthy as long as you keep your calorie intake in check and eat healthy foods. Definitely avoid trans-fats as they destroy testosterone. However, fats from avocados, lean grass fed meats, fatty fish and nuts are necessary to testosterone production.

### **Sleep At A Regular Time Each Night.**

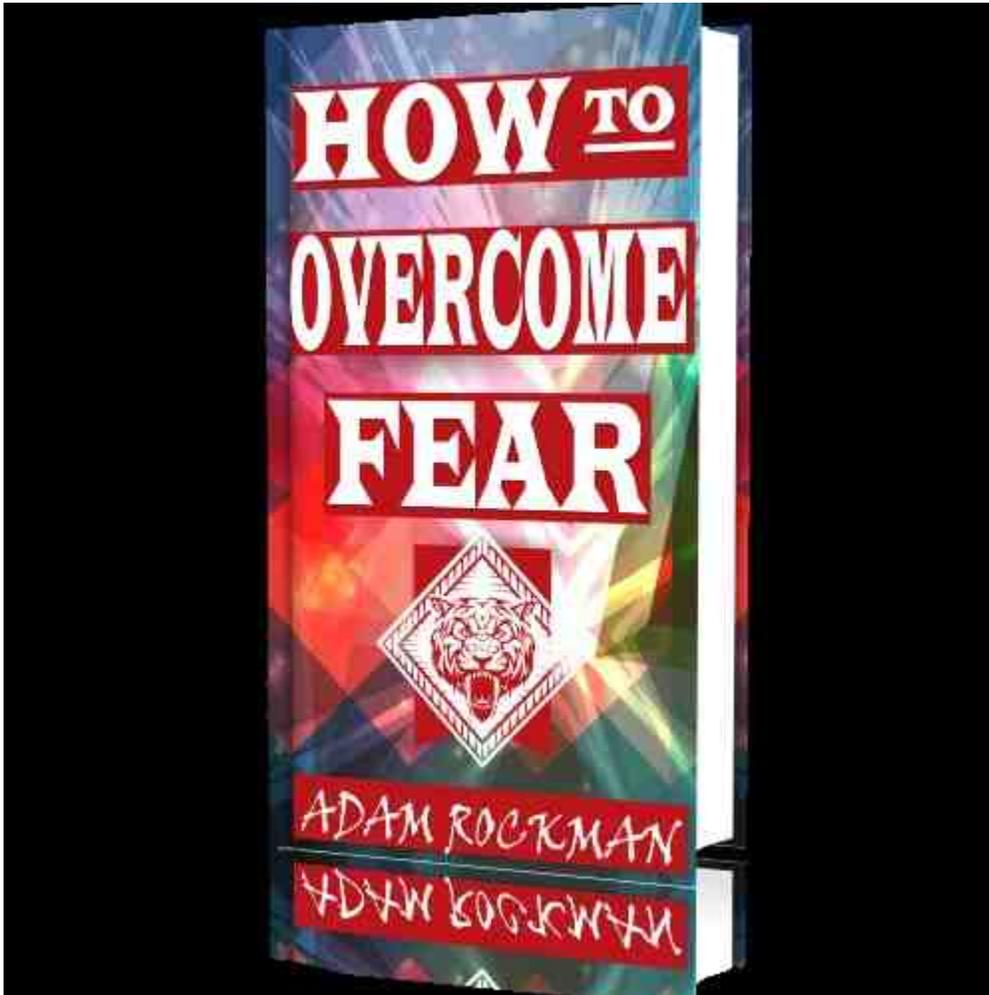
We have discussed the importance of quality sleep several times already. It is important that you get to sleep at a regular time each night to help your body develop a regular schedule for its various processes. If you have some bad habits such as staying up late to watch TV or waste time online then you should work on fixing these habits. You might also need to set a specific time for getting ready for bed. Maybe 10 minutes to half an hour

where you disconnect from distractions and get ready for sleep. You might want to add a short meditation to your night time routine to help you relax and fall asleep quickly.

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## Conclusion

Every choice you make potentially helps or hurts your testosterone. You are now aware of the majority of choices that could make you much manlier and happier in life. Conversely you are cursed with the knowledge that when you mess up you only have yourself to blame.

You can occasionally enjoy a slice of cake and a beer, you can occasionally enjoy a lazy day doing nothing. But those exceptions are no excuse to avoid crushing it at life in every area.

If you enjoyed learning about how to improve your testosterone with this book please leave a quick review.

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## Other Books by the Author

### **10 Days to Superhuman Confidence: Cure Social Anxiety, Destroy Doubt, and Live Fearlessly**

“It’s like the author was in my head and knew what has always been holding me back. I’ve wasted too much time trying to please everyone when I should first satisfy my own needs and goals to build my confidence”

— James Coney, Reader

### **10 Days to Lifetime Self-Discipline: The Fastest Path to Motivation and Willpower**

“Procrastination has always been my problem. After reading this book, I forced myself to go to the gym. I bought an annual membership for a year and feel the power to be able to beat my fat belly.”

— Vasiliy

### **I Don’t Fucking Care! : How to Stop Caring What People Think About You**

“This is the perfect book for me. I used to be very conscious of what other people think of me that I don't usually speak my mind and just hide in the corner. With the help of my family and friends, I was able to improve a little. When I saw this book I knew I needed to read it. This book, hit me hard on the head and made me realize a lot of things I need to improve. I need to learn to love and appreciate myself first and just stop caring what other people think of me because in reality, they don't really care. What's important is how I see myself. Loved this book!”

— Lotte

## **Testosterone**

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