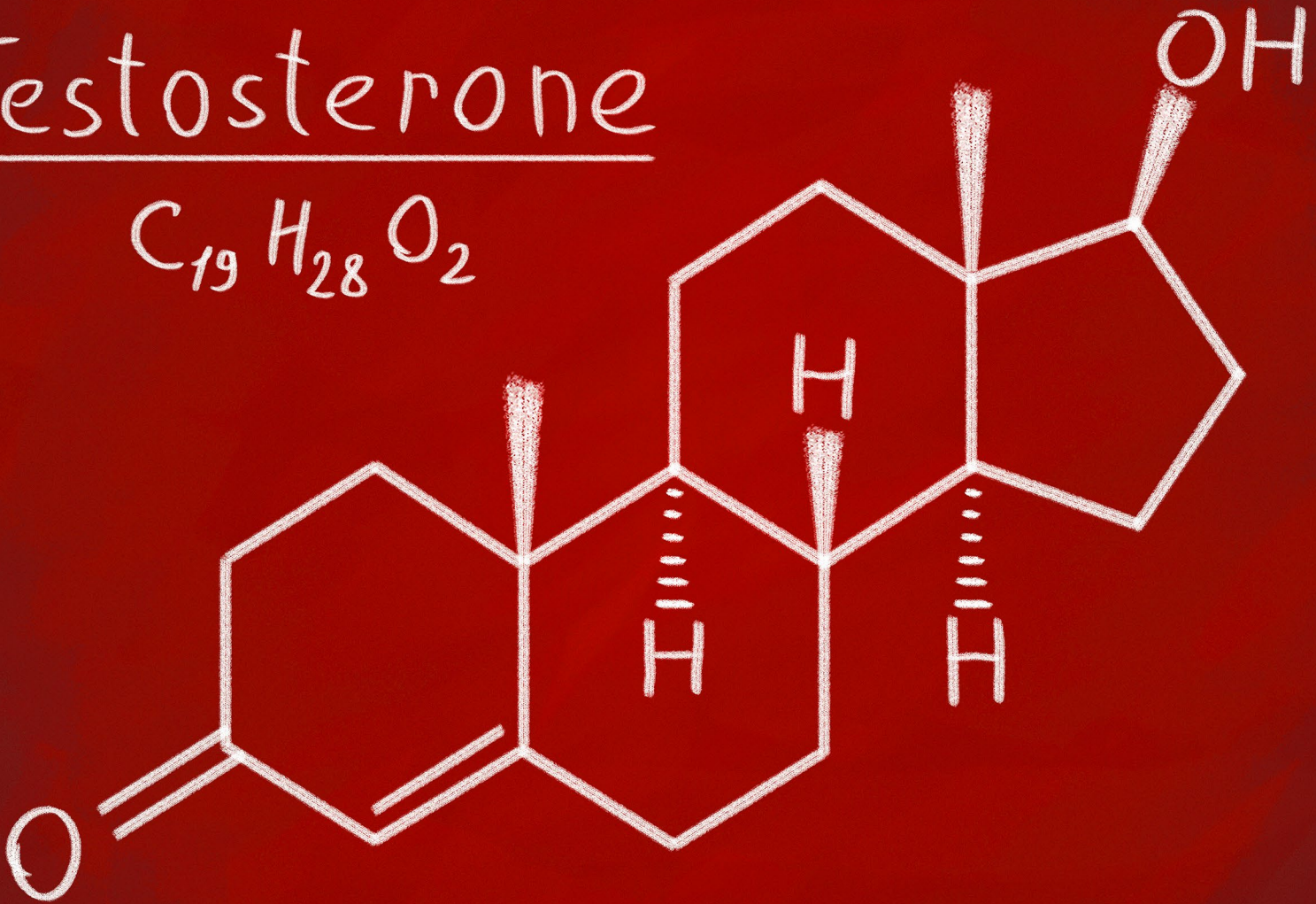


T-BOOST

Testosterone



**HOW TO NATURALLY BOOST
TESTOSTERONE PRODUCTION**

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PART 1

The Testosterone Deception

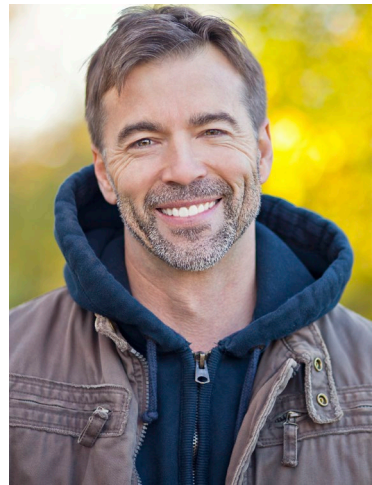
Chapter

1

Introduction

Welcome to T-Boost. You've made the best decision of your life. A decision that I promise you won't regret.

As you may know, my name is Tom Bradford. Just a normal guy who found a way to optimize his testosterone. I had been living with low testosterone for years. I had no sex drive. I was tired all the time. Doctors said that there was nothing they could do. So I took my health into my own hands.



Over the years I've seen so many men lose their vitality over this one deficiency. One deficiency that affects each and every cell of their bodies. It's not pretty.

But the suffering ends NOW. I don't want you to be embarrassed because you feel like less of a man than you have been. I don't want you to feel like a shadow of who you were. I don't want to see you lose your sex drive and that twinkle in your eye.

I'm sure you've been told that low testosterone is just a part of aging, that there's no solution other than pharmaceutical drugs.

But this is a lie! And it's about time that you learn the truth.

In this book, I'll show you the real cause of low testosterone (hint: it's not what you think). I'll also show you how to raise your testosterone naturally. Really, all it takes is a few simple changes.

Read this book and try the program. I know you'll love it. And if, for any reason, you are not 100% satisfied in the next 60 days, email my support team and they will gladly refund your money.

My team and I are always here to help you. Email us at any time with questions, concerns or testimonials, to support@GetBoostaro.com

You have been living with embarrassment and low self-confidence for too long. It's about time the world acknowledged low testosterone and learned how to treat it naturally.

You have everything to gain and nothing to lose. So what are you waiting for? Let's turn back your clock and set you on the course for feeling the best you've ever felt. Like a rockstar in his prime.

Chapter

2

Low Testosterone: A Growing Problem

The World Health Organization hasn't even acknowledged it and yet it's wreaking havoc on the lives of so many men. It's estimated that 79% of men over the age of 35 are suffering from low testosterone. Think about it – if you're over 35, four out of every five of your friends has low testosterone. And they're most likely suffering in silence.

By age 30, testosterone levels begin to fall, and by 35, many men really begin to feel the loss of the main male sex hormone. And doctors rarely check for it.

But before I can talk about low testosterone, I need to give you a little background information on hormones and how they work.

A Little Background on Hormones

Your hormones are all a part of a larger system called your endocrine system. This system is kind of like the interface between your mind and body. This system controls growth and development, the stress response, the nutrient balance of the blood, metabolism and reproduction – and most of the activity of your cells. Some hormones simply turn on other hormones.

Your endocrine system releases hormones from different endocrine glands throughout the body. These guys act like chemical messengers when they are released into the blood – hormones are the way that the cells in our bodies communicate with each other.

Hormones work by attaching themselves to receptor sites of target tissue. Each hormone will have a different target tissue. The amount of hormones in your blood is kept in check by a negative feedback loop – when your body detects enough hormones, less of that hormone is produced.

A hormone's life span varies from 15 minutes to two weeks, depending on the type of hormone. Hormones can be made from amino acids (the building blocks of protein) or from fats.

The main hormones to know are cortisol, growth hormone, and, of course, testosterone. I could go on forever but I want to limit it to the three that I will talk about the most.

Cortisol

Say you're stressed out at work, or in your relationship. Maybe you're super stressed about money. Your adrenal cortex starts pumping out lots of cortisol.

Cortisol is like your body's long-term stress hormone that kind of acts as an antioxidant when you're stressed. But over the long-term, excess cortisol actually spells trouble. Having too much of this guy isn't a good thing.

When there's too much in your system, it can lead to aging, muscle wasting, diabetes, fatigue, hypertension, reduced mental function and a suppressed immune system.

Growth Hormone

Growth hormone is produced throughout life. It is produced in the pituitary gland and acts on most tissues in the body to make sure that protein is deposited to bones and tissues.

Throughout life, growth hormone affects the development of bones and muscles and metabolism. It's commonly known as the fitness hormone because it helps to increase muscle production and your metabolism.

You can see why it's so important to your testosterone levels.

Growth hormone is influenced by the concentration of other hormones in the blood, such as the thyroid hormones, and cortisol.

Testosterone

Testosterone is what's known as a steroid hormone because it is made from fat and cholesterol. It is part of the androgen hormones, meaning male sex hormones. Don't worry if it doesn't make sense, I'll explain this in more detail later.

Testosterone is produced in the Leydig cells of the testicles and a small amount in the adrenal glands. Production of testosterone is dependent on another hormone called DHEA.

Beginning in puberty, your testicles begin to produce testosterone, which activates sex organs. This is what made you a man and allowed you to grow facial and public hair, develop strong muscles and a deeper voice. It influences where fat deposits on your body, red blood cell production and emotions. Testosterone is also needed for sex and healthy erections.

Testosterone is also needed to help your muscles, kidneys and liver use protein. Testosterone also helps to slow the breakdown of protein and increase the breakdown of fat.

In your early 30s, your testosterone begins to taper off. And by the time you turn 35, you may begin to feel the loss of testosterone.

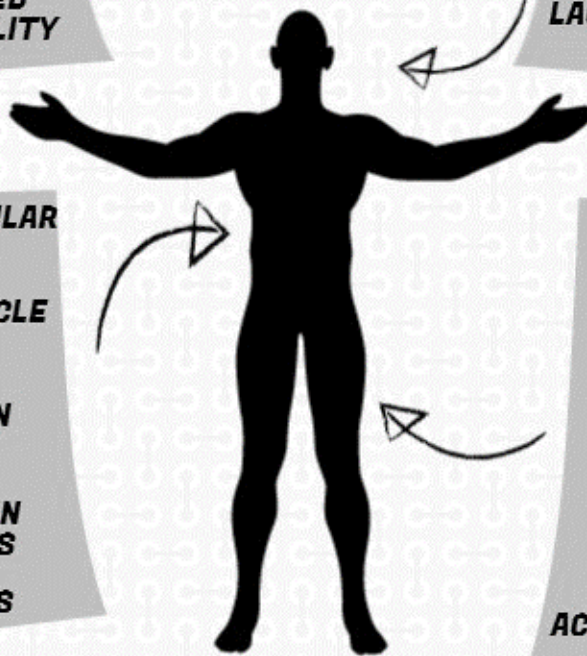
SIGNS OF LOW TESTOSTERONE

MOOD CHANGES
NO MOTIVATION
INCREASED EMOTIONALITY

HAIR LOSS
FATIGUE
LACK OF ENERGY

CARDIOVASCULAR DISEASE
LOSS OF MUSCLE MASS
INCREASE IN BODY FAT
DECREASE IN BONE MASS
MAN BOOBS

LOW SEMEN VOLUME
LOW SEX DRIVE
TESTICULAR SHRINKAGE
GENITAL NUMBNESS
DIFFICULTY ACHIEVING ERECTION



Diagnosing Low Testosterone

If you experience any of the symptoms above, you should get your testosterone levels checked by your doctor. They will either test your saliva or blood. If your testosterone levels are around 100-300 ng/dL, your doctor will diagnose you with low testosterone.

It's important that you handle your low testosterone. Because, if left untreated, you will, of course, continue to experience the side effects that I just mentioned. And worse, you will likely begin to lose your bone density and mass. This will put you at risk for bone breakage and deformities.

Mainstream Theories on the Cause of Low Testosterone

Remember when I told you that testosterone lowers after 30? Yes, this is true, but aging isn't the only cause.

I don't want to spend too much time on conventional theories. After all, if they were right, there wouldn't be an epidemic of men with low testosterone. But for now, I'll quickly cover the top theories:

1. Aging and Andropause

Andropause is also known as male menopause. It generally occurs in men between the ages of 40 to 55. It's used to describe a grouping of symptoms like reduced sex drive, less energy, loss of body hair, depression and increased body fat. And, of course, low testosterone.

Andropause isn't widely diagnosed, as many doctors still don't believe that it's a "thing." For one, menopause in women happens when women are no longer fertile – this doesn't happen to men. We can happily spread our seed well into our 80s.

2. Lifestyle Factors

They say that some lifestyle factors are to blame for low testosterone. At least they're partially right on this one.

- Lack of sex
- Poor sleep
- Increased body fat



3. Diseases

They say that these diseases can cause low testosterone, too.

- Pituitary/gonadal problems
- Poor liver and/or kidney health
- Insulin sensitivity
- HIV/AIDS
- Some medications

According to the medical industry, low testosterone is caused by lifestyle, diseases, obesity and aging. But, you'll learn in the next chapter how the medical industry has it all wrong.

They never fix the root cause (which you'll learn about). They only mask the symptoms with expensive treatments that don't work.

Later in the book we'll go into the real cause of low testosterone and how you can prevent and even reverse it altogether.

SUMMARY

- Low testosterone, although it's not acknowledged by doctors, affects up to 79% of men over the age of 35.
- Testosterone is part of what's known as the endocrine system. This system is like the interface between your mind and body.
- Three main hormones to know are testosterone, cortisol and human growth hormone.
- It's important that low testosterone be treated.
- Mainstream theories on the cause of low testosterone include aging and andropause, lifestyle factors such as lack of sex, and diseases such as HIV. As well as some medications.

Chapter

3

The Big Pharma Hoax

The Search for the Cure

Just think about this for a second. How many thousands of dollars have you spent on doctors, prescription drugs and insurance? After all that money, what did you get? Are you beaming with health or are you still frustrated?

Last year, in the United States alone, \$2.8 trillion was spent on health care. More than any other country. And yet, our rates of cancer, heart disease, diabetes, dementia, autism and almost all diseases are some of the highest in the world. How could we be spending so much on health care and research and still have the highest level of disease?

In fact, the health and pharmaceutical industry hasn't cured anything since 1950. Think about that. How many billions, even trillions, have gone into research for cures? How many charities exist, collecting money to search for a cure? After all that time and money, nothing has been cured in 65 years? How can that be? If you don't believe me, look it up. Try to find diseases that have been cured.

Yes, you go to the doctors and they tell you to have "this" or have "that" – take some of this medicine and you'll feel better. But do you really feel better?

Most pharmaceutical drugs don't even attempt to fix the root cause, they just cover the symptoms. It's like owning a car and seeing the engine repair light come on. And instead of repairing the engine, you just break the engine warning

light. No more warning light, but how much longer will your car work before it breaks down?

And you have to deal with the dangerous side effects, including death. Just look at the warning label of most prescription drugs and ask yourself, is it really worth all these side effects if it's not even treating the root cause?

There's no bigger money maker than big pharma and the problem is that they don't want you to be cured! Sick customers are good customers. Erectile dysfunction is a big business – if you want to have sex, you have to buy drugs from them... forever!

Low Testosterone is a Money Maker

Testosterone replacement therapy (TRT) is a big money maker. Each year in the United States, men spend \$2 billion on these treatments. And it's increasing. By 2017, spending is expected to reach \$5 billion.

The companies who manufacture these treatments spend hundreds of millions of dollars each year, advertising directly to you! They know that low testosterone isn't really seen as a real condition in the medical community, but they know that you will spend money on it. If you see an ad on TV, you'll march directly to your doctor for a prescription.

And these treatments are costly – you could be paying up to \$300 per month.

This is all a trick to get you going back to the doctor's office and spending your hard earned money. Think about all the other things that you could be spending your money on.

Beyond the money though, look at the lengths we're going to, to boost our testosterone.

Creams and Gels

This is the most common treatment for low testosterone. The most common gels and creams are AndroGel and Axiron. If your doctor prescribes a cream or gel, you'll have to apply it daily.

The downside? They're not 100% safe. They smell. They give you back acne. Having all these synthetic hormones will actually cause your body to stop producing your own testosterone – and other hormones will be impacted, too. Here are some of the other side effects of using creams or gels:



- Nausea
- Vomiting
- Headache
- Dizziness
- Hair loss
- Trouble sleeping
- Change in sexual desire
- Redness/swelling of the skin
- Change in skin color
- Acne (especially all over your back)
- Swelling of ankles
- Breast enlargement
- Testicular shrinkage
- Weakness

- Trouble breathing
- Problems urinating
- 4-hour erections that could cause permanent damage
- Congestive heart failure

Lastly, since this is a gel, you need to be very careful that your significant other (and even children) don't come into contact with it. The side effects that your partner may get from coming in contact with your gel include:

- Male pattern baldness
- Excessive growth of body hair
- Irregular menstrual periods
- Any other male characteristics

Let me repeat that these are side effects that a **woman** could have after being in contact with your gel. Isn't that one of the craziest things you've ever read? Medicine isn't supposed to create more problems than it solves. Here are some other treatments for low testosterone.

Pellets

Now this is a relatively new treatment – your doctor will implant pellets containing testosterone into your butt.

Rather than repeating the side effects again, I'll just tell you that they are very similar to the creams and gels.

Have you noticed by now that some of the side effects of these medications are in fact worse than the symptoms of low testosterone? I know. It's insane. And not to mention that it will take time to find the right dosage – time that you will spend with even more uncomfortable side effects.

But in the next few chapters, I'll show you exactly how to reverse your low testosterone and turn back the clock.

With none of these ridiculous side effects or high costs.

SUMMARY

- Hormone replacement therapy is big business. Each year in the United States, men spend \$2 billion on creams, gels and pellets that will boost their testosterone.
- Hormone replacement therapy is only a band-aid solution. It does nothing to fix the root cause – these creams and gels will only increase testosterone for as long as you use them. Worst yet, these treatments do nothing to stimulate your body to make its own testosterone.
- Hormone replacement therapy is expensive – it can cost up to \$300 per month.
- There are several side effects, ranging from back acne to four-hour erections that could cause permanent damage.
- Women and children can absorb testosterone through their skin (from you!).

Chapter 4

The True Cause Of Low Testosterone

In the last chapter, we learned that so called “treatments” for low testosterone have their own side effects and complications. Worst of all, they don’t even deal with the root cause of low testosterone! It’s only a Band-Aid approach – as is typical with Western medicine.

Treat your low testosterone with synthetic testosterone and your body stops producing its own. And you have to deal with the nasty and downright insane side effects of Testosterone Replacement Therapy, like 4-hour erections that could cause permanent damage or, because your spouse came in contact with Androgel, she could start to develop male pattern baldness.

But leave your low testosterone untreated and you could worsen symptoms! So you still have trouble losing weight, low sex drive, lowered self confidence, wrinkles and loss of muscle tone.

Here’s a radical approach: Treat the root cause of low testosterone naturally. No side effects.

I’m about to share the true cause of low testosterone. I’ve broken it down into 3 parts:

1. Estrogen/Chemical Exposure

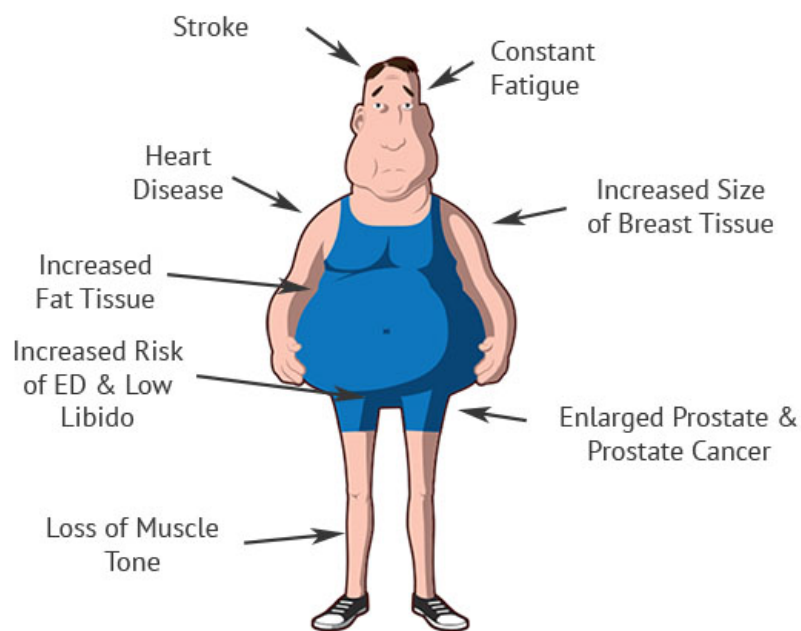
In the 1970s, researchers began following alligators in Lake Apopka, Florida. Over the next ten years, they found that the alligators were declining in numbers. Even more bizarre, the alligators' penises were one quarter the size that they should have been.

When the researchers measured the alligators' testosterone levels, they found that the alligators had such low testosterone that they couldn't even reproduce.

These alligators were beginning to develop female characteristics, becoming hermaphrodites.

When the researchers looked closer, they learned that thousands of gallons of pesticides had spilled into the lake. Pesticides are known as "estrogen mimickers" or xenoestrogens, and behave like estrogen in the body. These alligators were literally living in a chemical stew that was turning their testosterone to estrogen.

High Estrogen in Men



So what does this have to do with you? Well, a lot.

You may know estrogen as being the hormone that makes women, well, women. Estrogen is for women what testosterone is for men.

The body can turn testosterone to estrogen through a process called aromatization.

If you're near retirement age, you may actually have more estrogen in your body than your wife does.

This chemical stew that was Lake Apopka is not unlike our modern world. These "estrogen mimickers" are found everywhere and are up to 1000 times stronger than the estrogen that the body produces.

Estrogen mimickers attach to the same receptor sites as estrogen, but, because they are so much stronger than the estrogen that the body makes, it's easier for them to create havoc in the body.

The main estrogen mimicking chemicals are found in pollution, medication, pesticides and plastics.

2. Stress/DHEA & Cortisol

This factor has a lot to do with your mind. Remember when I said that your hormones are like the interface between your mind and body?

When your body is under constant stress, it produces the hormone called cortisol. Cortisol is known as your "fight or flight" hormone – it's produced by your body in response to stress. Cortisol isn't a bad thing, in small doses. It helps the body deal with immediate threats (like being chased by a wild animal or finding a burglar in your house) and even helps you wake up in the morning.

But the real problem is when cortisol is produced by your body over a long, constant period of time.

Long, constant production of cortisol will hurt your body by increasing fat around your midsection and throwing off the balance of hormones. One study found that men who had a waist size of 40 inches or more produce 30% less testosterone than men with a 37 inch or less waist.¹

Now, listen up, because this part is very important. Remember in Chapter 2 when I said that the precursor to testosterone is a hormone called DHEA? Well, both DHEA and cortisol are synthesized by the same hormone, a hormone called progesterone.

DHEA is like your body's anti-aging and antioxidant hormone and is what your body uses to make testosterone. When your body has too much circulating cortisol, DHEA production is reduced, and so is testosterone.

3. Body Fat

Testosterone is actually lower in Western countries than the rest of the world. Want to know why? Just look at the size of our bellies.

We know that stress can be to blame for our growing bellies. As I explained in the last section, too much cortisol in the body can begin to increase fat around the midsection. This fat can accumulate due to other lifestyle factors, namely our diet and exercise regime.

If you have excess fat around your belly, the fat cells can actually convert testosterone to estrogen (the primary female sex hormone). This creates an imbalance of the natural testosterone to estrogen ratio.



But don't worry. In the next chapter I'll show you how to reduce your toxic load and help your body detoxify this estrogen. I'll show you how and when to eat to boost your testosterone. And I'll show you how to optimize your workouts to burn fat and increase your testosterone. It's so easy it's silly.

SUMMARY

These are the three main reasons for low testosterone:

1. **Toxins, such as pesticides behave like estrogen in the body. The "estrogen mimickers" are 1000 times stronger than the estrogen produced in the body.**
2. **Stress increases the hormone called cortisol, which crowds out DHEA, the anti-aging hormone that is a precursor to testosterone. The less DHEA your body has, the faster you age and the less testosterone you produce.**
3. **Excess body fat around your belly easily converts to estrogen.**

PART 2

How To Boost Your Testosterone

Last chapter we discussed the true causes of low testosterone. Here's my three point plan to boost your testosterone naturally, without any nasty side-effects:

STEP 1 – Testosterone Boosting Foods

This diet has been proven to detoxify harmful estrogens and estrogen mimickers and help you lose weight, all while boosting your body's testosterone production and human growth hormone.

I'll also show you exactly when and when not to eat to boost your testosterone and slow the aging process.

This is groundbreaking information that will change your life.

STEP 2 – Testosterone Boosting Supplements

I'll also show you a few simple, natural supplements that will boost your testosterone levels dramatically. They're cheap and you can get them at any local health store.

STEP 3 – Testosterone Boosting Workouts

Whether you're already working out or not, I'll show you how to optimize your workouts. You'll cut your workout time in half, burn fat like never before, and increase certain hormones that will boost your testosterone.

T-Boost is an easy, 3-step system that will make you feel like you're in your 20s. Follow the 3 steps and you'll be on the right track. Once you start seeing results, remember to send us a testimonial of how the system worked for you.

What are you waiting for? Let's get you started!

Before You Start...

Before beginning any new treatment, it's a good idea to visit your doctor. I always recommend that you get a clean bill of health before you start any program.

Ask for basic blood work to look for anything serious. In addition, ask for the following test:

- A blood test to check your testosterone

Also, this is a great time to take stock of all the things that could be stressing you out at home. Write them down. Think of ways in which you can reduce that stress in your life.

And finally, talk to your partner. Tell them that you are starting T-Boost and ask for their support.

Done? Great! Now it's time to get started!

Chapter

5

The T-Boost Diet

In chapter 4, you learned low testosterone is caused by chemical exposure, stress and excess weight. In order to boost your testosterone, you'll need to get all these factors under control. If you're a little overwhelmed, don't worry. It's actually way easier than it sounds.

I'll show you what to eat and what not to eat to effortlessly boost your testosterone. And, as I said, this is groundbreaking information that will change your life.

Part 1: What to Eat

You are what you eat, and I want you to eat to boost your testosterone naturally. This section focuses on important macronutrients that boost your health – and your testosterone over the long term.

Boost Your Intake Of Branch Chain Amino Acids (BCAA)

Research suggests that BCAAs result in higher testosterone levels, particularly when taken along with resistance training.

Amino acids are the basis of many hormones in the body. You can intake BCAA's in the form of a supplement but getting it through regular food would be a much

better option. Eating high quality eggs, and other proteins are a good source of BCAA in food.

THE RIGHT QUALITY

The way cattle is raised has changed tremendously in the last 50 years. Back then, animals were raised on small farms and ate the food God intended for them. Cows roamed large fields and ate their natural food – grass.

Grass fed cows have fat in a 3:1 ratio of omega-6 to 3. Today's commercial farmed cattle have a ratio of 20:1. Why is this important? Omega-6 fats are fats that coat your cells and create inflammation in your body. But omega-3 fats are free flowing and clear the blood of its stickiness.

What's worse when it comes to our hormones is that cattle raised in North America are on hormone replacement therapy. These are all hormones that all convert to estrogens in the body. You'll recall the story I told you about sexless alligators in Florida. All this leads to health problems.

Choose grass-fed, hormone-free meats when possible.

Eat Healthy Fats

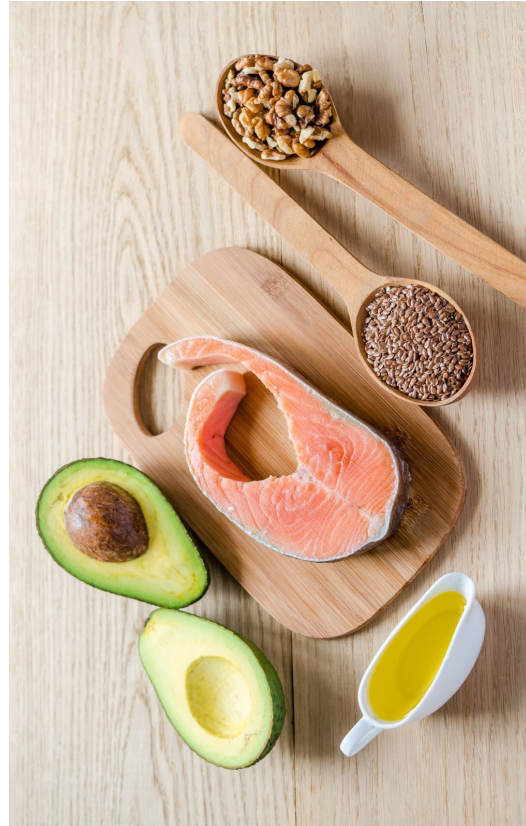
Good fats are the basis of steroid hormones – yes, these are the "sex" hormones. So, if you want healthy hormones like testosterone, you have to start by eating healthy fats.

Eating a slightly higher fat diet has been shown to increase testosterone over the long term.

Use some of these fats in each and every meal that you make. Aim for one to two tablespoons of healthy fats with every meal. (Unless you're eating a fruit only meal).

Examples of high quality fats are:

- Extra virgin olive oil (cold-pressed is best)
- Flax oil
- Coconut oil
- Hemp seed oil
- Pumpkin seed oil
- Almonds, almond milk and almond butter
- Walnuts
- Pecans
- Cashews and cashew butter
- Brazil nuts
- Hazelnuts
- Pumpkin seeds and pumpkin seed butter
- Organic butter
- Avocados
- Olives



- Wild Fish

Vegetables

Fruits and vegetables may just be the perfect food. They're low in calories. They're high in nutrients. And they're pretty difficult to overeat.

When you're eating to boost your testosterone, you'll want to make sure that you eat plenty of fruits and vegetables.



Go Organic

Even fruits and vegetables can be covered in chemicals, such as hormone-disrupting pesticides. Choose fresh, organic produce, preferably from a local farmer.

Your Best Bets

All the vegetables and fruits you can get your hands on. Limit starchy vegetables like potatoes and corn.

Broccoli, cauliflower, Brussels sprouts, cabbage and kale all contain compounds which help to remove estrogen from your body. Eat as much of these vegetables as you can.

SUMMARY

- The T-Boost Diet includes a variety of healthy sources of proteins, and good fats.
- Make sure that your meat, fish and eggs don't contain hormones of their own. Meat and eggs should come from pasture-raised, hormone-free animals. Make sure that your fish is wild.
- Include "good" fats in your diet. Good fats have been shown to raise testosterone over the long term.
- Fill the rest of your plate with plenty of vegetables. Cruciferous vegetables, such as broccoli, cabbage, cauliflower, kale and Brussels sprouts will help your liver detoxify dangerous estrogens that are robbing you of your testosterone.

Part 2: What Not to Eat

So now that we've covered what you should be eating, I wanted to spend some time talking about the foods that you should be avoiding. If you want to boost your testosterone, you need to create the right environment inside your body.

There are three foods that I want you to avoid whenever possible.

Dairy

In North America, our cows are given, growth hormones (surprise, surprise). This makes them grow bigger and it makes them produce more milk.

How about the fact that we are the only mammal that drinks the milk from another animal? Does that freak you out or what? And consider this, the International Journal of Cancer led a study that found that the consumption of cheese increases your chances of developing testicular cancer.



I recommend that you stay away from dairy altogether. Instead, try unsweetened hemp milk, rice milk or almond milk. These great options are available at most supermarkets and health food stores.

Soy

It's been sold to us as a health food. It comes from a plant, so it should be healthy... right?

Wrong.

Soy contains phytochemicals called isoflavones, which behave like estrogen in the body and actually lower your testosterone.



In a recent study, researchers at the University of Connecticut looked at men who were drinking soy protein. After fourteen days, they found that the men drinking soy protein had lower testosterone levels and higher cortisol levels.² Remember that cortisol is your stress hormone, and if you have higher levels in your body, you will likely have higher body fat in your midsection.

Avoid at all costs any sort of refined soy situation: veggie ground round, veggie dogs, veggie patties, tofu and soy milk. And check any label of any protein bar or protein powder that you may be using to make sure that there is no soy. Instead, focus on getting your protein from pastured, wild animals. Buy organic eggs and eat lots of them (the fat in the yolks is good for you). And add nuts and seeds to the foods you eat to boost protein and good fats.

Beer

I'm sure you like beer. I'm sure that you drink it after a long day at work. It helps you unwind. It's easy to order at a bar. It's seen as "manly." But have you ever

noticed that men who drink a lot of beer have pot bellies and sometimes “man boobs”?

This is because beer consumption lowers your testosterone and raises estrogen. Drinking beer increases aromatase – that’s the enzyme that converts your manly testosterone to ladylike estrogen. Drinking just one beer can lower your testosterone for a full 24 hours.

Beer also increases prolactin levels. Prolactin is the type of estrogen responsible for stimulating breast milk production in women. What’s even more unbelievable is that hops, the main ingredient in beer, increases estrogen levels and causes menstrual disturbances in the women who pick it.³

Instead of beer, drink red or white wine or pure spirits, such as vodka or gin. Mix your vodka or gin with soda water, or, better yet, water.



Limit Or Eliminate Sugar From Your Diet

Testosterone levels decrease after you eat sugar, which is likely because the sugar leads to a high insulin level, another factor leading to low testosterone.

Based on USDA estimates, the average American consumes 12 teaspoons of sugar a day, which equates to about TWO TONS of sugar during a lifetime.

Why we eat this much sugar is not difficult to understand -- it tastes good, and it gives us pleasure by triggering an innate process in your brain via dopamine and opioid signals.

Remember foods that contain added sugar and fructose, as well as grains like bread and pasta, should all be limited.

This doesn't include natural sugar such as those found in fruit.

SUMMARY

- Avoid dairy, it's loaded with hormones that effect your testosterone levels.
- Never eat soy or products containing soy. Isoflavones in soy beans act like estrogen in the body which counteracts the effects of testosterone. Not only that, but most soy is genetically modified. GMO foods led to all sorts of health problems including cancer.
- Don't drink beer. It lowers testosterone levels and increases estrogen.
- Limit or eliminate sugar. Too much sugar will lower your testosterone levels.

Chapter

6

When To Eat, When Not To Eat

Our ancestors, without knowing it, were doing one of the most important things to burn fat, slow the aging process and increase testosterone. This is one of the most exciting finds, and is on the cutting edge of testosterone and nutrition research.

But first, I want to bust up a few myths that are circulating around. Nutrition lies that we have been blindly following because we want to be healthy. Nutrition myths that have been lowering our testosterone all along.

Myth #1: Eat Your Breakfast

In this day and age, with all the 24-hour restaurants and grocery stores, we do not know how to go hungry. After a big dinner, we'll wake up and eat breakfast, because we've always been told that it's good for us.

Since we were children. We always eat breakfast. We're conditioned to believe that as long as we put something in our bellies, we'll be healthy. So before work, we wait it out in a drive through line up for that coffee and muffin or bagel. Because, hey, we're kick starting our metabolisms!

But here is some earth-shattering information. Breakfast is not the most important meal of the day. A recent study published in the American Journal of Clinical Nutrition found that all of the studies that say we should be eating breakfast have actually relied on distorted scientific evidence.⁴ In actuality, the

way that science points is that eating breakfast won't necessarily help to boost your metabolism and have you burn fat.

Myth #2: Eat Frequent, Small Meals

The second myth is that we need to eat frequent, small meals throughout the day. Doing this is said to help keep our metabolism peaking. And it's been recommended to any guy wanting to lose weight and gain muscle by basically every personal trainer and nutritionist who ever existed. And maybe you're thinking that this ties in with some of the other myths, right? Small meals. Lots of protein. Protein shakes. Yup.

The reasoning for making us eat all these meals is that when we don't eat, we push our bodies into starvation mode. So when we do finally eat, our bodies are so terrified of this happening again that they hang onto the calories and store them as fat.

It's like our bodies are house pets who are starving after you've been away at work all day, so they scarf their food down like nobody's business. But this isn't true. And eating this way can even lower our testosterone. Eating more than 300 calories has been shown to lower testosterone for up to 3 hours.⁵

The Truth

But listen up because I'm going to set the record straight.

Our ancestors were used to feast or famine. When they found food, they gorged themselves. And then there were periods of time when food was scarce. We're designed to fill our stomachs with food. And then let our stomachs empty.

Think about it. Do you ever let your stomach fully empty before your next meal? Beyond breakfast, we're taught to eat every few hours to keep our blood sugar

stable and our metabolisms running fast. But we're just putting food on top of food and our body has a tougher time digesting it. We actually slow our metabolisms down. We learn to eat when we aren't even hungry. Let's put an end to that.

The Key: Intermittent Fasting

The key is a relatively new concept that has been unknowingly practiced for thousands of years. It's called intermittent fasting and it means that you're leaving a window of 16 hours between when you finish dinner and the first meal of the day.

This means that you have a resulting window of 8 hours to eat your meals.

Here's how it looks:

- Finish dinner by 7 pm. Don't drink anything but water or herbal tea. Go to sleep as you normally would.
- Get up, get ready for work. Don't drink anything but water. If you are working out in the morning before work, a black coffee is ok (more on this later).
- At 1 pm, have your first meal of the day. Be sure that you're eating the foods that I listed above (healthy proteins, lots of vegetables and good fats).

Benefits of Intermittent Fasting

When you practice intermittent fasting, you'll reap the benefits. Benefits like better liver health and less toxicity, improved human growth hormone levels, less hunger. Best of all, you'll slow down the aging process. Note: this part may sound kind of science-y, but I think it's important for you to understand.

Here's how.

You'll increase testosterone levels. Remember when I said that eating a meal or snack lowers your testosterone levels? One study found that men who were fasting for Ramadan increased their serum testosterone levels by 180%. Intermittent fasting also increases luteinizing hormone, the precursor to testosterone, by 67%.



Your liver will be better at detoxifying estrogens. Treat your liver better and you'll be able to detoxify more estrogen. This is one of the first steps in increasing your testosterone. Your liver is much more efficient at detoxifying when your stomach isn't full. You may know your liver as your body's key detoxification organ, but did you know that your liver also helps to digest your food?

When your liver doesn't have food to help digest, it can put more of its energy into detoxifying. Fasting also induces a process called autophagy, where your cells remove toxins. And yes, that includes estrogens.

You'll increase your human growth hormone levels. In chapter 2, I briefly touched on your body's "fitness hormone", human growth hormone. It helps to increase muscle and your metabolism. After the age of 30, our bodies produce less of this hormone, which is what is known as somatopause.

After 30, we don't put on muscle as easily and our metabolisms slow down. Well, researchers have found that after 24 hours of fasting, human growth hormone can increase by up to 2000%.

Plus, you'll be less hungry and your body will burn more fat!

It also slows the aging process. Fasting causes your cells to replicate less – when cells can't replicate as fast, you don't age as fast.

SUMMARY

- Intermittent fasting is a simple way to boost your testosterone.
- I personally recommend leaving a 16-hour window between when you finish dinner and have your first meal of the day. For most, you'll finish dinner by 7 and will not eat until noon the next day.
- This means that you are eating your meals in an 8-hour window.

Chapter

8

Optimize Your Workouts

In the last chapter, I showed you how to cheat aging, boost your growth hormone, reduce cravings and, most importantly, boost your testosterone. I'm about to show you another amazing discovery that, like intermittent fasting, is groundbreaking.

If you're not working out, this routine will change your body.

If you're already working out regularly, this practice will cut your workouts in half and boost the benefits.

First, I want to give you some compelling reasons to get up and move.

Why Do We Need to Move?

Sadly, it's getting harder and harder to be physically active in our modern lives. Most adults spend 70% of our waking hours... sitting⁶! I mean, do you?

We used to walk to work. We'd do physical labor once we got there, followed by lots of physical work to do even when we got home. Then we would entertain ourselves by playing games or sports.

Now we drive to work or school, sit at a desk all day - our schools and offices have been designed for maximum sitting. We spend most of our day hunched in

front of a computer. When we do stand up, it's usually to grab a sandwich or coffee. Then it's back to our ergonomic desk chair.

At the end of the day we drive home. We entertain ourselves with TV or play video game sports instead of playing actual sports.

The problem is that as humans, we're actually designed to move. Our species' survival has depended on us getting off our butts! Sadly we've become a couch potato society.



We're going to change that. Not exercising is known as being sedentary. A sedentary lifestyle has been linked to many health problems⁷, including low testosterone, obesity and rapid aging.

No need to fret because I'm going to show you a way to exercise that will boost growth hormone and testosterone and help you lose weight, all in less time.

Regular exercise helps to increase your metabolism, circulation and mood. It helps you build muscle and lose weight. It reduces anxiety and depression. It increases your sex drive. (I could go on...)

Your Current Workout Could Be Doing More Harm Than Good

I'm just going to make some assumptions for a moment, so please stay with me.

Maybe you have a gym membership. Maybe, because of your work and home responsibilities, you're able to make it to the gym once or twice a week. So when you get there, you hop on the treadmill or elliptical machine, maybe the bike, and you sit there for 45 minutes or so. Maybe longer. You're getting in your cardio and cardio is good, right? You need to sweat it out on the treadmill to burn off that burger you ate. Maybe you're in a great mood when you finish. But this type of exercise not only takes forever, it may also be making you fat.

Same can be said for a long session with the weights. You're targeting your major muscle groups. You work yourself to absolute fatigue. You basically have to pick yourself up off the floor when you leave the gym. This exercise, too, takes forever, and it could be lowering your testosterone.

How could exercise and burning calories be making me fat, you ask? The answer, unsurprisingly, lies in your hormones.

When you're sitting on that exercise bike or elliptical machine, doing your 45-minute cardio routine, your body thinks it's being chased. What happens when you're being chased? Your body pumps out hormones like adrenaline and cortisol, because it thinks that it's in danger. Because, honestly, why would you ever run for 45 minutes or more? Because you're being chased by a wild animal! Or so your body thinks.

Remember when I talked about the stress hormone cortisol? It's the hormone that kicks in when you're putting stress on your body. Remember when I said that cortisol is like a long-term stress hormone? When cortisol is surging through your veins, your body thinks it's in danger. Your body will send all its blood and energy to your arms and legs so you can run.

Sure, this makes sense and sounds good, right? But when all the blood rushes to your arms and legs, it's rushing away from your core. Over the long term, your body will start to get fatter around your core. And the cortisol crowds out DHEA and testosterone. And the abdominal fat converts to estrogen. Remember these golden rules:

RULE #1: Long Term Stress = High Cortisol/Low Testosterone/Fat Core

RULE #2: Fat Core = Low Testosterone/High Estrogen

Do you see where I'm going with this?

In the next section, I'm going to show you exactly how to optimize your workouts to boost your testosterone and growth hormone. You'll gain muscle, burn fat and boost testosterone, all in a fraction of the time.

The Key is to Think "Play"

When animals and children are playing, they run as fast as they can for short bursts, then they rest. Even look at organized sports and you'll see the same.

This is the way that our bodies are meant to move. Not mindlessly sweating it out on the treadmill or elliptical.

This type of training is called high intensity interval training (HIIT). And it's been proven to boost your testosterone.

All in under 25 minutes.

I'm going to show you how to do this workout and give you a routine in a minute. But first I'd like to explain how this type of workout increases your testosterone.

How it Works

HIIT encourages less cortisol production. Cortisol, the long-term stress hormone, crowds out DHEA, the anti-aging hormone. DHEA acts as a precursor to testosterone, so less DHEA means less testosterone.

HIIT boosts human growth hormone. I've talked about growth hormone a few times in this book. Basically, it's known as your fitness hormone, and helps your body put on muscle. By age 30, our levels of growth hormone drop off but immediately following HIIT workouts you can boost your growth hormone up to 700%.

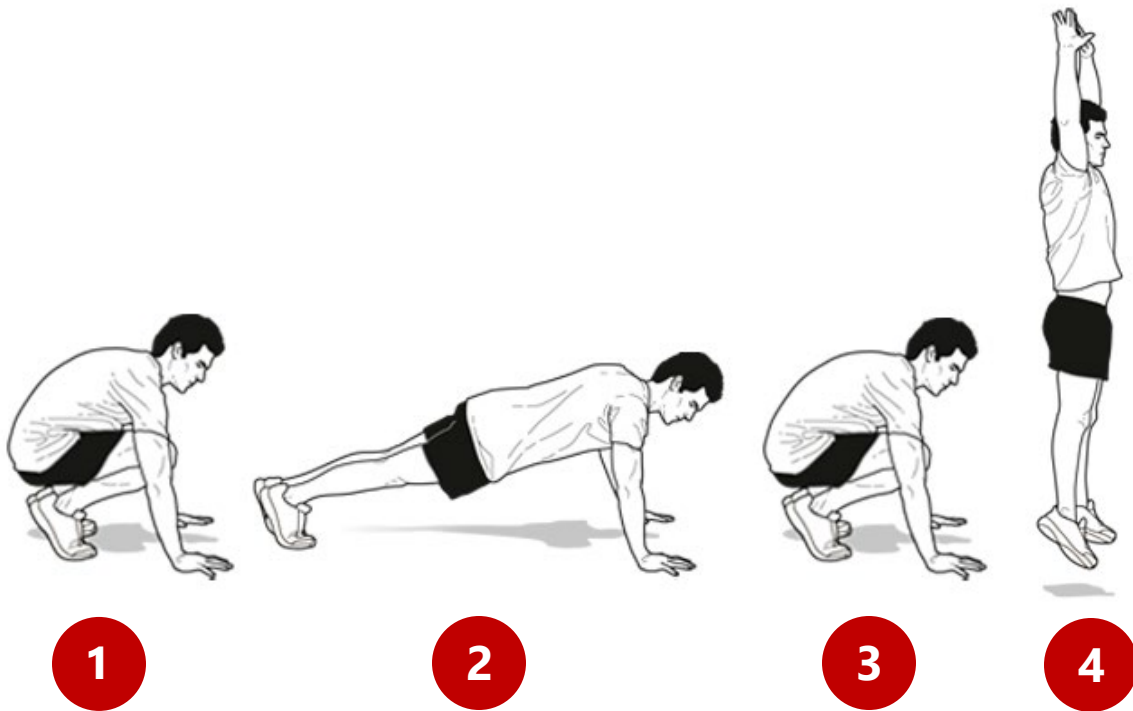
HIIT workouts work both your slow and fast twitch muscles. This is much healthier for your heart.

I've designed this workout to work every single muscle in your body. So you will be building muscle, burning fat and boosting all the right hormones. Ready?

The T-Boost HIIT Workout

Here's the workout. It involves short bursts of intense exercise coupled with rest periods.

1. **Warm up with low intensity for 3 minutes.**
2. **Do as many burpees as you can for 30 seconds.** To do a burpee, begin in a standing position with feet hip width apart. Squat down and place your hands in front of you so you are in a push up position. Do a push up and then jump your feet between your legs and jump up.



Recover for 90 seconds.

3. Do as many lunges with an overhead press as you can for 30 seconds. You'll need two dumbbells of roughly 10 lbs each. Begin with your right foot, stepping forward and bending, as you also bend your left leg. As you bend, extend your left arm overhead into a shoulder press. Repeat on the other side.



Recover for 90 seconds.

4. Do as many squat jumps as you can for 30 seconds. To do a squat jump, take your feet to hip distance. With your weight mostly in your heels, squat as low as you can and jump up. Land with legs slightly bent.

Recover for 90 seconds.

5. Do as many burpees as you can for 30 seconds. To do a burpee, begin in a standing position with feet hip width apart. Squat down and place your hands in front of you so you are in a push up position. Do a push up and then jump your feet between your legs and jump up.

Recover for 90 seconds.

Repeat the entire routine.

Spend 3 minutes cooling down.

There, you've just done a super intense, muscle and testosterone boosting workout in under 25 minutes. The key is to perform all exercises at the utmost intensity.

What to Expect

- This routine is hard. Very hard. Your heart rate will increase, you will sweat, and you will fatigue.
- Expect that you may not be able to complete the entire workout on the first few tries. You may only get halfway. That is ok.



- If you are too tired to continue, stop.
- With time, each of these four exercises will get easier. You'll be able to do more reps with better form in the 30-second bursts.
- Depending on your age and physical fitness, your results may vary. Stick with it.
- Repeat this workout 3 times per week. Make sure that you take a rest day in between workout days to let your muscles recover.
- You'll be stiff after the first few times you do this workout. That's ok.

Before You Start...

Make sure that your doctor clears you for high intensity interval training. Make sure you get routine blood work and ask your doctor to do an "Exercise Stress Test".

Some Last Thoughts

The best time to start is now. It's never too late to begin an exercise program.

Start slowly. Even if you can only do half of the program now, you'll be able to dominate it in just a few weeks. Soon you'll find that you're faster, stronger.

Pretty soon, you'll see your testosterone levels increase. You will look fitter and you'll have more energy.

SUMMARY

- Endurance cardio workouts could be making you fat.
- HIIT workouts effectively cut your workout time in half while boosting testosterone and growth hormone.
- All it takes is 2-3 workouts per week.

Chapter

9

T-Boosting Supplements

Obviously a balanced diet and HIIT exercise should come first before taking supplements to increase testosterone; however one can further increase their testosterone by taking various supplements.

We've tested hundreds of supplements and here are the ones that boost testosterone the most:

Vitamin D3

Vitamin D3 actually isn't a vitamin, it's a hormone — a really important hormone that provides a whole host of health benefits. Our bodies can naturally make vitamin D from the sun, but recent studies have shown that many Westerners are vitamin D3 deprived because we're spending less and less time outdoors.

When we do decide to venture outside, we slather our bodies with sunscreen, which prevents the sun from reaching our skin to kick-off vitamin D3 production. If you're not getting enough sun, you may have a vitamin D3 deficiency, which may contribute to low T levels.

If you think you need more vitamin D3, supplement it with a pill. Studies have shown that men who take this supplement see a boost in their testosterone levels. Take 2,000-4,000 IU of vitamin D3 in the morning.

Omega-3 Fish Oil

Fish oil has been shown to lower SHBG and increase production of Luteinizing Hormone (the hormone responsible for triggering the testes to produce T).

Because of the increased amounts of saturated fats and cholesterol you will be consuming, I recommend you take a fish oil supplement to clear the gunk out of your blood and boost Testosterone.

Take 500mg of Omega-3 Fatty Acids daily.

Zinc

The mineral zinc is important for testosterone production, and supplementing your diet for as little as six weeks has been shown to cause a marked improvement in testosterone among men with low levels.

Likewise, research has shown that restricting dietary sources of zinc leads to a significant decrease in testosterone, while zinc supplementation increases it too. It protects you from exercised-induced reductions in testosterone levels.

If you decide to use a zinc supplement, stick to a dosage of less than 40 mg a day, as this is the recommended adult upper limit. Taking too much zinc can interfere with your body's ability to absorb other minerals, especially copper, and may cause nausea as a side effect.

Magnesium

There is plenty of peer-reviewed scientific evidence to back up the claim that proper magnesium supplementation does indeed increase testosterone levels in men. Not only that, it's been shown to make you stronger.

Magnesium also aids in sleep and lowers anxiety. So magnesium can build testosterone directly or indirectly by lowering estrogen.

I recommend taking "Magnesium Citrate" for its high absorbability. Take 1g per 100 lbs of body weight. Take half in the morning and half in the night. Magnesium doesn't last long in the body. You may want to add some Vitamin B6 to improve absorption.

Tongkat Ali

There is some evidence that Tongkat ali may be effective in helping maintain T levels in aging men and in reducing stress.

Current research is investigating the potential of this therapy as a safe and natural alternative to traditional testosterone replacement therapy.

Tongkat Ali is easily found in health stores and online. Find a brand you like and take the recommended dosage as directed on the bottle.

So there you have the top five natural testosterone boosters available on the market right now. If you are aged 30+ and want to regain your youthful vitality, you'll want to include some or all of these supplements.

Each of these products is going to have different dosing instructions, so be sure to read up on how to take each one properly in order to see optimal results.

And remember, no testosterone booster will be as effective unless it is also paired with a proper diet plan and a good workout protocol. Both of these will additionally be key to success.

SUMMARY

- **In addition to diet and exercise, supplements can boost your testosterone production even more.**
- **The best testosterone boosting supplements are Vitamin D3, Omega-3, Zinc, Magnesium & Tongkat Ali.**

Chapter

10

Sleep & Stress

Get More and Better Sleep

Most Americans today are sleep deprived, which may be a contributing factor to declining testosterone levels in men. See, our body makes nearly all the testosterone it needs for the day while we're sleeping. That increased level of T that we experience at night is one of the reasons we wake up with "Morning Wood." (If you don't have Morning Wood on a consistent basis, you might have low T).



But if you're not getting enough quality sleep, your body can't produce testosterone as efficiently or effectively. In one study, researchers at the University of Chicago found that young men who slept less than five hours a

night for one week had lower testosterone levels than when they were fully rested. The drop was typically 10-15%.

Not only does sleep boost T, but it also helps manage cortisol, a stress hormone that has been shown to wreak havoc on testosterone levels when present in high amounts.

Aim for 8 hours of sleep a night. Be as consistent as possible.

Manage Stress

When we face stress, our adrenal glands secrete cortisol to prepare our bodies and minds to handle the stressful situation — the primal fight-or-flight response.

In small dosages, cortisol is fine and even useful, but elevated cortisol levels for prolonged periods can do some serious damage to our bodies and minds.

One area that seems to take a hit when cortisol is high is our testosterone levels. Several studies have shown a link between cortisol and testosterone. When cortisol levels are high, testosterone levels are low; and when testosterone levels are high, cortisol levels are low.

Here's some idea to lower your stress:

- Meditated for 20 minutes a day.
- If you get stressed, get up and go for a walk.
- Practiced deep breathing exercises.
- Focused on being more resilient in the face of stress.

SUMMARY

- **Aim for 8 hours of sleep per night.**
- **Do your best to reduce or eliminate stressful situations at work or at home.**
- **Use meditation, exercise, and deep breathing to lower your stress.**

Chapter

11

Avoid

Xenoestrogens

Many endocrinologists are sounding the alarm about the damaging effects that come with exposure to common household chemicals. Called “endocrine disruptors,” these chemicals interfere with our body’s hormone system and cause problems like weight gain and learning disabilities. One type of endocrine disruptor is particularly bad news for our testosterone levels.

Xenoestrogen is a chemical that imitates estrogen in the human body. When men are exposed to too much of this estrogen-imitating chemical, T levels drop significantly. The problem is xenoestrogen are almost everywhere — plastics, shampoos, gasoline, food, toothpaste. You name it and chances are there are xenoestrogen in it.

The ubiquitous nature of this chemical in our modern world is one reason some endocrinologists believe that testosterone levels are lower in men today than in decades past.

It’s also a reason doctors say the number of boys born with hypospadias — a birth defect in which the opening of the urethra is on the underside of the penis and not at the tip — has doubled. Note to expecting parents: make sure mom stays away from xenoestrogens during the pregnancy.

Despite the stacked deck, you need to do your best to avoid products that contain xenoestrogens. Here’s some ideas:

- **Stored food in glassware and never, ever, ever heat food in plastic containers** - Most modern plastics contain phthalates. Phthalates are what give plastic their flexibility, durability, and longevity. But they also screw with hormones by imitating estrogen. Keep all food in glassware. I make sure to never heat food in plastic containers, as heat increases the transfer of phthalates into food. Avoid plastic water bottles.

- **Avoid exposure to pesticides and gasoline** - Sure the smell of gas is manly, but it contains xenoestrogen. Same goes for pesticides. Limit your exposure to these products. If you do come in contact with them, make sure to wash your hands thoroughly.
- **Eat organic when possible** - Pesticides and hormones that are used in our food can imitate estrogens in our body. When possible, eat organic. If budget doesn't allow, at least make sure to wash your fruits and veggies before eating and find meat that comes from cows that haven't been treated with hormones.
- **Use natural grooming products** - Most grooming products these days contain parabens, another type of xenoestrogen. And by most, I mean more than 90% of all products. To reduce your exposure as much as possible, became a hippy and start using all natural, paraben-free grooming products. You can find most of these items at most health food stores:
 - Jason Shampoo
 - Dr. Bronner's Magic Soap
 - Tom's of Maine Toothpaste
 - Crystal Rock Deodorant
- **Avoid BPA** - Studies suggest that BPA, a chemical that lines food cans and thermal printer paper, may reduce testosterone. I reduced my exposure to BPA as much as I could.

SUMMARY

- Xenoestrogen is a chemical that imitates estrogen in the human body.
- Eat organic foods and use glass containers.
- Use natural personal products and avoid chemicals in general.

Chapter 12

Mind-Body Connection

So you've got the diet and exercise figured out. Great. Now it's time to conquer your mind and think like an alpha male.

In the animal kingdom, alpha males are the top ranking animal in a pack. The "top dog". Animals with alpha males include wolves, lions, horses and monkeys. The alpha dog eats first. He looks out for his pack. And he mates with whoever he



damn well wants. Researchers have found that alpha male animals have higher testosterone and lower cortisol.

In the human world, alpha males are the ones who lead the meetings, make the money and get the girls. They're happy, healthy and relaxed. Though they're leading things, their hormones are in check too – high testosterone, low cortisol.

They're the James Bonds, the Don Drapers, the Jack Bauers of the world.

You may be thinking, wait, I'm not a British spy, advertising executive or member of the CTU. So how can I be an alpha male?

Well, to be an alpha is merely a state of mind. Master this and think like an alpha male and I can assure you that the other pieces will fall into place.

Here are three characteristics of alpha males. This is the blueprint that I want you to strive for.

Trait #1: Self Confidence

An alpha male is confident and self-assured. He doesn't work to seek anyone's approval. He doesn't doubt himself. He is who he is, take it or leave it. He's confident around women. He's masculine. He doesn't put down others to make himself look better (because he doesn't have to).

He's not cocky. He puts others at ease with his confidence. He doesn't walk with his head down. He pulls his shoulders back and looks up at the world when he walks. He looks people in the eye. He is genuine. He takes the time to groom and dress himself. He knows what looks good on him.

He's physically fit but not overly muscular. He knows that he can have his pick of women and he pursues the one he wants. He works to be the best version of himself that he can be. And he is happy with that because he is happy with himself.

Trait #2: Drive

An alpha male works for what he wants. If he's single, he makes a nice life for himself because he sees the bigger picture of what he wants. If he's married or

taken, he makes a nice life for himself and his woman because he takes care of his pack. He has goals and he works hard to reach them.

He doesn't hit snooze five times before getting out of bed (unless there is someone in bed with him, giving him a reason to stay). The alarm goes off and he is up, showered, dressed. Ready to take on the day.

He doesn't drag his steps, he moves swiftly. He gets into the office and works calmly and efficiently. He's cool. If he wants a woman, he pursues her. When he takes on a project, he does it well. He doesn't get caught up in the drama of the day.

Trait #3: Dominance/Leadership

An alpha male is a natural leader. He's the guy running the meeting. He's not cocky or arrogant. He's in no way aggressive. He's definitely not macho. He uses his self confidence and drive to make others want to follow him and be better versions of themselves. Because he has nothing to prove. He doesn't talk about how he is an alpha. He's the one who the "follower" look to for the answers.

What can you change about your outlook to become an alpha male? What can you change in your posture and body language? How you carry yourself? What you think of yourself? How you engage with others?

Boost Your Testosterone With Your Mind

Why am I talking about all this? Why is it so important to act like an alpha male?

Well, it turns out just acting like an alpha male significantly increases your testosterone levels.

In 2010, researchers at Columbia University conducted an experiment to see if body language effects testosterone levels. Here's what they found.

They divided everyone into two groups. One with your feet on the desk and their hands behind their heads and a second with hands over the desk and their legs crossed.

Researchers took saliva samples before and after the poses and what they found was remarkable.

High power poses decreased cortisol by 25% and increased testosterone by 19%.

Low power poses increased cortisol by 17% and decreased testosterone by 10%.

Remember, your entire hormonal system is like the interface between your mind and body. The thoughts that you think stimulate hormones to influence the cells in your body – wherever your mind goes, your body will follow.

So what I'm saying is that you can fake it 'till you make it.

SUMMARY

- **In the animal world, alpha males are the "top dog". Alphas eat first and have their pick of women. In the human world, it's not that different. Alphas run meetings, have money and get the girls.**
- **Alphas have higher testosterone and lower cortisol.**
- **There are three main characteristics of alphas: self-confidence, drive and leadership.**
- **It's possible to trick your body into boosting testosterone. Take on the three characteristics of alphas and watch the rest come into place.**

Chapter

13

Conclusion

And now you know, low testosterone can be fixed naturally!

T-Boost is real. Follow the diet, supplement and lifestyle changes and I promise you will feel better and boost your testosterone naturally. Without creams or gels. Without side effects. And pretty damn easy.

I know T-Boost will work for you just like it did for me. I know you'll want to tell everyone how it has helped you too. Please make sure to email us at support@GetBoostaro.com to let us know how the program has changed your life.

Because we want to end this epidemic of low testosterone. Because too many men are suffering in silence.

It's time to put the suffering to an end. Feel the way you were meant to feel. Just like you've slipped into a hot tub.

I can't wait to hear from you.

T-Boost Program

STEP 1: Follow The T-Boost Diet

Use this diet to detoxify harmful estrogens and estrogen mimickers and help you lose weight, all while boosting your body's testosterone production and human growth hormone.

Know when to eat and when not to eat to boost testosterone and slow the aging process.

STEP 2: Exercise Using HIIT

Cut your workout time in half, burn fat like never before, and increase certain hormones that will boost your testosterone.

STEP 3: Take Testosterone Boosting Supplements

You can further increase your testosterone by taking various supplements. The best ones are listed in Chapter 9.

STEP 4: Avoid Xenoestrogens

When men are exposed to too much Xenoestrogens, T levels drop significantly. Reduce or avoid them all together.

STEP 5: The Power Of Your Mind

Use your mind to create changes at the cellular level. Don't forget to get enough sleep and live a stress free life.

T-Boost is an easy, 5-step system that will make you feel like you're in your 20s. Follow the 5 steps and you'll be on the right track.

Once you start seeing results, remember to send us a testimonial of how the system worked for you.

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