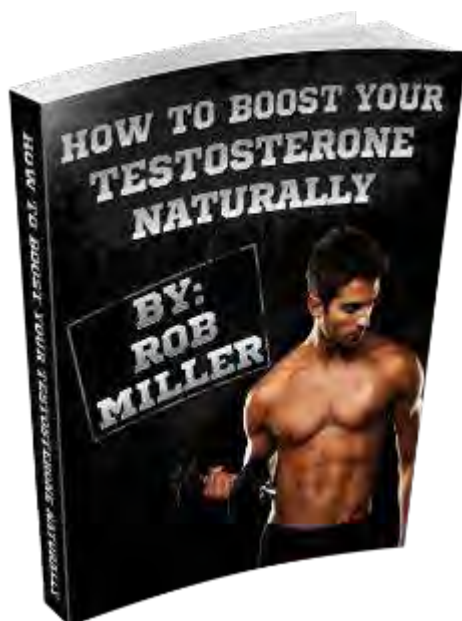


# How To Boost Your Testosterone Naturally



**Don't settle for fad products and scams. Discover natural ways to increase your testosterone levels\* and start leading a healthier lifestyle today!**

**By: Rob Miller**

**[SupplementCritique.com](http://SupplementCritique.com)**

\*Disclaimer! This advice should not be construed as medical advice in any way. We made every effort to provide you with the most factual information possible, but please seek the advice of your doctor for the best results.

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## Introduction

If you're currently on a workout program designed to build up more lean muscle mass or lose body fat, one thing that you need to be concerned with is your testosterone.

Testosterone is easily one of the most powerful hormones in the body and in most normal men, is present in high concentrations.

This hormone is essentially what makes a man a man, and what makes a woman a woman.

Women only have a tiny fraction of the level of testosterone that a man has so this is a big reason why they will never be able to build up nearly the same volume of lean muscle mass as their male counterparts.

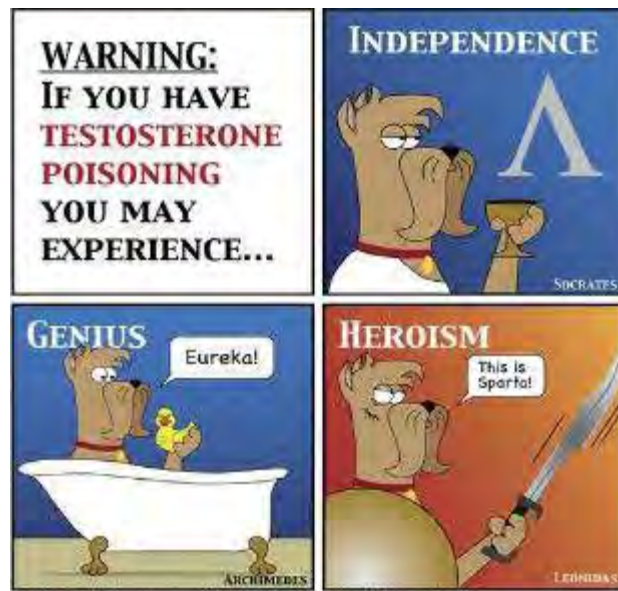
Males will start secreting greater amounts of testosterone in their body as they approach the puberty years where major changes to their body start to occur.

During this time, with the higher concentration of testosterone in their system, they will notice:

- Greater natural rates of muscle growth and development (even if they aren't physically training for it – more so if they are)
- Increased rates of facial hair growth (as well as pubic hair growth and possibly thicker and courser hair growth all over their body)
- A deepening in their voice
- An increase in their aggression levels (to variable amounts depending on the individual)
- A naturally higher libido level

So as you can see, this hormone is responsible for everything that will turn a boy into a man.

In women, since this hormone isn't present to any significant amount, women don't



take on these characteristics and instead, during the puberty years will take on female oriented characteristics that are associated with the hormones estrogen and progesterone, which are the sex hormones for the female body.

As men continue about their later teens, their twenties, and into their early 30's, testosterone levels tend to stay at an all-time high, being released each day in a pulsatile fashion.

Various things can impact this natural release that is occurring, which will be the premise of this book and what we will discuss later on to a much larger degree, so their day to day levels will fluctuate.

As men reach their later years however, testosterone will naturally begin to decline, which is why many men into their late 30's and 40's start to notice significantly more troubles building lean muscle mass and may also notice that their strength level isn't quite what it used to.

In some cases, this process may happen even earlier – into their late 20's even. In these situations, often it may be a medical reason at hand causing the low testosterone levels, or key lifestyle factors that are really playing a predominant role.

If it is a medical situation, the good news is that this can often be remedied through use of proper medication, however if it's a natural decline occurring, then you will need to be making some alterations to your lifestyle, diet, and exercise habits – all of which we will be discussing here today.

Fortunately, if you are able to get some key changes in place, you can definitely turn the tables around and move forward to see greater rates of testosterone present in your body, leading to faster rates of muscle growth as well as all around better health as well.

Over the course of this book, we are going to cover everything that you need to know about low testosterone levels and what you can do about this.

Whether you actually know you have low testosterone levels already or you simply suspect you do, getting this confirmed and then taking action to reverse the situation will be imperative to moving forward with your goals and leading a healthy lifestyle as you desire.

First we'll begin with a discussion on trying to determine whether you do have low testosterone or not.

Remember that if you are not seeing the results that you were hoping for with your workout program, there are a number of things that could be leading to this.

Such problems may include:

- Too much volume with your workout sessions
- Not sufficient volume with your workout sessions
- Not enough of an overloading stimulus during your workout sessions
- Lack of total calories
- Lack of proper nutrients
- Too much day to day activity
- High levels of stress
- ....and on and on

Just because you aren't getting results doesn't automatically mean you're low in testosterone, so don't just to that conclusion.

Make sure that you do spend some time evaluating other factors as well to see if there may be anything else at play that you need to deal with.

If all seems to be in order and you meet many of the requirements that we'll talk about in the next chapter indicating low testosterone may be the cause, then you can look at what you can do to remedy the situation.

So once we've assessed whether or not this problem is actually affecting you, then the next step will be to look at the causes of low testosterone.

By coming to understand all the things that can lead you to develop this problem, you can better pinpoint which factors are going to be at play for you and make sure that you are clearing those problems up.

That is what the following chapter will discuss – what to do about your low testosterone.

We'll share with you how to structure your diet, your workouts, your supplementation, and your lifestyle to all enhance the natural testosterone release taking place in the body.

Sadly, many men turn to steroids when they feel like they're trapped in a world of low testosterone and this is not the way to go.

Not only are steroids very dangerous for the body, when you come off them, the body will produce even less testosterone than it was before and then you'll really have a problem on your hand.

Focus on boosting your natural release instead and you'll fare far better.

In the fourth chapter, we'll take a look at some of the top foods that can help to boost your testosterone levels up higher, so that you can make sure that you aren't missing out on the potential benefits these foods have to offer.

Once you finish going through all this information, you should feel completely set to begin moving forward, implementing some changes and seeing the results that you desire.

You will notice a big difference on how you feel as well as testosterone will impact everything you do – so don't think that the only rewards from making these changes come in the gym.

They will be seen everywhere.

Your usual day to day life as well as in the bedroom (low testosterone levels can be a real damper on bedroom activities).

So if you're all ready to get started, let's begin our discussion by assessing whether you are, in fact, suffering from low testosterone levels.

## Chapter 1: Do You Have Low Testosterone?

To kick things off, let's walk you through the signs and symptoms of low testosterone so that you can pinpoint better whether this is actually impacting you.

There are many signs of low testosterone that will show up in many areas apart from the gym, so let's look at each one individually.

### Athletic Performance



The very first area where you will be influenced by low testosterone levels are the most commonly noticed, in the gym – or with your athletic performance.

Whether you play recreational team sports, are a competitive athlete, or are just a weekend warrior who goes out for athletic ventures for longer periods of time during your days off from work, if you are low in testosterone, this is going to show up as you go about doing these activities.

The first thing that you'll notice is that your strength level is lower than it has been in the past.

If you're in the weight room, you may find that you just can't lift as much weight as you used to, or you may also notice that you don't have the muscular endurance that you typically would.

You may gas out after just 5-8 reps, whereas before you could easily hit 10-12 at that given weight level.

You may also notice that your cardiovascular performance is impacted as well. While earlier you may have been easily able to run a mile without hardly feeling winded, now you feel like you're running a marathon to get that mile done (okay, it may not be *that* bad, but you get the point).

The other area that you will see a significant change when you're suffering from low testosterone is with your recovery ability.



Earlier you may have found that you were easily able to bounce right back after your workout sessions, feeling strong shortly after each workout.

It may have taken an hour or so to regain your strength and feeling good, but it came back fast and you were able to get on with your day.

Now however, you're so completely exhausted after a workout session and more than anything, you just want to take a nap for a couple hours to recover.

Furthermore, even during the next day you just don't find you feel as strong as you used to, so you may need to take more days off total throughout the week to sustain the desired rate of recovery that you're after.

This too is going to contribute to slower results in the gym because the more down time you have to take off, the slower progression tends to be.

If you're taking two days off between workouts to recover compared to someone who only needs one day off, well, they are essentially doing almost twice the work over a period of time as you are, thus their results may be two times greater (all things being equal).

If you're playing sports, you're also going to notice your speed and quickness declining as well.

You may not be as fast on your feet and your reaction time may be slower. This decreases sports performance and makes you a less proficient athlete.

Finally, the obvious – you won't be building up muscle mass as easily either. As we mentioned in the introduction, there can be a number of reasons why you may not be putting on more muscle weight and for many men, diet is often the missing link causing them a set-back, but for those who are sure that their diet is on the mark yet they still aren't building lean muscle mass, low testosterone may be the cause.

One good sign to watch for that would indicate this is if you're gaining more fat mass than lean muscle mass.

Since it does take a calorie surplus to put on any body weight, if you are gaining body fat, this clearly illustrates that you are in that surplus you need to be in, but rather than generating lean muscle mass as a normal male who's training would, you're generating fat mass because of the lack of testosterone present.

This causes frustration to set in and may be one of the primary reasons why you are reading this book here today – you are unable to pack on lean muscle mass as you desire.

Now let's look at the next place where testosterone exerts an influence.

## **Body Composition**

The second area where you will see testosterone causing a problem is with your body composition.

While there a multitude of factors that impact your metabolic rate, testosterone is one of them, especially in males, so if your testosterone is low, you can expect to see a less than favorable change to your overall body composition.

Those who are suffering from this problem will find that they have a greater tendency to be packing on body fat without gaining lean muscle mass, or worse yet, they may be losing lean muscle mass, meaning their body fat percentage is increasing at the same time.

This is a very bad situation to be in because you're basically going directly against where you want to be going.

You want to be building lean muscle mass and burning body fat, but instead, you're doing the opposite.

You're burning lean muscle mass and building body fat.

This will only intensify as you follow that higher calorie diet in effort to build lean muscle.

It's a very bad situation to be in, yet one that men face each and every day.

If you notice your stomach is getting bigger than your chest and arms, you may very well have a problem on your hands.

## **Bedroom Activities**

The next area where you are going to see the impacts of low testosterone levels is with your bedroom activities.

First, and what may be most noticeable to you, is that your desire will be very low. Your libido levels will have seem to have dropped off a cliff and you'll find you're hardly in the mood any more –even if your wife for girlfriend appears in some sexy lingerie.



And even if you do manage to get yourself worked up and in the mood a bit, you'll find that it takes you much longer to get an erection and you may not sustain it nearly as well as you did in the past, therefore your sexual performance is going to take a severe decline.

On the less noticeable scale, you will also be producing less sperm than you normally would, so if you are trying to get pregnant with your significant other, you may find that this becomes a real struggle.

Far too many people often blame the female for the reproduction problems a couple is facing when in reality, it is the man who is having the issues.

Recovery after an orgasm is also going to be slower when your testosterone levels are low.

While earlier you may have very easily been able to go in for round two without a struggle, now you may only be a once-per-day sort of man.

That is indicative of declining testosterone levels – and also, a zinc deficiency, which we'll get to shortly.

So if you suspect you have low testosterone levels because of your lack of muscle building in the gym, look closely at bedroom activities to see if there has been a chance there.

If there has, that is often the telltale sign that it isn't an issue with your diet or workout causing the problems, it is an issue with your testosterone levels.

## Day To Day Lifestyle

Moving along, the next area where you may find you notice some impacts of low testosterone is with your day to day lifestyle.

You may find that you just don't quite feel like your usual self any longer.

While earlier you may have been more of a go-getter and someone who was aggressive in daily life (maybe not so much physically aggressive, but you went after what you wanted), now that may not be the case.

You may be laid back and more interested in just taking it easy rather than attacking your goals head on.

You may also find that you're getting more emotional than normal as well. As odd as it may be to hear, many men who are suffering from very low testosterone levels will find that they take on more female-like characteristics, since after all, they are lacking the hormone that makes them a man.

Women are notoriously much more emotional than men are and you likely don't need me to tell you that, so that is another area where you may see change occurring.

You might find that you're far more likely to get upset easily and just suffer from greater swings in emotions throughout the day.

Your energy levels overall may also start declining. You might find that you're physically exhausted when you get home from a busy day at work, whereas before you were fine to get home and go out and run errands, hit the gym, or just do whatever you pleased.

Now, the couch is more your style.

Some men who are impacted by low testosterone may also find that they start suffering from feelings of depression as well. Your mood may be impacted and you may find you feel far less like yourself and far more down in the dumps on a regular basis – even if there is no reason for you to be feeling like this.

Your concentration may also be influenced, so if you typically find it easy to concentrate at work but now you're struggling to just to stay focused for a few short minutes, this too could be a sign of low testosterone.

Another place where testosterone is going to influence you is with your sleep habits.

## **SIGNS YOUR TESTOSTERONE IS LOW ...**

- **FREQUENT** tiredness and fatigue
- **DEPRESSED** mood or irritability
- **INCREASED** fat around the stomach
- **HOT** flushes or sweating
- **LOSS** of facial and body hair
- **MENTAL** fogginess
- **LOW** libido
- **LACK** of morning erections
- **GENERAL** erectile dysfunction
- **REDUCED** muscle mass and strength

Those who are suffering from low testosterone will find they aren't sleeping as deeply, as long, or as regularly as they used to, thus wake up feeling un-refreshed and tired all the time.

This is a double-whammy against the problem because testosterone is released during the sleep hours to a great extent (along with growth hormone), so if you're not sleeping enough, this may only make the problem that much worse.

So as you can see, there are many areas in your day to day life that may be influenced by low testosterone as well.

Taking note of these changes can help you assess just how significant of a problem this is becoming for you.

## Health Conditions

Next we move onto health conditions that may occur when you are suffering from low testosterone levels.

There are many health conditions that are correlated with low testosterone levels and if they aren't present now, if your levels continue to stay low, they will be present in the future.

For instance, low testosterone levels in a male can increase your risk of heart disease as well as cancer, so those are two big ones that you definitely need to be concerned over.

Low testosterone can also increase your risk of developing diabetes, especially if you are noticing that you are gaining more body fat than usual as well.

Low testosterone will also lead to reduced bone density as well, so this could increase your risk of developing osteoporosis or stress fractures down the road as well.

One area that many men are very concerned with when it comes to low testosterone is the development of gynecomastia, which is the development of breast tissue in men.

While you'd have to experience very low levels of testosterone for a much longer period of time, and usually couple this with a high calorie diet so body fat is gained to see female-breast-like tissue forming, men who are experiencing this problem do notice a slight increase in the size of their nipple area and may notice more breast-like tissue

forming.

Men who are suffering from low testosterone may also find that their hair, especially facial hair, isn't growing as fast and isn't as course or thick as normal as well, both of which would indicate that testosterone levels are lower than they typically are.

So as you can see, there are plenty of healthy effects beyond just your ability to build lean muscle mass that you need to take into account.

Low testosterone levels are going to impact you in a major way so it's an absolute must that you are giving this problem the attention that it deserves.

So to wrap up and assess whether you have low testosterone or not, let's provide you with a brief quiz.

1. Do you find that your strength is declining in the gym?
  - a. True
  - b. False
  
2. Do you notice that you are not building lean muscle mass, but are rather packing on body fat?
  - a. Yes
  - b. No
  
3. Do you notice that you are not gaining either body fat or muscle mass, but rather your weight is staying constant?
  - a. Yes
  - b. No
  
4. Do you find you're hardly in the mood for sex any longer? (or masturbation if you're currently not seeing anyone)
  - a. Yes
  - b. No

5. How is your overall energy level?
  - a. Severely lacking
  - b. Moderately lacking
  - c. Normal
  - d. Great – higher than normal
  
6. Are you easily able to experience an erection?
  - a. Yes
  - b. No
  
7. Has it always been this way?
  - a. Yes
  - b. No
  
8. Do you find yourself feeling more emotional than normal?
  - a. Yes
  - b. No

In order to best assess whether low testosterone may be an issue for you, look at your answer. The following would indicate that you have a problem:

1. A
2. A
3. B
4. A
5. A
6. A
7. B
8. A

If you answered the questions in this manner for at least 3-4 of them, it's worth looking

into.

And how do you do this? If you suspect that your testosterone levels may be low, the best thing to do will be to have a blood test taken so that you can assess the level that's currently in your blood.

This will allow your doctor to compare your testosterone levels with that of normal and see where you stand and whether medication may be necessary.

Often to go on medication you will need to be at a significantly low level, while if you're just moderately low (which will still have an influence on all the factors mentioned above), some simple diet, lifestyle, and exercise changes can remedy the situation – which is all what we are going to be talking about here today.

So now that you know the symptoms of low testosterone and how to best determine whether this is an issue for you, let's move forward and talk about some of the causes of low testosterone levels.



## Chapter 2: The Causes Of Low Testosterone Levels

There are a wide number of things that can lead to low testosterone levels, so taking the time to learn what these are and then what you can do to make sure they aren't influencing you will be pivotal to overcoming this problem.

As you read through this, you'll likely come to realize that when you read something that causes low testosterone, this gives you clues as to what you should do to avoid low testosterone in the first place – or reverse the signs if it is currently present.

All it takes in some cases are a few simple adjustments to get your body running back normally again and producing this powerful muscle building hormone.

So let's get started and go over all the things that can cause low testosterone.

Do keep in mind that for some men, it really is just a factor of aging and not necessarily something they are doing wrong.

This doesn't mean it's hopeless for them however. If they take action to make sure their diet, exercise, and lifestyle habits are fully working in their favor, they can help to get out of this situation.

In addition to this, also keep in mind that there is a slight genetic component to this as well, so if your brother, father, or grandfather has had low testosterone levels, there is a higher chance that you may as well.

### Chronic Dieting

The very first thing that can quickly sap testosterone levels in a hurry is chronic dieting. Since many of you who are reading this are looking to pack on lean muscle mass, this may not apply to you as you will be using a higher calorie intake in order to go after that goal.

However, some of you reading this will be more concerned with losing body fat and as such, will have been using a very low calorie diet to try and accomplish this.

If you have been using a low calorie diet for as long as you can remember, make no mistake about it, this will be causing your testosterone levels to be lower than they should.

Dieting basically dampens all body functions including testosterone release as well as a slow metabolic rate.

So now you basically have two factors working against you in terms of getting lean and slashing bodyfat.

Clearly this isn't going to place you in a favorable position by any means.

This is why it's important, if you are aiming to get lean, that you periodically implement diet breaks throughout the program.

Every week or two, you should take a day and eat at maintenance levels, which can help to restore all the hormones in the body, including testosterone, as well as others such as Leptin, which are critical for the fat burning process to take place.

The body is not going to particularly like being on a low calorie intake and if you stay far too low for too long, you will pay the price.

So step number one is getting off ultra-low calorie diets for a while to allow your testosterone levels to normalize.

Keep in mind that the very lowest calorie intake a man should ever use is around 1700-2000 calories for fat loss purposes.

Most men will have maintenance calories between 2500-3000 calories per day, so this is where you should aim to be right now while attempting to fix your hormonal levels.

### **Insufficient Dietary Fat**

Along with too low of a calorie intake, another problem that could lead to lack of testosterone in the body is not taking in sufficient amounts of dietary fat.

Dietary fat is highly correlated with the development of the steroidal hormones (testosterone, estrogen, and progesterone), so when levels are too low in your diet, you start to see declines in these hormones being produced.

This is especially the case with saturated fat as well – which unfortunately many men are taking significant steps to reduce because they are worried about heart disease and of the like.

While you definitely do not want to be feasting on bacon, fatty cuts of beef, and other foods very rich in saturated fats, you don't want to completely eliminate saturated fat either.

Saturated should make up around 15% of your total dietary fat intake and your total dietary fat intake should be around 25-40% of your diet plan, depending on the particular diet you're using (some people perform better on a diet slightly higher in fats and lower in carbs).

As a raw number, dietary fat should be set at around 0.35 grams per pound of body weight at minimum. Many people will go up higher than this, but this is the lowest you should take dietary fat if you hope to sustain healthy testosterone levels.

### Alcohol Intake

The next factor that can cause testosterone to decline is too much alcohol. If you're out drinking alcohol every Friday and Saturday night, you're likely not only suffering from low testosterone levels, but you'll also be suffering from excess abdominal fat as well.

No matter how you slice it, alcohol is not good for the male body. It causes your testosterone level to decrease.

It increases your chances you pack on body fat.

It can lead to liver problems.

It puts the brakes on all fat burning taking place.

And it decreases your recovery from exercise.

Does that sound like something you want happening?

Clearly not, which is why you must be avoiding alcohol as best as possible. While the

Too much alcohol



Can lead to low testosterone.

odd drink here and there won't hurt too much, if you're out getting rowdy every weekend, you are not going to be seeing the results that you had hoped for with your testosterone boosting program.

### Lack Of Zinc

Lack of the mineral zinc can also cause you to suffer from low testosterone. Zinc is going to be important for the synthesis of this hormone and every time you have an orgasm, you'll actually release a high dose of zinc into the blood stream, so this can put you at a deficiency over time if you aren't replenishing your store with zinc-rich foods or supplements.

This is also why many men do very well supplementing with ZMA supplements, which help to fix this deficiency, improve sleep, and boost testosterone levels.

Natural food sources that are rich in zinc include oysters, crab, lobster, baked beans, yogurt, cashews, chickpeas, milk, as well as kidney beans and chicken breast.

### Injury To The Testicles

While this won't be applicable for most men, if you did suffer from an injury of any sort to the testicles, this could be what's at the heart of your low testosterone levels.

It's worth noting for the simple fact that if you know you did experience a hit of some sort to this area, this is extra reason to go get it checked out as that may alone be what's causing the issue.

### Obesity/Diabetes



If you're someone who is suffering from a body weight problem, this could be what's causing lower levels of testosterone to develop.

Those who are over fat (not just overweight with extra muscle mass, but overweight with extra fat mass) will not naturally produce as much testosterone as they should, so this can influence your health in a number

of ways.

If diabetes is also occurring because of all the fat mass you have packed onto your

frame, this too could definitely be leading to issues.

Diabetes and being overweight typically do go hand in hand, so often they will have dual impacts leading to low testosterone levels.

Men who start taking steps to shed excess body fat often find their testosterone levels naturally increase, which is a great thing because with this increase comes an easier time staying lean from then onwards as well.

It's a self-perpetuating cycle for the better.

### **Chronic Liver Or Kidney Diseases**

If you happen to be suffering from any sort of chronic liver or kidney disease, this can be causing low testosterone levels as well.

If you are currently suffering, chances are good that your doctor has likely discussed the potential side effects with you and you may be very well aware that this is what is at the root of the cause.

If you have not been diagnosed with liver or kidney disease however and are starting to see signs of low testosterone as well as symptoms of either liver or kidney disease, that is a very good sign that it's time to go for numerous tests.

This way you can find out what's all at place here and take immediate action to defend against these potentially life-threatening conditions.

When it comes to liver and kidney disease, you don't want to be messing around.

Proper medical treatment must be sought out.

### **Chronic Stress**

The next factor that can have a significant influence over your natural testosterone release is chronic stress.

If you are highly stressed out on a day to day basis, this is going to have numerous health implications far beyond just low testosterone levels.

High levels of stress will put you at an increased risk of heart disease, high blood pressure, stroke, diabetes, depression, and on and on it goes.

Then add to this that it will also decrease testosterone and further cause all the negative impacts we talked about there and you can easily see why this is such the problem that it is.

Practicing good stress management techniques will be a must.

They will improve your health, enhance your mindset, and also help to increase your testosterone concentration in the body.

In some cases, stress management techniques are not enough however and what you'll really need to do is find a way to reduce whatever is stressing you out in your life entirely.

This may mean ending relationships that cause stress, getting control over your finances, finding a new career position that leads to less stress overall, or whatever else you feel like you need to do to better position yourself to defend against stress.

Underestimating the influence that stress has on you is one of the most vital mistakes you could be making, so be absolutely sure that you are not committing this fatal crime.

## Lack Of Sleep

The next problem we come to that can lead to low testosterone levels is an overall lack of sleep.



We already mentioned the fact that a good amount of testosterone will be released during the overnight hours along with growth hormone (which is another powerful muscle building hormone in the body that is not to be forgotten), but in addition to that, sleep is also going to impact your metabolism as well as the overall state of the body.

When you aren't sleeping enough, you will suffer from a lower level of immunity, poor recovery from your workout sessions, increased cortisol (which prompts muscle mass loss and belly fat storage), as well as the hormonal shift that leads to low testosterone.

So as you can see, sleep is something that will have a big influence on not only the testosterone-muscle building connection, but many other connections as well.

Again, not something to be overlooking.

You should be aiming to get at least 7 hours of sleep on a regular basis, if not 8 or 9 if you feel like you need it.

### Lack Of Orgasmic Release

Now, we mentioned earlier how each time that you have an ejaculation, you will lose some zinc from the body.

This much is true and for that reason, in a way, orgasmic release can have a negative impact on testosterone if zinc is not replaced.

But if zinc is, this is going to actually have beneficial effects.

Orgasms will bring about an increase in testosterone overall, which is one reason why you may tend to find that the more sex you have, the more sex you want.

Likewise, if you for whatever reason you are not having sex and are not getting this release, you will not desire it nearly as strongly as you were before.

So getting horizontal on a regular basis, as much as you may not feel like it initially due to your low libido levels from low testosterone, can assist with improving the situation.

Do what it takes to get into the mood and you should find that it becomes easier and easier from then onward to continue to be in the mood.

### Lack Of Exercise

Finally, lack of exercise is the last thing that can lead to low testosterone levels. This said however, it's lack of *proper* exercise that does it.

Being sedentary is very bad for overall testosterone release, but in addition to that, performing hours and hours of aerobics training (think long distance running) is also going to have a negative influence on your overall testosterone levels, so that's something that you'll also want to stay away from.



^^ Not True!!!!

It's strength training and interval sprint training, which we'll go into more details on in a second, that will have the greater and more significant influence on your testosterone release.

So there you have all the main reasons why you may be suffering from low testosterone levels. Multiple things may be at work, so it's up to you to assess your lifestyle and decide whether these are actually impacting you or not.

Now that you know the causes, let's move forward and take a closer look at what you can do about the situation and move yourself in a more positive and better direction.



## Chapter 3: What You Can Do About It

Now you're armed with information on what causes low testosterone and ready to take action to turn this situation around.

That is great news! Fortunately, with the right techniques, you can definitely position yourself for better overall muscle building.

There are a number of different things that can be done from using creams and gels to getting injections to using supplements to changing the way you exercise and eat.

We'll look at each of these so that you can put up a line of full defense.

### Testosterone Replacement Therapy (TRT)



Testosterone replacement therapy will be the medical form of treatment that is often recommended if you are showing clinical signs of being low in testosterone and if this is really impacting your day to day life, especially when it comes to your ability to have a baby.

It should be noted however that testosterone replacement therapy does not come without risks.

This type of therapy can increase your risk for experiencing prostate cancer and some men also will notice that they seem some breast tissue enlargement as well.

So while low testosterone can cause breast tissue to enlarge, so might the therapy to treat this.

In addition to that, the treatment may also increase his red blood cell count, so that's yet another problematic factor that need to be considered if it's going to be impacting you in a negativeway.

The methods in which testosterone replacement therapy is typically given is either through injection, in patch form placed on the skin, or else as a gel that is rubbed into the skin instead.

The injections do tend to work the best as they will be fully absorbed into the body immediately, however many men do prefer the patch or gels instead as they can be

more convenient to use.

Here's a brief list of the most popular testosterone replacement therapies available via a prescription from your doctor:

Skin Patch - [Androderm](#)

Gels – [Androgel](#) and [Fortesta](#)

Mouth Patch - [Striant](#)

There are some testosterone replacement pills available, but it is believed that because the pills are digested and then pass through the liver, there tends to be a larger occurrence of side effects.

### **Pro's of Testosterone Replacement Therapy**

- Most Effective solution (you're applying / injecting actual testosterone)
- Clinically researched and studied
- Starts working quickly (depending on the route of administration)
- Covered by most health insurance plans

### **Con's of Testosterone Replacement Therapy**

- They often cause a range of side effects. (see below for details)
- Require a prescription from a doctor
- Topical gels (like Androgel) can transfer from your body to someone else with direct contact.
- Can lower sperm count (not suitable for those trying to get their wives pregnant)
- Men who've had prostate or male breast cancer aren't candidates for TRT.

## Side Effects of TRT

There's a wide range of side effects associated with Testosterone Replacement Therapies. Here's some of the most common ones (source: [Webmd](#)):

- Acne or Oily Skin
- Mild Fluid Retention
- Stimulation of Prostate Tissue
- Breast Enlargement
- Increased risk of blood clots
- Worsening of Sleep Apnea
- Decreased testicular size
- Increased aggression and mood swings
- Increased risk for heart attack and stroke

In addition, gels like Androgel have the possibility of transferring to others, such as women and small children.

## Supplements

The next treatment for low testosterone is supplements that are aimed to increase your body's production of testosterone naturally. This is the non-medical form of treatment and often one does not require medical intervention to get these as they are widely available as non-prescription supplements.

There are a great many different testosterone boosting products available and one does need to be careful with their selection as many are more hype than anything.



Tribulus is one particular ingredient that does appear to naturally increase testosterone

release in the body, so finding supplements that contain this ingredient can help to move you in the right direction.

In addition to this, we already mentioned zinc in the form of ZMA (combined with magnesium), which does tend to also produce beneficial effects as far as elevating testosterone goes.

### ***Our #1 Top Testosterone Boosting Choice - Testofuel***



One particular product that you may want to look into especially is [Testofuel](#), which combines a number of ingredients together to create a more powerful, natural way of elevating testosterone levels.

This product contains oyster extract, which is rich in the zinc content naturally, but then in addition to that, also combines a number of herbs that have been shown to elevate natural testosterone release such as Ginseng and Fenugreek.

Then in addition to that, it also provides you with a good dose of vitamin D, magnesium, vitamin B6, as well as D-aspartic acid, all of which will help you see improved muscle building and testosterone release.

It's hard to find such a powerful combination in testosterone boosting products, which is why this one tends to come out above the rest.

[Click Here](#) To Read My Official Review of Testofuel

### ***Other Notable Supplements***



Another great choice is a supplement called Prime Male. Prime Male is similar in nature to Testofuel because it also contains D-Aspartic Acid (although less of it).

However, it also has 3 key ingredients that Testofuel does not have, and they include Mucuna Pruriens, Nettle Root Extract, and Bioperine.

These 3 ingredients help more with erection / libido issues more so than Testofuels formula (which helps primarily with muscle growth).

If you're looking for something to help more with promoting a healthy libido, while also helping with other symptoms of low – t, then Prime Male is an ideal supplement for you.

[Click Here](#) to read my official review of Prime Male



Testoroxyn is another great choice. While it does NOT contain D-Aspartic Acid, it DOES contain a powerful ingredient called DHEA.

For those of you who are unaware, DHEA is a hormone produced by your body's adrenal glands, and acts as a precursor to testosterone both in men AND women.

The REAL benefits from Testosterone Max come from the combination of DHEA and the other ingredients in their formula, including: Alpha Lipoic Acid, L-Carnitine, Tribulus Terrestris Extract, and Vitamin E.

[Click Here](#) to read my official review of Testosterone Max

### ***Our Top Choice For Erectile Dysfunction – Vigrx Plus***



For those who are struggling with erectile dysfunction issues due to their low testosterone levels, which is without a doubt a very frustrating occurrence, you'll also want to be sure that you are looking into a product called [Vigrx Plus](#), which can help to remedy this situation and get your sexual health back in order.

Often the other testosterone boosters won't fully provide assistance for ED related problems, so you'll need a more specific approach

targeted right to this condition.

[Click Here](#) To My Official Review of Vigrx Plus

### ***Our Top Choice For Fat Burn / Muscle Gain – Crazy Mass***



The Crazy Mass line of supplements is a new one we recently got a chance to test out, and the results were amazing. If you're specifically looking to shed excess fat from hard to target areas, as well as increase muscle mass and definition, then the [Crazy Mass Cutting Stack](#) is for you.

This stack combines the power of 4 very potent supplements designed to help you break through your fitness barriers, and start to feel good about yourself again.

[Click Here](#) to read our official review and learn more.

### **Exercise**

Finally, the last thing that you can do to help boost your testosterone levels is form a proper exercise program.

As we mentioned earlier, lack of exercise is one of the biggest reasons why low testosterone may result, but in addition to that, too much of the wrong exercise may also contribute to the problem.

For best results, you want to be performing exercises that strengthen the testosterone release system and since testosterone itself is highly correlated with muscular power and strength, this means turning toward exercise varieties that help to enhance these elements of your fitness program.

There are two main forms of exercise that you should be taking into account to help elevate natural testosterone release. These include strength training as well as sprint/High Intensity interval cardio training.

Let's look at each one individually.

## Sprint Training

If you are going to be performing any sort of cardio training, sprint training is the variation to bedoing.



Sprint training is going to cause a very similar hormonal and metabolic response in the body as intense weight lifting is as they are both short duration, maximum capacity forms of exercise that will rely on the CP-ATP system to be utilized (anaerobic metabolism).

To illustrate the powerful impacts of sprinting, all you really need to do is look at a sprinter's body versus a marathon runner's body.

Who is the more muscular of the two?

The answer is very, VERY clear. Sprints are typically extremely muscular, extremely lean, and more than likely, have the precise body type that you are going for.

In contrast, if we take a look at the marathoner's body, we see someone who often possess very little muscle mass, is quite gaunt looking, and definitely doesn't look so strong.

They may look fit as they too can be very lean (at more advanced levels), but they don't have the full, muscular look, but rather than thin, wiry look to them.

This is the power that testosterone can have along with the variation of exercise you're doing.

So to set up your cardio program to help you best build muscle mass and boost your testosterone levels, sprint training is what you want to do.

This means you'll begin with a five minute warm-up and then go on to alternate between 15-60 second 'sprint' intervals and then active rest periods that are about 2-3 times as long.

Use the following structure for your interval and rest ratio lengths, depending on how long those intervals are.

15 second sprint – 45-60 second active rest

20 second sprint – 60 second active rest

30 second sprint – 60-90 second active rest

45 second sprint – 45-90 second active rest

60 second sprint – 30-60 second active rest

You'll notice that as the sprint time increases, the active rest period gets shorter in proportion to that sprint time and as in the case of 60 second intervals, can actually be shorter in duration, which is opposite the protocol of the shorter sprint intervals.

This is simply because of the fact that as you approach 60 second intervals, you won't be pushing yourself to quite the same capacity as you will be when you're doing 15 second sprint intervals, therefore you won't need quite as much rest time for recovery purposes.

You should repeat this sprint/active rest protocol for a total of 6-10 times per session before taking 5 minutes to cool down afterwards.

## High Intensity Interval Cardio Training

With High Intensity interval training, the idea is to get your heart rate up dramatically, and then back down, and repeat. This is done by working out at a very fast pace for a select period of time (usually 4 – 5 minutes) non-stop, with a 1 minute rest in between.

I've divided these exercises into "rounds", where each round is performed at max capacity for 4 - 5 minutes, followed by a 1 min break. If you reach the end of a round BEFORE the 4 – 5 min mark, start back at the beginning of the round until you hit 5 minutes.

[Click Here](#) to print out a PDF version of the below exercises.

### Round 1

Burpees – 10 Reps

Mountain Climbers – 15 Reps

Plank Jacks – 15 Reps



Jump Rope – 1 min.

1 min break

## Round 2

Jumping Lunges – 15 Reps

Broad Jumps – 6 Reps

Kettlebell Swings – 15 Reps

Situps – 15 Reps

1 min. break

## Round 3

Pushups – 10 Reps

Russian Twists – 20 Reps

Ball Slams – 20 Reps

Plank Hold – 45 seconds

1 min. break

If you complete all 3 rounds before the 20 min. mark, go back to round 1 and continue training until 20 min. have passed.

Keep in mind that since these workouts are so intense, you don't want to be doing them every day either. Two to three times per week is plenty sufficient, especially if you're also doing resistance training.

You should also AVOID doing them on days that you are doing your strength training.

## A Note On These Exercises

One thing to keep in mind is that while the exercise variations we're talking about right now will do a very good job at boosting your testosterone levels, if you do too much exercise of any variety and start to overtrain, that will sap your testosterone release faster than anything else.

And by nature, the more intense an exercise is, the more likely it is to release testosterone, but by the same regard, the more likely it is to lead to overtraining as well. So it's a fine line that you're walking and you must make sure that you are monitoring your recovery at all times to ensure that overtraining doesn't begin to set in.

If you start to notice a decline in your performance on any of your workouts at all as you move through the program, this is an immediate sign that you should be backing off slightly as you are doing too much.

So now that you know the interval / sprint side of the story, let's look at strength training.

## **Strength Training**

Of all the exercise varieties that you could be doing to boost your testosterone level, strength training may just be the most beneficial overall.

Nothing improves testosterone quite like a properly designed strength training workout, so this is where you want to put your effort.

Furthermore, this is also the type of exercise that is best going to build lean muscle mass as well, so clearly it's the one to focus on.

Now, when designing a strength training program to boost testosterone levels, there are a few requirements that you'll want to ensure that you do have in place.

Let's look at what they are.

### Full Body Approach

The very first thing that you want to be doing is utilizing a full body approach. The full body approach is very beneficial for boosting both testosterone as well as strength because you will be working every single muscle group in one workout session.

The more muscles you can work in any given workout, the greater the testosterone release will be. The idea is to work out your entire body, including all of the major muscle groups, in the SAME workout.

It's important that you do NOT train to failure, because the recovery time will be too long

Use these over body part splits that so many men seem to love. They are not the course to higher testosterone levels.

### Compound Heavy Lifting

Next, you also want to make sure that you're using primarily compound exercises as you develop this workout routine. Here again, compound movements allow you to work more muscle fibers at once, which means you'll get a greater metabolic and hormonal response from the exercise.

Plus, with more muscle fibers behind you working hard, you'll be able to lift more weight as well, which further increases testosterone release.

The top compound moves to include are:

- ❑ Bench press
- ❑ Dumbbell (DB) Incline Press
- ❑ Bent over rows
- ❑ Upright Row
- ❑ Dumbbell (DB) pullover
- ❑ Shoulder press
- ❑ Pull-ups
- ❑ Push-ups
- ❑ Squats
- ❑ Weighted Lunges
- ❑ Deadlifts
- ❑ Dumbbell (DB) Step-ups
- ❑ Leg press
- ❑ Dips

Do these more often than your isolation exercises such as curls, lateral raises, and so on.

In all actuality, you don't even really need to be getting those exercises in the program if you want to see results – you can simply do the compound ones and you'll be just as well off in most cases.

### Shorter Rest Periods

One thing that you will want to note is that using slightly shorter rest periods can also increase the overall level of testosterone release that you experience.

This is a double-edged sword however. You don't want to take the rest periods so short

that you can't lift heavy enough weight to get that testosterone release or that you risk injury due to poor form, but at the same rate, you don't want to rest so long you lose the hormonal and metabolic response from the exercise.

Aiming for around 90-120 seconds will work best for most people and allow you to be in the sweet spot you need for optimal results.

### Proper Rep Range

Reps are going to factor in as well. Ideally you'll want to lift in the 5-8 rep range for most exercises.

This will allow you to sustain a heavy weight, but still be using enough total time under tension with each set that will produce the testosterone release that you're looking for.

While going lower can be okay in some cases, avoid going much higher than 8 reps or you will have to lighten the weight too much to produce the desired results.

### Downtime For Recovery

Finally, last but not least, make sure that you have enough time for recovery. This cannot be stated enough. If you aren't recovering between workout sessions, you will sap your testosterone level almost immediately, so you need to be recovered before hitting the gym.

Most men will do fine with one day between sessions, but some may need two. Monitor your body and adjust accordingly.

So there you have the in's and out's on how to exercise to boost your testosterone levels.

Now that we've covered the most significant things that you can do to elevate your hormonal release, let's finish up by talking about 7 must-have foods to get into your diet as well that will speed up the process.

Here's a couple of quick daily "Full Body Approach" exercise routines you can follow to start boosting your own testosterone levels naturally today:

[Click Here](#) for a free “Full Body Exercises Workout Log” to help keep track of your progress with these exercises!

**Monday (or Tuesday)**

Exercise	Sets	Reps	Rest
Squats	4	5 - 8	2 minutes
Bench Press	4	5 - 8	1.5 minutes
Pull - Ups	4	5 - 8	2 minutes
Military Press	4	5 - 8	1.5 minutes
Barbell Curls	4	5 - 8	2 minutes
Back Extensions	4	10-12	1.5 minutes

**Wednesday (or Thursday) \*DB = Dumbbell**

Exercise	Sets	Reps	Rest
Deadlifts	5	5 - 8	2 minutes
Bent-over rows	5	5 - 8	1 minutes
DB Incline Press	5	5 - 8	2 minutes
Lateral Raises	5	5 - 8	1 minutes
DB Tricep extensions	5	5 - 8	2 minutes
Hammer Curls	5	5 - 8	1 minutes

**Friday (or Saturday)**

Exercise	Sets	Reps	Rest
Weighted lunges	4	6 X each leg	2 minutes
DB Step Ups	4	6 X each leg	1.5 minutes
Dips	4	6	2 minutes
DB Pullover	4	8	1.5 minutes
Upright Row	4	8	2 minutes
Ab Roller	4	10	1.5 minutes

**Note:** You can find TONS of videos describing all of these exercises with a simple Google search. If you're having trouble with any of them you can always [send me an email](#) and I'll try to help.

## Chapter 4: 7 Food That Boost Testosterone Naturally

The last place that you need to be concerned with if you're hoping to boost your testosterone as high as possible is your diet.

Eating the right foods on a day to day basis is not only going to be essential to provide your muscles with the proper nutrients they need to grow and develop more muscle tissues, but in addition to that, in order to help sustain higher testosterone on a day to day basis.

Let's walk you through seven food choices that should be making a regular appearance in your diet protocol.

[Click Here](#) for our free "63 Testosterone Boosting Superfoods" List!

### Salmon



The first food that you'll definitely want to focus on taking in is salmon. Salmon is very powerful source of both protein as well as healthy fats, so is a great food for not only boosting testosterone, but enhancing your health as well.

Salmon should be consumed at least twice per week to reap all the benefits it has to offer.

### Oysters

Oysters, as noted above, are high in zinc and zinc is a requirement in order to generate sufficient testosterone levels on a day to day basis. Start eating more oysters on a regular basis and you will notice the difference.



### Coconut Oil

Coconut oil is the next healthy food that you should be getting into place with your program. This food is a great source of healthy saturated fat, which as we mentioned before will help to elevate your natural testosterone levels.

In addition to that, it can also help to improve heart health, boost your skin and nail health, and help to provide a good usable source of fuel since it's a medium chain triglyceride.

These forms of fats are slightly different than typical fats in that they can be used instantly by the body for energy purposes.

## Avocados



The next source of healthy fats is avocados. Rich in dietary fiber, high in vitamin E, and a great way to enhance the taste of any meal you serve it with, make sure that you aren't missing out on the good nutrition that avocados have to offer.

## Pomegranate

Pomegranate is one 'superfruit' that is often touted in today's world quite often as being one of the healthiest fruits that you can consume.

Available most commonly in supplement or juice format, it's a good one for enhancing your testosterone levels.

Pomegranate is going to help naturally elevate testosterone levels and can also help to fend off impotence, so is a great food to be getting in if you deal with that issue as well.

## Cottage Cheese

Cottage cheese is another food to consider taking in to help elevate your natural testosterone release. The nice thing about cottage cheese is that it's a form of casein protein, which will break down and digest more slowly in the body so that you get a steady release of amino acids over time.



Because of this, your body will be better primed to continually keep releasing testosterone and moving forward with the muscle building and repair process.

## Nuts

Finally, a last form of healthy fats to be consume, nuts are great for enhancing your testosterone level as well. Not only will these help ensure you meet your total fat intake for the day, but in addition to that, they also are rich in arginine, which can improve blood flow throughout the body.

If you are having issues getting an erection due to the fact that you suffering from low testosterone, these can really help you solve this problem.

Remember that you should be making all these changes to your diet as well as making sure that you are choosing foods that are low in sugar, as unrefined as possible, and that contain as little trans fats as possible.

If you eat foods that are made naturally in nature, you will be doing your best to both enhance natural testosterone release as well as support good health and muscle building.

Here's a couple of Sample Meals you can use to get an idea of what (and when) you should be eating:

## Sample Meal Plans - Day 1

### Breakfast

- ☐ 4 large whole eggs
- ☐ 1 packet cream of wheat (instant)
- ☐ 1/2 avocado

### Morning Snack

- ☐ 8 oz. container low-fat fruit yogurt
- ☐ 1 banana
- ☐ 1 oz. mixed nuts

### Lunch

- ☐ 4 oz. turkey deli meat
- ☐ 2 slices whole-wheat bread
- ☐ 1/2 avocado

### Preworkout Snack

- ☐ 1 scoop whey protein (in water)
- ☐ 2 slices white bread
- ☐ 1 Tbsp. peanut butter

### Postworkout Snack

- ☐ 1 scoop whey protein (in water)



- ☐ 1/3 cup dextrose or sugar

## Dinner

- ☐ 6 oz. top sirloin steak
- ☐ 1 cup cooked white rice
- ☐ 1 cup cooked cauliflower

## Evening Snack

- ☐ 8 oz. cottage cheese
- ☐ 1 packet cream of wheat (instant)
- ☐ 1 oz. mixed nuts

## Day 2

### Breakfast

- ☐ 2 Scoops, Whey Protein mixed w/ milk
- ☐ 1 cup yogurt
- ☐ 2 slices Ezekiel bread, plain

### Morning Snack

- ☐ 8 o.z. Turkey
- ☐ 1 Orange
- ☐ 1 tablespoon Almond butter

### Lunch

- ☐ 6 o.z. boneless, skinless chicken breast
- ☐ 1 cup steamed broccoli
- ☐ 1 cup white rice

### Prewriteout Snack

- ☐ 1 scoop whey protein (in water)
- ☐ 2 slices white bread
- ☐ 1 Tbsp. peanut butter

### Postworkout Snack

- ☐ 1 scoop whey protein (in water)
- ☐ 1/3 cup dextrose or sugar

## Dinner

- ☐ 8 o.z. grilled salmon with olive oil
- ☐ 1 cup cooked white rice
- ☐ 4 o.z. red bell peppers

### Evening Snack

- ☐ 3 Hard boiled eggs
- ☐ 2 slices of turkey
- ☐ 1 oz. almonds

## Day 3

### Breakfast

- ☐ 4 eggs
  - ½ cup pineapple
- ☐ 2 slices Ezekiel bread, plain

### Morning Snack

- ☐ 2 Scoops Whey Protein
- ☐ 1 Banana
- ☐ 1 tablespoon coconut oil

### Lunch

- ☐ Grilled chicken sandwich (which is comprised of)
  - 2 Slices Ezekiel bread
  - 5 o.z. chicken breast
  - Lettuce, Tomato, Mustard

### Preworkout Snack

- ☐ 2 cups Soy milk
  - ½ cup strawberries
- ☐ 1 Tbsp. peanut butter

### Postworkout Snack

- ☐ 1 scoop whey protein (in water)
  - ½ cup cashews

### Dinner

- ☐ 7 o.z. Lamb
- ☐ 1 medium sweet potato

- ½ cup spinach

### Evening Snack

- 8 oz. cottage cheese
- 1 scoop whey protein
- ½ cup Skim milk

## Conclusion

So hopefully now you can see that it is in your power to change naturally low testosterone levels with a few modifications to how you are going about your diet, exercise, and lifestyle.

Most men, upon starting to implement these changes will start seeing dramatic results occurring relatively quickly, so this isn't something that you will have to wait around to see taking influence.

Make the changes you need and consider supplementing with Testofuel for an even greater level of support.

If you do, you should start to notice improvements in as little as one week, moving you forward in the right direction.

It is important that you are taking a collective approach here and looking at all factors combined.

If you're eating right but doing the wrong form of exercise or drinking alcohol each week excessively, you still won't make any progress.

You need to be getting all factors in good alignment as this is what will best ensure that you're doing what you need to be to support a higher level of natural testosterone release.