101 Ways to Naturally Increase Your Testosterone

Ryan Magin

March 2013
Version 1
## Table of Contents

**Introduction** ................................................................. 1

**Chapter 1: Testosterone Boosting Foods** ................................................. 3

**Cruciferous Vegetables** ......................................................... 3

**Broccoli** ............................................................................ 3

**Brussels Sprouts** ............................................................... 3

**Cabbage** ............................................................................. 4

**Cauliflower** ....................................................................... 4

**Kale** .................................................................................. 4

**Spinach** .............................................................................. 4

**Fruits** .................................................................................. 4

**Apples** ............................................................................... 4

**Bananas** ............................................................................. 5

**Berries** ............................................................................... 5

**Grapefruits** ........................................................................ 5

**Grapes** ............................................................................... 5

**Kiwis** .................................................................................. 5

**Oranges** .............................................................................. 6

**Papaya** ................................................................................ 6

**Pineapple** ............................................................................ 6

**Pomegranates** ..................................................................... 6

**Main Protein Sources** .................................................................. 6

**Beans: Baked, Lima and Navy** .................................................. 6

**Cottage Cheese** .................................................................... 7

**Fish** ................................................................................... 7

**Lean Organic Beef** ................................................................ 7

**Organic Eggs** ....................................................................... 7

**Organic Raw Heavy Cream** ..................................................... 8

**Organic Raw Milk** ............................................................... 8

**Oysters** ............................................................................... 8

**Poultry: Turkey and Chicken** .................................................... 8

**Raw Nuts: Almonds, Walnuts and Pecans** .................................... 8

**Raw Seeds: Pumpkin, Sunflower and Sesame** .................................. 8

**Other Vegetables** .................................................................. 9

**Avocados** ............................................................................. 9

**Celery** .................................................................................. 9

**Garlic** .................................................................................. 9

**Onions** ................................................................................ 9

**Chapter 2: Testosterone Boosting Herbs and Spices** ............................. 10

**Dandelion Root** ...................................................................... 10

**Ginseng** ............................................................................... 10

**Milk Thistle** .......................................................................... 10

**Oregano** .............................................................................. 10

**Rosemary** ........................................................................... 11

**Sage** ................................................................................... 11

**Thyme** ................................................................................ 11

**Turmeric** ............................................................................. 11

**Tongkat Ali** ......................................................................... 11

**Chapter 3: Other Testosterone Boosting Foods** ...................................... 12

**Balsamic Vinegar** ............................................................... 12

**Organic Olive Oils** ............................................................... 12

**Quinoa** ................................................................................ 12
Chapter 4: Testosterone Boosting Supplements

- BCAAs
- CLA
- Creatine
- DAA
- Fenugreek
- Horny Goat Weed
- Resveratrol
- Sting Nettle Roots
- Tribulus Terrestris
- Vitamin D
- Vitamin A
- Vitamin C
- Vitamin E
- Vitamin K
- Zinc
- ZMA

Chapter 5: Tips And Tricks That Will Help You Increase Testosterone

What to Avoid

- Binge Drinking
- Birth Control Pills
- Carbonated Beverages
- Commercially Made Protein Sources
- Drinking Out of Plastic Bottles
- Excessive Sugar
- Getting Stressed Out
- Heating-up Food Using Plastic Wrap
- Herbicides in Your Garden
- Not Getting Enough Sleep
- Overheating Your Genitals
- Shampoos Contain Xenoestrogens
- Smoking
- Soy Products
- Sunscreens With Oxybenzone
- Toothpastes Containing Triclosan
- Xenoestrogens

What to Do

- Add “Athletic Greens” to Your Routine
- Check Selenium Levels
- Eat Only Organic and Pesticide/Chemical-free Produce
- Get at Least Six Hours of Sleep Every Night
- Get Sexually Stimulated Often
- Have Morning Sex
- Keep a Positive Attitude
- Keep Bedroom Temperature Cool
- Meditate
- Only Drink Purified Water
- Optimize Vitamin D
- Regularly Participate in Competitions
Sleep in the Nude .................................................................24
Wear an Eye Mask While Sleeping ........................................24
Work-in Contrast Showers ....................................................24

Chapter 6: How To Make Sure You workout To Increase Testosterone ..............................................25
Avoid Overtraining ..............................................................25
Lift Heavy, Compound Lifts ..................................................25
Lose Excess Body Fat ...........................................................25
Regularly Complete Interval Sprints .....................................25
Train With Short, High Intensity workouts ..............................25
Train With Volume ...............................................................26

Conclusion ...........................................................................27
My Favorite Workout Programs to Build Muscle and Strength ........................................27
My Favorite Cardio Programs .................................................27
Best Testosterone Boosting Supplements .................................27
My Other Low-dollar Programs ..............................................27
My Blog ............................................................................27
My YouTube ....................................................................27
My Facebook ..................................................................27
INTRODUCTION

I wrote this book to help people overcome what I would say has become an epidemic of mass proportions: the feminization of the modern male. This trend has become rampant throughout our society. Take a quick look around and you will see majority of men are overweight, sick, sad and depressed.

Now when you really get down to the root cause of this, the facts show that testosterone levels are at an all time low. The modern male has problems functioning at the primal level for which we were designed.

As a whole, men look like shit, can't have sex and are so tired they don't want to do anything. This is not how things are supposed to be.

Trust me on this…

We are at war with factors that are destroying our testosterone levels every single day. Luckily, you can make simple changes in your lifestyle to reverse this horrifying trend. This book is the most complete resource available to help you easily implement natural ways to increase your testosterone.

I have done my best to simplify it for you. I have lived most of my life dealing with the effects of low testosterone. Since I went through puberty, I have been blessed with mild gynecomastia. I will never forget when I went to my family doctor at 17 years old and was told I had gyno and that there was nothing I could do to get rid of it besides surgery.

This made me furious.

I went into full-on research mode to learn what was the cause of this as well as what I could do to get rid of it. The things I uncovered were eye opening. Studies have shown that one in four men over the age of 30 are suffering from low testosterone. It may even be affecting men as young as 25 by now!

If you’re curious whether or not you may be among these statistics, here are some common symptoms of low testosterone:

- Depression
- Gynecomastia
- Decreased libido
- Muscle loss
- Inability to recover from workouts
- Decreased masculinity
- Fat gain
- Low energy levels
- Work performance
- Height loss

Chances are, every one of you has dealt with some of these issues at some point in your life. This alone doesn’t mean that you have low testosterone. Just be warned that countless external factors that we are exposed to each day are working against you and trying to rob you of your manhood.

I myself am approaching the age of 30, so my awareness for these types of factors are at an all time high. You can benefit from my recently enhanced knowledge by heeding my warnings and implementing my testosterone-boosting tips within this book ASAP.
Rest assured, the quicker you begin to implement the recommendations in this book, the sooner you’ll be on your way to keeping your testosterone levels in check.

While I feel I have made this guide as easy to follow as possible, let me add one more piece of invaluable advice: Do not go gung ho and change everything at once. This is a sure-fire recipe for failure.

So where to start? You’ll see the most immediate results by beginning with adjustments to your diet. The foods we eat are the #1 culprit to societies’ falling testosterone levels.

I have made it easy to choose from meats, vegetables and carbs. Just make sure your food choices represent those listed in this guide and you will be on your way to burning fat and getting your ideal physique. Once you have your diet in check the next step is to begin a strength training program.

Now notice I said “strength training”…

I urge you to aim to achieve some basic levels of man strength. Before you stress about building muscle or burning fat, make sure you can accomplish the things listed below.

I can assure you…When you can do all the things listed below you will have significantly raised your test levels and will have much more muscle on your frame.

Strength Standards:
- 100 push ups
- 10 pull ups
- A double body weight dead lift
- A body weight bench press
- A body weight squat

There are a few programs and things I recommend to accomplish the goals above…
- To do 100 pushups, check out “The 100 Push up Challenge.”
- To get to 10 pull ups, check out “My Body Weight Aesthetics.”
- To increase your bench, squat and dead lift, check out “The Grow Stronger Method” by Elliott Hulse.

I urge you to only aim to accomplish one of these goals at a time. Depending on where your current state of fitness is you may already be able to do these things if not…start with the body weight stuff then move to the weight training goals.

If you are currently overweight, you need to lose the excess fat as quickly as possible. Your stomach fat is directly responsible for your current low levels of testosterone.

Do what ever you can to lose the fat as quickly as possible. By following what I recommended above and implementing the tips listed inside this guide, you are off to a great start.

But if you are anything like me, you like to do things with the quickness. The absolute fastest way to get rid of that excess stomach fat is to incorporate muscle-building cardio into your workouts.

My good friend Jason Ferruggia has a killer program, “Renegade Cardio,” that is designed to strip fat away in less then 10 minutes.

Like I said above, tackle one goal at a time and start implementing changes into your day-to-day activities. Think of it like this…You are at war to protect your manhood. This guide is designed to give you the ultimate army to help you crush your enemy.
CHAPTER 1: TESTOSTERONE BOOSTING FOODS

Perhaps the easiest, most cost-effective way to naturally increase your testosterone levels is to incorporate specific foods, herbs and spices into your regular diet. All of the items described below have been scientifically proven and field-tested to ensure they help you meet your increased testosterone goals.

Overall, men need to remember to strike an ideal balance between proteins, carbs and fats. On any given day, you should strive to ingest nearly half your calories from lean proteins as your top priority. For the rest of your menu, try to limit your calories from fat to around 20 percent and fill the gap with healthy carbs.

Be careful when selecting each food source as you follow this guidance as carbs with a high-glycemic index can produce the opposite effect on your testosterone levels. However, you will benefit greatly from selecting high-protein and moderate-fat foods that help you build quality muscle on top of increasing your testosterone.

Cruciferous Vegetables
You’ve been told to eat your vegetables your entire life – and for good reason. Not only are vegetables packed with critical vitamins and nutrients, those belonging to the cruciferous category can help enhance your testosterone levels.

This group of vegetables known by their characteristic crunch have been linked with fighting cancer and also contain “indoles,” which your body uses to break down estrogen. If you can’t get your five servings per day, try to consume at least three to four servings each week to help keep your estrogen levels low and, in turn, your testosterone levels high!

Although these benefits are best obtained through eating the raw forms of each of these vegetables, you’ll notice that they all offer a variety of preparation options to help you add some variety to your testosterone-boosting diet.

Broccoli
We begin our list with one of the most common and most versatile cruciferous vegetables, the green leafy golden child of any healthy diet – broccoli. With extremely high levels of indole-3-carboninol, this familiar veggie has been shown to reduce estradiol in half for some men!

Work broccoli into your diet as often as possible to help combat any unnecessary build-up of estrogen in your system. Eat it raw on a salad, sauté it in your low-fat stir-fry or steam it alongside your skinless chicken. You really can’t overdo it with broccoli!

Brussels Sprouts
In addition to sharing the same high levels of indole-3-carbinol as our other cruciferous superstars, Brussels sprouts have an added feature of being high in fiber. Although not the most aromatic option on our list, regularly eating these odd little veggies will help eliminate the negative estrogen in your system.

Although commonly served boiled, we recommend steaming or roasting as the boiling process can remove a large portion of the nutrients you’re trying to consume. Another helpful tip is to choose smaller Brussels sprouts to ensure they cook evenly throughout – throw some in a low-fat stir-fry tonight!
Cabbage
One of our most common cruciferous recommendations is the underrated cabbage. This rotund veggie can help you control your weight while boosting testosterone thanks to its high fiber content. This is a double-punch to your testosterone-increasing efforts as has estradiol-restricting benefits in addition to the ability to help prevent fats from being absorbed, which helps you maintain a lower weight and therefore reduce estrogen on multiple fronts.

Chop some up for your side salad or make fresh, low-cal coleslaw part of your brown bag lunch three or four times each week.

Cauliflower
Resembling a paler cousin of our new friend broccoli, cauliflower is another essential staple in your testosterone-boosting diet. It contains the same essential indoles, which will help your body keep estrogen levels in check.

Work this testosterone-increasing wonder into your diet three to four times a week. Typically, only the leafy portion is eaten, as the stalk is rather tough. You can eat it raw or cook it in a variety of ways. If you’re looking for something completely different – you may even pickle the cauliflower. Say goodbye excess estrogen!

Kale
Undetectable from appearance alone, kale is actually a type of cabbage. As such, it contains the same phyto-nutrient, indole-3-carbinol, as the rest of our cruciferous vegetables and helps rid your body of unnecessary estrogen.

We recommend cooking kale to tenderize the leaves and reduce the bitterness, but it may be eaten raw to maximize its testosterone-boosting benefits. You can also find hundreds of recipes online that include kale in chopped, boiled or steamed forms within stews and salads. You could even make a low-calorie, portable snack by dehydrating this veggie into baked kale chips!

Spinach
Take a lesson from Popeye! Although not appearing outwardly manly, a simple spring salad can deliver valuable testosterone-increasing minerals, such as zinc and magnesium, by way of this small green leaf. But that’s not all! One cup of this low-calorie option contains 24 percent of your daily calcium, which has also been linked with increased testosterone.

So go ahead, order that salad with confidence! Or, to make a big impression – tear the top off a can of spinach and gulp it down in an homage to your favorite 1920s cartoon sailor.

Fruits
Apples
Essential to your reproductive organ function AND testosterone-increasing efforts, vitamin A is found in high doses in any ordinary apple! Vitamin C is also prevalent, which is proven to moderate and improve your testosterone levels. As a final perk, apples are also high in protein, which helps naturally increase testosterone as well.

Raw is best, but you don’t need to simply wash and bite. You can cut these vitamin delivery systems into slices on top of your favorite summer salad or even dehydrate them for use as travel-friendly apple chips!
Bananas
High in vitamin B6 AND potassium, bananas can help your libido AND your testosterone! Bananas also contain a unique enzyme, bromelain, that is connected to improved libido and all the free testosterone that comes with it.

Bananas are great to add to your diet as they’re already pre-packed and transport-ready! Always have one on-hand for a quick snack. You can also mix them into your morning smoothie or your favorite organic yogurt!

Berries
Here you can exercise some variety and either rotate through the big four – blueberries, blackberries, raspberries and strawberries – or combine them in a refreshing fruit salad. In addition to having large amounts of fiber, which help keep excess fat and unwanted estrogen out of your system, they also contain vitamin P. This lesser-known vitamin actually strengthens capillaries, keeps blood flowing freely through your blood vessels and improves your blood circulation and immune response overall.

If you’re having trouble picking which berry to begin with, let us recommend raspberries for the highest fiber-to-calorie ratio and/or blueberries, which have high levels of vitamin C that helps moderate and promote testosterone levels. Get your blender ready – it’s smoothie time!

Grapefruits
Unable to find anything usable so far.

Grapes
In this case, the proverbial cliché is wrong: it’s NOT what’s on the inside that counts. Grapes are unique in that their biggest testosterone-boosting add comes from their skin. They are full of an antioxidant, resveratrol, which helps your liver remove extra estrogen. This antioxidant is so strong, it can actually give you stronger swimmers by rapidly improving your sperm’s ability to swim.

We’re not recommending you peel your grapes, just make sure to eat them by the handful and enjoy your new grape skin knowledge. Try slicing them in half and adding them to a low-fat chicken salad on a hot summer day. Yum!

Kiwis
Similar to papaya, kiwis are high in vitamin C, which improves our body’s ability to naturally produce testosterone. Kiwi also includes vitamin B6, which is known to play a significant role in testosterone production.

Kiwi is found in almost any produce aisle and can be part of any seasonal fruit salad or eaten simply with a spoon after being cut in half. This little kiwi certainly packs a vitamin-packed, testosterone-boosting punch!

Oranges
You’ve seen it on your OJ labels your entire life – “high in vitamin C” – and they weren’t lying! What you didn’t know at your mother’s breakfast table, however, was that vitamin C actually helps lower cortisol levels, which is essential to increasing testosterone. Vitamin C also attacks another enzyme within your body that is notorious for turning your hard-earned testosterone into undesirable estrogen.
If you haven’t kept up the habits your mother tried to instill in you since leaving home, try to work in either one whole orange or one eight-ounce glass of orange juice each day. You’ll benefit from between 100 and 130 percent of your daily vitamin C value and up to seven grams of fiber, which can help you keep excess pounds (and therefore extra estrogen) at bay.

**Papaya**
Fruits like papaya that are high in vitamin C have twice the benefits supporting your testosterone-boosting journey. Their high levels of vitamin C naturally increase your body’s testosterone production, but they also help your muscles grow and heal during testosterone-driven efforts.

Although less common than cantaloupe or honeydew, papayas can be sliced and served as wedges for a simple snack or next to your egg white omelet. You can also substitute them in many of the same ways you incorporate mangoes into your menus – try them as the “sweet” counterpart of your Thai dish’s spicy kick.

**Pineapple**
This magnesium powerhouse can have you reaching your testosterone goals in no time at all! Magnesium is known to assist in natural production of testosterone and your ideal magnesium intake each day should be around 400 milligrams. This famous tropical fruit also contains high levels of zinc, which has also been proven to boost testosterone levels naturally.

You can reap this fruit’s ample benefits by blending one into your daily smoothie or protein shake. One cup of raw pineapple boasts 20 milligrams of magnesium AND .2 milligrams of zinc. Of course, you can always treat yourself to some grilled pineapple slices the next time you prepare your week’s grilled chicken breasts. It doesn’t get much easier than that!

**Pomegranates**
This fun fruit has been receiving positive attention for years due to its high level of antioxidants and its appealing taste. Studies have shown that pomegranates can help improve erectile function, but now they also prove that they can boost testosterone!

It may be tricky to add the raw fruit to your diet, so we recommend adding pomegranate juice to your diet for either quick energy boosts – just check the sugar levels – or as part of your morning smoothie. Dozens of varieties in testosterone-friendly glass bottles are readily available at all major grocery stores in the produce section.

**Main Protein Sources**
We begin by focusing on some lean proteins that will help you on your way to increased testosterone and improved muscle mass. Remember – these should cover nearly 50 percent of your diet.

**Beans: Baked, Lima and Navy**
Another wonderful on-the-go, testosterone-boosting super food is our friend: beans! These low-fat, high-protein, tiny, testosterone-friendly wonders even pack a high-fiber punch, which only serves to improve your overall health.

Whether you prefer canned beans or dry beans, they contain more zinc than the majority of vegetables and a few even contain more zinc than red meats. Try creating a large bowl of cold-bean salad over the weekend and splitting it into multiple travel containers for convenience. You can grab and go while enjoying a tasty, testosterone-boosting treat!
Cottage Cheese
Let’s face facts. It’s nice to work lean organic beef and grilled poultry into our diets, but do we always have the time or facilities available to prepare these foods? Probably not. Luckily, you can easily work a much more portable option, cottage cheese, into your daily routine – even on the go.

Even in the one percent form, you benefit from less fat and more protein that the meat options mentioned earlier in this chapter. Grab a large carton the next time you’re at the grocery store and divide into travel containers as soon as you get home so you can throw one or two in your cooler before you head out for the day. One cup a day is ideal to help meet your increased testosterone goals.

Fish
You can’t go wrong when adding fish to your diet – as long as you watch your overall mercury intake, that is. Most high-quality fish have impressive levels of protein and are incredibly low fat. As if that weren’t enough, most high-protein fish are also high in healthy Omega-3 fats. Research has shown that Omega-3s help your body use the protein you eat more effectively, and therefore increase your overall strength.

Fish with the highest protein and Omega-3 levels are tuna, salmon and tilapia. Try topping your spinach salad with some grilled salmon or even making a low-cal tuna salad sandwich to throw in your briefcase for lunch on the go.

Lean Organic Beef
Lean organic beef is a testosterone-boosting super food because of its low-fat content AND high concentration of protein and zinc. Although non-organic beef can have many benefits, you get the most bang for your buck by ensuring you purchase the organic option as no additional growth hormones will work their way from the beef into your system.

You may have avoided beef up until now due to its fattier nature than poultry, but keep in mind that you require at least some saturated fat in your diet to produce testosterone. Try adding a lean cut of steak two or three times a week.

Organic Eggs
Eggs have gotten a bad rap in some circles due to their high cholesterol level, but for your purposes – you NEED the cholesterol. In fact, testosterone cannot complete the synthesis process without cholesterol! If you pay a few extra pennies to ensure you purchase the organic option, you will enjoy a naturally pure form of cholesterol, which is less harmful than many other cholesterol options.

Unless your doctor recommends sticking to egg whites, try greeting your day with three to four whole eggs – just make sure they’re prepared wisely – spare the butter, grab the olive oil!

Organic Raw Heavy Cream
Not unlike organic raw milk, organic raw heavy cream shares the same benefits of being hormone-free in the organic form. It also skipped the pasteurization process, ensuring estrogen hasn’t been added to this high-protein option.

Many notable fitness legends have been known to add raw heavy cream to their signature protein shakes – try it instead of milk when you whip up your next batch!
**Organic Raw Milk**
Milk has been revered as a staple in the muscle-building and testosterone-increasing world for generations. However, recent research has proven that organic, raw milk is the most beneficial form as it hasn’t been pasteurized.

Pasteurized milk contains increased estrogen, which is known to counteract testosterone increasing efforts. Additionally, if you opt for organic, you’ve taken an extra step to ensure no additional hormones have been added to your cold glass of liquid testosterone-boosting gold.

**Oysters**
As you may be learning, zinc plays a critical role in increasing testosterone levels. When on your next high-zinc quest at the grocery store, head straight for the oysters, which contain a larger amount of zinc than almost any other food.

Prepare them anyway you like (except fried) and try to work them into your diet once a week. You’ll enjoy related benefits in the bedroom as well!

**Poultry: Turkey and Chicken**
When it comes to lean protein sources, you can’t do much better than turkey and chicken! Although their zinc levels aren’t off the charts, their fat-to-protein ratios should make them a daily staple in your testosterone-increasing diet.

Since they promote a low-fat diet, ensuring you don’t fall into the high-fat diet pitfalls that actually decrease your testosterone, we recommend working turkey and/or chicken into your diet as often as daily. Skip the deep-fried or battered variety, but don’t hesitate to stuff yourself full of the grilled or roasted, skinless options.

**Raw Nuts: Almonds, Walnuts and Pecans**
You need healthy fats to produce testosterone, and these raw nuts are monounsaturated fat powerhouses! Keep a jar of almonds at your desk or in your gym bag and grab a handful when you need to snack or to feel satiated, without sacrificing your testosterone-boosting goals.

Just make sure you don’t go overboard as too much of any fat can have an opposite effect, and some nuts even contain selenium, which can be harmful in large doses. Stick to one handful a day and snack away!

**Raw Seeds: Pumpkin, Sunflower and Sesame**
Boasting high levels of vitamin E and omega-3 fatty acids, raw seeds are another great option for those on a testosterone-increasing mission. Pumpkin, sunflower and sesame seeds all contain ideal levels of unsaturated fat, which your body needs to produce testosterone. Some studies suggest that pumpkin seeds are the preferred choice of the three as they provide multiple health benefits in addition to boosting testosterone, but they’re usually harder to find.

Worry not! In this digital age, a quick search on any of the major Internet shopping engines (for example, amazon.com) will return dozens, if not hundreds, of purchase options in seconds. Of course, you could always harvest your own and stock up each fall during the annual pumpkin harvest. Keep these raw seeds on-hand for low-effort, high-impact snacking that will help you meet your goals!
Other Vegetables

Avocados
Thanks to their high levels of healthy fats, avocados have significant testosterone-increasing perks. They also contain vitamin B6, which has been clinically proven to naturally increase testosterone production. But that’s not all. Avocados also contain high levels of folic acid, which can metabolize specific proteins in your body and raise your energy levels – it’s up to you if this energy is spent in the gym or in the bedroom.

These green, egg-shaped testosterone friendly delights are technically considered a fruit, even though they’re most often treated as vegetables in the kitchen. You can find them most commonly in fresh guacamole or on top of a low-calorie salad. If you’re looking to be a bit more creative, mix chopped avocados with mangoes on top of grilled salmon or add slices to your sandwiches instead of mayo.

Celery
This simple, slender vegetable and party tray staple has shocking testosterone-boosting potential! Research shows that celery triggers our body to produce and release testosterone by releasing the hormones androstadiene and androstenedione when consumed.

Add celery to your on-the-go snack pack and keep organic, freshly washed sticks available for quick grabbing whenever you desire a snappy snack. Celery… Who knew, right?

Garlic
We’ve heard of garlic’s phenomenal health benefits for years. Whether you’re trying to lower blood pressure or bad cholesterol, garlic can help. What we’re just now beginning to understand is garlic’s impact on testosterone levels. This powerful little bulb actually inhibits cortisol, which is known to work against testosterone by breaking down muscle tissue.

Those who don’t work with any close-talkers may reap the most benefit by eating garlic cloves whole. The rest of us should stick to seasoning our foods generously with this testosterone-boosting wonder. Isn’t everything better with garlic?

Onions
You may not want to schedule a date while working in this testosterone-boosting A-lister, but onions and onion juice have shown significant promise for these purposes. In fact, a 2009 study using rats showed testosterone levels increasing by more than 300 percent in the test subjects! This is thought to occur due to the onions’ ability to raise luteinizing hormones within their consumers through a component called “allicin,” which immediately increases testosterone production.

If you don’t think onion juice straight from your juicer will work in your daily protein shake or smoothie, work onions in using more traditional methods. Add a few slices to your sandwich, chop them up for scrambled eggs or grill them with your favorite kabob.
You’ll likely ingest most of your testosterone-increasing nutrients in the form of lean meats or crunchy vegetables, but don’t overlook these highlighted herbs and spices! They’re packed with more antioxidants and vitamins than you’d ever image possible in such tiny portions.

Easy to incorporate into meals you’re already eating and recipes you’re already preparing, these extra pinches, shakes or flakes can give you an even greater testosterone-boosting edge!

**Dandelion Root**
Perhaps one of the most popular herbal remedies on our list, dandelion root, has been revered for generations for its multiple health benefits. Its unique properties improve your overall body health and are especially beneficial for your liver and gallbladder. This powerful substance increases bile flow and consequently decreases inflammation. Not only does it help fight excess fat, it also decreases unwanted estrogen levels by improving your liver’s function and thereby increases natural testosterone production.

Most commonly served in tea form, dandelion root may also be mixed with raw vegetables and fresh herbs. Choose from our cruciferous vegetable list and sprinkle on some garlic and sage to make a testosterone-boosting super salad!

**Ginseng**
Targeting your hypothalamus, ginseng has been used for years to increase testosterone levels and stimulate libido. Ginseng improves blood flow throughout the body to promote new cell growth and improve sperm quality. But it doesn’t end there – ginseng even fights stress and decreased energy, preventing them from working against your testosterone-boosting goals.

Not often used in cooking or baking, ginseng is most frequently added to beverages such as hot tea. If you’re not a tea fan, we recommend adding ginseng in capsule or liquid form to your daily routine.

**Milk Thistle**
Fight excess estrogen by adding milk thistle to your diet! This edible wonder improves your liver function, better enabling it to remove unwanted estrogen AND globulin, leaving your body primed and ready to increase testosterone levels naturally.

Although it may appear hard to include milk thistle into your regular diet, you actually have a variety of preparation and serving options. You can collect the seeds and boil them into a potent tea, or you can peel and soak the stalks and add them to a salad.

**Oregano**
This common herb can help your testosterone-boosting journey in many ways! Not only is it known to decrease estrogen, and therefore increase testosterone, but it’s also packed with high levels of antioxidants. These antioxidants seek and destroy free radicals and help you avoid multiple illnesses and diseases.

Try working oregano into a marinade for your any of your lean meats! Some research even shows that oregano can reduce heterocyclic amines (HCAs) on the surface of meats, which can be harmful in large doses.
Rosemary
Key to improved blood circulation, rosemary can help keep all the blood flowing to all those important private parts when the need arises. This wonderful seasoning also has a high antioxidant level, which helps your body fight off free radicals that may impair your testosterone-boosting goals.

This is another example that’s great to work into a marinade for any of your lean meats! Some research even shows that rosemary, like oregano, can reduce heterocyclic amines (HCAs) on the surface of meats, which can be harmful in large doses.

Sage
As a member of the mint family, sage contains three powerful antioxidant compounds: carnosol, rosmarinic acid and carnosic acid. Not only do these antioxidants help naturally reduce your body’s free radicals, they also assist in decreasing harmful substances found on the surface of some red meats.

Try mixing a generous amount of sage with blackberries to create a unique sauce to complement your grilled turkey this weekend. Or, go gourmet and use it to create and irresistible butternut squash and sage gnocchi.

Thyme
Due to its many antioxidants, it keeps the blood clean and flowing along nicely. Pair it in a nice meal as seasoning with rosemary and enjoy it with your partner. Remember that a healthy body is more able to enjoy sensuality then one sluggish with too many impurities in the blood.

You can add thyme to your low-calorie soups for some extra flavor or mix it with some olive oil and pine nuts to make a custom, testosterone-boosting pesto!

Turmeric
Well-known for anti-inflammatory and antioxidant benefits, turmeric has also been proven to help decrease chest fat. This super spice keeps your estrogen levels down and increases your testosterone.

Sprinkle copious amounts into a low-calorie kale stew or create a unique corn relish the next time your buddies are over for football. Although turmeric recipes are easily found, you may also ingest this wonderful testosterone-boosting spice in capsule form.

Tongkat Ali
Your body can better produce its own testosterone if tangkat ali is part of your typical diet. In addition to increasing natural testosterone in your blood, tongkat ali has also been proven to fight mental fatigue, increase stamina and improve energy levels. Oh, and it’s also an aphrodisiac – hello healthy libido!

Tongkat ali is currently only available as an extract because its composed of isolated active components derived from Asian shrubs. We recommend swallowing the recommended dosage with a cool glass of water.
CHAPTER 3: OTHER TESTOSTERONE BOOSTING FOODS

Lean meats and cruciferous vegetables don’t own this entire market – we also have several testosterone-boosting superstars on our “other” list, which we cover in this section. Most of these substances benefit your goals by being high in healthy fats, containing beneficial plant sterols and/or being high protein.

**Balsamic Vinegar**
Most commonly used as a salad dressing, this antioxidant-packed superfood has immeasurable benefits. Research shows that when mixed with olive oil, balsamic vinegar enhances vascular function. Balsamic vinegar is also known to keep your insulin levels in check, which reduces your excess weight and increases testosterone.

In addition to being your go-to salad dressing, try marinating your organic poultry in or tossing your cold bean salad in balsamic vinegar.

**Organic Olive Oils**
You likely swapped your butter for olive oil years ago in order to cut calories, but did you know that the healthy fats in olive oil actually help raise your testosterone? This Greek God of oil helps your body absorb cholesterol more efficiently, which ensures you have enough cholesterol to create testosterone naturally.

Try drizzling olive oil on your spinach salad or using it to toss your air-popped popcorn instead of butter. You really can’t go wrong when it comes to incorporating olive oil into your diet!

**Quinoa**
This testosterone-booster is just now being heavily researched. Although it has been used for increased bedroom performance for centuries, this not-quite grain nutrient should be making big news any day! Containing ecdysteroids for increased muscle mass and nitric oxide for enhanced bedroom performance, quinoa is all high in quality proteins, zinc AND magnesium – three testosterone-enhancing superstars!

Quinoa is almost always better cooked than raw. Try mixing it into your low-cal breakfast quiche or even a hearty chili. It’s also great on a salad instead of alfalfa sprouts and mixes well with a black bean salad.

**Rice Germ**
Sharing strong similarities with wheat germ, rice germ is also shown to naturally increase your testosterone. Rice germ contains the same active plant sterols that lead to more muscle AND testosterone.

Use rice germ to thicken your protein shake or garnish your dinner rolls. Keep it on-hand whenever a recipe calls for grains!

**Wheat Germ**
You may already be benefiting from the increased endurance wheat germ consumption can facilitate prior to a workout, but are you eating enough to help raise your testosterone? Wheat germ is another testosterone-boosting super food because of its unique makeup. Heavy in Vitamin B6, vitamin E and octacosanol, wheat germ helps increase muscle strength AND raise testosterone. Not to mention it’s naturally high in protein and fiber.
Wheat germ is best incorporated into our diet as any other grain. You can mix the powdered version with flour or a smoothie; you can use it as one of the “multi” grains in your next homemade bread. It can even be sprinkled in yogurt or cereal – the options are limitless – and simple!

**Whole Grain Rice**
Increasing the amount of complex carbs in your diet has been shown to increase testosterone levels. Adding whole grain rice to your meals during intense resistance training has been scientifically proven to increase testosterone compared to participants who were following a low-carb diet.

Although plenty satisfying as its own side dish, whole grain rice can be added to your broccoli and lean beef stir-fry or mixed with some high-protein beans for a filling snack.

**Whole Oats**
Unlike most whole grains, whole oats contain arginine and avenacosides, which are special nutrients that boost testosterone by initiating luteinizing hormone secretion. Add the fact that they also contain active plant sterols and you have another whole grain wonder food.

Served warm or cold and commonly mixed with milk and cinnamon, whole oats are simple to work into your routine. Try using them instead of granola the next time you mix your morning yogurt parfait.
CHAPTER 4: TESTOSTERONE BOOSTING SUPPLEMENTS

If you’re finding it hard to eat enough of the appropriate foods to raise your testosterone naturally, you may want to consider incorporating some beneficial supplements into your routine.

Many outlined below already exist in foods you eat normally while others are obtained in pill or powder form. Read through our list below and make a more informed decision the next time you review a product’s label.

**BCAAs**
Higher testosterone levels are within reach when you add BCAAs (branch chain amino acids) to your diet. BCAAs have been shown to dramatically raise testosterone when combined with resistance training. These wonder supplements are found naturally in whey protein and high-quality dairy products and are available in supplement forms.

BCAAs are commonly found in powdered form for adding to your protein shakes or smoothies and also in caplet form.

**CLA**
This scientifically proven supplement, conjugated linoleic acid (CLA) is one of those wonderful fats that helps you burn other fats. Commonly found in organic beef, this supplement can be consumed in pill or powder from as well.

In fact, one focused study revealed that participants who consumed 5 grams of CLE each day gained more muscle than the control group over a seven-week trial. Now that’s quick results!

**Creatine**
You would have to live under a rock to not have at least heard of creatine over the past decade. Best known as a muscle-mass building testosterone booster, this supplement has been widely used among passionate athletes with great success. Creatine helps your muscles retain water, which allows you to lift heavier weights as result.

Creatine can be found even at local grocery stores and pharmacies and is sold in both powder and capsule form.

**DAA**
Already famous in the bodybuilding world, DAA, or D-aspartic acid, functions as a building block for proteins and is a non-essential amino acid. DAA increases the release of luteinizing hormone and ganadotrophin, which among other characteristics, assists the body in increasing natural testosterone production.

DAA exists naturally within our bodies and other organic sources, but it can be ingested in the most potent form through capsule form.

**Fenugreek**
This promising supplement’s name translates to “Greek hay” and is often found in curry dishes of eastern cultures. Fenugreek has been shown to increase testosterone and libido and also helps control insulin levels. While research on this tiny wonder is still ongoing, it’s believed that fenugreek has a strong affect on men due to its seeds, which contain saponins. These saponins are are known to affect production of sex hormones within humans.
Fenugreek is also well-known for being a less expensive supplement option and is readily available at health and vitamin stores. You can also find it among the list of active ingredients in many testosterone-boosting blended supplements.

**Horny Goat Weed**
This potent herb with its infamous name is known to help raise testosterone by increasing your body’s nitric oxide levels. In addition to boosting your testosterone, it’s another supplement that serves double duty by amping up your performance in the bedroom.

Horny goat weed is common on supplement store shelves and can be purchased in a variety of strengths and combinations. And what a great conversation started when nosy guests spy the bottle on your bathroom counter.

**Resveratrol**
One of the reasons red wine can be good for you in appropriate doses, the resveratrol in red grapes has been shown to increase testosterone. This substance has been linked to many health benefits, including fighting cancer, and can be taken in capsule form once you’ve exceeded your recommended wine allotment for the day.

Resveratrol can be found in a variety of doses and either alone or mixed with other vitamins and minerals.

**Sting Nettle Roots**
Perhaps our most complicated example, sting nettle roots increase testosterone by taking its place. What? Men have something called sex hormone-binding globulin (SHBG) in their bodies that naturally binds with testosterone and, as a result, lowers your levels of free testosterone. However, when sting nettle roots are part of your diet, they will bond with the SHBG instead of your testosterone, so your levels can begin rising again!

Although their name may give you pause, rest assured that sting nettle roots are easily added to your diet as they lose their sting after 30 seconds of cooking. You can easily add them to a soup, chili or hearty lasagna.

**Tribulus Terrestris**
Primarily known as an estrogen/testosterone balancer, this supplement significantly increases testosterone levels in the blood. By increasing luteinizing hormone, which is produced in the pituitary gland, it increases testosterone at the same time. Tribulus terrestris is also linked to significant improvements in the bedroom.

Tribulus terrestris can be taken as a standalone capsule or as a common ingredient in related supplement blends.

**Vitamin D**
One of the most critical vitamins to your overall health, vitamin D is also known to increase testosterone levels. This essential vitamin promotes health in all areas male: including healthy sperm development and increased libido and testosterone. Vitamin D deficiency didn’t used to be an issue, but now that we all stay out of the sun to prevent skin cancer, our primary vitamin D source has been removed from our lifestyle. If you are able to tolerate enough sun exposure to reach your ideal vitamin D intake levels, the natural source is always best.
Vitamin D supplements are available in many pure or blended forms. Shoot for 8,000 IUs each day to ensure you don’t the deficiency epidemic.

**Vitamin A**
This well-known vitamin is among the small group that have been proven to directly impact your natural testosterone levels. If you have more in your diet, your testosterone levels will be higher. If you have too little, your testosterone levels will drop. Vitamin A is another male wonder supplement in that it not only increases testosterone; it enhances sperm production and quality of testicular tissue.

Vitamin A is prevalent in many foods outlined in Chapter 1, including broccoli, raw milk and spinach. You can also find vitamin A capsules wherever vitamins are sold.

**Vitamin C**
Another reason to drink your orange juice! Vitamin C has a whole slew of testosterone-boosting qualities: it lowers your stress, it lowers your cortisol and it lowers an enzyme that converts your body’s testosterone into estrogen.

Vitamin C is highest in foods such as kale, broccoli and cauliflower, but is also found in thyme and oranges! If you’re not sure you’re getting enough, try adding a vitamin C capsule adding 1,000 – 1,500 mg to your daily routine.

**Vitamin E**
Recent research shows that vitamin E slows testosterone decreases related to natural aging processes as a result of its free radical fighting abilities. Add this news to the already known benefits of this “sex vitamin” that increases blood circulation in very specific areas and why wouldn’t you add Vitamin E to your diet?

Vitamin E is readily available in spinach, seeds, nuts and beans. You may also take Vitamin E in capsule form. Just watch out for overdoing it if your daily multivitamin already reaches your maximum daily recommendation.

**Vitamin K**
Here is a unique example that has results you can see! Vitamin K is linked to skin elasticity, meaning that as you lose vitamin K and its corresponding testosterone, men’s skin begins to wrinkle and show age. What’s great is that if you maintain appropriate levels of vitamin K, you indirectly increase production of natural testosterone – and look younger longer!

Vitamin K is most easily found in vegetables – spinach, collard greens and Brussels sprouts are all great choices. Just another great reason to get more green in your diet! Of course, supplements are available – just make sure you check your labels to ensure you aren’t overdoing the vitamin K.

**Zinc**
A common indicator of decreased testosterone is a zinc deficiency. At its core, zinc helps increase natural testosterone by preventing it from being converted into estrogen. Zinc is commonly found in many foods we covered in Chapter 1, such as oysters, lean meats, raw dairy and beans. However, if you’re worried you still aren’t getting enough zinc, you may consider a supplement option.

Zinc should be taken in supplement form in doses up to 40 mg daily. Be sure not to overdo it as
too much zinc can interfere with how your body absorbs other vitamins and minerals.

ZMA
A great natural option, ZMA consists almost entirely of zinc, magnesium and vitamin B6. These essential vitamins enhance hormone production and increase your overall strength – in addition to being necessary for a number of other essential health functions. Some studies have shown athletes who use ZMA gain an average of 2.5 times more muscle strength than those who do not.

Add this supplement to your recommended diet that's already high in zinc and magnesium for even greater results. Look for ZMA in capsule form at any vitamin or supplement store.

Summary
With very little effort, you can begin increasing your testosterone levels naturally – today! You can do so with the foods we’ve recommended, the supplements we’ve recommended or a combination of the two.

Try to work some whole grains in as your breakfast carb. Throw a bag of nuts or seeds into your briefcase for your afternoon snack. Grill lean meats marinated in our recommended herbs and spices and share with friends. If you’re in doubt, keep a food journal and close any testosterone-boosting food gaps with a few wisely selected supplements as outlined above.
CHAPTER 5: TIPS AND TRICKS THAT WILL HELP YOU INCREASE TESTOSTERONE

In the quest for increased testosterone, knowing what to avoid in our daily routine is just as important as knowing what to add! While including multiple testosterone-boosting foods, herbs and spices, and supplements can really give you an edge, make sure you steer clear of the items detailed below.

What to Avoid

**Binge Drinking**

Overdoing the alcohol can inhibit testosterone production on many levels. Alcohol is known to deplete zinc, which is critical for testosterone production. It also impacts your endocrine system, which will stop testosterone production when too much alcohol is present.

When you find yourself socially obligated to drink, plan to turn down the fourth round – and every round thereafter. You can practice an old trick of drinking gin and tonic for the first three, and then ordering round four sans gin to “appear” to be living it up with your friends and avoid explaining your desire to abstain. Also, try to pick the purest forms of alcohol, not those pumped full of unnatural additives and preservatives.

**Birth Control Pills**

If you’re one of the women reading this book, this section is just for you! As you may have noticed, taking birth control pills can have a number of side effects, including lowered libido. This is because the hormones you’re increasing to control your cycle actually reduce your natural testosterone levels, which are key to a healthy libido.

The good news is that many other options exist! You can practice effective contraception with a variety of options that don’t involve hormones at all. Look into an IUD, crack out the condoms or ask your partner to man-up for the ultimate snip-snip.

**Carbonated Beverages**

Potential empty calories aside, carbonated beverages may be more harmful than expected for your testosterone goals. When men drink carbonated beverages, they suppress testosterone production due to their rapid absorption rate. Give your testosterone a boost instead by substituting a beverage with positive attributes!

We recommend dark green juice. This weightlifters’ wonder drink actually increases natural testosterone by restoring damaged cells and decreasing free radicals. It’s packed full of testosterone-friendly ingredients, such as antioxidants, vitamin C, iron and zinc. Work it into your morning smoothie for an early boost!

**Commercially Made Protein Sources**

Whenever possible, go for all-natural and organic sources when choosing what to put in your body. Commercially made protein sources, such as protein powders, are very common and usually affordable. However, chances are that these not-natural, non-organic options will decrease your testosterone and increase your estrogen as the cows who provided they whey were likely nourished with unhealthy drugs and less-than-ideal grains.

Pay the extra dollars when necessary and opt for organic. If not, you may work against your testosterone-increasing goals. Is that worth pocket change?
**Drinking Out of Plastic Bottles**
Although extremely common and convenient, those plastic bottles we reach for can be horrible for your testosterone-raising goals. Many plastic bottles contain xenoestrogens, which are shown to increase estrogen. By now, you know that increased estrogen in your body causes reduced testosterone.

Clean out your cabinets and replace your existing plastic bottles with travel-safe glass versions instead. Try keeping one in your car at all times to help you rehydrate on the go.

**Excessive Sugar**
Research shows that on average, men and women in the U.S. have about 12 teaspoons of sugar PER DAY in their diets. Research also shows that testosterone decreases within your body after eating sugar due to the resulting insulin spike.

Try to cut back on all glucose-converting foods you put in your mouth. Remember that many refined carbs will have the same effect as pure sugar when digested. Substitute in more lean meats and crunchy snacks. If you MUST have some sugar, reach for the natural kind found in testosterone-boosting fruits, such as apples and grapes.

**Getting Stressed Out**
This advice applies to every aspect of your wellbeing. Stress is almost never good for you and has more harmful effects than we can fit within this book. When trying to increase your testosterone, stress is especially harmful because it is know to increase cortisol levels in your body, which actually causes testosterone production to cease.

Many methods to reduce stress are available to you. You can learn relaxation techniques, such as mediation and deep breathing. You can also look inward and try to identify your stress triggers and avoid or eliminate them. Try to start small and ask yourself “Will this matter in a week? A month? A year?” If you answer “no,” chances are that you’re getting worked up about something trivial and you need to relax.

**Heating-up Food Using Plastic Wrap**
As with plastic bottles, plastic wrap also contains an alarming amount of xenoestrogens – and it only gets worse when you add heat! Xenoestrogens cause your body’s estrogen levels to increase, and automatically deplete your natural testosterone levels as a result.

If a little splatter on the sides of your microwave is simply unacceptable, try laying a damp towel or paper towel across your plate or bowl. It may not be perfect, but at least it won’t splatter your testosterone-boosting goals.

**Herbicides in Your Garden**
Much like pesticides, herbicides also contain harmful ingredients that lead to increased estrogen within your body. As your body’s estrogen increases, your natural testosterone decreases, which is the exact opposite of what you’re trying to achieve!

Many natural options exist. You can mix simple salt and vinegar with water to achieve desired effects in your prize produce patch.

**Not Getting Enough Sleep**
You may be tempted to cut back your sleep each night in order to work in more time in the gym or at the office, but this can actually work against your testosterone-boosting goals as well. Research
shows that testosterone levels directly correlate with the amount of sleep you get. In fact, that’s why you wake up with more manly vigor after a good night’s sleep – that’s when your testosterone levels peak!

Time management is the key to any sleep routine. Plan to get your tasks done early. Plan to give yourself some time to wind down before trying to sleep. And plan to sleep in a comfortable, consistent atmosphere. Remove distractions such as excess noise and light and try to limit your bedroom activities to sleep and sex.

**Overheating Your Genitals**
Your testicles’ comfort is critical to optimizing your body’s natural testosterone production. Ideally, your testicles need to be approximately two degrees cooler than the rest of your body to optimize function.

To help them keep their cool, avoid wearing suffocating underwear or pants. Also skip the hot tub and long bath. Keeping your weight down can help too, as your overall body temperature rises as you carry around excess fat that traps in heat.

**Shampoos Contain Xenoestrogens**
Many shampoos contain substances that are easily absorbed into your bloodstream and cause a whole host of problems! These substances are known as xenoestrogens and are commonly listed as “parabens,” “sulfates” and “propylene glycol” on product labels. They cause your body to produce more estrogen, which in effect reduces your testosterone levels.

If you’re not comfortable picking shampoos based on their labels, simply shop at any organic-based food store. Many of these establishments take particular care in selecting their products so you don’t have to. You just may have less bubbles between your fingers, which is a fair trade off for less estrogen in your system!

**Smoking**
You’ve likely kicked the habit already, but in case you’re using nicotine to curb your calorie intake – stop it right now! Smoking leads to reduced oxygen in the blood as cigarettes increase your heartbeat while acting as a stimulant. Even “light” smoking has been proven to decrease free testosterone levels by increasing the binding frequency of sex hormone-binding globulin (SHBG).

As you begin your cigarette cessation program, don’t hesitate to reach out for expert assistance! Doctors are armed with more tools than ever to help you on your quest. Make a plan and stick to it. Let your friends and loved ones know of your commitment to quitting so they can provide positive reinforcement, not serve as enablers. Just with any long-term habit, quitting smoking will take time. But don’t give up, you’re worth it!

**Soy Products**
This one is tricky, as soy is found in nearly all pre-packaged foods, but you really need to cut out the soy – in every form! Soy increases your testosterone almost immediately as it contains properties that are estrogen-like as well. Increased estrogen in your body always leads to decreased testosterone, so say “bye bye” to the soy today!

In addition to steering clear of the “soy-based…” foods that blatantly proclaim their contents right on the label, be sure to read the ingredients of everything you buy as well. You’ll be shocked to see how many products have soy incorporated when you least expect it.
Sunscreens With Oxybenzone
It’s true that you should protect your skin when out in the sun during peak hours or during prolonged exposure, but take care with what weapon you choose to fight harmful UV rays. Many popular sunscreens contain oxybenzone, which has been shown to impact your adrenal system. As you know, this system is critical to proper body functions and when it is out of sync, men’s testosterone levels may be reduced.

Never skip the sunscreen, just make sure you wisely select your bottle before slathering it all over your body. As a general guideline, the fewer ingredients you can’t pronounce – the better!

Toothpastes Containing Triclosan
You’ve probably brushed at least twice a day for as long as you can remember in an effort to improve your overall and dental health. While dental hygiene is incredibly important, be aware that many major toothpaste manufacturers include a testosterone-boosting enemy, “triclosan.” This ingredient is great for killing bacteria, which helps us all in the fight against plaque. But, it also impedes men’s bodies from the substantial nitric oxide production that occurs in the mouth. Nitric oxide is key to libido and sexual stimulation, making it another critical factor in your body’s natural testosterone production efforts.

When purchasing toothpaste, watch for labels that boast of being free or pesticides and preservatives. Although going organic should take away most harmful substances, make sure to read the fine print.

Xenoestrogens
Whenever you consume something grown with pesticides or use items featuring “parabens” off the shelf, you’re likely increasing your exposure to xenoestrogens. These testosterone-killing, estrogen-boosting man-made estrogens are actually an artificial estrogen that’s added to many pesticides, home care products and personal grooming projects.

Whenever possible, buy organic food and household products free of “parabens,” which are xenoestrogens parading under a different name. Also be sure to thoroughly wash all fruits and vegetables before eating and to avoid storing your food in plastic containers.

What to Do:
Add “Athletic Greens” to Your Routine
By containing multiple varieties of branched-chain amino acids (BCAAs), “Athletic Greens” help your body reach and maintain a desirable testosterone-to-cortisol ratio. By keeping your cortisol in check, you keep excess estrogen at bay and give your testosterone-boosting goals a fighting chance.

While we always recommend eating your cruciferous vegetables first, adding “Athletic Greens” to your diet can help fill the gap if you’re not reaching your recommended servings each day. Available in powdered form, “Athletic Greens” can be found online or at common vitamin and supplement retailers.

Check Selenium Levels
Studies have linked ideal selenium levels with increased testosterone. Selenium sounds like a supplement, but it’s found naturally in Brazil nuts. Ask your doctor at your next physical if selenium is on the list of factors he or she is measuring and see if it can be added.

If your results are less than ideal, simply work Brazil nuts into your diet. They can be found at any
major grocery store and are great in salads or homemade granola.

**Eat Only Organic and Pesticide/Chemical-free Produce**
Multiple pesticides and chemicals contain components, such as xenoestrogens, that have been linked with decreased testosterone. One recent example is the pesticide “chlorpyrifos,” which has just been proven to destroy testosterone. Limit your exposure to chlorpyrifos and hundreds of other harmful pesticides and chemicals by living an organic lifestyle.

If this seems a bit pricy at your local grocery store, look for organic fruits and veggies at your local farmers’ market or even Google organic produce delivery services. For a fixed fee, many will deliver weekly, biweekly or monthly to match your needs – at a very reasonable price!

**Get at Least Six Hours of Sleep Every Night**
The research keeps coming! One study shows that sleep-deprived men have dramatically lower levels of testosterone than men who sleep at least six hours each night. Another study revealed that men’s testosterone can drop by up to 40 percent when they frequently get too little sleep.

Typically, testosterone is about 30 percent higher in the morning than any other time of day. If you’re noting a drop in sexual desire in the morning, this may be an early indicator that you need more rest! Plan your sleep with the same dedication as every other part of your day. Put it on your calendar and GET THERE ON TIME!

**Get Sexually Stimulated Often**
The good news keeps coming! In addition to morning sex, we also want you to watch more erotic entertainment! Frequent sexual stimulation boosts your testosterone dramatically. One study even reported that watching erotic films can leave you stimulated and increasing natural testosterone by up to 35 percent for hours afterward!

As you’re likely aware, many arousal options exist if you need to supplement the more traditional methods. Thanks to the Internet – places, products and ample porn are just a few clicks away!

**Have Morning Sex**
Your testosterone levels are naturally at their highest after a good night’s sleep. Take advantage of this wonderful phenomenon and receive the added perk or increasing your testosterone in the process! Arousal alone increases the level of testosterone circulating within your body, so having a morning quickie can be more than just fun.

Try to work in morning sex at least once a week – perhaps even on the weekends depending on the hours you and your partner keep. Just remember to lead in with romance, not testosterone-boosting factoids.

**Keep a Positive Attitude**
Depression has been linked to lower testosterone levels. Lucky for us, the opposite is also true. If overall, you’re happy and satisfied with your life, chances are your testosterone is boosting itself naturally already.

If you believe you are fighting depression, please see a medical professional immediately. If you believe you could just a bit of a sunnier perspective, try reading a self-help book or carefully evaluating every aspect of your life. Once you can easily discern what makes you unhappy – eliminate it. When you know what makes you happy, surround yourself with it! As long as it doesn’t impede your testosterone-boosting efforts, that is!
Keep Bedroom Temperature Cool
Optimized sleep is key to reducing stress, restoring your body and overall health. The best sleeping environment is quiet, dark and cool. Studies prove that we rest best when in a cool, comfortable environment. If we’re too warm, we tend to toss and turn and try to shed excess layers or sheets all night. Add this to the advice we’ve given regarding not overheating your genitals, and now you have two reasons to turn-up the AC and dial-down the heat.

For your body to naturally produce more testosterone, many things need to be in balance and many MANY of them rely on healthy sleep patterns that set you up for maximum testosterone-boosting during the day. There’s a reason your testosterone levels are highest first thing in the morning!

Meditate
Although sitting and thinking, deeply, might feel quite opposite to pumping iron and other testosterone-boosting activities – meditation can be just as effective. Calming practices, such as meditation and yoga, can help you reduce your body’s overall stress levels. Stress, as you know, increases cortisol and causes another chain reaction that leads to more estrogen and less testosterone.

Your meditation options are endless. You can purchase instructional videos or books to do some private research or you can attend training sessions. You can also sit in a quiet room and free your mind of unnecessary distractions and truly focus on deep, cleansing breaths.

Only Drink Purified Water
Not unlike non-organic produce, your non-purified water also contains many undesirable traits, which will ultimately hurt your testosterone-boosting efforts. Many studies have found harmful chemicals, including xenoestrogens, within unfiltered water, which increase your body’s estrogen levels and consequently decrease your testosterone levels.

While purchasing purified water in glass bottles at your local store can get pricy, don’t overlook the at-home option of installing simple faucet purifying systems or purchasing refillable purifying pitchers. Just make sure you store the water in glass containers, or you’re introducing other testosterone-depleting potential.

Optimize Vitamin D
As described in Chapter 2, vitamin D is one of the most critical vitamins to your overall health. Vitamin D is also known to increase testosterone levels. This critical vitamin promotes health in all areas male: including healthy sperm development and increased libido and testosterone. Vitamin D deficiency didn’t used to be an issue, but now that we all stay out of the sun to prevent skin cancer, our primary vitamin D source has been removed from our lifestyle. If you are able to tolerate enough sun exposure to reach your ideal vitamin D intake levels, the natural source is always best.

If possible, have your vitamin D levels checked to see where you’re starting. Once you know what gap you’re trying to fill, head to the store! Vitamin D supplements are available in many pure or blended forms. Shoot for 8,000 IUs each day to ensure you don’t join the deficiency epidemic.

Regularly Participate in Competitions
Whether you win or lose, it’s truly the competition that counts when you’re trying to increase your natural testosterone. Although winners tend to have higher levels than losers at the end, both see an increased level leading up to, during and after the event.
Even if you don't get up on stage and flex for the judges, try to join an intramural league at work or shoot some casual hoops with your friends. A little competition is always healthy!

**Sleep in the Nude**
A lesser-known sleep trick that's known to increase testosterone naturally is to sleep in the buff! The reason is simple – your body is designed that way for a reason! Your testicles need to be cooler than the rest of your body in order to produce testosterone at their best.

Just as you shouldn't wear tight undies during the day, you shouldn't wear anything at night. The majority of your testosterone is produced while you sleep, so why not give your testicles an extra edge?

**Wear an Eye Mask While Sleeping**
This is another example that may have you feeling less manly, but this simple-to-implement tip can pay off in huge quantities! Artificial light in your bedroom while you sleep can trigger your brain to produce more cortisol. Cortisol is a stress hormone that increases estrogen and decreases testosterone.

Whenever you plan to sleep, make every effort to eliminate unnatural light from your room. Pitch black is best, but may not be possible in every home. Rest assured, many eye masks are available for purchase without any ruffles or lace.

**Work-in Contrast Showers**
Despite the eccentric old men you associate with Polar Bear Clubs, you may want to consider joining! Cold showers and their shock value are good for everything from improved hair and skin health – to enhanced circulation and increased testosterone! The cold water shock stimulates part of your brain's anterior hypothalamus that, through a series or reactions, releases luteinizing hormone, which stimulates testosterone production.

Try a 10-minute cold shower right before and right after bed to get your testosterone flowing AND increase your energy and strength levels!
CHAPTER 6: HOW TO MAKE SURE YOU WORKOUT TO INCREASE TESTOSTERONE

Perhaps all of this inward-looking, label-reading advice has made you feel like your testosterone levels are dropping as you read each new page. Worry not – here’s the part that will help you feel more like a man. You can also naturally increase your testosterone through working out! See our favorite tips below!

Avoid Overtraining
When trying to build testosterone levels, it’s important to train hard, but rest even harder! If you don’t allow sufficient time between workouts for your body to recover, your testosterone levels will ultimately suffer. One study even revealed that testosterone levels plummet by up to 40 percent.

If you start to notice the tell-tale signs, such as muscle shrinkage, irritability and insomnia, follow your body’s warnings and take a break. Make sure you’re getting enough sleep and remember that overwhelming your muscles can lead to underwhelming testosterone levels.

Lift Heavy, Compound Lifts
Isolation exercises have their place in every routine, but to get more gain with your pain – go for compound exercises whenever possible. Research has shown that testosterone is stimulated the most when you incorporate compound exercises. We recommend targeting multiple muscle groups with well-known exercise, such as military presses, dips and squats.

Try to limit your compound exercise routine to between one and two hours. Also, limit yourself to no more than eight sets and a maximum of five reps per exercise.

Lose Excess Body Fat
Extra weight is at the core of almost all major health problems, but it can also be a contributing factor to increased estrogen. You see, as your excess body fat increases, so do the natural levels of estrogen in your bloodstream. This estrogen acts as an anti-testosterone agent and converts your testosterone into even more estrogen.

While trying to reduce body fat, try not to diet too much as this can also hurt your testosterone-boosting efforts. Instead, try to focus on fat-burning workouts and selecting smarter foods in your diet. Of course, look out for obvious sources of refined sugars, such as juice, soda, breads and salty snacks. Also, watch for less obvious sources, such as milk and almost all processed foods. To fill the gap, add in plenty of vegetables, nuts and seeds.

Regularly Complete Interval Sprints
You may be tempted to get in as much cardio as possible to lower your fat and corresponding estrogen, but sprinting may have equal benefits to your testosterone-boosting goals! Recent studies have shown that a sprint as short as six seconds can dramatically increase testosterone levels in young men and they remain elevated for the duration of recovery.

The next time you consider 40 minutes on a treadmill, see how many break-neck speed sprints you can complete instead!

Train With Short, High Intensity workouts
As mentioned above, you don’t need to workout for hours on end to boost your testosterone naturally. What you do need to do, is use heavy weights for short intervals. Many studies have
shown that workout routines as short as 20 minutes can dramatically increase testosterone through their high-intensity, short-repetition design.

Figure out what the heaviest weight you can lift is, and lift it five times. Then allow yourself to rest one minute and repeat the process. This simple formula has been proven to provide the highest testosterone-boosting workout to date!

**Train With Volume**
This point is so important, we’re covering it twice! To maximize your testosterone-boosting potential, focus on lifting as much weight as possible with as few repetitions as possible. Target large muscle groups and try to slow down each movement, if possible.

Remember though – do not over train! While pumping up the weight may help your testosterone levels, not giving your body time to recover between workouts will have the opposite effect!
CONCLUSION

We hope you’ve found heaps of helpful information within this guide to help you on your testosterone-boosting journey. Although we attempted to summarize the majority of great information out there, additional research and discoveries in this area are always being made.

To help you stay the course, I’ve provided a list of helpful resources below, which you can consult in addition this quick-start guide. Happy reading!

My Favorite Workout Programs to Build Muscle and Strength
< The Grow Stronger Method
< Mass Intentions 40
< Deadlift Dynamite

My Favorite Cardio Programs
< Visual Impact Cardio
< Renegade Cardio

Best Testosterone Boosting Supplements
< DAA
< Jacked Up
< Hypergain
< Athletic Greens

My Other Low-dollar Programs
< 100 Push Up Challenge
< Body Weight Aesthetics

My Blog
< http://ryanmagin.com

My YouTube
< http://youtube.com/ryanmagin

My Facebook
< http://facebook.com/ryanmagin