

Testosterone Boosters

**Safe & Natural Ways To Boost Testosterone
For Improved Health & Well Being!**

Testosterone Boosters

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If you have any specific questions about any medical matter you should consult your doctor or other professional healthcare provider. If you think you may be suffering from any medical condition you should seek immediate medical attention.

You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in this book.

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Introduction To Testosterone Boosters

So you aren't feeling quite the same these days. Perhaps you chalk it up to growing older, your body isn't the young buck that it once was. Or, perhaps you think it's just a temporary problem caused by your diet or lack of sleep and that you'll simply "shake it off" eventually.

For thousands of men all across the Country, low levels of testosterone end up being the usual suspect behind countless medical and personal troubles. For many, their "T" levels are so low that they are barely able to recognize the men they once were. It feels as though they've been robbed of their manhood and from a medical perspective – they have.

You see, testosterone is responsible for everything from muscle growth to the strength of our erections. So when our levels drop below what's considered normal, we immediately feel the effects that it has on our minds and bodies.

Including:

- Instant cravings for unhealthy carbs.
- Inability to shed fat, despite our efforts.
- Difficulty gaining muscle.
- Mental weakness, (fogginess), loss of memory.
- Low sex drive.
- Trouble keeping an erection.

- Ache in joints and muscles.

Low testosterone levels are more than often, responsible for all these things but the good news is that there are things you can do to increase your T levels almost immediately.

Better yet, you don't have to push yourself through tedious "routines" or worry about consuming dangerous drugs or addictive medication.

In fact, you don't have to take a single pill or tablet in order to increase your testosterone levels. Just by using science-based strategies, you can exploit a **proven solution** to correcting low testosterone levels in your body so that you can get back to living the life you were meant to live.

The "***Testosterone Boosters Complete Guide***" was written to help men just like you who are fed up with suffering through a lower quality of life and are ready to reclaim control over their minds and bodies.

This is for you. Let's begin.

The Truth About Testosterone

In order to begin your transformation and increase your testosterone levels, it's important that you really understand how different testosterone levels affect your body.

(I promise, this won't be some sort of lengthy – boring medical prep. After all, you aren't studying to be a doctor; you just want to feel youthful and strong again. However, it really is important that you understand what role testosterone plays in your system so that you can start to identify some of the side effects you're feeling from low levels.)

When it comes to your body, there are essentially four different types of hormones that play a major role in your general well being. If any of these levels are disrupted, you immediately feel the impact.

Of all the hormones, testosterone is the most important and the one that holds the greatest control over the way your mind and body operates. It's called the “sexual hormone” because it essentially determines how strong of a sex drive you have, as well as how hard your erection is and how much sexual stamina you have.

A man's sexual hormones are collectively known as “androgens”, the main ones being testosterone. Androgens are created in a man's testicles, brain, adrenal glands and peripheral tissues and cells (and any muscle tissue or

cell in the body that needs androgens to function). Over 90% of all testosterone is produced in a man's testes, and brain.

So, why is testosterone so important?

Testosterone simply makes a man, a man. It is responsible for our muscle growth, hair growth, our blood levels (hence it's role in our ability to hold onto an erection), and even in our bones.

Testosterone peaks in waves throughout our lives – 3 different times:

1: During fetal development: Levels of testosterone increase from 0 to about 4.0 Nano grams, essentially turning the fetus into a male.

2: 6 – 9 months of age: Levels increase and then drop again by the age of one.

3: Puberty (10-12 years old): Levels begin to increase once more and continue increasing until roughly age 18. This is when the penis, prostate gland and scrotum enlarge, voice deepens, facial and body hair begin to grow and our body grows taller and larger.

Unfortunately, while our levels hold steady from the age of 18, by the time we reach 45, our levels have dropped significantly and continue to decrease until we die. For most men, they begin to feel the effects of a drop in testosterone at around age 30 though it may not be noticeable until early to mid 40's.

So, what can you do about it?

In the next chapter I'm going to take you through a series of all-natural solutions that will increase your testosterone levels almost instantly, while keeping you on a path towards maintaining healthy levels.

Surefire Testosterone Boosters

Exercise: Build Muscle To Raise Testosterone Levels

One of the greatest things that you can do for your body is to start incorporating a steady workout into your day-to-day life. Not only will doing this improve your overall health, but it can have a tremendous impact on your testosterone levels.

You see, the more muscle you have – the higher your metabolism rate. And the higher your metabolism, the more fat you'll burn. When it comes to testosterone, you can instantly encourage an increase in levels just by ramping up your workouts. Muscle growth leads to increased testosterone and increased testosterone leads to better health.

So, what kind of workouts should you incorporate into your day-to-day life?

Any workout that focuses on steady muscle-building and strengthening. You want to build up your core muscles because the exercises that will have the greatest impact on your testosterone levels will be those that are geared towards increased muscle use, breakage, and re-growth.

Here are a few things to think about when planning out your work-outs:

Focus on high-intensity training

High intensity, resistance based training has been proven to have the greatest impact on increasing testosterone levels after exercise. Focus on weight-training, lifting, presses, body weight exercises and core building that challenge your muscles and target all major muscle groups.

Continue Challenging Yourself

Don't focus just one on muscle group, but change it up from day to day, taking a break in between workouts. Every other day is best when just starting out especially if you haven't trained regularly before. Don't let one muscle group is used to the training – switch your focus for a few days before returning to the previous muscle group.

Always Warm Up

It's important to warm up your muscles before working out however keep warm ups short. You should never warm up for more than 15-20 minutes otherwise your muscles get worn out before you even begin!

Rest Between Training

Give your muscles a 30-40 second rest in between repetitions, and give your body 48 hours of rest in between strength based training.

Stretch Your Muscles

Stretching plays a major role in warming up your muscles and eliminating any chance of injury. Spend 10 minutes stretching out the major muscle groups before lifting any weight.

Be Careful With Running or Jogging

While running, walking and jogging are all important for improved cardio, you want to be careful not to over-do it. Studies have shown that men who ran 70+ miles or more a week had lower testosterone levels than average, so avoid running to the point where it's damaging to your T levels.

Just the same, short bursts of running and jogging have been proven to increase testosterone levels. In fact, one recent study revealed that men who ran for up to 25 minutes had an increase of over 70%!

Fuel Your Body – Eating Healthy

Regular exercise is an important part of any healthy lifestyle, however it's just one component in a full regime that will help boost your testosterone levels. Another ingredient in your recipe for success is your diet.

It's not so much just eating healthy but in loading up on power foods that are proven to boost testosterone levels (almost immediately).

While not a power food, protein is an incredibly potent nutrient for building muscle mass and contributing to the increase in testosterone.

Depending on your age, the recommended daily allowance of protein in men is around 55 grams. If you are looking to boost your testosterone levels, you will also want to boost your protein intake to as much as 160 grams a day.

There is also one *incredible power source* that has been proven to work for centuries was originally discovered by tribes in South America.

It's called "**Quinoa**" and unlike the majority of vegetarian based sources; quinoa is rich with amino acids (includes all nine acids) making it one of the most powerful sources of pure protein.

When building muscle and working out, it also serves as a strengthening ingredient, and offers a higher protein ratio than even rice and wheat.

If you've already begun to research ways of increasing your testosterone levels you may have read that iron is a great "quick fix" but be careful. While iron can boost your testosterone levels, too much iron can actually have the opposite effect, causing your body to slow down.

Rather than a power food, you can easily boost your testosterone levels with a power food *group*. **Meat**. Through extensive research, studies have shown that men who consume meat have testosterone levels of up to 40% greater than those who were on a vegetarian based diet.

Just as important are plants (of all kinds) as they contain important nutrients that will give your system a quick nutrient-boost that will also play a role in increasing the amount of testosterone in your system.

Self Sabotage

We've discussed just a few ways to boosting your testosterone, and before I show you other safe & natural solutions, I want to take a minute to make you aware of a few things you may be doing that are contributing to your lower T levels.

Skiping Meals

Your body requires calories in order to produce testosterone, so while healthy eating and regular workouts are important to keeping your body lean and to encourage muscle growth, you also need to be careful not to deprive your body of much-needed calories.

Why?

Because when your body suddenly experiences a drop in calories, it shifts into hibernation mode, believing that it's starving. This process also slows down your metabolism and when your metabolism slows down, so does the production of testosterone.

Bottom line? Make sure you consume enough calories to keep your body running at its peak performance.

Even if you diet, you still need to make sure you are getting enough.

Cutting Out Snacks

You may have been told that snacks in between meals is detrimental to maintaining a healthy weight. In truth, going long periods of time in between meals will have a dramatic impact on your body's' ability to produce testosterone.

Instead, you should snack every 2-3 hours throughout the day. If you are concerned about weight gain, focus on healthy foods such as almonds, apples, veggies or power bars that are high in protein. Your body will thank you for it.

Drinking Too Much Soda

Soda isn't good for you in the first place but an overload of it can actually cause a spike in insulin causing a slow-down of testosterone reproduction. Cut out overly sweetened beverages (this goes beyond just coke – try to cut down on juices or sweetened coffees or teas as well).

Overload of Salt

Most of us consume more than twice the recommended daily intake of salt. It's in all of the foods we eat, sprinkled or natural – it's there.

It's our job to pay close attention to the amount of added salt and choose foods carefully, so that we're providing fuel for our bodies rather than excessive salt that will cause our body to hold onto unwanted fat.

12 Quick Fix Power Foods

If you are looking for a *quick fix* so that your system is instantly pushed into producing higher levels of testosterone, here are a few amazing power foods that will boost testosterone production.

Shellfish

Shellfish provides two things that your body needs in order to produce testosterone: zinc and protein.

While any type of shellfish will do, oysters have been proven to offer some of the highest levels of zinc (over 5x your daily requirement!). Lobster, as well as crab is also great sources for high levels of proteins.

Asparagus

These 'lean green' stalks carry important nutrients that aid in the production of testosterone, but they also offer potassium which will help to keep your blood pressure stabilized. You can eat them however you choose, either stir-fry or raw, just make sure not to overcook them or they lose a large portion of their nutrient value.

Red Meat

Eating red meat will help your body get the iron and zinc it needs, but red meats also offer important alpha lipoic acid, which is a beneficial antioxidant.

While you never want to eat too much red meat, moderate amounts will help your body produce testosterone and are known as being the most anabolic of all proteins.

Beans

Beans, beans, the magical fruit – the more you eat, the more you toot!

Beans are extremely good at boosting your testosterone levels because they carry a large supply of zinc, as well as important carbohydrates and protein that your body needs.

Not only are beans beneficial at helping your muscles grow, but legumes including kidney beans, red beans, white beans and lentils offer a low-sodium option as a side dish.

Sunflower Seeds

Munch on a handful of sunflower seeds every day and you'll not only get your recommended daily intake of Vitamin E, but you will boost nutrient levels that will also help cells product testosterone!

Mushrooms

It doesn't matter what variety, mushrooms are a fantastic source of vitamin D that will help with the production of testosterone.

Avocado

In order to keep testosterone levels up, your body needs a good supply of monounsaturated fats and avocados provide just enough. They also contain important vitamins including Vitamin E and magnesium.

Garlic

It's been called a "wonder plant" and when it comes to aiding in the production of testosterone, it's truly a phenomenal root.

Garlic not only helps to prevent hardening of the arteries, this potent bulb helps to lower blood pressure and is a proven winner with directly increasing testosterone levels.

Bananas

Filled with potassium, bananas also help to counteract high levels of sodium in the body making it easier for the production of testosterone! Higher levels of potassium also help your body prevent calcium loss, and aid in muscle growth and recovery.

Eggs

Eggs are packed with valuable proteins that your body needs to encourage muscle growth. Eggs also contain all 9 amino acids and have been proven to increase testosterone levels.

Walnuts

The reason why walnuts are so effective at increasing testosterone production is because of the high level of vitamin B6 combined with a good amount of polyunsaturated fats.

Tip: Consume 1-ounce servings every other day.

Salmon

Salmon is a power food, or super food both because it contains an abundance of proteins but it also includes omega-3 fatty acids which help in the encouragement of increased testosterone.

Tip: Eat 3-4 portions a week for maximum results.

Hot Tip: Also consider incorporating foods into your diet that are native to the Mediterranean region. These foods are loaded with important nutrients and proteins that will speed up the production of testosterone.

This includes cheese, eggs, fish, whole grains, seasonal fruits and vegetables.

Safe & Effective Supplements

All natural supplements such as vitamins and proteins play an important role in encouraging the production of testosterone. However, throughout the years, I have researched countless supplemental aids and have found the following to be the most effective:

Zinc

Zinc supplements have been proven to aid in the production of testosterone and are safe for your system.

In fact, many men are actually “*zinc deficient*” but don’t realize it, so by increasing the level of zinc in your body, you will help to equalize your system.

Dosage: Men need 11 mg of zinc each day.

Calcium

Everyone needs calcium, but if you are in need of a higher level of testosterone, you need it more than anyone. While you get calcium in any healthy diet, taking a calcium supplement will boost your systems ability to protect itself against harmful viruses.

Caution: Don’t exceed 2500 mg per day, or 2000 mg if you are over 50 years of age. While calcium is incredibly important to a healthy body, too

much of it can cause kidney stones.

Vitamin D

Vitamin D is exceptionally beneficial however few of us ever get as much as we need (800 IU per day). I recommend over 5x more than that, in fact, I would suggest taking up to 5,000 IU's a day.

While our body produces this phenomenal vitamin when exposed to sunlight, we often need much more than we get. Taking a supplement is a great way to make up the difference, especially if you don't have the time to sit in the sun.

Tip: You can also get vitamin D from egg yolks, mushrooms, and fish.

L-carnitine

Increasing androgen receptor response is important when encouraging the production of testosterone and there's no easier way to do that than with L-carnitine supplements. They are affordable, effective and safe.

Tip: Take 2 grams of L-carnitine daily.

Magnesium

Magnesium is useful for hundreds of biochemical reactions but boosting testosterone is also one of its abilities (and one that it does very well).

In countless studies, magnesium has been shown to dramatically increase production levels of testosterone even in sedentary lifestyles, so if you aren't actively working out, this might just be the solution that you've been

looking for.

Encouraging Testosterone Production

Getting your body back on track so that it begins to reproduce testosterone is only the first step in recovery. You also need to take steps to maintain a healthy lifestyle so that you retain a high level of testosterone.

Here are just a few simple ways in which you can live a healthier lifestyle that will contribute to a good level of testosterone.

Minimize Stress & Anxiety

We all find ourselves stressed from time to time, but it's important to do your part to channel stress levels properly and keep your mind and body free from ongoing anxiety.

Stress can have an incredible affect on your body, and can literally start shutting it down, part by part.

Lower testosterone levels are very often linked to ongoing anxiety that is weighing on your sub conscious when you attempt to sleep at night.

Get Enough Sleep

Your body needs adequate time to recover from day to day life, as well as recharge your system, repair bumps and bruises and reset its internal clock so that when you wake up you feel rested and alert.

The primary hormone in our body that triggers sleep and tells the brain that

it's time to wind down and prepare for rest is called cortisol. This hormone follows a 24-hour consistent cycle, awakening in the early morning hours and tapering off as the evening draws near.

When the levels of the cortisol hormone rise, we experience a surge of energy, which explains why we all have more creative periods during the day where we are most productive and at top performance.

As the cortisol hormone tapers off and begins to drop, our energy follows suit and we begin to experience fatigue.

For the average human, our cortisol hormone levels drop the lowest after it's very dark outside (around 3 - 3 1/2 hours after sundown), and our bodies then shift into "repair mode", which helps us to self heal, regenerate tissue, cells and overall recovery.

You've heard the term "your biological clock" and this refers to the cortisol levels in our body constantly shifting from high to low as the environment around us changes, but in order for our levels to match our current state of mind, we need to be on an equal schedule, where we sleep during the dark hours of the night and awake during the light hours of the day.

When we experience insomnia for example, the first noticeable disturbance is to our internal schedules (or clocks) and we fight against the natural sleep cycle, which is meant to give our minds and bodies a chance to repair itself.

This is why those of us suffering from insomnia get easily confused, lose

focus and concentration, become irritable, easily annoyed, and subsequently, our immune systems tend to become weaker, causing us to be far more susceptible to colds and flus.

An optimal sleep pattern involves 7-8 hours of sleep, with our sleep schedule beginning at 10pm. It's been proven that physical repair to both our immune systems as well as organs and tissues begins shortly after we fall asleep and continues for up to 5 hours, ending around 3am (if we sleep at 10 pm in the evening).

This natural repair system takes care of many other potential illnesses and ailments as well including eliminating cancer cells, viral deficiencies, repairs immune cells, tissue, eliminates bacteria and other harmful agents.

Our sleep pattern involves psychic repair as well, where our brain releases chemicals that improve our state of being, as well as enhancing our ability to fight off colds and flus with a stronger immune system.

4 hours from the time we fall asleep we shift into what is called REM sleep as well as non-REM sleep (rapid eye movement) which takes our minds on a journey between light sleeping into deep sleep (where you are likely to dream).

This period of our sleep cycle is very important and helps to relieve anxiety and stress as well as process activities, thoughts and emotions that we've experienced throughout the day.

Limit Alcohol Consumption

Excessive alcohol consumption has been linked directly to lower amounts of testosterone so keep drinking to a minimum.

Stay Hydrated

Your body needs water. Without it, everything suffers from you're your memory to your organs. Lack of water (dehydration) also plays a major role in lower levels of testosterone so stay hydrated by drinking 6-8 glasses of cold water a day.

Testosterone Boosting Supplements

When it comes to supplements, you should always talk to your doctor before taking anything. However, that being said, they can be very effective at helping boost testosterone levels.

Keep in mind that supplements are designed to aid in other lifestyle changes that you must make in order to increase your testosterone levels. You can't just take a supplement and expect it to do magic. You need to recognize that they meant to be a helpful component rather than a stand-alone solution.

When it comes to choosing the right supplement for you, you really want to focus on natural, safe and healthy alternatives that are based on plant, root and herbs.

Here are a few supplements worth considering:

DHEA Supplement

One powerful supplement is called DHEA. Dehydroepiandrosterone is a hormone produced by your body, specifically, your adrenal glands, and as you get older DHEA levels drop.

At age 25, you have an incredible supply of the hormone, in fact, you reach your peak at around age 25-28, but by age 65 your levels drop significantly, and by 70 years of age, most men have less than 20% of

what they once had.

The DHEA supplement can help replenish the hormone, eliminating adrenal insufficiency, which is a direct contributor to lower testosterone. Eliminate adrenal insufficiency and your testosterone levels will increase, instantly.

Contact your doctor and discuss the possibility of taking the DHEA supplement. It's done wonders for many of my clients.

Pink Magic Supplement

USPLabs has a powerful, all-natural testosterone booster called Pink Magic, which has also been proven to increase serum testosterone levels in healthy males.

There are only three main ingredients, which safely allow your body to produce more testosterone and increase strength, libido, and muscle hardness.

Omega-3 Supplements

Another fantastic supplement is Omega-3. Omega-3 fatty acids play a vital role in muscle growth (through muscle protein synthesis), helping muscles repair themselves after workouts.

By taking an Omega-3 supplement, you can essentially “wash” your system, cleansing it of harmful bacteria while providing a sudden rush of muscle-building nutrients.

In truth, most of us don't get enough Omega 3 in our daily diets and we can all benefit from a supplement, so consider a daily tablet that provides an extra 3 grams a day.

Note: You want to speak with your doctor before taking any supplement regardless of the type of supplement that it is.

While dietary based supplements do not need to be FDA approved, you want to make sure that the supplements will not have a negative impact on your body, and that they will play no part in affecting other medications that you may be on.

Only you and your doctor know your body well enough to determine whether taking a supplement is beneficial, but don't be afraid to discuss the possibility with your physician.

Sometimes it's the difference between struggling to balance your system and being able to easily maintain a healthy lifestyle.

Hidden Culprits

Sometimes it's more than age, diet or lifestyle that affects your body's ability to produce sufficient levels of testosterone.

Here are a few things to pay attention to that may be the underlying cause of your lower T levels:

Statin Drugs

If you currently taking statins, such as Lipitor or Zocor, they are known to play a part in lowering testosterone levels. Consult your doctor about alternatives, and whether your dosage could be affecting your body's ability to produce testosterone.

Note: A study conducted in early 2010 revealed that over 50% of the men involved who were suffering from low levels of testosterone were currently taking some form of statin.

Statin drugs do have a place in medicine however they are also over-prescribed both in frequency and in overall dosage. Do your research to determine whether the drug you are on is absolutely necessary or if there are healthier alternative options available to you.

Anti-Depressant Medication

If you are currently on any form of anti-depressant medication, consult your doctor about possible effects that it's having on lower testosterone levels.

It's been proven that anti-depressant medication plays a role in reduced testosterone levels as well as directly impacting your libido due to the many agents found in the medication (including serotonin inhibitors like Lexapro, Prozac and Paxil).

Anti-Fungal Medication

Many men don't realize it, but anti-fungal medications are quite often associated with a drop in testosterone levels.

Contact your doctor if you currently take an anti-fungal medication of any kind and search out alternatives.

High Blood Pressure

Do you suffer from high blood pressure? If so, it may be a hidden culprit in your lower level of testosterone. Many men who suffer from high blood pressure take a form of diuretic, which rob your body of important zinc. Without zinc your body will struggle to produce testosterone.

Blood Sugar

Men over the age of 45 who suffer from diabetes are twice as likely to suffer from lower levels of testosterone as men of the same age.

While you should never go off any medication without discussing it with your doctor, you should be aware that many forms of medication prescribed to treat diabetes are linked to lower testosterone production levels.

Little Known Contributors

When it comes to lower testosterone levels, sometimes the cause isn't so easy to identify. For starters, it may have absolutely nothing to do with medication you are on, and maybe you work out regularly, eat well and get plenty of sleep.

If that's the case, here are a few things to consider:

Shampoo

Well, it's not so much your shampoo but the common ingredients found in shampoos that could be having an impact on your body's ability to produce testosterone. They are called "xenoestrogens", and they include a host of chemicals that are detrimental to your ability to maintain healthy testosterone levels.

You see, these chemicals are synthetic forms of the female hormone, estrogen, but unlike natural healthy estrogen, this chemical-based hormone is extremely difficult for our body to get rid of, so when it's absorbed into our system (like when we wash our hair), our system struggles to control it, identify it and get rid of it.

Take a look at the labels of common personal hygiene products that you use including shaving creams, soaps and body washes, and avoid all of the following:

Parabens

You'll find parabens in over 90% of all personal care products. They are most commonly used as a preservative to increase the shelf life of shampoos and conditioners, so that they don't expire so quickly.

Studies have identified a direct link between paraben exposure and low-testosterone (and even breast cancer).

Get rid of any shampoo with an ingredient that ends in “-paraben” (such as methylparaben, butylparaben, and so on).

Sulfates

You'll find that most shampoos contain an ingredient such as “Sodium Lauryl Sulfate” and “Sodium Laureth Sulfate”.

These are responsible for that thick lather of foam you're programmed to believe is responsible for cleaning your hair. They're also the same ingredient used in car engine degreasers and car-wash soap foams. But on your head, these sulfates quickly enter your bloodstream and have been linked to *everything* from excessive estrogen load to malformation of the eyes in children. Get rid of them!

Propylene Glycol and Polyethylene Glycol

These common “organic” alcohols are used in everything from antifreeze to oven cleaners... and as a fragrance stabilizer for shampoos and lotions.

Unfortunately, they tend to break down the structure of your cells to allow rapid absorption of the other xenoestrogens in your shampoo for a shotgun

blast of female hormones straight into your bloodstream.

Instead, shop for natural shampoo that is free from toxic chemicals.

<http://www.Jason-Natural.com> is a fantastic resource for body-loving products that are all pure and natural.

Testosterone's Kryptonite

Cortisol is an important hormone in our body when it's regulated and balanced. Unfortunately, when cortisol is constantly elevated – as it often is in the sleep-deprived (insomnia) and chronically stressed – testosterone production immediately halts.

Excessive levels of cortisol produce insulin resistance, fat gain, and muscle wasting, while testosterone promotes muscular hypertrophy and lean mass gains. Cortisol contributes to metabolic syndrome, while testosterone helps alleviate it.

So, what does this mean?

You need to avoid excessive cortisol. Think of it as testosterone's Kryptonite, its archenemy, and its antagonist. It reduces testosterone levels, mutes its production and prevents it from balancing itself out.

How can you avoid excessive cortisol?

Stay calm.

Stress is the ultimate cheerleader of cortisol and helps produce it, so do your best to avoid being over-loaded with stress or anxiety.

Get enough sleep.

Lack of sleep, leading to insomnia, will trigger the over-production of cortisol.

Avoid over-training.

You want to give your muscles time to heal and repair themselves without burning out. Overworked muscles affect T levels and reproductive functionality, so take it easy.

Z.M.A Booster

One powerful supplement that's been around for years is called Z.M.A, which includes:

- Zinc
- Magnesium aspartate
- Vitamins B6

It's the most well known testosterone-boosting supplement on the market, and one with the highest reviews from every group study performed over the decade+ that's been available to the public.

The reason it works so well is obvious. The supplement consists of 3 incredibly powerful components, needed for the body to perform at its maximum potential.

Zinc – is essential to chemical reactions in our body, including cellular energy and synthesizing proteins. Our immune system also relies on zinc to aid in its constant fight against bacteria and viruses.

Zinc also helps the liver function properly as well as keeping the prostate gland from enlarging. It's also a critical component in maintaining reproductive organ health.

The recommended daily value for zinc is about 15 milligrams.

Magnesium – is essential for normal heart function, helping to transport neurochemicals throughout the body. Magnesium also helps to regulate our moods.

Daily recommended value is 400 milligrams (for men).

When your body is given all of the vitamins and nutrients it needs, it's free to equalize and balance itself, and of course, that includes producing a sufficient supply of testosterone.

ZMA combines three all-natural vitamins and minerals into one capsule, and is an inexpensive supplement, used by bodybuilders and trainers.

The usual dosage is 2 capsules a day but speak to your doctor before taking this supplement. The great thing about ZMA is that it's all natural, which means it's free from chemicals or harmful components that your body could grow dependent on.

Age Is Just A Number

My “a-ha” moment came when I realized that age was not a determining factor for lower testosterone levels.

The #1 reason for my low testosterone levels was due to the incredibly high levels of estrogen that I experienced in day-to-day life. Now, the problem isn't estrogen directly, but the chemical version of estrogen.

We are exposed to this chemical version many times throughout the day and once it's been introduced to our body, it's immediately identified as natural estrogen, and we struggle to excrete it, to get rid of it, locking it into our core.

When that happens, we see it transform in fat stored around our mid section, in fatigue, lack of a sex drive and even chronic stress and depression!

So, if we want to encourage our body to produce testosterone and maintain healthy, “normal” levels, we need to avoid this chemical version of estrogen as much as possible.

How?

Pay attention to everything around you, starting with your diet. Eat organically whenever possible. As you know, everything from vegetables to

meats are sprayed or injected with hormones in order to extend shelf life, or make them appear greener and more attractive. So, begin by replacing these items with organic, natural alternatives.

Personal Hygiene Products

I've already discussed the fact that many shampoos, soaps and lotions that we regularly use are packed with harmful chemicals and chemical-based estrogen is the main culprit. You absolutely need to avoid all products that contain an ingredient that ends in “-paraben” (such as methylparaben, butylparaben, and so on).

Yes, that sometimes means that you'll need to replace it all, but if you're serious about improving your testosterone-health, there's no way around it.

Lawn Fertilizer

Any type of commercial-based product usually contains chemical-based estrogens, including the fertilizers used on golf courses. Instead, look for organic courses that do not use toxic fertilizers. At home, use organic fertilizer in your gardens and lawn.

Restoring Testosterone Naturally

Replenishing and restoring testosterone and maintaining a healthy level involves a 3-step process:

Balanced System

Provide your body with a strong foundation that encourages testosterone production. Your endocrine system includes eight major glands that are placed all over your body. These important hormones are chemical messengers that help to regulate your systems functions.

If these hormone levels end up too high or too low, you could experience everything from organ malfunction, to stress, infection and disease. Unbalanced hormone levels also lead to lower testosterone levels, so it's important that you maintain a foundational system balance.

You do this by maintaining an environment where you are not exposed to high levels of estrogen.

Reduce Exposure To Estrogens

Do your part to minimize exposure to common chemical-based estrogens.

Eliminate personal products that contain estrogens, change your diet and do your best to understand where these estrogens are coming from so you can decrease the levels that your body is exposed to.

Encouraging Your Body's Release of Testosterone

Your body needs help producing testosterone and it's up to you to do your part in supporting its production levels. Start with improving your diet, making sure that you stay away from strict diets (your body needs fat in order to create testosterone), and live a healthier lifestyle.

Final Words

From today forward when you are told that lower testosterone simply comes with age and that you really can't do anything about it – you know better. You don't have to accept that age is the leading factor, that it's "*natural*", or that it's completely out of your control.

You *can* now do something about it.

It doesn't matter if you're 40 or 60+, you can take steps towards increasing your testosterone levels so that you can live a higher quality of life.

Consider all of the many influences in your life that are currently affecting your body's ability to produce testosterone. Your diet, your weight, stressors, lack of vitamins and nutrients, and your lifestyle choices.

Begin by identifying the problem, and then take action in correcting and improving those areas of your life that are contributing to your lower levels of testosterone. Preventative care will make all of the difference, and with a little bit of work and determination, you can take control of your life once again.

To a higher quality of life!