



# 97 SCIENCE-BACKED FOODS THAT BOOST TESTOSTERONE

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## **97 SCIENCE-BACKED FOODS THAT BOOST TESTOSTERONE**

Welcome to the 97 Science-Backed Foods That Boost Testosterone manual. Inside these pages you'll discover the most potent foods to maximize the #1 hormone that makes us men, well... men.

I hope this proves to be a complete nutrition resource for you that's chock full of the most cutting edge information to transform your way of eating and give you the BIGGEST anabolic surge possible via your nutrition.

The information in this guide has been heavily researched.

*And to be completely transparent... **I don't think there's another guide like this for men who want to increase testosterone naturally with food.***

**So I hope you enjoy this "Holy Grail" of information.**

By the way, I tried to add some humor to the text to break-up all the "science talk." So I hope you find this text as much entertaining as you do informative... and most importantly... LIFE CHANGING.

If you have any questions regarding the text, please email me at:

[joe@liveanabolic.com](mailto:joe@liveanabolic.com)

Here's to eating like a man!

***Train HARD and with NO REGRETS!***

Sincerely, your friend & coach,  
Joe

# CARBOHYDRATES

Carbohydrates are massively important for men's health and testosterone. Which, may sound like *Breaking News*. After all...

Today's diets hardly promote carbohydrates.

Think about it. We have the famous bodybuilding "high protein, low carb" movement, the Ketogenic diet, Atkins, and other fads telling you to eliminate carbs...

It's killing your t-levels, my friend. Get this... according to a study published in the U.S. National Library of Medicine, the neurons in your brain responsible for releasing the hormone GnRH that ultimately sends signals to your testis saying, "let's produce more testosterone"... is dependent on carbs (1).

Now, get this...

There's a drug called, *Diazoxide* - which, suppresses insulin release and prevents glucose uptake in your cells...

Well, this same drug, which prevents carbohydrate uptake is also known for lowering both free and total testosterone levels in men. This according to a publication in the journal, *Clinical Endocrinol Metabolism* (2).

Now, I have even more studies for you...

*(I hope you don't get sick of these. After all, the title is "97 Science-Backed Foods That Boost Testosterone and other things" **so I want to fulfill my promise of providing you with scientific support for all claims.**)*

I promise, you'll feel like the *Mad Scientist of Anabolic Eating* after this (HA-HA)

- But I digress...

You see, another study published in the *Journal of Applied Physiology* shows resistance-trained participants who ate more protein and less carbohydrates, had lower testosterone production...

In fact, the relationship showed the larger the protein to carbohydrate ratio... the bigger the drop in testosterone. *They call this a "dose-dependent" response.* (3)

It just furthers the argument that if healthy testosterone levels is your #1 goal, then low carb is NOT the way to go. Instead, you'll enjoy the juicy, crunchy carbs in this section.

Not convinced? Here's one more study (and I'll leave it there) that lower carb diets are not optimal for testosterone production. This study was published in the journal, *Live Science*.

Basically, the study examined t-levels in subjects who were put on diets that were nearly identical in terms of caloric intake and dietary fat intake (20% of calories), but differed in the protein to carbohydrate ratio...

**Group 1:** 10% protein 70% carbs

**Group 2:** 44% protein 35% carbs

The results showed testosterone and DHT were significantly lower in the high-protein low-carb group and their cortisol levels were also significantly higher.

The study confirmed carbs have an androgen boosting, stress suppressing effect (4).

So how many carbs should you be eating? **40-60% of your daily calories will do.**

*Okay, now, what kind of carbs should you eat?*

Well, before we get into the specific foods, it's important to note we want to stay away from gluten. Why?

Gluten has been shown to increase prolactin levels. According to a study published in the U.S. National Library of Medicine, high Prolactin consumption is shown to decrease testosterone. (5)

Which is why you won't see any gluten in this guide... instead, whole fruits, veggies and other gluten-free options you may have never thought of. Starting with:



## **1. Potatoes (and all kinds of them)**

Potatoes are a great place to start. For one, they are gluten-free goodness.

And as you know, one regular-sized potato contains anywhere from 30-50 carbs... which as we discussed, carbs help boost your testosterone levels.

*You want to make your potato even more “anabolic”?*

**Slab on a sliver of grass-fed butter in the center...** and if you want some extra nutrients (which is always recommended), make it a sweet potato.

If you want to get extra-fancy in the kitchen, here’s a delicious sweet potato fry recipe that your tastebuds will thank you for...

### **High Fat Sweet Potato Fries Recipe:**

2 large garnet yams or sweet potatoes, cut into wedges

2 tablespoons olive oil

1 tablespoon chili powder

1/2 teaspoon cumin

1/2 teaspoon garlic powder

1/4 teaspoon cayenne

Instructions:

- Preheat oven to 425°F.

- Toss cut sweet potatoes in olive oil, cumin, chili powder, garlic powder, and cayenne. Make sure every wedge is evenly coated.

- Roast cut-side down for 30 minutes, turning once.

Makes 4 servings.

Calories: 154

Fat: 7.4g

Carbs: 21g

Protein: 4g

As you can see above, the macronutrient breakdown of these sweet potato fries are the perfect ratio for your t-levels.

Here's the list of potatoes that are great for your t-boosting carbohydrate source:

- White potato
- Sweet potato
- Kerr's pink potato
- Purple Peruvian
- Yukon Gold

## **2. White Rice (is better than brown rice)**

Flip through the pages of any fitness magazine or glance at the online health forums and most everyone from the IFBB bodybuilder to the medical doctor will tell you brown rice is healthier for you than white rice...

Not so fast, my friend.

Now, while rice bran won't directly lower your testosterone levels, researcher published in the *Journal of Supercritical Fluids* found rice bran is a potent 5-alpha reductase enzyme blocker. Meaning, it blocks the conversion of testosterone into dihydrotestosterone (7)

In fact, it's so potent, brown rice, also called bran extract is more effective at blocking DHT than most drugs for such purpose on the market. Think about that for a minute.

Now, dihydrotestosterone (DHT) is the king of androgens. It's about 10 times more potent than testosterone and is one of the reasons high t-levels are so beneficial for men. Because as your body naturally converts some of that testosterone to DHT.

Unfortunately, by eating brown rice you're blocking testosterone from exerting its full effects in the body by converting some of itself into dihydrotestosterone.

So while white rice - which does not contain any bran - isn't shown to be bad for your testosterone levels... brown rice may actually be.

### 3. Celery (*eat it or smell it*)

If you would have told me smelling celery increases your testosterone levels, I would



ask, “*what are you drinking?*”

However a recent study published in the *Iran Journal of Reproductive Medicine* shows eating celery has antioxidant properties that protect the membrane of the testicles and help promote an increase in testosterone production... (6)

And smelling it gives a small boost too...

*Now, would I recommend taping a piece of celery under your nose and sniffing it all day? Nope...*

But I do have a better idea...

One cup of celery contains only 16 calories and helps fill your stomach. As a result, celery fits perfectly into a low calorie diet... which, can help you to maintain healthy weight.

As you know, having a healthy weight can help men maintain ideal testosterone levels while excess body fat causes a drop in a man's testosterone... how?

Well, this is because body fat converts testosterone to estradiol (7), which lowers your testosterone levels and causes the manifestation of female features like man breasts (gynecomastia) and hard-to-lose belly fat.

Celery is also chock-full of Vitamin K.

***Just one cup of celery provides 25 percent of a man's recommended daily intake... so eat 4 cups a day!***

And according to one study published in *Food and Function in 2011* vitamin K deficiencies can lead to weaker testosterone production. As a result, eating more celery might help your body produce more testosterone (8).

With that said, this research was conducted on rats. As of now there's no human studies to measure how much celery is needed for a man, yet the results are promising as rats have reproductive similarities as humans.

## **5 Estrogen Lowering Foods**

### **4 - 17. Cruciferous Vegetables**

*Here's a list of cruciferous vegetables for you:*

*Broccoli - cabbage - cauliflower - kale - brussels sprouts - arugula - turnips - radishes - Bok choy - collard greens - mustard greens - watercress - rutabaga*

Cruciferous vegetables are the best types of foods to add to your diet to lower estrogen levels. They contain a compound called DIM which helps your body remove estrogen through the liver... (9)

Cruciferous vegetables also contain chlorophyll - which is where these vegetables get

their green color. Chlorophyll also helps reduce estrogen levels by improving liver health (10) .

## 18. Mushrooms

One of the worst enzymes in the male body is called aromatase. Here's why it's so horrendous for you...

It directly converts your hard earned testosterone into estrogen. Basically, this



hormone 'feminizes' men.

Which is why our ability to drive aromatase enzyme levels down is important. In fact, it's a "game changer" for us guys. Because when we block this conversion we can enjoy more testosterone and far less estrogen.

One great way to do this is by eating white-button mushrooms... also known as, the ultimate aromatase inhibitor...

One study published in the *Journal of Nutrition* had researchers produce an extract

made from white button mushrooms...

The result? This white button mushroom extract decreased the activity of aromatase enzyme and lowered estrogen levels. The relationship was dose-dependent; again, meaning the more extract administered, the less aromatase enzyme and estrogen (11) .

Another study published in the *International Journal of Cancer* found white button mushrooms supplemented with plain green tea was able to shrink aromatase enzyme activity. Researchers called the reduction “statistically significant”. (12)

Here’s another plus about white button mushroom... they’re dirt cheap!

By the way, if you don’t like the taste of mushrooms, there are white button mushroom extract supplements you can find at your local natural grocery store or order online.

## **19. Onions**

Onions are full of anti-inflammatory phytochemicals and antioxidants which are potentially testosterone boosting. These antioxidants include apigenin and quercetin.



Here's the thing about the onion studies ahead, they were completed with rodents. Again, rodents have similar reproductive systems as humans and are often studied in place of.

One study published in the *U.S. National Library of Medicine* found when onion juice was added to male rodent feed, testosterone levels increased on average 300% (13).

Another study recorded in *Experimental Biology of Medicine* showed fresh onion juice increase sex-drive in rodents, increase testosterone levels and boost sexual function (14).

Now, before you go blending up onions and drinking them... (I've seen a video of a guy doing this on YouTube... let's say, it didn't stay down)...

You'll have better luck adding onions to all of your meals. Which is actually fairly easy to do. You can chop them up with your eggs in the morning, mince them with an evening fillet or toss them atop of a Cruciferous filled salad.

## **20. Spinach**

Spinach is full of chlorophyll, which, as mentioned earlier in this section fights estrogen (15) .

Which is why I recommend adding spinach to your diet in as many meals as you can.

Spinach is also jam-packed with natural nitrates, which make your blood vessels larger and increases nitric oxide production (both a winning combination for strong erections and more morning wood).

## **21. Asparagus**

Asparagus is a testosterone boosting vegetable that tastes incredible when you cook it right.

Of all vegetables, this bristly green leads the way in its nutrient diversity.

Among these nutrients are folic acid, potassium, magnesium, vitamin E and vitamin K, which are major proponents of testosterone production.

Vitamin K2, an oft-forgotten nutrient has begun to garner some attention for itself after a recent clinical trial saw a 56% increase in testosterone for male rats who ingested the vitamin over a five-week period of time.

Rat or no rat, those are huge numbers well worth considering...

Asparagus is packed from head to toe with testosterone boosting properties that you don't want to miss out on. Grill it. Steam it. Eat it raw... Just get this testosterone boosting vegetable into your diet.

## **22. Garlic**

According to reports published in the Journal of Nutrition, garlic supplementation with garlic gives you a nice boost in testosterone (16) ...

*Who knew this "Vampire Slayer" was so anabolic, right?*

But get this, garlic not only increases testosterone levels, but also acts as an anti-estrogen. You see, as we discussed earlier, quercetin - which is the flavonoid that inhibits aromatase enzyme activity in the body while also increasing your erectile strength - *helps shrink estrogen levels... and garlic is loaded with it.*

## **23. Pomegranate Juice (or you can eat the whole thing)**

This is the juice Big Pharma wants you to know NOTHING about. And for two significant reasons...

**1) Pomegranate has been shown to improve erectile dysfunction.**

Research published in the *International Journal of Impotence Research* found drinking

8 ounces of POM Wonderful 100% Pomegranate Juice daily may help the management erectile dysfunction (17) . Here's how it went down...

A randomized, placebo-controlled, double-blind, pilot study examined the efficacy of pomegranate juice versus a placebo in improving erections in 61 male participants.

Each participant had mild to moderate ED for at least 3 months. Each participant was also in a stable, monogamous relationship with a consenting female partner. And each



participant had to be willing to attempt having sex at least once per week during the study period.

Mild ED is defined as the mildly decreased ability to get and keep an erection, while moderate ED is the moderately decreased ability to get and keep an erection. The majority of men with ED have moderate ED.

For the first four weeks of the study, the subjects would drink 8 oz. of POM Wonderful Pomegranate Juice or 8 oz. of placebo beverage daily with dinner or shortly after dinner. At the end of each four week period, the effectiveness was recorded using the *International Index of Erectile Function (IIEF)* and *Global Assessment Questionnaires (GAQ)*.

47% of the participants reported their erections improved with POM Wonderful Pomegranate Juice, while only 32% reported improved erections with the placebo. (which is surprising in itself and may show some cases of ED are due to lack of confidence or performance anxiety).

Researchers believe the positive results from the POM Wonderful Pomegranate Juice may be from the potent antioxidant content of pomegranate juice, which can prevent free radical molecules from disrupting blood flow.

There's other previously published medical studies which show pomegranate juice enhances blood flow and slows or reverses arterial plaque growth...

Now, because an erection requires significant blood flow, the pomegranate antioxidants may provide benefit by shrinking arterial plaque and improving blood vessel expansion.

Co-author of the study, Harin Padma-Nathan, MD, FACS, FRCS, Clinical Professor of Urology at the Keck School of Medicine, University of Southern California, said this:

*"These findings are very encouraging as they suggest there is a non-invasive, non-drug way to potentially alleviate this quality of life issue that affects so many men. For men with ED, it is important to maintain a healthy diet and exercise. Drinking pomegranate juice daily could be an important addition to the diet in the management of this condition."*

## **2) Pomegranate can boost testosterone levels.**

And for two reasons: a) by increasing testosterone production. b) by lowering estrogen levels (18) .

A study published in *Endocrine Abstracts* shows pure pomegranate juice consumption increases testosterone levels by 24% (19) . *Here's how the study went down...*

A controlled cross-sectional repeated measure study was carried out on 60

volunteers. Daily saliva samples were collected morning and night, along with blood pressure. The result?

Not only did daily pomegranate juice consumption lower blood pressure (making this a great beverage for men on BP meds or with a family history of high blood pressure), but testosterone increased 24% as mentioned above and overall mood improved also in participants.

Now, if you do go to the grocery store to get yourself some pomegranate juice, make sure it is the “no-sugar added” kind. You are looking for the purest pomegranate juice possible.

**And to make it easy, I just recommend *POM Wonderful*.**

## **3 Boron-rich Foods To Reduce Sex Hormone Binding Globulin & Boost Test**

### **24. Raisins**

**Raisins are the #1 food source for boron concentration.**

Just 100 grams of raisins hold 3mg's of boron. Which may not sound like a lot... however, it's 100% of the RDA (recommended daily amount) and just about half of the recommended amount to maintain healthy testosterone production (20) .

*All you need is a cup or two a day and you're golden...*

One more plus side to Raisins is they contain a lot of resveratrol. Which according to the *U.S. National Library of Medicine* can also help stimulate testosterone production (21) .

## **25. Prunes**

Prunes, Raisin's less popular older brother, also has similar benefits due to its high concentration of boron.

100 grams of prunes provides you with 1.1mg's of boron, which is about 35% of the RDA. (See why prunes are less popular than raisins?)

However, they make for the perfect combo to add with your raisins and they're great for going #2 if you're backed-up (so to say).



To continue on with the dried fruit theme... which, hey, you can make your own trail mix with these and some brazil nuts/macadamia nuts... here's one more SHBG blocker...

## **26. Dried Apricots**

Dried apricots are highly nutritious and chock-full of anti-oxidants.

And, not to beat a dead horse here. But...

What makes apricots great for improving your testosterone production, is the high

amount of boron...

Just 100 grams of dried apricots will give you 2mg's of boron, which is 66% of the recommended dietary amount.

Again, not as "hot shot" as raisins. But it's always good to mix your foods up and get the benefits from each unique fruit.

**I highly recommend consuming any of these three dried fruits before or after your workout.** They are ultra-fast digesting carbs, have no fat, and are loaded with anti-oxidants to enhance the recovery process.

---

## **27. Bananas**

The banana, also known as the dieter's "Snickers bar", is delicious, cheap and packed with testosterone boosting benefits.

Bananas contain *bromelain*, an enzyme that helps your body recover after a workout and also acts as a safeguard for your testosterone levels...

This way, your T-count won't dip after a long workout.

Check out this study from the University of Tasmania...

15 elite cyclists were used as test subjects...

The subjects raced in a competitive cycle race for 6 consecutive days...

Researchers divided the participants into two groups.

**Group 1)** 7 cyclists who received 1,000 mg's of daily bromelain.

**Group 2)** 8 cyclists who received a similar-looking placebo.

On days 1,3, and 6 over the cycling days, researchers took blood samples and examined the samples for various exercise markers, including testosterone.

As expected, the high amount of endurance exercise significantly lowered blood testosterone levels in the placebo group...

However, the group getting 1,000 mg's of bromelain supplementation had stable levels of testosterone throughout the 6 days of cycle racing (22) . **Imagine that!**

*6 consecutive days of elite level cycling with no significant reductions in T levels...*



The researchers said this... *“Consecutive days of competitive cycling were associated with increased markers of muscle damage and a reduction in circulating testosterone across the race period. Bromelain supplementation reduced subjective feelings of fatigue and was associated with a trend to maintain testosterone concentration.”*

**Just another reason to eat more bananas.**

## **28 - 34. Dark Berries** (like blueberries, blackberries, elderberries, bilberries, huckleberries, blackcurrant and acai)

Darker berries are jam-packed with antioxidants...

The more antioxidants you eat the less inflammation and oxidative damage in your body... which may result in a nice boost in your testosterone production as well as testosterone molecule preservation depending on your current stress and inflammation levels.

Dark berries also have a unique fiber called *Calcium-D-Glucarate*.

This fiber has been shown in the *U.S. National Library of Medicine* to potentially help your body to remove excess estrogen (23) .

## **35. Red Grapes**

The skins of red grapes contain *resveratol*, a **proven aromatase inhibitor**...

Aromatase is an enzyme that converts testosterone and other androgens into estrogen (24)

Consuming grapes and other sources of resveratol like the ones we've previously mentioned can help support healthy testosterone levels.

## **36. Honey**

Honey is full of boron.

Which as mentioned earlier, is connected to high testosterone levels.

Here's a man-bonus...

Honey boosts nitric oxide production, which opens up blood vessels to improve the

strength of your “manhood”.

## **37. Sorghum**

Sorghum is a gluten-free grain. Which is awesome, because gluten can destroy your testosterone levels if consumed too much.

One study published in the U.S. National Library of Medicine shows sorghum increases your 5-alpha reductase levels 54%... which increases DHT conversion (25).

## **38 - 41. Grapefruit, lemon, lime, oranges (and other citrus fruits)**

Grapefruit lowers the stress hormone cortisol because it's jam-packed with antioxidants. This according to a recent study published in the *U.S. National Library of Medicine* (26).

It also contains vitamin A, which is an essential vitamin for testosterone production.

Grapefruit also helps lower estrogen levels, thus promoting healthy male hormones.

***Vitamin C also reduces stress and inflammation (27).***

All of these can help keep your testosterone levels high and healthy by blocking cortisol production and shrinking inflammation levels.

## **42. Fava Beans**

The L-dopa content in fava beans is what mainly gives it the ability to provide a positive effect on your testosterone levels (28) . L-dopa gives a boost in dopamine levels in your brain and also increases growth hormone production.

Here's how... L-Dopa stimulates GnRH (gonadotropin releasing hormone) which activates the Leydig cells within the testes, promoting hormone production.

# Eat These Before Bed To Boost Test Production While You Sleep

## 43-44. Tart Cherries (*and if you don't like tart, go with raspberries*)

A new study by a team from the University of Pennsylvania, University of Rochester, and VA Center of Canandaigua have learned that tart cherry juice might be the answer.

The researchers looked at the sleep habits of 15 older adults who drank 8 ounces of tart cherry juice in the morning and evening for two weeks. Then they drank a comparable matched drink with no tart cherry juice for another two-week period...

*The results?*

A significant reduction in reported insomnia severity during the weeks when they drank the cherry juice.

The adults saved about 17 minutes of wake time after going to sleep, on average,



when drinking cherry juice daily compared to when they were drinking the other non-cherry beverage.

So what's the magic in cherry juice? Cherries contain melatonin, a natural antioxidant with a well-documented history of helping to regulate the sleep-wake cycle. Produced naturally by the body in small amounts, melatonin plays a role in inducing sleepiness at night and wakefulness during the day.

## **45. Goji Berries**

Because this is a post about testosterone health, I'm going to recommend goji berries to you by its more masculine name: *the wolfberry*...

These testosterone boosting fruits won't keep you howling at the moon all night.

**Instead, they'll help you get a good sleep, which is essential for boosting your testosterone (29) .**

We live in a fast-paced, work, work, work, go, go, go world that causes lots of us to sacrifice essential zzz's.

The problem with poor quality sleep is that your testosterone levels are directly affected by the amount of sleep you get at night.

You can try all the tricks in the world, but if your sleep is lacking your goal of a high T-count will be unattainable.

Wolfberries help your body and your mind relax, making it easier for you to fall asleep, stay asleep and feel energized when you wake in the morning.

Make yourself a cup of wolfberry tea or smoothie before bed and get some more zzz's (and more T while you're at it).

## Wolfberry Tea Recipe To Help You Sleep Deeper And Boost Anabolic Hormone Levels Overnight:



### **Ingredients:**

- 1 serving of **goji berry powder**
- 1 tsp. apple cider vinegar
- 1 squeeze of lemon
- decaffeinated tea (or blend in a smoothie with milk)

## **46. ZMA Supplement**

Now, I know ZMA isn't necessarily a food, however, it is a helpful supplement to support deeper sleep and increased testosterone production overnight.

*ZMA is a combination of zinc monomethionine/aspartate and magnesium aspartate plus vitamin B6...*

Research shows ZMA has significant anabolic benefits.

One study performed at Western Washington University (Bellingham) had NCAA football players take either a ZMA supplement or placebo every night during an

eight-week spring training program.

The athletes consuming the ZMA supplement had more than a 30% increase in testosterone levels and a 5% increase in growth factor 1 (IGF-1)...

Those taking a placebo saw a 10% decrease in testosterone and a 20% decrease in levels of IGF-1 (30) .

***Pretty spectacular, right?***

-----

## **47 - 51. Other Gluten Free Carbs (*You May've Never Heard Of*)**

\*Remember - **gluten has been shown to lower testosterone levels**. However a diet high in carbs have been shown to increase testosterone levels...

The middle ground?

Gluten free carbs!

Here's a few more to add to your list of foods that boost testosterone...

### **Quinoa**

One of the more popular gluten-free carbs. It also contains tons of minerals and B-vitamins.

### **Millet**

This is an ancient grain used to make bread.

### **Buckwheat**

Despite the name having 'wheat' in it, this is a gluten-free seed that can be cooked and enjoyed.

## **Amaranth**

If you love couscous, this protein-packed gluten-free grain has the same texture.

## **Lentils**

Perfect to make into a lentil soup with power packed and filling veggies.

Okay, so that's a big list of carbs, right? Well, let's give you a complete grocery list on the next page you can print out and take to the local market to get your testosterone friendly carb sources... ---->>

# Complete Testosterone Friendly Carbs (*Grocery List*)

## Potatoes

- White potato
- Sweet potato
- Kerr's pink potato
- Purple Peruvian
- Yukon Gold

## Other Gluten Free Carbs

- White Rice
- Quinoa
- Millet
- Buckwheat
- Amaranth
- Lentils
- Sorghum

## Vegetables

- Celery
- Broccoli
- cabbage
- cauliflower
- kale
- brussels sprouts
- arugula
- turnips
- radishes
- Bok choy
- collard greens
- mustard greens
- watercress
- rutabaga
- Mushrooms
- onions
- spinach
- asparagus
- garlic

## Fruits

- Pomegranate (*or pure pomegranate juice*)
- Raisins
- Prunes
- Dried Apricots
- Bananas
- Red grapes
- Honey
- blueberries
- blackberries
- elderberries
- bilberries
- huckleberries
- blackcurrant
- acai
- grapefruit
- lemon
- lime
- oranges
- tart cherries
- raspberries
- goji berries

# DIETARY FAT

Dietary fat has potentially the largest impact and room for manipulation regarding your testosterone levels...

You see, increasing or decreasing the total intake of dietary fat as well as focusing on the different fatty-acids (saturated, monounsaturated, polyunsaturated) and their specific ratios can increase or decrease the rate of your testosterone production significantly.

So we're going to dive into the best kind of fats and ratios for your testosterone production in this section, along with the best foods according to science for your t-levels.

Because not all fat treats your body equal.

So just, "eating more fat" is not the answer. So let's take a look at the different fats:

**1) Saturated fatty acids** - (SFAs) are hard at room-temperature. They also contain single bonds between the carbon atoms.

**Examples include:** butter, ghee, lard, coconut oil, cacao butter, red meat, dairy products, egg yolks

**2) Monounsaturated fatty acids** - (MUFAs) are liquid at room-temperature and contain a double carbon-carbon bond in the structure with rest being single bonds.

**Examples include:** olive oil, argan oil, avocado, olives

**3) Polyunsaturated fatty acids** - (PUFAs) are liquid in room-temperature and have multiple double carbon-carbon bonds

**Examples include:** soybean oil, canola oil, sunflower seed oil, cottonseed oil, fish, margarine

**Here's what most studies have in common when comparing fat and testosterone levels...**



- The total intake of mixed fatty-acids results in increased testosterone production.

- Increased intake of saturated fatty acids and monounsaturated fatty acids results in higher testosterone production.

- Increased intake of polyunsaturated fatty acids suppresses testosterone production.

One study published in the *Journal of Applied Physiology* proves a good example of the above (31)...

The study shows total fat intake of SFA and MUFA raised serum test levels... but

when the ratio of PUFA to SFA was increased, testosterone production took a nosedive.

Another study published in the *Journal of Steroid Biochemistry* gives the same example demonstrating the importance of total fat intake (32)...

The researchers of the experiment had patients change their diet from one containing 40% calories fat (mainly from animal sources - SFA) to a diet where 20% of calories come from fat (mainly from PUFA)... and then the researchers had them switch back again to the 40% fat diet consisting mainly of animal sources.

The researchers found testosterone levels fell when the subject changed to a low-fat diet and then elevated again when the fat intake was back up to 40% of daily calories...

Another study published in the same journal saw similar results. When switching to lower fat intake (and containing higher PUFA) resulted in significantly lower levels of androgens (33).

**Side Note:** This could explain why vegan men have slightly lower testosterone levels in most studies comparing men who eat animal productions and vegan men (34).

A vegan diet is typically low in fat and the fat they do eat mostly comes from polyunsaturated fats... resulting in high levels of SHBG (sex hormone binding globulin), which binds to your free testosterone levels and freezes it making for less useable testosterone in your body.

So what makes polyunsaturated fatty-acids suppress testosterone and thyroid hormones?

Well, it's most likely caused due to the fact that they have a long sensitive carbon-carbon chain in their structure. This makes PUFAs unstable when they interact with oxygen, heat, and light, forcing them to become rotten inside the body during a process called "lipid peroxidation".

*The result?*

The creation of free radicals that cause oxidative damage in the cells (35).

So before we get into the specific foods, what's the optimal amount of fat you should be consuming?



It's most likely between 25-40% of your daily calories. **Keep in mind to keep your PUFA intake low.** If you can minimize polyunsaturated fat consumption, you can go as low as 25% fat and keep your testosterone production running well.

However, eat a moderate (or more) amount of PUFAs, it's better to consume slightly more total calories from fat. 30-40% will do.

40% is the highest I'd go. Remember, carbs are incredibly important for your testosterone production, so you want to leave room for them.

# Saturated Fats

## 52. Grass-fed Beef

Beef dramatically helps boost testosterone levels. Keep in mind, “grass-fed beef.” It’s packed with omega-3 fatty acids and is full of testosterone friendly saturated fats. And...

According to one study published in *Animal Science Publications*, grain-fed cattle found in large feedlots are mostly fed with GMO soy and corn (36) .

Meaning, the meat coming from this kind of cattle is not as nutritionally dense as the one coming from their grass-fed counterparts.

For example: grass-fed beef contains 4x more vitamin K2 than grain-fed, 5x more omega-3’s, and 2x times more CLA. Grass-fed also contains more vitamin A, more B vitamins, more potassium, more zinc, and more phosphorus.



These extra vitamins and minerals are fantastic for your overall nutrition and testosterone production by preventing common deficiencies.

Not to mention, one study published in the *U.S. National Library of Medicine* confirms grain-fed cattle is typically pumped with hormones to make them grow faster (37) ...

These hormones are often a testosterone unfriendly combination of estrogen and growth hormone to make the cattle big and fat. And there are traces of these estrogens in the meat itself.

Okay so here's the deal to close up the discussion with grass-fed beef...

Eating beef as your main source of protein is a good idea. Especially if you want to increase your testosterone production. **The fat in beef is primarily saturated fat, which is #1 for your t-production.**

And remember, grass-fed is superior to grain-fed.

## **53. Grass-fed Butter**

*Ahhh... real butter!*

Throw out the fake stuff. You can enjoy the REAL DEAL and without guilt because this grass-fed goodness is great for your testosterone levels.

Now, grass-fed butter is mostly saturated fat, which again is the best type of fat to eat for testosterone production.

On top of that grass-fed butter contains the testosterone friendly vitamins: K2, D, and A. Again...

You want to keep butter on the side of grass-fed if you can. Grass-fed butter is packed with more nutrients and is loaded with omega-3 fatty acids as well.

***Now... you may be thinking, what about margarine?***

Well, there's certain fats out there that are just plain bad for you. And *trans fats* are one of those fats.

One of the unhealthy results of eating trans fats is lowered testosterone levels.

Here's why... Trans fats are mainly polyunsaturated fatty acids. Increased levels of polyunsaturated fatty acids are linked with lower testosterone levels.

And as we discussed earlier, you should stick with monounsaturated fats and saturated fats if you want to keep your testosterone levels high and healthy.



Yet there's even more harm trans fats are doing to your testosterone testosterone...

**Trans fats lower HDL cholesterol** (the good cholesterol) which crushes your testosterone production because HDL cholesterol is crucial for testosterone synthesis. (38)

And the inflammation caused by trans fats also increases oxidative stress and cortisol levels, which is a well-known enemy of testosterone.

One study published in the *U.S. National Library of Medicine* also found trans fat consumption decreases sperm count.

Overall, trans fats are no good for your manhood.

## 54. Organic Bacon

*YES... I said bacon!*



Bacon is packed with testosterone boosting saturated fats and also include the direct precursor of testosterone: cholesterol.

Now, the bacon you eat should be organic.

This is because the mass production of pigs are fed with genetically modified organisms, soy and corn. They're also pumped full of antibiotics and are fed with large dosages of estrogen and growth hormone to make the pigs fatter and bigger at lightning speed.

## **55. Epic Bar (for on the go men)**

This has all the testosterone boosting benefits as beef, yet it comes in a dry bar you can take on the go.

I had these the other day and flipped.

*100% grass-fed bison beef bars.*

*Packed with testosterone boosting fats and amino acids.*

*Best part, no hormones, antibiotics, or pesticides.*

Keep a bar in your gym bag for easily accessible muscle building protein post-workout.

Oh and that reminds me... BEEF JERKY works as another one of these t-boosting foods as well. So tack that onto the list.

## **56. Grass-Fed Beef Jerky**

Grass-fed beef is hands down the number #1 source of testosterone boosting protein.

It's not corn-fed. And like the epic bar, has a solid amino-acid ratio.

Even better, the fat in beef jerky is saturated, which is the kind of fat linked to the largest boost in testosterone production as we've covered earlier.

Now, be sure the jerky is grass fed because organically grown animals do not consume testosterone-lowering pesticides, fungicides, herbicides, or insecticides.

They're also not filled full of estrogen, like most cattle.

## 57. Eggs

Do you know who Arnold Schwarzenegger's personal trainer and Old School Bodybuilding Legend "The Iron Guru," Vince Gironda is?

A couple fun facts about Vince... he had one of the greatest all-natural bodybuilding physiques of all time. He also had the IQ of 150. So this guy is a freak of nature in a lot of ways!

Well, he was known for his "steak and eggs" diet... and since we've already covered grass-fed beef in the previous section, we'll be getting into the eggs in this section.

*Here's why eggs are a BIG DEAL for your t-levels...*

In addition to being a good source of fat-based cholesterol... which, cholesterol is the direct precursor to testosterone production...

Eggs are also jam-packed with essential fatty acids and other nutrients like, selenium, iodine, vitamins K2, A, E, and D, several B vitamins, and choline.

The nutrients listed above help you maintain healthy cardiovascular function as well as balance your endocrine system.

Now, I want to connect eggs, cholesterol, and testosterone for you...

You see, cholesterol has a similar molecular structure to testosterone, and is converted to testosterone. Now, it's important to structure our diets so we eat a high amount of HDL cholesterol. And with eggs being a great source of HDL cholesterol, eating whole eggs is a great way to get more testosterone-boosting foods into your diet.

Remember from the previous section, the more saturated fats you eat compared to polyunsaturated fats, the higher your testosterone will be.

And the egg yolk is chock-full of saturated fat. So skimping out on eating a whole egg

and just eating the whites isn't going to help you get higher testosterone.

Here's another benefit of eating whole eggs... they're rich in the dietary vitamins and minerals, that are positively connected with testosterone levels.

Vitamins A, D, E, and K2 all boost testosterone levels through production or regulation. And choline (which is also found in egg yolks) helps de-stress the body



and lowers cortisol. Cortisol is a hormone that blocks T production, so the less of it, the better.

**Selenium and iodine both have testosterone-boosting properties.**

Now, if you'd like to eat raw eggs, go for it. But proceed with caution. If scrambled or hard-boiled is your thing, then go for it. Just be sure not to fry them to a crisp because the nutrients of the egg will get oxidized.

Instead go for a slightly undercooked egg for a good balance of flavor and nutrition. And please, for all the reasons mentioned above, shop "cage free" if you can.

## 58. Blue Cheese

Not only are fermented foods great for testosterone production (like blue cheese), this delicious cheese is also high in t-boosting saturated fats.

Fermented foods are great for testosterone production... they contain probiotics, pre-biotics, friendly bacteria, and enzymes that are all associated with increased T production (39).

Fun fact: The gut is like the second brain of the human body. And your stomach communicates directly with the hypothalamus (the hypothalamus is a brain substrate responsible for testosterone production).



So increased intake of gut bacteria and probiotics, could affect the hypothalamus, and result in increased testosterone production. Since we're on the topic of probiotics, gut health and your testosterone levels, here's a little more information for you...

First, know this... **you are only 10% human. The other 90% of you is bacteria.** Living organisms and other forms of life in cellular level that control your body...

So you can imagine filling your organs with good bacteria is pretty darn important.

Now bacteria and probiotics can help you increase your testosterone levels and to improve your overall health... this according to one study published in the *National Academy of Sciences in the United States*.

In the study, neuroscientist John Cryan took a bunch of mice and divided them into 2 groups.

**Group 1)** The control group which was fed regular mice feed.

**Group 2)** The test group which was fed with a bacteria called lactobacillus ramnosis, which is often used to make yoghurt.

After 3 weeks the head researcher threw all the mice in water bowls... (*I know, mean, right?*) to see how well the rodents would respond to stress...

The rodents who were in the control group, panicked and tried swimming out of the water. They struggled for four minutes on average in the water, before they gave up and accepted the fact that they would drown and die...

***Kind of messed up...***

The test group consuming lactobacillus ramnosis responded surprisingly different. They didn't "freak out" (so to speak). Sure, they tried to escape, but they were far less frantic and they swam for around 6-minutes until the researcher pulled the bacteria fed mice out of their bowls, as they refused to stop swimming.

Cryan found the stress hormone levels in the control group were 100-times higher than in the lactobacillus ramnosis group. Meaning, they had 100-times more cortisol in their bodies compared to the group consuming lactobacillus ramnosis.

Based on the research above, we can conclude lactobacillus ramnosis bacteria can help lower cortisol levels in mice when they're under stressful environment.

Now, us humans have similar pathways in our bodies that mice do. We also have very similar reproductive and hormone systems. So there's a chance probiotics and lactobacillus ramnosisin in particular, may lower cortisol in humans and therefore boost your testosterone levels...

Now, with that note on mice and their similar reproductive and hormonal systems to humans, here's one more mice study you may find interesting...

One study published in the scientific journal *PLOS ONE*, found rats fed with a bacteria called Lactobacillus reuteri had significantly larger testicles than the group of rats who didn't receive the bacteria...

**The researchers tested multiple diets and supplemented mice with Lactobacillus reuteri and found in each case, the addition of the bacteria did the following:**

- *prevented age related testicular shrinkage*
- *increased testicular size significantly compared to control group*
- *increased testicular weight significantly compared to control group*
- *increased testosterone levels significantly compared to the control group*
- *increased social domination compared to the control group*
- *increased the activity of the hypothalamus-pituiary-testis axis*
- *increased sperm motility, quality, and quantity*
- *increased luteinizing hormone*

Basically, no matter what researches did, the group fed with Lactobacillus reuteri, had higher testosterone levels and bigger balls than the control group (40) .

In one occasion, the researchers fed the bacteria group a "junk food diet", and the group still had larger testicles and more testosterone.

Remember, these were done in mice, so I'm not sure how much of the bacteria you would need to see these kind of results... after all, humans are 100x the size of mice. However, there are some potentially exciting benefits to taking care of your gut and feeding it with potent probiotics.

Blue cheese is a great place to start.

## **59. Greek Yogurt**

Greek yogurt contains friendly gut bacteria which proves promising for increasing testosterone levels.

Although an animal study in lab rats, researchers found friendly bacteria increased the rats testosterone levels, luteinizing hormone levels, testicle size, sperm quality, and more.

## **60. Sauerkraut**

Like Greek yogurt and other foods full of gut-friendly bacteria, sauerkraut (also known as fermented cabbage) contains plenty of gut-friendly bacteria shown to increase t-levels.

## **61. Kefir**

Kefir, like blue cheese and sauerkraut is another fermented product, which like other fermented products...

Promotes great gut health and increased testosterone levels.

## **62. Coconut Oil**

Coconut oil is shown to increase testosterone levels (41). Which is most likely because it's full of t-boosting saturated fats.

Some other benefits of coconut oil includes, boosting brain health, increasing thyroid hormones, and increasing your metabolic rate.

Coconut oils ability to increase antioxidant status of the body and pro-thyroid effects would also suggest that the oil would be a good fit for a T-boosting diet.

There are plenty of studies with male rodents as subjects (which share nearly identical reproductive systems to humans) that demonstrate the benefits listed above.

Now there's also evidence from the *Middle East Fertility Society Journal* that coconut oil – largely due to its antioxidant effects – is able to prevent oxidative stress to the testicles, which helps preserve and protect t-levels from damage.

Here's how the experiment went down...

Four groups of male wistar rats were fed diets containing soybean oil, coconut oil, grape seed oil, or olive oil. The researchers recorded the key enzymes needed in testosterone production (3- $\beta$ -HSD and 17- $\beta$ -HSD), and found they were higher in both



the olive oil and coconut oil groups.

Testosterone levels were also significantly higher among the rodents who consumed either olive oil or coconut oil (42) .

Another study published in the *Journal of Oleo Science* gave where rats a combination of calcium, vitamin D, and boron along with either canola oil, sunflower

oil, canola and sunflower oil, or just coconut oil...

The group consuming coconut oil and vitamin supplements experienced significantly higher testosterone levels than the groups consuming the other oils (43)

Coconut oil is also an easy add to any smoothie, you can also cook it with your eggs, bacon (if you want a sweet and salty flavor), or you can eat it straight for a quick boost in t-boosting saturated fats.

## Monounsaturated Fatty Acids

### 63. Avocado

Avocados are great for boosting testosterone naturally. They contain tons of dietary fat and with a solid t-boosting ratio (**16% SFA; 71% is MUFA; and only 13% PUFA**).

The monounsaturated fat content in avocados is primo for testosterone levels (44).

Avocados are also one of the few foods that contain oleuropein... which, in one rat study, oleuropein boosted testosterone levels by more than 250%. (45) Now, I'm saying you'll see this kind of increase from eating an avocado. After all, you're much larger than a rat (aren't we all), however, we do know the fat concentration in avocados will definitely help promote healthy testosterone levels.

***You want a serious testosterone-friendly meal? Well, you can add avocado to almost anything...***

Have this t-boosting fruit mixed in with your eggs. Alongside a hardy slice of grass-fed beef. Atop an estrogen fighting spinach and veggie salad. Or just eat the dang thing plain. It's that simple.

# Two Ancient Greece “Super Fats” To Boost T-levels In 14 Days

## 64. Argan Oil

A new study published in the *Journal of Natural Product Communication* reported argan oil may be one of the most powerful testosterone-producing foods.

Researchers studied the effect of virgin argan oil and extra virgin olive oil on the hormonal profile of androgens and body composition in healthy adult Moroccan men.

The study was performed on 60 healthy male volunteers between the ages 23–40.

The group was separated in two categories...

**Group 1)** Consumed virgin argan oil for three weeks.

**Group 2)** Consumed extra virgin olive oil for three weeks.

Testosterone, luteinizing hormone, and dehydroepiandrosterone serum concentrations were measured at the beginning of the study and at the end of the 3-week subject period.

By the end of the study, testosterone and luteinizing hormone serum concentrations significantly increased. T levels increased by 19.9% for the argan oil group and 17.4% for the extra virgin olive oil group.

Luteinizing hormone levels increased by 18.5% for the argan oil group and 42.6% for the extra virgin olive oil group.

## 65. Extra Virgin Olive Oil

If you read about argan oil above then you already know olive oil can boost your testosterone levels 17%.

To reap the rewards of this t-boosting oil you'll want to add it atop of your salads. Bake some sweet potato fries with olive oil drizzled all over them. Or you can cook your morning eggs in them (however, I prefer grass-fed butter instead).

*I wouldn't recommend chugging it straight...*

*I remember the days I was trying to gain weight in college and I did a "shot" of olive oil alone in my dorm room and **nearly hurled.***

Just of word of advice from one man to another. Haha.

Yet if you've got more hair on your chest than I do, you may be able to pull this off...

Regardless of how you get it down, be sure to make olive oil or aragan oil a staple in your daily nutrition.

## **Want The Seduction Superpowers of a Modern Day Casanova?**

### **Oysters** *(the world's most powerful aphrodisiac)*

Casanova, the infamous "lover" of the 18th century would supposedly eat 50 oysters every morning. And for good reason...

#### **Oysters are proven to be REAL aphrodisiacs.**

A team of American and Italian researchers analyzed a group of shellfish called *bivalve molluscs* and found they were rich in rare amino acids that increase levels of sex hormones... testosterone being one of them (46) .

Get this... the connection between oysters and sex hormones was so astounding it's generated more interest than any other discovery in the *American Chemical Society's* 126-year history.

George Fisher, professor of chemistry at Barry University, Miami said this...

*"I have been a scientist for 40 years and my research has never generated interest like this.*

*For centuries, old wives' tales have said that eating raw molluscs - oysters in particular - would stimulate the libido but there has really been no scientific evidence as to*



*why and if this occurs.*

*We think this could be the first scientific evidence of some substance."*

***Here's more about the study...***

Dr Fisher and his team, brought samples of *bivalve molluscs* - which also include mussels and clams - from fish markets near Dr D'Aniello's Naples laboratory.

They then used a process called high-performance liquid chromatography to find out which amino acids were present in the mussels and clams and in what amounts...

Researchers found two unusual ones - D-aspartic acid (D-Asp) and N-methyl-D-

aspartate (NMDA) and said this...

*"They are not the normal amino acids that Mother Nature uses. And you can't just find them in a vitamin shop."*

Another researcher of the experiment, Dr D'Aniello found injecting these amino acids into rats triggered a chain reaction of hormones which ultimately produced more testosterone in males and progesterone in females.

And as you know, increased levels of both hormones for the male and the female makes you more sexually active. Here's a few more quotes on the experiment from Dr. D'Aniello...

*"Yes, I do think these molluscs are aphrodisiacs. If the male is having difficulties, they have to eat a lot of mussels or oysters..."*

*Spring, when the molluscs themselves are breeding, is best. There is the highest concentration of these two amino acids then.*

The scientists also concluded oysters must be consumed raw to be most effective. Cooking them reduces the quantity of the potent amino acid molecules that make this foods an aphrodisiac.

And of course, **you can't forget about the zinc content in oysters.**

They are chock-full of zinc, magnesium, selenium, copper, and vitamin D. All of which are crucial for testosterone production.

Here's a secret Casanova Recipe that will get you and her in the mood on command:

**Ingredients:**

- 12 large fresh oysters or 24 small fresh oysters
- 2 pink shallots, peeled and finely diced
- 2 tablespoons red wine vinegar

- 2 tablespoons sherry wine vinegar
- juice of half a lemon
- 1 teaspoon brown sugar
- Tabasco sauce, to taste
- Fresh ground black pepper, to taste

**Directions:**

*For the Mignonette sauce:*

- 1) Combine all the ingredients in a jam jar or sealed container.
  - 2) shake thoroughly and allow the flavours to mingle for at least 1 hour before serving.
  - 3) Serve (in a small bowl) with freshly shucked oysters.
- \* Any leftover sauce can be stored in the fridge up to 2 weeks.

*How To Open Oysters (for an oyster-newbie like me):*

- 1) Hold the oyster firmly with a cloth in one hand and the hinged end toward your body. Insert a dull knife in the area where the two shells meet and pries open with a twisting-like motion.
  - 2) Slide the blade along the inside edge of the shell to cut the muscle holding the shells together. Cut the muscle attachment to lower shell. For the best “presentation” so to speak, turn the oyster meat.
  - 3) Serve raw oysters on a platter of crushed ice.
- \* Any leftover oysters can be stored in the fridge up to 1 week.

**66. Salmon (sardines, mackerel, lake trout, herring, and albacore tuna as well)**

Salmon has the highest levels of vitamin D compared to any other type of fish. And

the our male reproductive system needs vitamin D to function properly.

In fact, research shows a significant improvement in testosterone levels for men supplementing with vitamin D compared to those who did not (47)

I recommend eating salmon 2-3 times per week to get the benefits from the healthy fats and vitamin D.

## **The Best Nuts & Seeds For Your Testosterone Levels**

### **67. Macadamia Nuts**

Macadamia nuts are very high in T-boosting monounsaturated fats...

And contains only 2% polyunsaturated fatty-acids making it one of the best nuts you can eat for your testosterone levels.



### **68. Brazil Nuts**

Nuts are a staple in any healthy diet...

But men, there's one nut among the tens of dozens that carries tons of benefits including powerful testosterone pumping perks that you need to get into your diet A.S.A.P.

The Brazil nut.

This South American wonder is essentially tailor-made for you testosterone health.

Interestingly, the testosterone boosting benefits of the Brazil nut is obvious, which is why you won't find many studies about them...

However, they've been a quiet contributor to testosterone health for ages. Here's how:

### **Stuffed with Selenium**

In order for you to appreciate the significance of this first point, let me fill you in on what selenium does to your T-count.

Multiple studies have shown a direct correlation between selenium and testosterone levels.

High selenium levels create high testosterone levels. No questions. No disputes. Just simple, scientific stats.

Here's where Brazil nuts come into play.

If you were to draft one food on the entire planet to increase selenium in your system, guess what, Brazil nuts are your top recruit.

They're utterly unparalleled in their effectiveness.

Just 1-2 of these nuts (you read that right) will easily meet your selenium stipulations for the day.

And, as I stated above, an increase in selenium means an increase in testosterone, without question.

Have a handful of Brazil nuts a day and your testosterone will have no choice but to get up and stay up.

### **Active Antioxidant**

Antioxidants have a two-fold interest in bettering your testosterone.

The best offense is a good defense...

Antioxidants found in Brazil nuts play shut down defense for your testosterone by protecting sensitive testosterone from oxidation.

Oxidation of testosterone will result in raised estrogen levels, a big no-no for us men.

Add a handful of Brazil nuts to your daily diet and you'll keep the estrogen away...

Also, antioxidants contained in Brazil nuts will proactively increase your T-count.

They do this by supporting your testes' Leydig cells, which convert cholesterol into testosterone.

So you see, Brazil nuts are about as good of an asset as any to your testosterone health.

They play both sides of the ball, both protecting your testosterone point totals and increasing them as well...

### **Large Amounts of L-Arginine**

Brazil nuts aren't only the front-runner in selenium composition, but also in L-Arginine content...

L-Arginine is an essential amino acid that, like selenium, becomes even more neces-

sary as you get older.

However, unlike selenium, L-Arginine's effect on your testosterone health is rather indirect.

L-Arginine's primary function is to improve blood flow to your body, including your testicles, where your testosterone is created.



This amino acid increases your nitric oxide production, meaning that the veins in your body will breathe easier, allowing for easier blood flow.

By doing this, L-Arginine gets your T to where it needs to be.

Also, as a building block of protein, L-Arginine increases testosterone through strength-training related gains...

The more you grow, the more testosterone your body produces, making Brazil nuts a go-to snack for bodybuilders and anyone looking to build an impressive physique.

All of these benefits are contained in only a handful of Brazil nuts.

By adding these little guys to your daily eating patterns, you'll become increasingly familiar with the motto, "Big things come in small packages."

But what's a creative way you can get these Brazil nuts into your day-to-day without shopping around for a travel-sized trail mix every other day?

**I suggest you try making your own Brazilian Nut Butter to get the testosterone boosting benefits in a tasty snack that's filling and effective.**

It'll take little time and prove a powerful punch as an afternoon or evening treat.

**You'll Need:**

- 1lb. Brazil nuts
- 1 pinch of salt

**Simple Step-By-Step Instructions:**

1. Toast nuts for 2-3 minutes in a pan for flavor's sake.
2. Add the nuts to your food processor.
3. Add a pinch of salt.
4. Grind the Brazil nuts for 10-15 seconds at a time until creamy (you may need to scoop nuts off the side as you go). Grind until all the nuts are a creamy texture.
5. Scoop your Brazilian Nut Butter into a jar to store for later.

In regard to your macronutrients, you'll be looking at about 14g of fat, 2g of carbs, and 3g of protein per serving of Brazilian Nut Butter.

Honestly, all you have to do is look at those stats to recognize that this high-fat, low-carb, savory spread is perfect for increasing testosterone.

But don't forget all of the other hidden testosterone boosting benefits that we discussed in the earlier portion of this article...

Keeping them in mind will give you faculty to fully enjoy this flavorful find while you

chow down during your fifteen-minute work break.

Spread this tasty treat over your a few stems of celery, top it off with some dried raisins or prunes and enjoy the testosterone boosting benefits found only in Brazil nuts.

## **69. Tiger Nuts**

One study shows Tiger nuts can have a dose-dependent increase in testosterone levels... however, this study was performed in rats so the dosage for human is still unknown (48) .

However, there is promise.

## **70. Pumpkin Seeds**

**Please Read Before Continuing This Section**: So I decided to spice up this section and give you a fun story about fictional bat boy who discovered the testosterone boosting secret Major League Baseball players were stuffing in their mouths...

It's not a true story... however, the information is science backed and will add a little excitement right smack-dab in the middle of this very long and informative manual...

Are you okay with that?

This was also one of my most popular blog posts on my website, so I hope it provides a few good laughs while educating you at the same time.

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After years of the scandal surrounding Major League Baseball's super sluggers, it seems that a former bat-boy is now coming forward with concealed information about how these stars got so strong...

20-years since his tenure as a bat-boy for the St. Louis Cardinals (2 years), Chicago Cubs (2 years) and San Francisco Giants (1 year), Jimmy Bunt, 31, has confirmed the

widespread use of, what superstars call, “The Seeds.”

“McGwire was chewing on something at Wrigley Field on the day he broke the record,” explained Bunt...

“So I asked him what it was. He leaned over, grabbed his 35oz Rawlings, and said, ‘Pumpkin seeds.’ Then he knocked number 62 over the wall. I couldn’t believe it.”

Bunt recalled years later seeing a bag of pumpkin seeds sitting next to Barry Bonds’



glove in the dugout.

“I couldn’t help but ask,” said Bunt. “Did McGwire tell you about those?”

“‘What, the seeds?’ he replied.

I nodded.

Then Bonds said with a smirk, ‘That’s our secret,’ followed by a wink and his pointer finger pressed against his lips. That’s when I knew the seeds were the real deal.”

Research has shown that these scandalous pumpkin seeds are packed with testosterone boosting properties that can easily put some power behind a swing.

Pumpkin seeds contain a long forgotten nutrient called zinc, a necessary lever for pumping testosterone throughout one's body.

Without it, your testosterone levels will plummet.

In fact, a low amount of zinc can drop testosterone levels lower than Michael Jordan's batting average in a matter of weeks which can have serious side effects at the plate.

"After McGwire and Bonds told me the secret to their strength, I began to take note of what players clearly ate pumpkin seeds and which ones didn't," said Bunt.

"If (Tony) Gwynn Jr. or (Cal) Ripken Jr. had chewed the seeds maybe their home run numbers would have been more notable."

The zinc contained in pumpkin seeds hadn't only increased the muscular strength of the players due to the seeds' propensity to produce streams of testosterone.

But they also affected the players' complexion, giving them what Bunt describes as a "natural glow."

"I could tell who was chewing on pumpkin seeds and who wasn't just by scanning the bench between innings. It was odd.

The guys who ate the seeds always looked "camera ready."

"And then you look at these guys posted on the cover of Sports Illustrated and it almost looks like they were airbrushed. Their skin was, for lack of a manlier term, flawless."

The dapper appearance of the sluggers could also be attributed to zinc found in the seeds.

Superb skin is a side effect of zinc.

Basically, this nutrient balances skin oil production so that oily or dry complexions are never an issue, putting these players in a perpetual cycle of looking great and playing great – a luminary’s dream.

But these aren’t the only performance enhancing elements of pumpkin seeds.

Pumpkin seeds are rich in tryptophan, which keeps the players cool, calm and collected throughout the game.

Bunt noticed this in a 1998 meeting between the Rockies and the Cubs.

“As a bat-boy, I had a pretty good look at the players while they were at the plate.

I remember specifically watching Sosa in 4 at-bats against the Rockies.

He struck out on his first two at-bats, hit a home run on his third and struck out on his fourth, and every time his demeanor was exactly the same.

It’s almost like he didn’t care. Something about those pumpkin seeds kept him chill, consistently.”

“I mean, I never saw that from Mark Grace. But he also wasn’t on the seeds.”

The nutrients in pumpkin seeds regulate mood, giving these Golden Era sluggers an unfair advantage over their opponents (and teammates).

Simply put, less stress means more testosterone, and more testosterone means more strength. On every at-bat, these clear skinned brutes were bringing more testosterone to the plate than a 3-seam fastball knew what to do with. The outcome was inevitable.

Pumpkin seeds made baseball the most exciting game to watch in the late 90’s and early 2000’s.

Now that this long kept secret has been unearthed, ballparks are banning the sale of the seeds and have added a new function to the bat-boy's job description.

Per the Oakland Athletics, the bat-boy is now required to "sweep the dugout for pumpkin seeds between innings."

After he published the names of those involved in the seed scandal, Bunt also confessed that he too has been chomping on "The Seed" in his co-ed, underhanded Softball league.

He confessed, "I've been chewing on this for a while now, but I finally had to spit it out. I've let my team down, but mostly, I've let myself down."

He's been suspended from participating in any Intramural Softball gameplay in Cook County, Illinois for the rest of the season and may have put his "walk" record that he accrued last season (22 walks) in jeopardy.

"He was incredibly calm at the plate last season. Almost indifferent," said teammate Russ Ryan. "I guess it was the seeds."

Bunt's team, the Wexford Whackers, will have to find a way to manage the rest of the season without his .214 batting average.

He also led the team in Ground-Rule-Doubles with 3 over the team's first nine games.

"I don't know what baseball is going to look like after they ban the seeds," says Bunt.

"But after my confession and tossing the seeds out of my life, I feel about ten pounds lighter."

**The main point of this fun story:**

Pumpkin seeds are packed with testosterone boosting zinc. Get more in your diet for a natural boost in your testosterone production.

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Okay, now that we've finished up the "fats" section - time to break into some tasty flavorings we can add atop of our dishes to "spice" things up and boost your t-levels.

## SPICES

### 71. Parsley

Parsley is a powerful spice that contains a compound called *apigenin*...

Texas Tech researchers found apigenin increases the amount of StAR inside the testicular leydig cells. (49) Which stands for steroidogenic acute regulatory protein.

*Here's how this works...*

StaR is the binding protein that transports cholesterol into the mitochondria inside your scrotum, ultimately converting it into free testosterone.

**So, here's a nice formula for you:**

more parsley -> more StaR -> better conversion from cholesterol to free testosterone  
-> more free testosterone.

### 72. Ginger

Ginger contains the active ingredient, gingerol...

According to a publication in the *U.S. National Library of Medicine*, Gingerol is a potent anti-inflammatory in the body. (50) Which helps reduce cortisol levels.

Another study, composed in the *Department of Physiology and Medicine* at Tikrit University in Iraq found men who consumed a ginger supplement daily saw a 17% increase in testosterone levels (51) .

## 73. Raw Cacao

Think of raw cacao like your chocolatey superfood. Now, it won't taste like a chocolate candy bar per se, however, the benefits are so great for your t-levels I'm sure you can look past the taste...

*Raw cacao is unheated. So you won't find it in the form of a bar...*

The unheated, minimally processed, and raw version of chocolate maintains the



antioxidants, enzymes, and friendly gut bacteria in cacao. This raw chocolate is linked to increased cardiovascular health (52) , lower blood pressure (53) (which is great for sexual health and erection quality), and lower blood glucose levels (54) .

And beside those pleasant health benefits, raw cacao also boosts testosterone.

*How, you ask?*

Raw cacao contains anabolic minerals like zinc, magnesium, iron, copper, and manganese... all of which are crucial for boosting testosterone production. And get

this...

Raw cacao products have the almost perfect fat ratios for testosterone production.

For example, out of the dietary fat in raw chocolate ~61% is saturated fats, ~37% is monounsaturated fats, and only ~2% is polyunsaturated. (56)

## **74. Baking Soda (*okay, not an herb*)**

Baking soda... yep, you read that correctly.

But as weird as it sounds, baking soda (sodium bicarbonate) can increase your testosterone levels and boost your workout performance...

You see, baking soda triggers cAMP synthesis...

cAMP synthesis is a secondary messenger between cells and hormones. And research shows increased cAMP levels increasing testosterone production (57).

So how does one actually consume baking soda?

Glad you asked...

Pour it in water and get drinking! That's all it takes.

By the way... another fun fact about baking soda... it's been shown to boost bench press performance by 6% and squat performance 27% when you consume 25g within an hour of performing those lifts (58).

So it's not just a baking item... a testosterone boosting tool... it'll add some strength to you in the gym too.

## **75. Turmeric**

There's a lot of talk in the health space about this ancient golden spice which carries an abundance of benefits for our bodies...

However, most information out there explains how this special ingredient helps women.

But what about the fellas?



*Below are a few extra turmeric benefits for men you probably have never heard of...*

### **Turmeric And Erectile Dysfunction**

Turmeric is like killing two birds with one golden stone when speaking about erectile dysfunction.

Which, if you are experiencing ED there are most likely two reasons...

One, you have systemic inflammation in your body, which constricts your blood vessels throughout your extremities, including your manhood. Blocking the necessary blood flow needed to achieve an erection for sex.

Another, may be a blood flow problem.

Which means there's not enough blood being transferred to your manhood when aroused. This could be due to poor blood circulation, high blood pressure, high levels of "bad" cholesterol (LDL) or some other factor...

***Turmeric attacks both of these issues.***

For one, turmeric reduces systemic inflammation in your body. Which is not only great for your erections but also protects you from chronic disease like cancer, diabetes, stroke, and more.

A an experiment performed by the *Gastrointestinal Cancer Research Laboratory* at Baylor University treated 100 patients with osteoarthritis (a painful inflammatory disease where tissue around the joints swell) by giving each subject 200 mg of curcumin (the main ingredient in turmeric) every day.

At the end of the study, those patients experienced a significant reduction in both pain from inflammation and measurable markers for inflammation in the blood.

Although this study didn't directly test the sexual impact of curcumin on the body, it did show that curcumin reduces chronic inflammation in bodies suffering from a condition shown to cause ED.

*And what if you have a blood "flow" issue?*

A 2012 study at the Ohio State University Department of Human Nutrition in Columbus, Ohio gave a low dose of curcumin to healthy people (in a controlled study) aged 40 to 60 years for only four weeks.

After the trial, the subjects' blood and saliva was tested to find if there were any

significant changes in body chemistry. Among many changes, one of them was an increase in blood levels of nitric oxide (source).

Nitric oxide is the natural chemical in your body which relaxes your body and increases blood flow to your working parts. In the world of bodybuilding, nitric oxide produces muscle “pumps”. Allowing more blood and nutrients to transfer to the working muscle for a greater anabolic effect.

Nitric oxide is also used in erectile dysfunction pills to help create the same effect during sex. However, turmeric is an all-natural approach, with no harmful side-effects to be noted.

So if you are experiencing erectile dysfunction, or simply want to improve your sexual performance, turmeric is a potent, all-natural herb you can begin using today.

### **Turmeric vs. Man Boobs**

There’s plenty more turmeric benefits for males you most likely had no clue about.

This being one of them.

Man-boobs, also known as Gynecomastia.

This is the swelling of breast tissue in boys or men and is caused by an imbalance of the hormones estrogen and testosterone. Gynecomastia can affect one or both breasts, sometimes unevenly.

However, turmeric may save the day for you.

The Iran Journal of Reproductive Medicine reported curcumin is a powerful anti-estrogenic herb in this study.

Which helps bring balance to your uneven hormone levels.

Because if you do suffer from gynecomastia then you have a much higher level of the

female dominant hormone, estrogen, than you do of the male hormone, testosterone.

Which leads me to another miraculous perk from this ancient Eastern spice. It's been shown to increase testosterone levels as well.

The Department of Chemical Sciences in Nigeria gave mice turmeric to see if it would have any effect of their testosterone levels.

Mice are the most commonly used species to exam the effects certain variables will have on the human body.

So don't write this off just yet.

Because the experiment showed a 257% increase in rats when their diet was supplemented with turmeric.

Of course, rats are smaller species, so to say a 257% increase in testosterone is accurate for men would be false. However, with the study we can expect a level of increase in testosterone for human males.

So if you've got man-boobs, turmeric is a great product to stock up on and incorporate in your daily nutrition regimen.

### **Turmeric & Testosterone Benefits**

Inflammation is the chief killer of your testosterone levels and here's why. When inflammation is in your body, the stress hormone cortisol begins to rise. As cortisol levels rise, your testosterone levels begin to drop.

Think of it like a "sea-saw".

When one side of the sea-saw raises, the other side lowers and vice verse.

With that being said, inflammation causes an increase in cortisol and immediately begins to lower your master male hormone, testosterone.

The only way to keep your testosterone levels high and defend against this drop is by reducing inflammation.

The hard truth is, inflammation can be caused for many reasons. It could be from the toxins or chemicals in the food you eat. Or the pollution in the air you breathe. Or maybe you suffer from a genetic disorder or are on some form of medication which causes an increase in inflammation.

Regardless, you must fight back if you want to keep your testosterone levels healthy going into your 40's, 50's, 60's and beyond.

## **76. Hot Sauce**

*Bet you didn't see this one coming...*



Researchers at the University of Grenoble found men who consumed hot sauce and used it as seasoning for potatoes had higher testosterone compared to men with weaker taste buds.

There's a key ingredient in hot sauce making it anabolic... It's called capsaicin. Which

has been linked to more aggression, dominant behaviors, and greater risk-taking.

And hot sauce is easy to include in your bare minimum diet to increase testosterone.

Dump it atop your grass-fed beef, potatoes, or as you'll see below, with a popular breakfast favorite.

## **77. Cayenne Pepper**

If you're a "spicy foods" guy then you'll love cayenne pepper. I typically will mix this hot spice into my scrambled eggs or skilletts in the morning.

Recent research performed at the University of Uludag in Turkey shows the capsaicin compound in cayenne pepper (what makes the spice hot) could be a powerful natural testosterone booster (59). In the rat study, researchers restricted the calories of the rodents, causing a caloric deficit...

If you've ever been in a caloric deficit before, you may have noticed a drop in your natural libido and a loss of strength and muscle mass. This is widely due to a lowering of testosterone levels during a low-calorie diet.

If you haven't already, be sure to check out our recent article on Anabolic Eating so you can maintain high and healthy testosterone levels while cutting through unsightly body fat and getting lean simultaneously...

Cayenne Pepper shows promise for men who want to maintain healthy testosterone levels while dieting as well. The results of the study shows the capsaicin in cayenne pepper prevented testosterone levels from lowering in the rats... In fact, testosterone levels increased even during the caloric deficit.

Whether dieting or not, it's a powerful spice to consider adding to your daily nutrition regimen for some manly benefits.

## 78. Nutmeg

This herb is known for its aphrodisiac superpowers. However, there are some testosterone benefits to note as well.

As a quick reminder, the male wistar rats we spoke about earlier in this article, do have similar reproductive systems as humans. So we can be assured similar results in our male anatomy and biology as these wistar rats...



Maybe not on the scale as rats, as they have smaller figures, but we can believe for human benefit as well.

In a study published in the International Society for Complementary Medicine Research, nutmeg increased the mating activity of the male rats significantly. It also increased the mating performance of the rats...

Which, I'm not sure how they measure this but these scientists study the rat's behavior on a daily basis. So they have a good idea of what to look for.

As far as boosting sexual performance, nutmeg is very promising. In regard to testosterone levels, some human studies would be nice for reference, but for now, we settle with the rats. Sprinkle this spice in a morning smoothie every day and see what happens...

## **79. Basil**

Another powerful aphrodisiac to get you and your spouse in the mood... and also, some promising testosterone boosting evidence you'll be pumped about.

Again, no human studies to show for, but that doesn't mean there's no benefit for you.

For one, basil contains a big dose of a flavonoid called apigenin. This flavonoid has been scientifically proven to increase testosterone levels. It's also found in parsley, which is a refreshing herb to add to salads or throw into smoothies...

One study shows "holy basil", when fed to rabbits, increased testosterone levels so much in the male rabbits that the reference ranges of the experiment weren't high enough to keep track. Basically, these rabbits blew the lid off of the experiment.

The testosterone levels skyrocketed to 1500 ng/dl and beyond after consuming a few of these holy basil leaves. Again, although there is a possibility humans can benefit from basil, some human experiments will have to be performed to know for sure...

One thing we do know is we've found an all-natural herbal steroid for your daughter's pet rabbit.

And last, yet not least...

## **80. Cardamom**

Cardamom is full of antioxidants and has been scientifically proven to reduce oxidative stress. If you know anything about stress, it's one of those silent testosterone killers most men experience on a daily basis. Less bodily stress, more testosterone...

Also, cardamom is rich in a hormone regulator called a-terpinyl acetate which has been shown to reduce estrogen levels while also boosting t-counts. Another powerful spice you'll want to consider adding into your day.

And if you didn't know what to use cardamom with, try using it in glazes, rubs, or marinades for salmon, shrimp, even Swedish meatballs. You can also add this spice in sweet breads, cakes or yogurt...

## **81. Cinnamon**

Cinnamon helps lower high blood glucose levels and also improve insulin sensitivity.

Both of these traits are great for increasing testosterone levels.

There's been some animal studies too where cinnamon has boosted testosterone and even testicular size. Yet there's been no human studies done to confirm dosages effective for grown men.

## HERBS

### 82. Pine Pollen

The pine pollen, testosterone connection could be a game changer for a lot of men...

I say “could be” because if you’re not taking pine pollen with a proper diet then you probably won’t see any results...



*After all, it's not steroids or anything like that...*

*(Although I'd argue it is the “anabolic steroids” of plants)*

**However, pine pollen is packed with anabolic benefits no man should ignore.** In fact, it's a helpful ingredient for boosting testosterone levels, naturally... How?

Because pine pollen has actual testosterone in it.

That's right. Eating pine pollen (or drinking it) is like consuming testosterone...

Because according to a publication in the *US National Library of Medicine*, one variety of pine pollen, *Pinus Sylvestris* contains 80 ng/g of testosterone, 110 ng/g of epitestosterone, and 590 ng/g androstenedione (60) .

How about that for a powerful, all-natural androgen?

To give you an example of how potent pine pollen can be, get this...

**Just one gram of pine pollen contains 80 nanograms of testosterone.**

**Meaning, consuming 100 grams of pine pollen would give you 8,000 ng of testosterone. Which is kind of a BIG deal.**

*Because this would equal to an extra 250 – 1,000 ng of unbound testosterone in an average man.*

Here's another reason the pine pollen testosterone connection is powerful for men looking to naturally increase their t-levels...

The testosterone in pine pollen isn't bound to SHBG (sex hormone binding globulin) or albumin... Meaning, it's free testosterone.

Free testosterone is all that matters because free testosterone is actually used in your body. The more free testosterone you have, the more anabolic benefits you enjoy... Like more muscle and strength, increasing energy levels, and having a larger sex-drive and more vigor between the sheets.

**You can learn more about Pine Pollen [here](#).**

Now, with that said... supplementing with pine pollen is a waste of time if you don't follow a healthy eating protocol.

Basically, it's not some magic herb that's going to override a poor diet, sedentary life-

style and catabolic sleeping habits...

And truth be told...

No supplement will work if you're not eating, sleeping, and training.

However, if you've got those in order and you're looking for an anabolic edge that's all natural and carries no side-effects to be of concern... Pine Pollen is the way to go.

**Here are some of the other health benefits of pine pollen.**

- Hormonal support
- Androgen and estrogen balance (important if you suffer from gynecomastia)
- Increases energy
- Strengthens the immune system
- Protects the cardiovascular system
- Improves erectile function

Here are two of my favorite ways to take pine pollen... I call this first one my "get it up every time" double-strength libido cocktail...

The male-enhancement industry does NOT want you to find this out... **Combine the following ingredients into a smoothie:**

- 8 oz. pomegranate juice
- **1 serving Pine Pollen Powder**
- 1 frozen medium banana
- 1 tbsp. raw honey
- 4 oz. milk (you can use almond milk as well)
- Blend up and enjoy!

Or you can go the simple route and take a couple drops of a **pine pollen tincture**. Pretty simple, right?

Now, this next one isn't my favorite way to consume pine pollen, simply because I

don't drink alcohol. However, if you like a strong drink every now and again, here's a do-it-yourself pine pollen testosterone tincture you can make from home.

1. *Get a solid and dark glass jar which can be tightly sealed.*
2. *Get yourself some pine pollen powder.*
3. *Have strong alcohol, like vodka on hand. (this works as a carrier agent)*
4. *Get yourself some small tincture bottles with dropper caps.*
5. *Put the pine pollen into the glass jar and fill it with alcohol. 50% of the jar should be filled with pine pollen and the other 50% with a strong alcohol.*
6. *Seal the jar tightly to prevent air from getting inside.*
7. *Let the pine pollen sit in the jar for 2-3 weeks so the active ingredients from the pine pollen can seep into the alcohol.*
8. *After the 2-3 weeks, your pine pollen testosterone tincture is now ready to be strained into your small dropper bottles.*
9. *Consume a few drops morning and night.*

Now, this is clearly not a method for the impatient (like myself)... However, if you want to put some tender love and care into your home pine pollen testosterone remedy, go for it.

Overall, pine pollen is a rising in popularity as a powerful anabolic herb to help you increase your testosterone levels. Is it for you?

Well, that's up to you... but what guy doesn't like the idea of eating more testosterone (literally)...

[You can order Pine Pollen Powder Here](#)

[You can order Pine Poll Tincture Here](#)

## **83. Chaga Mushroom**

We've all heard the phrase, "*Money doesn't grow on trees,*" right?

I'm sure you've probably used it a time or two, yourself... Unfortunately, neither of us

are going to be pulling stacks of cash from a Willow anytime soon.

But what if I told you trees have something else to offer you?

That you could get rich from something that does grow on trees?

*Well, I've got good news for you. You're about to be a wealthy man...*



*...In testosterone coinage, that is.*

This testosterone boosting, tree-sticking treasure is called the Chaga mushroom.

The Cha-what?

Sure, the Chaga mushroom doesn't get as much publicity as the avocado does, but this little-known fungus is optimal for men's health...

In fact, we're going to give you six reasons why you should stack Chaga mushroom into your pantry before this article is over, but first, let's talk about what a Chaga mushroom is.

*What is a Chaga Mushroom?*

*A Chaga mushroom is a fungus that grows on birch trees in colder climates...*

*Don't worry; it's not a toxic fungus. I care about you too much to recommend those.*

A Chaga mushroom typically looks like a protruding tumor on the side of its host tree; definitely not something you'd be tempted to eat unless your right hand was the only other option.

Thankfully, you don't need to get out your fork and knife to ingest this black-ish, orange-ish blob of bio-food. You can get your Chaga mushroom benefits in a gulp or two.

Typically, these nutrition-packed mushrooms are ingested orally in capsule or tablet form. Other ways you can get some Chaga into your diet is by chugging it. It's often used in mushroom tea or mushroom coffee.

**Here's the easiest way to consume Chaga Mushrooms.**

When you drink down your Chaga mushroom supplement you'll protect your health, improve your testosterone, and pick up your energy levels all in a simple swoop...

If you're ready to know the many Chaga mushroom benefits available to you, read on.

If you'd rather skip on this superior supplement, frankly, it sounds like you could use some Chaga.

## **6 Chaga Mushroom Benefits**

### **Anti-Inflammatory**

Chaga is filled with natural anti-inflammatories.

That's right. A dose of Chaga a day will keep the Tylenol away.

Why is this huge news for you? Because inflammation causes raised cortisol levels, and cortisol is testosterone's kryptonite.

Therefore, you want anti-cortisol, or in this case, anti-inflammatory.

When it comes to cortisol, the best offense is a good defense... Now don't get me wrong, cortisol is a beneficial stress hormone when faced with a sudden bear attack... but high levels of cortisol over extended periods of time will be tumultuous for your testosterone.

The Chaga mushroom benefits you by defending against raised and extended cortisol levels.

*Keep cortisol on its heels daily through ingesting Chaga mushrooms.*

### **Boosts Immune System**

It goes without saying that a weak immune system will cause you to have weak health.

Sickness hinders your testosterone levels and, at an even more basic level, takes you away from doing the things that you love to do.

So what should you do?

Make yourself some Chaga tea or coffee every morning.

The Chaga mushroom benefits your immune system by increasing the production of certain immune cells that regulate your system and fight off invading bacteria and viruses.

A healthy immune system staves off allergies, asthma, and autoimmune disease as well as the simple common cold.

Also, research has shown that Chaga extracts go a long way for your spleen health, which has great influence on your immune system.

## **Can Prevent Prostate Cancer**

In addition to the Chaga's mushroom's effect on your immune system, this potent fungus, known by Siberians as a "Gift from God", can also prevent prostate cancer.

As a man, I'm sure you're aware of the looming prevalence of prostate cancer among men.

*About 17% of men will have prostate cancer at some point in their lifetime... 80% of men above 80 have prostate cancer cells in their prostate.*

*Prostate cancer is a reality, but it's one that can potentially be prevented.*

**A daily intake of Chaga mushrooms can play a big role in your fight against prostate cancer...**

Though Chaga mushrooms haven't been tested on prostate cancer cells, they still have proven benefits against cancer itself.

These mushrooms are high in Beta Glucan, which helps make your immune system smarter and as a result, raises your immune system's response to ward off cancerous cells.

I think we can all agree that a little bit of Chaga mushroom in your tea or coffee or as an oral supplement will be worth your while.

## **Improves Muscular Endurance**

*Muscular endurance is crucial to completing your workout...*

You want to leave the gym when you're ready to leave, not because your muscles are

telling you it's time to go.

**One simple way the Chaga Mushrooms benefit you is by helping you to last longer in the gym...**

Chaga tea has traditionally been used by hunters and foresters to improve energy and workability as well as lessen hunger and tiredness while they work.

This same response will translate right into your workout.

Keep in mind, we aren't encouraging you to spend all day in the gym. We don't want you to get all catabolic on us. But we do want you to have the endurance you need to finish your workouts. When you're looking for that extra pep in your step, Chaga is the game-changer you need.

### **Improves Sleep**

*Sleep has become increasingly difficult in the 21st century...*

We have round the clock news, social media feeds, perpetual emails to answer, not to mention the everyday obligations of work and family life.

If we aren't careful, the rigors of the day-to-day can stress us out and as a result, stifle our sleep. Lack of sleep is never a good thing...

It negatively affects your body in many ways, and for men, a lack of sleep will be detrimental to your testosterone levels.

**You can't raise your T-count if you don't have a good Z-count.**

This is where the Chaga mushroom comes in... Chaga mushrooms help your body relax, and relaxation is at the root of recovery.

Triterpenoids and sterols found in Chaga mushrooms promote healthy blood circulation in your body, keeping your blood pressure down and stress levels out.

*So, drink a cup of Chaga tea before bed and don't stress. Sleep. And remember, more ZZZ's, more T.*

## **Improves Strength**

There isn't a man on the planet that wishes he were less strong...

Now that we all agree to that, we should all get some Chaga into our system.

Russia, a country with a strong reputation in Olympic weightlifting, called Chaga their "secret weapon" until Chaga became more widely known.

After discovering Chaga for himself, Olympic powerlifting champion, Fred Hatfield went on to break the world record in the squat by lifting an enormous 1014 lbs. at 45 years old and with a body weight of 220. Talk about a power ratio!

So if you want the edge during your workouts and a nice boost in strength, I **recommend chugging this Chaga Mushroom supplement daily.**

As you can see, chaga mushrooms are an important staple to add to your daily routine.

You can't deny the numerous and important effects it will have your body from the inside out and for every aspect of your life.

Basically, drink Chaga daily.

You can order Chaga Mushroom [Here](#).

## **84. Polyrhachis Ant (black ant extract)**

What is the benefit of Polyrhachis Ant for men? Well plenty. First...

To answer the question I know you're asking: Yes. Real ants.

The six-legged creepy crawlers that bite your legs when you mow the lawn and invite themselves into your house when you drop food on the floor.

Sure, ants may be pesky sometimes, but we have to give them some credit.

*Their physical strength is something you and I can only dream of. An ant can carry between 10 and 50 times its own body weight...*

*That's to say that a 200 lb. man would carry between 2,000 and 10,000 lbs. from one*



*place to another.*

*Also, ants run at a pace of nearly 800 times their own body length in one minute. To give you some perspective, that's about 3/4 of a mile in one minute.*

So basically ants put people to shame when it comes to a power ratio comparison.

Wisely, ancient cultures took the strength and speed of these ants seriously.

In fact, the Black Ant (Polyrachis Ant) was called the “Herb of Kings” because only the kings of ancient times had access to the extracts of this insect.

Ancient kings would **supplement Black Ant extract** because it gave them higher energy and stamina on the battlefield... Here’s how you can too.

Also, the formula was distributed to field soldiers who would supplement the extract because it was believed to help warriors fight against rival or invading kingdoms with greater energy levels than their opponents, thus giving them a greater chance at victory.

*You could say that these Black Ants were carrying the success of a whole kingdom on their backs!*

The Polyrhachis ants gave kings and warriors, heroes and champions, a special boost in strength when their lives and the lives of their people depended on it.

*So what about you?*

*Don’t you want to dabble in the same formula used by these mighty ancients?*

Harness the ancient power of Polyrhachis ants once eaten by kings and war heroes for your workouts and for a little more dominance in everyday life.

Get your hands on some Polyrachis ant extract and you’ll notice these benefits in no time:

### **Improved Energy/Stamina**

One of the greatest discouragers in the gym, the office, or at home is when your energy begins to run low.

Soon, the weights start to feel heavier, you become a little more civil towards your co-workers, and your kids start to look at each other like, “What’s daddy’s problem?”

The Herb of Kings can help with that...

I mean, it's been used to sustain warriors wielding swords against other mighty warriors for hours on end, surely the Polyrhachis ant formula can help you through a day of throwing some weights around, lifting lumber, pushing pens, and playing with your kids.

This herb has an impressive blend of nutrients.

These nutrients re-build and conserve energy for your workouts in the gym, but they also help with basic functions such as digestion, breathing, and circulation, bringing a deeper measure of utilitarian energy into daily tasks.

Polyrachis ant also increases the amount of ATP in your body.

Your body derives energy from ATP.

The more consistent you are in supplementing your diet with Polyrhachis ant the more energy you'll have at the moment and for the long haul.

Polyrachis ants will help you lay your enemies of productivity (drowsiness, laziness, fatigue) to rest by giving you a healthy kick of lasting energy.

### **More Zinc = More Testosterone**

Zinc is one of the best nutrients for testosterone production, and Polyrhachis ant is packed with it.

The results of studies over the years have shown a direct link between zinc intake and testosterone health.

Also, a zinc deficiency will breed dangerously low testosterone levels. Having a more potent intake of zinc in your diet will send your T-count on the up and up.

A low intake of zinc can dramatically increase your estrogen levels, which is not the

up-and-up you want because it sends your testosterone off the down and down a chute of ineptitude.

A good defense against raised estrogen levels is pretty simple, then. Just add some more zinc.

No one has ever envisioned a mighty king or warrior leading a charge against his enemy while having pathetically low testosterone levels.

We don't have the right to re-create that narrative. Take your testosterone health seriously. Use what the kings used to give your zinc a boost and directly, your testosterone a boost as well.

### **Improves Immune System**

Nothing will slow you down faster than a poor immune system...

For those who are serious about improving their physical, mental, and emotional health, a poor immune system can be a major stumbling block to otherwise successful progress.

However, those Polyrhachis ants will put the stumbling block on their backs and move it out of the way for you.

This supplement is known to boost a struggling immune system and also helps to maintain an already strong one.

Its combination of zinc and vitamin D is a powerful solution for your immune system.

When you shop around at your local drug store you'll find zinc tablets or lozenges in the cold and flu aisle.

That's because zinc lozenges have been proven to reduce the tenure of a cold by as much as 50%.

Vitamin D aids in your immune system's responses to harmful infections...

Without a steady intake of D vitamins, your body will be more susceptible to both infections and autoimmune disease, in which your body produces antibodies that attack your own healthy tissues...

Basically, your body can self-destruct without vitamin D, making the Polyrhachis ants so beneficial.

Could you imagine going into battle while not feeling your best?

Right.

Ancient warriors couldn't either.

**That's why they took Polyrhachis ants.** You'd be wise to do the same.

Gentlemen, Polyrhachis ants aren't only for ancient kings, warriors, and champions.

But they're also for you: the modern day man that fights for your family champions your work in the gym and your vocation and leads others like a king who is confident in his abilities to inspire and advise others well.

Harness the benefits that kings and warriors enjoyed by adding their ancient secret to your life today.

**You can order Polyrhachis Ant Extract Here**

## **85. Long Jack Extract**

If there's one thing I've learned about supplements over the years, it's that seemingly random supplements can produce surprising benefits.

Long Jack extract (also called Tongkat Ali) is no different.

Long Jack extract is a multi-faceted affiliate of your health...

This unfamiliar friend comes to us from the Eurycoma plant grown both in Malaysia and Asia.

The Long Jack extract is taken particularly from the roots of the plant and is mass-produced in powder or pill form.

Recently, Long Jack extract has been especially renowned among men for its “head to toe” health benefits.

Professionals recommend that you take 1-2 doses of 200-300mg of extract throughout the day for short-term use.

However, if you want to consider using Long Jack extract for long-term benefits, you’ll want to take the same dosage every other day and with a week off once a month.

Sure, the routine is a little more scattered than most supplemental plans, but it’s nothing a good calendar reminder on your phone can’t help you with.

I recommend you start taking the powder form with short-term doses, and consider how it works for you. Then, move into long-term dosage plans after you see just how beneficial Long Jack extract will be for your daily health and performance.

So now that you’re familiar with Long Jack extract’s origins, let’s get down to the bottom line.

What are its benefits?

### **Less Stress/Higher Testosterone**

You didn’t think we’d recommend a supplement to you if it wouldn’t help your testosterone health, did you?

Long Jack extract has tremendous testosterone boosting benefits for those who have

low-T.

This supplement is believed to stimulate the production of free testosterone in your body while reducing the levels of metabolically inactive testosterone.

It does this on the teeter-totter of testosterone and cortisol.

When you get stressed, naturally your testosterone numbers start to plummet.

Too much stress will cause your body to create more of testosterone's archenemy – cortisol...

It's an unfortunate part of nature, really...

Loads of stress can cause a self-imploding breach of femininity.

That's why it pays to have some help from your flank, Long Jack Extract.

This herb actively weakens the amount of cortisol in your body, thereby strengthening your T-count.

In other words, Long Jack extract helps you stress less and produce testosterone more. Here's what this looks like on paper:

Lower Stress = Lower Cortisol = Higher Testosterone  
Higher Stress = Higher Cortisol = Lower Testosterone

Tests on Long Jack extract (also known as Tongkat Ali) have shown this very concept.

A 4-week study conducted with 62 moderately stressed adults revealed significant improvements for those who received a dosage of Long Jack Extract...

Those who consumed Long Jack extract had decreased in tension by 11%, anger by 12%, confusion by 15%, and cortisol by 16%. They also increased in testosterone by 37%.

Those are some good numbers.

Less moody and more manliness sounds like a win-win to me.

### **Less Body Fat/More Muscle Gain**

Naturally, increased testosterone in your body will have some powerful implications for your physique.

As a male, the lower your testosterone levels are, the higher your body fat percentage will be.

It's important for you to note that body fat percentage looks different from person to person. You don't have to be walking around at an unhealthy 350lbs. to have a high body fat percentage.

You can be a relatively skinny guy and still have a high body fat percentage. But Long Jack extract can help in both cases.

Because Long Jack raises testosterone levels it will also reduce body fat.

Again, the results run parallel with the perpetual hormonal teeter-totter that we saw between testosterone and cortisol in the last section. In regards to your body fat the equations would look like this:

High Testosterone = Less Estrogen = Less Body Fat

Low Testosterone = More Estrogen = More Body Fat

For this reason, Long Jack extract is a popular supplement among bodybuilders who are looking to widen the gap between their muscle mass and body fat percentages.

But Long Jack isn't only for bodybuilders...

It's for any male working towards his dream physique.

In a 2002 Malaysian study, 7 men were given 100mgs of Long Jack Extract (Tongkat Ali) each day with 7 other participants who were given a placebo...

The study was conducted over a 5-week period and resulted in a 5% increase in lean muscle mass and a significant reduction in body fat for those who received the Long Jack supplementation.

Long Jack extract is proven to have a dynamic impact on your physique and fitness goals.

Dare we say, "Take Long Jack to get jacked?"

Eh, a little cheesy, but we'll go with it...

### **More Testosterone/Better Joint Health**

Testosterone is crucial to your bone health.

It keeps your calcium levels high and assists your bones from weakening.

Through its testosterone boosting benefits, Long Jack extract can help prevent and reverse the age-old epidemic of osteoporosis, that comes with, well, aging.

Long Jack won't help you regain bone-density that you may have lost over time... that would be a miracle. No known supplement can do that.

However, Long Jack extract can balance hormones that act as the culprits for calcium kidnapping in your body.

Let me draw out one last equation for you, just to stay consistent with the last two points.

More Testosterone = Better Joint Health

Less Testosterone = Worse Joint Health

Bone mass deficiency can be a debilitating downfall in your physical health.

As a result, it can largely affect the way you enjoy your adult and even your senior years.

Long Jack extract will be advantageous for future adventures with your family and friends... it'll also keep nagging osteo-pains away so that you can pursue your long-term goals with a clarity of mind and comfort.

Why plan for long-term adventures and ambitions if you don't plan to be healthy enough to enjoy them?

Start supplementing Long Jack extract for long-term benefits.

These three benefits of Long Jack extract make a great case for its claim.

Sure, at the beginning of this post, Long Jack extract was probably a foreign supplement to you...

But now you see that it's a friend to your testosterone health, an ally to your body compositional goals, and an advocate of your overall wellness longevity.

As you consider adding Long Jack to your supplement stack, remember to swirl back around to the beginning of this post to find the recommended regimen for this powerful testosterone addendum and enjoy the results.

Until next time, so long, Jack! (I couldn't resist).

[You can order Long Jack Extract \(Tongkat Ali\) Here](#)

## **86. Nettle Root**

Nettle root is a relatively well-known plant with multiple uses ranging from joint relief to kidney relief, a diuretic to irrigation therapy and of course, testosterone health.

Similar to the Chaga mushroom, nettle root helps your body's testosterone levels by playing a bit of defense.

Remember the days when you romped around the schoolyard in a fun game of "freeze-tag?"

If you've never enjoyed a frenzied game of freeze-tag growing up, the premise is simple.

Basically, you'd have one person who is "it", and he or she chases the other students around the yard, trying to tag them.

When he or she tags the scattered students, they're now frozen or ineffective for the rest of the game.

This same concept takes place in your battle for your T-count. Essentially, your body contains what is known as sex hormone-binding globulin (SHBG), a glycoprotein that binds to your androgen, rendering it inactive.

Or in other words, sex hormone-binding globulin tags your free testosterone and makes it sedentary.

Too much of this and you'll soon experience all of the symptoms associated with a low T-count.

So, you want to keep these testosterone binding proteins at bay.

That's where nettle root comes in to play.

This mysterious shrub inhibits the binding of SHBG to your testosterone, which as a result, increases the amount of free testosterone flowing into your bloodstream.

Adding on to its already stellar bulwark against binding agents, nettle root also captures enzymes that convert your testosterone into dihydrotestosterone, which can

cause hair loss and prostate tissue growth known as benign prostatic hyperplasia.

Nettle root has its work cut out for it when you add it to your daily diet but has proven up to the challenge.



This supplement ties up that SHBG, which tries to tag your testosterone levels and dihydrotestosterone, which tries to tag your well-being making it a necessary natural remedy for low testosterone that you need to start implementing today.

## **87. Rhodiola Rosea**

Can you think of anything really notable that's come out of Siberia?

Right...

I can't either.

But according to science, the Siberians have a testosterone boosting secret hiding out

over there...

It's called Rhodiola Rosea.

Rhodiola Rosea, also known as "roseroot" or "arctic root" is a herb that grows in Siberia and northern Asia where the average temperature hovers around 23 °F...

Now that's a shrub with some hair on its chest!

It's a tough plant that'll make your testosterone tough as well.

In fact, herbalists claim that the Rhodiola Rosea is the most beneficial herb for human health that's been uncovered thus far...

Luckily for us, we don't have to travel to Siberia's often sub-freezing temperatures in order to get a piece of Rhodiola Rosea.

This superior supplement is available in powder, liquid and capsule form, and is available just like any of the others that you've looked for in the past.

So hey, now you can say you know of something notable that's come out of Siberia.

But I don't just want you to know what Rhodiola Rosea is...

I want you to know how a new Rhodiola dosage will naturally boost your testosterone and how to implement it into your diet right away.

## **Rhodiola and Testosterone**

Do you want to know one way to kill your testosterone?

Stress out about something...

When you let your work assignment, upcoming biology exam, or your social media news feed get to you, it's also getting to your testosterone.

Extended periods of stress will cause your testosterone to plummet, no matter what peak it's on.

But hear me out...

Your stress hormone itself isn't always a bad thing for you...

In fact, it comes into play at crucial points in your day.

You need stress hormone when you get under a 300-pound squat bar or when you perform your anabolic running for the week.

You need it for that rare moment when you're called on to lift a car off of somebody or stop a building from falling over or to fight your city's rising villain...

I mean, how else do you think guys like Spiderman, Batman, and the Incredible Hulk go about rescuing their comic book universe?

Can you say, cortisol?

But all joking aside, when cortisol is elevated for too long, it kills your testosterone levels.

Think about it like this...

Do you remember the good old days when you played football video games like Madden?

Well, when you called a running play, what did you do once your running back touched the ball?

You hit the speed burst button, right?

But if you held the speed burst button for too long what would happen?

The running back would start to slow down and would eventually run slower than if you hadn't pressed down on the X button for so long...

The same concept applies to your testosterone when your stress hormone, cortisol is "pressed down."

Though cortisol has its moments when it's necessary and beneficial, too much stress and too much cortisol stress release will cause you to become catabolic, and your testosterone will crash.

That's where Siberia's secret weapon comes in...



A Rhodiola dosage has been proven to greatly reduce unnecessary stress, and as a result, keeps your cortisol at bay throughout the day.

In fact, there have been 7 peer-reviewed studies showing that a Rhodiola dosage noticeably reduces fatigue, 4 studies testifying to its increase in the subject's mood and well-being, 4 more studies that show how it improves brain health and cognition and 2 additional studies displaying the effects of Rhodiola against muscle damage.

This isn't simply when you're on vacation and are prone to relax, either.

Rhodiola Rosea has a stress-relieving effect in the midst of the everyday stressors of life.

As a result of a Rhodiola dosage causing you to chill-out, your testosterone levels will thank you

Studies have shown that as a result of Rhodiola's fight against cortisol, your testosterone will naturally increase (61) .

In a study conducted in the year 2000, a group of active men saw a 70% increase in their testosterone levels when taking 2 grams of Rhodiola extract for a month, compared to a placebo group (62) .

Also, this Siberian secret is filled with nutrients (apigenin, organic acids, alkaloids, quercetin, and terpenoids) that have been known to naturally boost one's testosterone health.

So at this point it's no secret...

Rhodiola Rosea can have major benefits for your testosterone health.

But how do you take it?

### **Rhodiola Dosage**

Rhodiola is most commonly found in powder extract form and its recommended dosage is 300-500mg per day...

Because Rhodiola is a stimulating substance, I recommend that you take your daily supplementation in the morning, rather than at night...

I would recommend the same for any supplement that has a stimulating effect, as little

sleep adds to stress and decreases testosterone levels.

Also, keep in mind that Rhodiola has a powerful taste to it, so mixing it with coffee or tea like you could other herbs probably isn't the best idea...

Unless you want to spoil your morning's cup of coffee that is.

I recommend taking your 300-500mg Rhodiola dosage with at least a half a cup of water because Rhodiola can make your mouth a little dry.

[You can add Rhodiola to your daily nutrition here.](#)

So there you have it.

The Siberian, not-so-secret, anymore.

When you're considering a supplement to help you de-stress and naturally boost testosterone in the process, look no further than this shrub from Siberia.

It'll help your body and mind respond to the everyday stresses of life and promote not only testosterone health but your overall well-being also.

## **88. Creatine Monohydrate**

Creatine monohydrate is a zero-calorie supplement. Meaning, it's acceptable to consume when fasting.

Pro Tip: Don't get the "fancy" creatine. It's all over-hyped marketing. Creatine monohydrate will do.

Here are a few reasons I love creatine...

For one, it's most likely the #1 researched sports performance supplement. So it's backed by tons of studies which show how creatine increases strength, improves cellular hydration, induces lean muscle gains, and stunts fatigue.

Creatine also boosts testosterone levels by converting testosterone into a more bio-available form called dihydrotestosterone (DHT) which is up to ten times the potency of testosterone (63) .



Hint: DHT is the strongest androgen in the male body... so more of it is a VERY good thing.

In fact, this study shows a 56% increase in DHT all thanks to creatine monohydrate supplementation (64) .

Could be a supplement you may want to consider.

## **89. Branch Chained Amino Acids (*While Fasting*)**

We all love a good 1-2 punch.

The term 1-2 punch originated from the sport of boxing, describing a solid punching combination: A strong left jab followed by a powerful right hook.

When executed just right, a combo like this can send an opponent stumbling around the ring with his bell rung.

From those boxing roots, the term 1-2 punch has made its way out of the ring as well, being a descriptor for a downright dangerous combination of two already compelling forces.

Some historically prominent 1-2 punches are Kobe and Shaq, Batman and Robin, peanut butter and jelly, and milk and cookies...

Each individual component is solid on its own but makes for a force to be reckoned with, when paired together.

You can find a solid 1-2 punch almost anywhere. And guess, what...

You can boost testosterone naturally with a powerful 1-2 punch, also.

The two main players in this combo are Branched-chain Amino Acids (BCAAs) and a 24-hour fast.

Both are capable ingredients for boosting your testosterone, but when combined they're a sure-fire way to peak your testosterone levels...

In fact, I'll go as far as to say that this could be one of the most effective ways to boost your testosterone naturally.

So, enough talk.

Let's get to it.

Here's how BCAAs and 24-fasting work separately and together to build up your testosterone health...

## **Branched-Chain Amino Acids (BCAAs)**

Branched-chain Amino Acids are a group of three amino acids, leucine, isoleucine, and valine, which form a branch-chained shape.

These three amino acids are the primary contributors to your muscle growth and comprise a third of your muscle tissue...

Unlike other amino acids, BCAAs aren't metabolized in your liver.

They're metabolized directly in your muscle tissue, providing your muscles with instant energy during your workouts.

They don't waste time.

They don't waste away in an outlying organ.

They efficiently work where you want them to work, in your working muscles.

BCAAs give your muscles leverage in both energy and growth during and after your workouts.

They're also contributors to increased testosterone levels, growth hormone levels and overall testosterone health making BCAAs an acclaimed asset for boosting your testosterone naturally.

## **24-Hour Fasting**

On the surface, fasting may not seem like the best practice for boosting your T-count.

You're not eating t-boosting fats and carbs. You lose calories. You CAN lose muscle (this is where the amino acids come in. I'll explain in a bit). Something just doesn't add up.

However, 24-hour fasting is one of the most effective ways you can boost testosterone

naturally and demolish belly fat.

If you're unfamiliar with the idea of 24-hour fasting, the concept is simple, though the practice itself can be a challenge.

For 24-hours you don't consume any calories...

Don't eat calories.

Don't drink calories.

No calories. You can drink water and some black coffee or tea, but that about settles it there.

See, not a hard concept to understand, but it could be challenging to put into practice.

So let me give you a number to make the task a lot less daunting. The lucky number is 2000.

In one study, researchers noted that after a 24-hour period of fasting, growth hormone levels increased by 2000% (65) .

I repeat, 2000%! That's an absolutely staggering statistic.

Testosterone rises alongside growth hormone, meaning that this jump takes your manliness to major heights...

Of all the studies you'll find, an increase in testosterone like this one will rank at the top in terms of boosting testosterone naturally.

It's a knockout punch on its own.

But don't forget about the 1, in the 1-2.

## **The 1-2 Punch of BCAAs and 24-Hour Fasting**

If you want your testosterone levels to soar to new heights, combine BCAAs with 24-hour fasting.

If you aren't in a fasted state while taking your BCAAs, the effects are unimpressive because, well, you're getting your protein from food sources such as chicken, tuna, cottage cheese, etc.

However, BCAAs shine when they're paired up with a 24-hour fast.

If you're looking to boost your T-count by 2000% through a 24-hour fast, you'll need BCAAs when you train in order to build muscle and boost your testosterone naturally.

See, when you participate in a 24-hour fast, muscle growth production is at risk.

Your body doesn't have the fuel it's familiar with and so it won't run in its most efficient manner.

Without fuel from food, your body won't have the BCAAs available to energize and restore muscle tears. This could lead to slow muscle repair and even muscle breakdown.

This is where BCAAs compliment your testosterone boosting, 24-hour fast, making it that 1-2 punch I've been stressing throughout the article.

When you consume BCAAs, before, during and after your workout, you give your body a good quantity of the essential amino acids that it needs without breaking your fast.

When you choose this route over a pre-workout snack your testosterone levels remain high because of your fast, and they stay high because you're ingesting essential amino acids without consuming enough calories to kill your fasting progress.

In short, BCAAs keep you from becoming catabolic during your workout and keep

your testosterone levels high as you continue your fast through your workout.

A side benefit to this is the muscle building and fat torching tandem that comes with this BCAA-fasting combo.

Because you're working out in a fasted state, your body is going to burn fat during your workout, not simply excess calories from a day of eating.

Also, the BCAA's will give you energy and repair your muscle tissue quickly, making muscle growth a sure thing.

This combination is primed to produce massive results for your testosterone levels.

So how often should you perform this 1-2 punch? I recommend a 24-fast one day a week.

Get out your calendar, and circle a day that'll be a good, consistent go-to for when you want to get your testosterone to peak heights.

Then, buy yourself some BCAAs and set them aside specifically for your fasting day.

Sure enough, this 1-2 punch will make you a champion of testosterone health.

## **90. Zinc Supplement**

Zinc is a mineral which plays a very important role in testosterone production.

Supplementing your diet with zinc has been shown to cause a significant improvement in t-levels in as little as 6 weeks. Similarly, research has shown restricted dietary sources of zinc leads to a significant decrease in testosterone, while zinc supplementation increases it.

Zinc is shown to also protect men from exercised-induced depletion in testosterone levels.

It's estimated up to 45 percent of adults over the age of 60 have lower than encouraged zinc intake. And even when dietary supplements are still added in, an estimated 20-25 percent of older adults still had inadequate zinc intakes, according to a *National Health and Nutrition Examination Survey*. Save your testosterone levels and get enough zinc in your diet.

## **91. Magnesium**

Numerous studies have shown magnesium to be positively associated with total testosterone.

Unfortunately for most guys, deficiencies in magnesium are typical because men don't generally get enough of it from dietary sources. What magnesium does is increase the bioavailability of testosterone.

One study shows that testosterone prefers to bind to magnesium rather than thus preserving free levels of testosterone, and boosting the mineral's anabolic effects. In another study, 30 males, aged 18-22 (both sedentary and active), received 10mg/kg magnesium for four weeks and their free and total testosterone levels both increased.

## BEVERAGES

There aren't a ton of beverages that can boost testosterone levels, however there are some. Take a look at the list below and see which drinks you can add to your daily nutrition to maximize your testosterone levels.

### **Coffee**

According to studies published in the *International Journal of Sport Nutrition and Exercise Metabolism*, one to two cups of coffee a day can help supercharge your testosterone levels (66)

This equates to about 200 to 400 mg of caffeine.

Another study published in the *U.S. National Library of Medicine* shows 4 mg/kg of bodyweight consumed one-hour before a workout, increase testosterone levels by 12%.

(nothing like a quick testosterone boost for your workout, right?)

So if you want to add a little testosterone-turbocharge to your day, consume some form of caffeine an hour before your workouts.

Pro Tip: It's good to be methodic and conservative with your coffee drinking.

Excessive coffee drinking has been shown to heighten cortisol levels. Which as you know by now, is not the best for testosterone.

Keep your coffee intake between 2-4 cups per day (8 oz. cups... not the size of a Big Gulp)

## **Water**

One of the most overlooked, yet important parts for maintaining high and healthy testosterone levels; staying hydrated.

*This is especially important during exercise.*

Because even mild dehydration will suppress testosterone levels and growth hormone when exercising.

And at the same time, boost cortisol.

One study published in the *Journal of Sports Science* showed even a 1-2% dehydration greatly increases cortisol levels and lowers growth hormone production.

So don't skip out on the water, man.

It'll dry up your hormone production pretty quickly.

## **Ginseng**

Korean ginseng contains active compounds called 'ginesonides' which are structurally very similar to androgens, such as testosterone. Several human studies show ginseng can increase testosterone, nitric oxide levels, improve blood circulation, and promote good sleep quality. It's also been shown to relaxes arteries, and boosts libido.

## THE WORST FOODS FOR YOUR “T”

I know the information in this section will be controversial for some. After all, it does go against the advice we’ve been given for decades from professional bodybuilders and even doctors...

However, research is catching up to these former “saviors” of the health and nutrition industry and exposing them for what they truly are.

Take a look below and follow your personal convictions. I’m not telling you to change your ways. Just providing the research.

Let’s start things off with a BANG!

### **Whey Protein Powders**

Testosterone and high protein diets don’t mix... seriously.

And I’m NOT just talking about soy protein. So if you’re a man who’s 35+ and you’re serious about maintaining high and healthy testosterone levels, be sure to read this entire article.

Because most guys wouldn’t believe what I’m about to tell you...

Probably because supplement stores and bodybuilding websites show nothing but massive bodybuilders flexing their pumped up arms while sipping down a bottle of chalky protein...

Sure, high protein diets may have some benefit for THOSE guys... yet for someone like yourself, who I’m assuming isn’t on any enhancements, there’s a better way to optimize testosterone levels while consuming enough protein for muscle building.

And this section will show you how.

First, the truth about protein, carbs, fats and the role they play with your testosterone levels... because of the three macronutrients, protein is the one dragging your t-count down...



And chances are you had no idea. So it's not your fault...

After all, flip through any muscle building magazine and they'll tell you to eat a low fat and moderate/low carbohydrate diet... and protein? "Eat as much as you'd like!"

Up to 2 grams per pound of bodyweight (*shake my head*)...

I'm not going to say high protein diets are awful for you...

But for the man who's 40+ years old (and who's testosterone levels are already on the biological decline), a high protein diet may not be best for you.

The point I want to hammer home for you is this:

**Muscle Building And Fat Burning Is NOT About Protein. It's About Hormones, Especially Testosterone**

Here's why testosterone is so important for your muscle building goals...

A study published in the *Journal of Clinical Endocrinology Metabolism* showed participants who supplemented with testosterone gained more lean muscle mass and burned more fat compared to the subjects who were not supplementing with testosterone (67).

No shock there...

Yet it's an important reminder why this hormone is essential.

Because once a man turns 30 years old his testosterone levels start to suffer.

You see, up until age 30, testosterone has been on your side (unless you had early onset "low-t"). During this period of your life building muscle seemed easy, right?

Think about your teenage years. Your body transformed at lightning speed. Even before you started working out...

And once you started lifting weights your gains were fast... and those high school cheerleaders were taking notice.

*Your secret weapon – good old youthful testosterone.*

Testosterone is highest during your teenage years and can ride high throughout your twenties.

Now, take a look at this next study published in the *US National Library of Medicine*; the researchers separated the participants into two separate groups.

**Group 1)** ate a high carb, low protein diet.

**Group 2)** ate a low carb, high protein diet.

**\* *The fat intake remained identical between the two groups.***

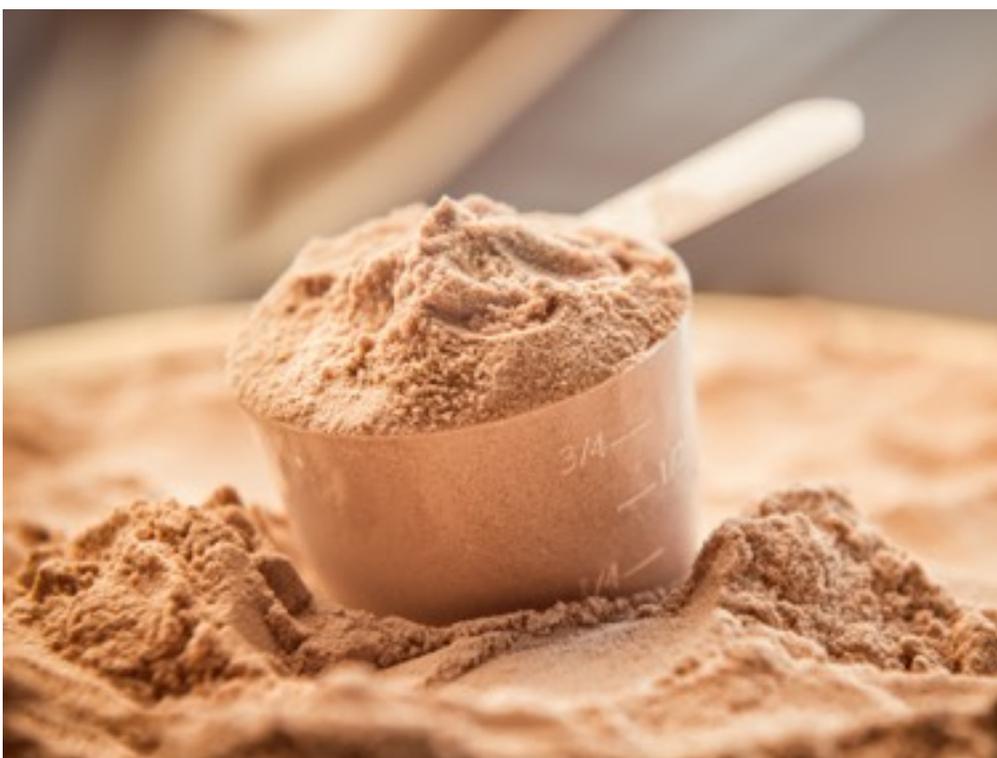
Just 10 days into the study and the researchers noted the group eating the diet high in protein dropped testosterone levels by -36%. This group also had higher cortisol levels (68).

So if the 36% drop in free testosterone levels isn't enough to raise an eyebrow, take a look at this next study...

Published in the *Journal of Applied Physiology*, researchers suggest men who are practicing strength training and consuming diets high in protein are still stunting their testosterone levels (69)...

## **1 Serving Of Whey Protein Lowers Testosterone...**

Another study, published through *The Department of Biology of Physical Activity*, shows just 25g of whey protein right before exercise, significantly lowers testosterone levels and human growth hormone (70).



So here's the question you may have been thinking up until now...

### *How Much Protein Do You Really Need For Maximal Muscle Gains And Optimal Testosterone Levels?*

It's not a one-size fits all answer.

Your fitness goals play a large role. Here's an example which may steer you in the right direction.

#### **First, follow the 20/40/40 macronutrient split.**

20% of your calories come from protein.

40% of your daily calories come from carbs.

40% of your calories come from fats.

For example, if you want to gain muscle, you can consume 3,500 calories per day:  
175g protein/350g carbs/155g fat

If you want to lost fat, consume 2,500 calories per day: 125g protein/250 carbs/110g fat.

The above numbers are generalized, and may not be the amount of total calories you need to fulfill a muscle gain or fat loss goal. However, it gives you an understanding of how to track your macros based on your fitness goals while maintaining a highly-optimized diet for you testosterone levels.

## **Most Nuts**

Not all nuts are created equal. For example, almonds and walnuts increase SHBG levels (71)... which stands for sex hormone binding globulin...

SHBG binds with your testosterone molecules and makes them ineffective (72). Think of it like a game of freeze tag...

Basically, SHBG is “it” and goes around “tagging” your testosterone molecules.

Once they’re “tagged”, they can no longer move...

So your master male hormone becomes paralyzed and unusable to your body. Yet that’s not all...

Most nuts are packed with omega-6 fatty acids... which when eaten by the handfuls increases inflammation and raises cortisol levels (73). Thus shrinking testosterone levels even more.



Basically, eating the wrong kind of nut is a two-fold disaster for your manhood. Next...

## **Flaxseed**

Flaxseed has been praised as some “omega-rich” miracle seed. And while it’s an “okay” food for women, it’s the complete opposite for men. Here’s why...

Flaxseed is chock full of lignans... which contain the female hormone, estrogen. And explains why flaxseed has been shown to lower testosterone production. In fact...

This food is so strongly estrogenic that researchers have purposely used flaxseed to lower testosterone levels in women (74).

The result? The females in the experiment had an average testosterone decrease of 89%. Now...

I know you're not a woman...

However, the experiment goes to show how dangerous flaxseed can be for your male hormones. And if you're eating them regularly, NOW is the time to end the self-destruction before they take your t-levels down any further...

## **Wine**

Wine (and alcohol consumption in general) has a "dose-dependent response" with your testosterone levels. Basically...

The more you drink, the more your t-levels shrink... this according to a recent study published in the Indian Journal of Physiological Pharmacology (75)...

Studies also show alcoholic men have higher estrogen levels and much lower testosterone levels than guys who are social drinkers or non-drinkers (76)... The reason why?

Cortisol. Alcohol increases this stress hormone... which, works against your testosterone levels.

Think of it like a seesaw. As your cortisol levels go up, your testosterone goes down.

## **Vegetable Oils**

Just like nuts, not all oils should be treated equally. Especially vegetable oils... which

are loaded with polyunsaturated fats...

When broken down in the body, these fats act as a testosterone lowering toxin that also slows down your metabolic rate (77)...

Wreaking havoc on your manhood and making fat loss a greater challenge.

A list of commonly used vegetable oils to stay away from include: canola oil, sunflower oil, peanut oil, palm oil, and avocado oil.

Now, those are just a few of the demasculinizing foods every man should stay away from. However, onto the good stuff...

## **Licorice**

Even though licorice tastes great and is a common favorite in movie theaters and candy stores, it's actually an atom bomb on your t-levels.

The main compound in licorice is called, glycyrrhizic acid. This ingredient which gives licorice root its famous taste, can decrease testosterone production...

One study published in the U.S. National Library of Medicine shows a very small dose of glycyrrhetic acid blocked testosterone production in rat leydig cells (78)

Another study published in the New England Journal of Medicine had seven healthy male subjects eat 7g/day of licorice through candy tablets...

After only four days into the study and the subjects total testosterone levels had dropped from 740 ng/dL to 484 ng/dL<sup>10</sup> (79)... *Wowza!*

## Mint

Peppermint and spearmint...

Two seemingly harmless foods that have the potential to lower your t-levels.

With that said, most of the research about peppermint and spearmint on male testosterone levels comes from studies using male wistar rats as test subjects...



In one study published in the journal, *Urology*, 48 rats were divided into 4 groups:

Group 1) commercial drinking water (control).

Group 2) 20g/L peppermint tea.

Group 3) 20g/L spearmint tea.

Group 4) 40g/L spearmint tea.

When compared to the control group, the peppermint tea at 20g/L reduced total testosterone levels by 23% (80).

And the spearmint tea at 20g/L reduced total T 51%.

Now, translated into human dosages, 20g/L for the Windsor rats is like steeping a cup of tea from 5 grams of tea leaves.

Another study published by the British Industrial Biological Research Association, showed spearmint suppressed testosterone production (81).

The researchers believe the spearmint increases oxidative stress in hypothalamus resulting in down-regulation of testosterone synthesis in your “family jewels”.

Again, these are not human studies. However, there is potential that mint can through your natural testosterone production in a tailspin.

## **Soy Products**

I've never been a fan of soy products anyway... however, some guys are.

But here's the thing. Soy products contain phytoestrogens and produces equol in the gut which is a strong anti-androgen.

And according to a study published in the *U.S. National Library of Medicine* this compound in the gut can almost completely shut down the activity of dihydrotestosterone - which is the most potent androgen in your body (82).

An odd study published in the journal, *Nutrition*, followed a 19-year old man who started consuming large amounts of soy in his diet...

*Not sure why you'd do that. Anyway...*

He soon lost all interest to sex and suffered from erectile dysfunction. His blood DHEA, testosterone, and DHT levels also sunk significantly (83).

Luckily, 1 year after stopping the soy consumption, his erectile dysfunction went away

and his androgen profile was back to normal.

And if you're thinking of having kids... soy is a no-go. Here's why...

A study published in *Human Reproduction*, showed of 99 infertile men... the guys who had the diets highest in soy have the lowest sperm counts (84)

And finally, another study published in the *U.S. National Library of Medicine* found soy protein decreased testosterone levels and DHT production in healthy young males (85).

I'm sure you're beginning to see why most guys aren't big fans of soy products.

**Here's a list of soy products to avoid:**

- edamame
- tofu and other meat substitutes
- soy protein powder
- soy packed protein bars
- soy sauce
- soy milk
- soy nuts

# FOODS THAT IMPROVE SEXUAL PERFORMANCE

The following foods will help you increase blood flow throughout your entire body. They've also been shown to improve sexual performance.

Add these foods as a regular part of your diet and enjoy the benefits!

## **91. Watermelon**

Watermelon contains the amino acid L-Citrulline. A natural compound proven to increase nitric oxide. Watermelon is also a healthy hydrating fruit source with an extra amount of testosterone boosting zinc found in white watermelon seeds.

## **92. Beet Root**

Beetroot is one of the most powerful nitric oxide boosting foods that will greatly improve blood flow to your erections and improve cardiovascular health. This food has the highest nitrate count in all of plants, and can also lower your estrogen levels and therefore boost your testosterone count.

## **93. Cranberry**

There are plenty of health benefits with cranberries. For one, cranberries increase nitric oxide production and lower blood pressure at the same time. Two key components to boosting erection quality and duration.

## **94. Shrimp**

One of the best sources of L-Arginine, an amino acid and precursor of nitric oxide. By consuming shrimps you are increasing the amount of L-Arginine in your body which then converts into nitric oxide and boosts blood flow for improved sexual performance.

## **95. Dark Chocolate**

Cocoa, especially the raw kind, increases nitric oxide production and lowers blood pressure. There is also evidence of cacao healing the endothelium (the thin layer of cells that lines the interior surface of blood vessels) by increasing the amount of cells that repair it.

## **96-97. Strawberry & Papaya**

When garlic is combined with vitamin C you get a 200% boost in nitric oxide levels. So it's excellent for boosting blood flow to your male anatomy. However, it can also increase testosterone production as well.

One study published in the Indian Journal of Experimental Biology shows vitamin C can increase testosterone production by upregulating enzyme production in the leydig cells in your testicles (86).

And several other animal and human studies show vitamin C helps protect the testicular leydig cells from oxidative stressors, and thus, preserves testosterone levels (87)

Some of the best foods that are packed with vitamin C are Papaya and strawberries...

In fact, there's a Seinfeld episode where George eats a piece of papaya and with a resounding yell says... "Jerry, 'IT' moved..." haha.

**Okay, enough Seinfeld. How about a 4 day "Get my Mojo Back Meal Plan"?**  
**Check out the next page --->>**

# 4 Day Mojo Meal Plan

*(For boosted t-levels and an enhanced sex life)*

## **Breakfast**

3 whole cage free eggs  
3 slices of organic bacon  
8 oz. freshly pressed orange juice  
1/2 an avocado

## **Lunch**

2 cups of spinach leaves  
2 tbsp. olive oil or aragan oil  
1/2 cup chopped white button mushrooms  
1/2 cup chopped celery  
1/4 cup blue cheese  
6 oz. salmon (or sardines)  
Add additional cruciferous veggies as desired

## **Dinner**

8 oz. grass-fed beef  
1 sweet potato  
12 asparagus spears cooked in coconut oil  
2 cups white rice

## **Optional:**

### **Pre-workout**

1/2 serving beef jerky  
1 large banana  
1-2 cups black coffee

### **Post-workout**

3 egg whites  
1 cup strawberries  
1 large banana

### **Snacks**

3 squares dark chocolate  
Large banana  
Handful macadamia nuts

## **Breakfast**

3 whole cage free eggs omelette cooked in grass-fed butter  
3 slices of organic bacon  
8 oz. freshly pressed orange juice  
Mushrooms and spinach in omelette

## **Lunch**

2 cups of spinach leaves  
2 tbsp. olive oil or aragan oil  
1/2 cup chopped white button mushrooms  
1/2 cup chopped celery  
1/4 cup blue cheese  
6 oz. salmon (or sardines)  
Add additional cruciferous veggies as desired  
8 oz. pomegranate juice

## **Dinner**

8 oz. grass-fed beef stir fry  
3 cups white rice  
Broccoli, cauliflower, watercress cooked in coconut oil

## **Optional:**

### **Pre workout**

5 oz. boneless, skinless chicken breast  
1 cup strawberries  
1 serving beet root powder

### **Post workout**

1 EPIC bar  
1/2 cup raisins

### **Snack**

1 large banana

## **Breakfast**

3 whole cage free eggs  
3 slices of organic bacon  
8 oz. pomegranate juice  
1/2 an avocado

## **Lunch**

2 cups of spinach leaves  
2 tbsp. olive oil or aragan oil  
1/2 cup chopped white button mushrooms  
1/2 cup chopped celery  
1/4 cup blue cheese  
6 oz. salmon (or sardines)  
Add additional cruciferous veggies as desired  
1 large sweet potato with melted grass-fed butter and cinnamon

## **Dinner**

8 oz. grass-fed beef  
1 loaded baked potato with grass-fed butter, aged cheddar, and cilantro

## **Optional:**

### **Pre workout**

1/2 can albacore tuna  
8 oz. tart cherry juice  
1 serving beet root powder

### **Post workout**

1 EPIC bar  
1/2 cup raisins

### **Snack**

Homemade trail mix: 3 brazil nuts, 10 macadamia nuts, handful of prunes/raisins

## **Breakfast**

3 whole cage free eggs  
3 slices of organic bacon  
8 oz. grapefruit juice

## **Lunch**

2 cups of spinach leaves  
2 tbsp. olive oil or aragan oil  
1/2 cup chopped white button mushrooms  
1/2 cup chopped celery  
1/4 cup blue cheese  
6 oz. salmon (or sardines)  
Add additional cruciferous veggies as desired

## **Dinner**

8 oz. grass-fed flank  
1 large sweet potato with melted grass-fed butter and cinnamon  
12 asparagus spears cooked in coconut oil  
2 cups white rice

## **Optional:**

### **Pre workout**

1/2 can albacore tuna  
8 oz. tart cherry juice  
1 serving beet root powder

### **Post workout**

1 EPIC bar  
1/2 cup raisins

### **Snack**

3 squares of dark chocolate  
1 orange or papaya

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# CLOSING

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There you have it! 97 Science-Backed Foods That Boost Testosterone and do a heck of a lot more for your health, energy levels, and sex-life too.

I hope you enjoyed this guide. Hours and hours of research were put into the creation of this book, along with days of writing and formatting to give you your #1 go-to source holding the best foods to boost your testosterone levels and improve your manhood.

If you have any questions regarding the text, please email me at:

[joe@liveanabolic.com](mailto:joe@liveanabolic.com)

Thank you for picking up a copy of the program and I truly hope you've enjoyed it and put into practice the material between the page numbers!

Here's to more T and some delicious eating ahead!

***Train HARD and with NO REGRETS!***

Sincerely, your friend and coach,  
Joe LoGalbo