



ANABOLIC DRINKING HANDBOOK

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ANABOLIC DRINKING HANDBOOK

Welcome to the Anabolic Drinking Handbook. You're about to discover the best anabolic beverages to boost your testosterone levels... and at the very least, help you maintain your t-levels.

If you have any questions about the information in this guide, feel free to email me at joe@liveanabolic.com

Here's to drinking like a man!

Train HARD and with NO REGRETS!

Sincerely, your friend & coach,
Joe

BEVERAGES

There aren't a ton of beverages that can boost testosterone levels, however, believe it or not 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.

Water

First, the most important...

One of the most overlooked, yet essential drinks for maintaining high and healthy testosterone levels; water.

Why?

Because hydration is critical for your body and hormonal function...

This is especially important during exercise.

Because even a mild (1-2% of body mass) dehydration before and during exercise will suppress testosterone levels by raising cortisol. This according to a study published in the *Journal of Sports Science* (1)...

Another study published in the *Journal of Applied Physiology* had participants complete in three similar resistance training workouts in different hydrated states.

Group 1) hydrated

Group 2) dehydrated by -2.5% body mass

Group 3) dehydrated by -5.0% body mass

Here's what the results showed...

Dehydration increased cortisol levels while testosterone levels fell as well (2).

A study published in the *European Journal of Endocrinology* shows growth hormone levels are suppressed during dehydration (3).

Just another reason to drink tons of aqua during exercise, right?

Now before you go twisting off the caps of plastic bottles and chugging down liters of water, here's a few "water tips" you need to know...

1) **Drink out of a non-plastic bottle.** Plastics leak xenoestrogens into the water which lowers testosterone levels.

2) **Use some sort of tap-water filtration system.** This will help remove chlorine and fluoride from your tap.

Beware of BPA

The i BPA (Bisphenol A) is foreign to our bodies and is more harmful than typical estrogens. BPA contains an estrogen called *xenoestrogens* which directly causes our testosterone levels to suffer.



This same estrogen has also been closely linked to erectile dysfunction if there's too much daily exposure to the chemical.

And it gets worse.

Because not only do BPAs decrease testosterone levels, they also increase the female hormone estrogen at the exact same time. That will throw you and your hormones into a mess very quickly!

According to *Scientific America*, BPA was not a synthetic estrogen until the 1930's when it was combined with phosgene which made water bottles shatter proof plastic.

When plastic manufacturing companies discovered how easy it was to harden plastics, they began using BPA and phosgene together.

The best way to avoid this testosterone killing estrogen is to drink from BPA-free water bottles or avoid one's that have a triangle recycle logo of 3, 6 or 7 on the label.

Drink only from glass cups in your home. Throw out any plastic cups or water bottles. This will not only save your testosterone levels, but save you some money as well.

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...

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*)

Ginseng

Korean ginseng contains active compounds called 'ginesonides' which are structurally very similar to androgens, like 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.

What About Alcohol & Testosterone?

Although I'm not a fan of alcohol myself (*I used to get made fun of by my buddies at the pub. They'd order beer and I'd order... milk. Haha*)

You do not have to completely give up drinking to have high testosterone levels...

A few drinks here and there won't kill your testosterone production.

However, keep in mind... the dose counts.

A study published in the *Indian Journal of Physiological Pharmacology* shows frequent alcohol consumption causes oxidative damage in your testicle's leydig cells (4)...

This leads to a downsizing of testosterone inside the "sack"...

Not to mention, this same oxidative damage also causes cortisol levels to rise which in return lowers your testosterone levels (5).

And if you're a heavy drinker, you'll also increase your estrogen levels (6)... which may possibly be the reason why many alcoholics have a beer gut and man breasts...

It's because heavy alcohol consumption increases aromatase enzyme activity, which converts the male sex hormone: testosterone, into the female sex hormone: estrogen.

Now... there's not just one or two studies showing the damages of alcohol on your testosterone levels. It's well recorded (7-9).

There have also been studies comparing men who suffer from alcoholism compared to men without “alcohol problems”...

The studies showed alcoholic men have significantly lower testosterone levels, and higher estrogen levels, than men without alcohol problems, despite both groups having perfectly functioning livers (10-12)...

So as you can see, alcohol and testosterone is very “dose dependent.” Meaning, the more you drink the worse off for your t-levels...

However, I’m about to through you for a loop here...

Vodka

One study published in the journal, *Medicine and Science in Sports and Exercise*, shows **half of a glass of vodka consumption post workout boosts testosterone levels a mammoth 100%! (13)**

Interesting, right?

Now, promise me you won’t go sneaking Vodka into your gym and throwing back a shot before hopping in the car and driving home...

Maybe the Polish were onto something with this...

So you’re probably wondering, “*okay Joe, how much is too much alcohol?*”

Well, about 1-3 drinks shouldn’t have any negative effect... so long as you’re not plastered by the second or third drink (haha).

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 (14) . 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 (15) .

A study published in *Endocrine Abstracts* shows pure pomegranate juice consumption increases testosterone levels by 24% (16) . *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*.

Testosterone Juicing Recipes

The following smoothie recipes are a combination of ingredients from your *97 Science-backed Foods That Boost Testosterone* Manual blended together into a delicious anabolic smoothie.

No, you don't have to be a “wiz” in the kitchen to enjoy these.

1. Test Eruption

Ingredients

seeds + juice from one pomegranate

1 large apple, core cut away

1/4 of an avocado

1/2 inch knob of fresh ginger, peeled

1/2 cup unsweetened coconut milk

1/2 cup purified water

handful of ice

2. Anabolic Antioxidant Smoothie

Ingredients:

1 whole banana
2 tbsp unsweetened dark cocoa powder
1 tbsp creamy peanut butter
 $\frac{3}{4}$ cup coconut milk
 $\frac{1}{2}$ cup probiotic filled yogurt
1 whole apple, sliced and seeded
 $\frac{1}{2}$ tsp honey

3. Better Blood Flow Smoothie

Ingredients:

1 whole banana
1 cup blueberries
 $\frac{1}{2}$ cup orange or grapefruit juice
 $\frac{1}{4}$ cup pomegranate juice
 $\frac{1}{2}$ cup yogurt or substitute
4 strawberries, sliced, with leaves removed
 $\frac{1}{2}$ cup spinach, uncooked
 $\frac{1}{2}$ avocado
 $\frac{1}{4}$ tsp honey (very optional)

4. Relentless Libido Smoothie

Ingredients:

2 cups diced Watermelon
 $\frac{1}{2}$ cup of Pomegranate Juice
2 Baby Beetroot peeled and sliced
1 handful of Cranberries
1 row of Dark Chocolate

5. Sperm Booster Smoothie

(for gonad health & testosterone)

Ingredients:

1 ½ cups unsweetened coconut milk
1 banana (use frozen for best flavor)
3 Brazil nuts
½ avocado
1 Tbsp raw cacao powder
1 tsp pine pollen
2 handfuls organic baby spinach

6. Free Radical Fighter

Ingredients:

1 serving Goji berry powder
1 cup strawberries
2 teaspoons honey
2 cups coconut milk, unsweetened
Ice

7. Raw Egg Smoothie *(if you can stomach it)*

Ingredients:

2 organic whole raw eggs
1 tsp. raw organic ghee
1 tsp. pure organic spirulina
1 tsp. raw organic coconut oil
1 avocado
100 ml coconut milk
100 ml filtered water
1 whole banana

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