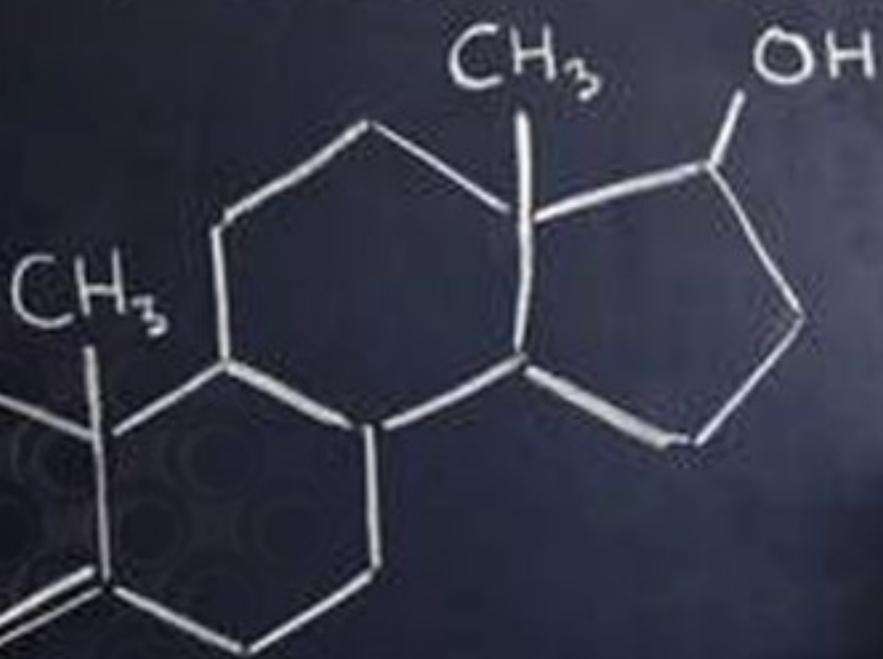


TESTOSTERONE



TRIPLE YOUR
TESTOSTERONE

DISCLAIMER

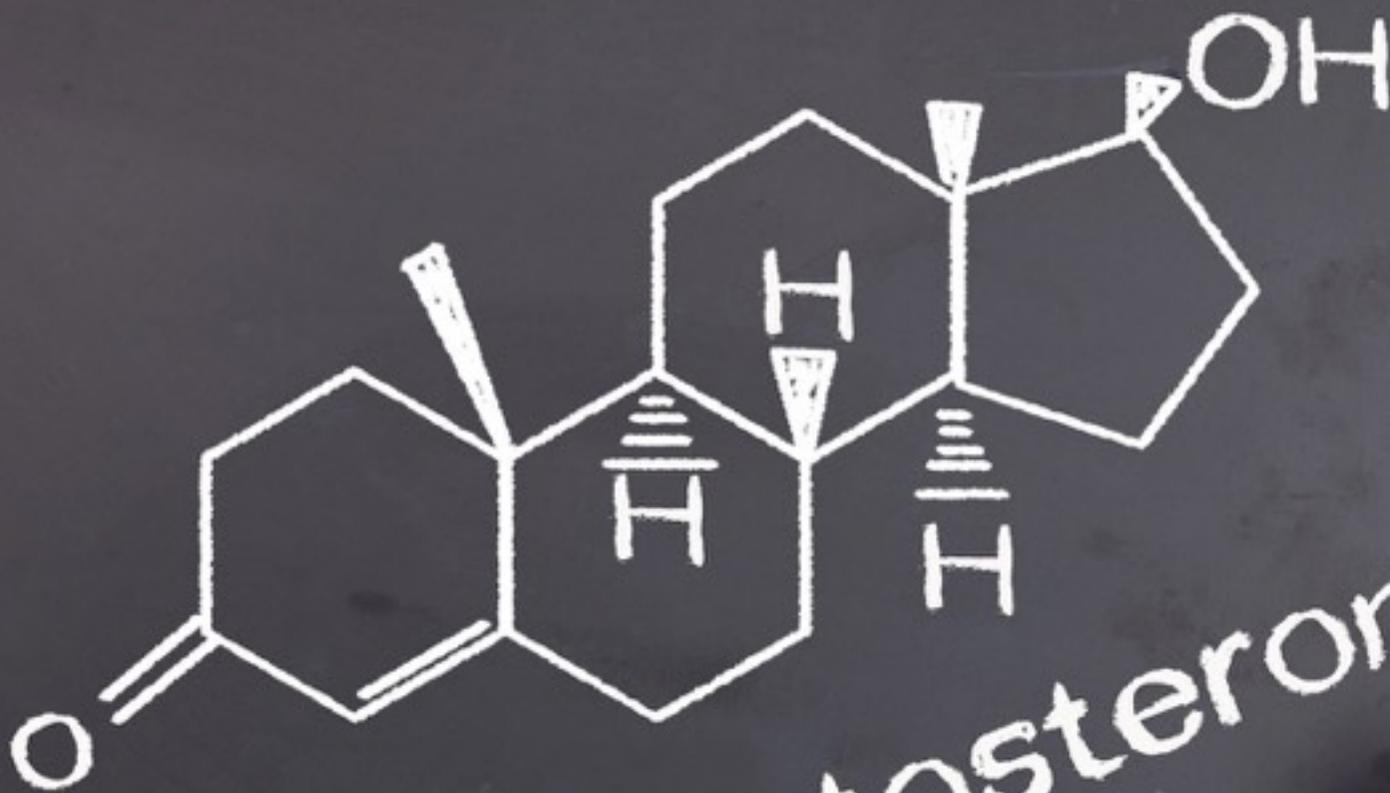
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Testosterone

The Tim Ferris *Triple Your Testosterone* Cheat Sheet... Is It Legit?

The testosterone game can be a tricky one.

There's lots of research, personal testimonies, and speculation involved.

For years men have been looking for ways to cut corners in order to increase testosterone. Hence, the amount of over the counter products you'll find at your local retailer clamoring for male consumers to get that hard-on they've always dreamed of and considering the use of steroids in professional sports and even by average Joe's in your gym.

But here, we aren't interested in cutting corners...

You won't find a bit of research I've done that'll discount the need for hard work, consistency and even community with other brothers in our tribe...

So when someone comes up with a cheat sheet, I can be a little skeptical.

But author and blogger, Tim Ferris has done just that.

The Tim Ferris testosterone cheat sheet is a part of his *Four Hour Body* program.

He's convinced that this regimen will triple your testosterone (as that's what it's done for him)...

His program consists of two protocols that I'll pick apart for you so we can examine where he's coming from and if this cheat sheet is a legit way to boost your testosterone naturally.

Protocol #1

This protocol is long term, meaning the supplements I'll list out for you are meant for use over an extended period of time...

Well, for the rest of your life, really...

Cod Liver Oil: Tim Ferris' testosterone cheat sheet consists of what all good testosterone-boosting plans consists of: a healthy amount of healthy fats...

He recommends getting a portion of healthy fats from Cod Liver Oil supplements.

Cod Liver Oil is extracted from a cod's liver (*I know, just call me Captain Obvious*)...

Cod stores a large amount of nutrients in its liver that are beneficial for men's health.

Cod Liver Oil also contains vitamins A and D, which are both beneficial for testosterone production...

It also lowers Sex Hormone Binding Globulin (SHBG) in your body, which sticks to your testosterone and makes it ineffective as you age...

So naturally, lowering the amount of SHBG in your bloodstream will cause your testosterone to flow more freely throughout your body...

Vitamin D3: Tim Ferris' testosterone cheat sheet also involves a vitamin D3 supplement.

Vitamin D is good for testosterone health, and many men don't get enough of it.

Ferris recommends taking 3000-5000 IU when you wake up, and 3000-5000 IU before going to bed... but he recommends doing this until you reach a natural blood concentration of 55ng/ml.

If you love spending time at the doctor's office, your physician should be able to run the test for you to see where your levels are...

It'll be important for you to get tested before you start your D3 regimen so you know where you're at. 100ng/ml is considered to be excessive, while 150ng/ml is thought to be toxic. **Toxicity is bad for your overall health** (again, Captain Obvious)...

But seriously, don't die on me, especially not because of D3.

Ice Baths/Cold Showers: We've been over this before. Nothing new to see here. Cold showers have been shown to boost testosterone in men simply because your gonads function better when they're cool rather than when they're warm.

Tim Ferris' testosterone cheat sheet calls for a double dose of cold showers or ice baths a day, one in the morning and one at night, 10-minutes a piece.

I mean, that's fair, but good luck getting to sleep after your last cold shower for the day. They have a tendency to make you perkier in six seconds than six cups of coffee will.

Brazil Nuts: Okay, this one is pretty particular. Not the Brazil nuts part. Ferris suggests that you eat 3 Brazil nuts when you wake up and three Brazil nuts before you go to sleep.

Again, we know all about Brazil nuts and testosterone benefits here...

Ferris isn't uncovering new ground as much as he's simply pointing out the trail to healthy testosterone, which isn't a bad thing. That's a lot of what I do. I find and provide for you the tried and true methods for boosting testosterone.

Brazil nuts are stuffed with Selenium, which science has proven increases testosterone. It's an undisputed fact.

Just a few of these nuts a day will be plenty to meet your body's Selenium requirements for the day, which is probably why Tim Ferris' testosterone cheat sheet calls for 6 a day, mingled between morning and evening doses. Like I said, it's pretty particular.

But hey, if you're currently using a pill reminder, you can buy a bag of Brazil nuts and put 3 in your morning compartment and 3 in your evening one. You know, just make sure you don't overdose with a fourth one...

No seriously... **more brazil nuts is NOT better**. They can lead to toxicity if you have too much.

So there you have Protocol #1 for the Tim Ferris' *4-Hour Body* that is supposed to triple your testosterone levels. So let's take a quick look at Protocol #2.

Protocol #2

Honestly, this one's going to go by pretty fast because Protocol #2 is just meant for the bedroom.

Basically, 24-hours before you have sex he recommends getting in 800 milligrams of cholesterol (4 whole eggs will do just fine), within 3-hours of your bedtime.)

Side Note: This is starting to feel like some odd combination of witchcraft and walking on eggshells.

But I see his point. Testosterone is derived from cholesterol, and testosterone production happens best when you're asleep.

Ferris' next group of steps must take place four hours prior to having sex...

Basically, for Protocol #2, eat your Brazil nuts and Cod Liver Oil as mentioned in Protocol #1, but add 20 raw almonds to the mix (good luck fitting those in your pill reminder). Ferris testifies that it will bolster your testosterone just for the bedroom.

So, what should we make of Tim Ferris' testosterone cheat sheet?

Well, a lot of it checks out when you consider naturally boosting your testosterone. In fact, I've shared plenty of these secrets with you in the past. Still, the reviews have been mixed.

Some guys, including Tim, swear by the *4-Hour body*...

So it may triple your testosterone. It may not. But utilizing even some of these action steps will absolutely help to increase it, which is what I recommend.

Don't freak out too much about the fine points of Cod Liver Oil, Brazil nuts, and cold showers, but do implement them to the benefit of your testosterone.