

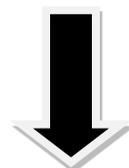
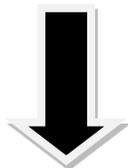
PERSONALLY TRAIN YOURSELF

“INCREASING TESTOSTERONE”

KNOWLEDGE

- Increasing Natural Testosterone is not only a diet, but a lifestyle. Within a couple weeks you will feel a lot more refreshed and Energized...Like I have.
- Best Results for Ectomorphs, but all around beneficial to understand the benefits of increasing testosterone NATURALLY.
- Remember, this is for educational purposes only and I am not liable to any injury during your workout routine.
- I am not a doctor or dietitian. I learned all my knowledge through lots of books, mentors, and online courses.
- Just knowing what to do and what to avoid will dramatically change your life in a good way. Also, a good way to spark up conversation with people.

Lets Begin...



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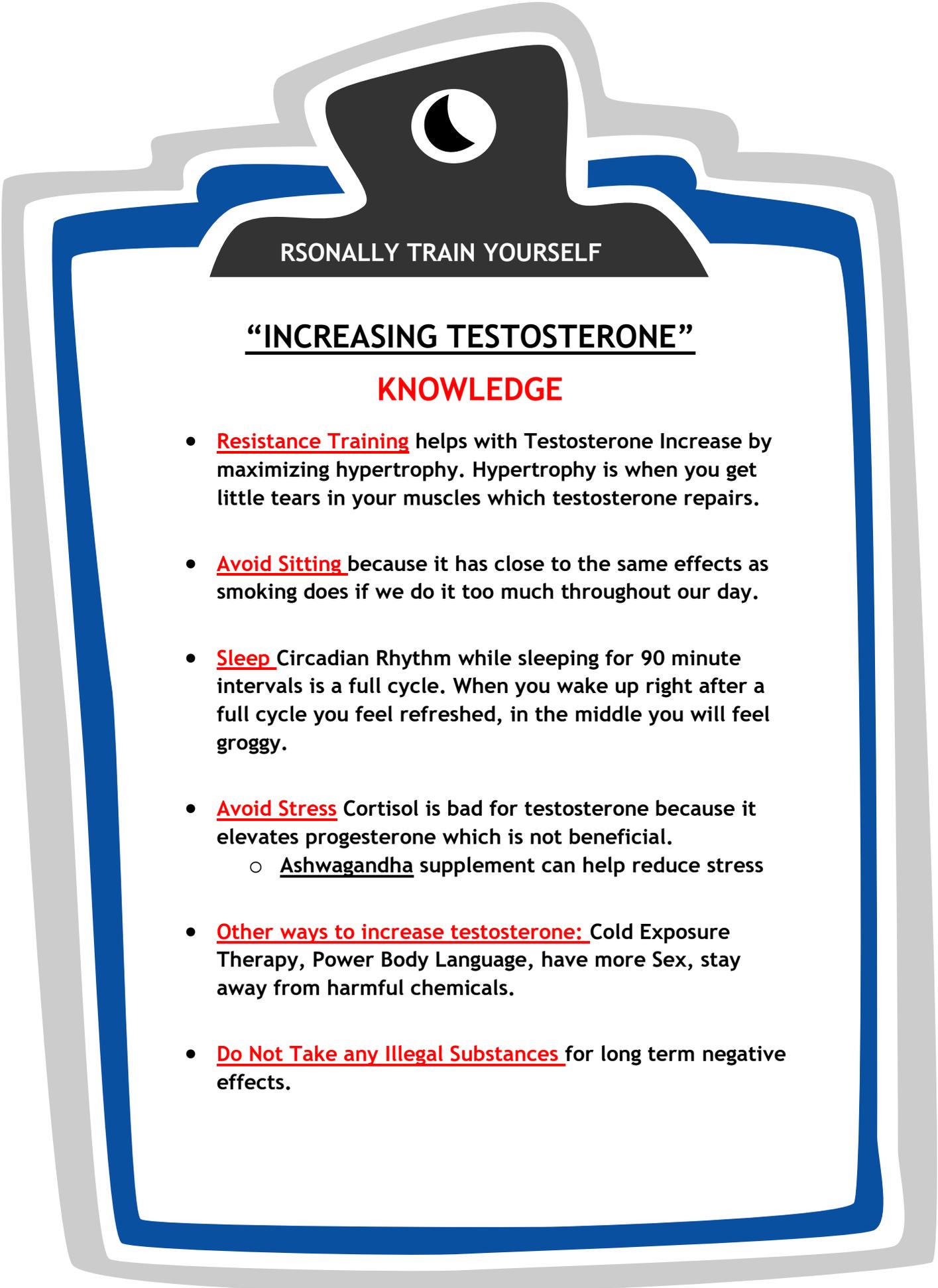
- **Cholesterol** isn't always bad for you. “Good” Cholesterol would be HDL (High Density Lipoprotein) and “Bad” Cholesterol would be the LDL (Low Density Lipoprotein)
 - Eggs for Example are full of good Cholesterol.
- Testosterone is made up of Cholesterol.

- **Omega-3** is essential to building Testosterone when balanced with Omega-6. Most foods we eat are full of Omega-6 so we need to eat more Omega-3 like in Fish, Fish oils, Omega-3 Eggs, Etc.

- **Western Diet** Lacks Selenium, Magnesium, Fatty Acids, and Omega-3. We can get all of these in Brazil Nuts, Magnesium pills, and Fish Oil Pills.

- **Moderate** Alcohol, Caffeine, & Dairy

- **The Endocrine system** is what regulates hormones in your body, so try not to throw it off. The 3 Biggest Hormones in the human body is Estrogen, Cortisol, and Testosterone.
 - **Estrogen**: To much can be toxic. Need it for Testosterone to function.
 - **Cortisol**: Stress Hormone, decreases Testosterone
 - **Testosterone**: Hormone that stimulates growth



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- **Resistance Training** helps with Testosterone Increase by maximizing hypertrophy. Hypertrophy is when you get little tears in your muscles which testosterone repairs.
- **Avoid Sitting** because it has close to the same effects as smoking does if we do it too much throughout our day.
- **Sleep** Circadian Rhythm while sleeping for 90 minute intervals is a full cycle. When you wake up right after a full cycle you feel refreshed, in the middle you will feel groggy.
- **Avoid Stress** Cortisol is bad for testosterone because it elevates progesterone which is not beneficial.
 - **Ashwagandha** supplement can help reduce stress
- **Other ways to increase testosterone:** Cold Exposure Therapy, Power Body Language, have more Sex, stay away from harmful chemicals.
- **Do Not Take any Illegal Substances** for long term negative effects.