



Boosting Testosterone without Hormone Replacement

Get Rid of the Belly

Carrying excess body fat elevates your estrogen levels, and that may cause your testosterone levels to sink. Two or three extra pounds won't cause this hormonal shift; it really occurs once you're 30 percent over your ideal body weight.

But Lose Only One Pound a Week

When you want to trim down quickly, you probably starve yourself while exercising like a madman. One of the many reasons this stops working in your 30s, when your natural testosterone levels start dropping, is pretty simple: Cutting your calorie intake by more than 15 percent makes your brain think you're starving, so it shuts down testosterone production to wait out the famine. Ironically, this dive in circulating testosterone stops you from burning body fat efficiently, so you're actually thwarting your hard efforts to melt that tire off your gut.

Skip the Atkins Fad

Research suggests that eating a high-protein, low-carbohydrate diet can cramp your testosterone levels. High amounts of dietary protein in your blood can eventually lower the amount of testosterone produced in your testes.

Your protein intake should be about 16 percent of your daily calories. So, if you're the average 170-pound man who eats 2,900 calories a day, you should eat about 140 grams of protein daily, which is about the amount in two chicken breasts and a 6-ounce can of tuna.

Have Morning Sex

German scientists found that simply having an erection causes your circulating testosterone to rise significantly -- and having one in the morning can goose your natural post-dawn testosterone surge. It's a sure bet you'll burn a little fat, too.

Stick With Tough Exercises



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To beef up your testosterone levels, the bulk of your workout should involve "compound" weight-lifting exercises that train several large muscle groups, and not just one or two smaller muscles. For example, studies have shown that doing squats, bench presses or back rows increases testosterone more than doing biceps curls or triceps pushdowns, even though the effort may seem the same. This is how doing squats could help you build bigger biceps.

Make Nuts Your Midnight Snack

Nuts are good for your nuts. Research has found that men who ate diets rich in monounsaturated fat -- the kind found in peanuts -- had the highest testosterone levels. Nuts, olive oil, canola oil and peanut butter are good sources of monounsaturated fat.

Squeeze Out Five Repetitions per Set

Throwing around 5-pound dumbbells won't help you effect a rise in testosterone. Start off by using a heavy weight that you can lift only five times. That weight is about 85 percent of your one-repetition maximum. A Finnish study found that this workload produced the greatest boosts in testosterone.

Do Three Sets of Each Weight-Lifting Movement

Researchers at Penn State determined that this fosters greater increases in testosterone than just one or two sets. Rest a full minute between sets, so you can regain enough strength to continue lifting at least 70 percent of your one-rep maximum during the second and third sets.

Rest Harder Than You Work Out

If you overtrain -- meaning you don't allow your body to recuperate adequately between training sessions -- your circulating testosterone levels can plunge by as much as 40 percent, according to a study at the University of North Carolina. The symptoms of overtraining are hard to miss: irritability, insomnia, and muscle shrinkage. To avoid overtraining, make sure you sleep a full eight hours at night, and never stress the same muscles with weight-lifting movements two days in a row.

Drive Home Sober

To maintain a healthy testosterone count cut yourself off after three drinks. Binge drinking will kill your testosterone levels. Alcohol affects the endocrine system, causing your testes to stop producing the male hormone.



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Have a Sandwich at 3 p.m.

Your body needs a ready supply of calories to make testosterone, so regularly skipping meals or going for long stretches without eating can cause your levels of the hormone to plummet.

Buy the Fried Tortilla Chips

If you want to raise your testosterone score, eat a diet that includes about 30 percent fat, and not much less. Your body needs dietary fat to produce testosterone, so eating like a vegetarian aerobics instructor will cause your testosterone levels to sink drastically. This is bad, unless you actually are a vegetarian aerobics instructor.

Research has shown that men who ate diets rich in healthy fats like monounsaturated fats & Omega-3 fats had the highest testosterone levels so...

You can naturally raise your testosterone levels by adding more healthy fats by eating more nuts & seeds, fatty fish like salmon & tuna, avocados, olives, vegetable oils, and natural peanut butter.

Also, eating a very low-fat diet can actually lead to lowered testosterone levels because your body needs healthy fats in order to produce testosterone but...this doesn't mean you need to eat a REAL HIGH fat diet - Just make sure at least 20-to-30% of your total daily calories comes from healthy fats.

Get at least 6-to-8 hours of Sleep every night

A university of Chicago study showed that men who got little sleep had way lower testosterone levels than men who got 6-to-8 hours of sleep and... According to a University of North Carolina study... Your testosterone levels can drop down by as much as 40 PERCENT when you don't get enough sleep and generally...

Your testosterone levels are 30% higher in the morning than in the evening and this is why you may be more likely to want sex in the mornings and as a matter of fact...

A loss of morning erections or loss of sexual desire in the morning could be a sign that your testosterone is declining so you need to get 6-to-8 hours of sleep every night because while you're sleeping...



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Your body produces the most testosterone and the better you sleep the more testosterone your body will produce while you sleep so if you're having trouble getting 6-to-8 hours of good quality 'testosterone producing' sleep every night.

Get more Zinc

Zinc is very important for the production of natural testosterone because Zinc prevents testosterone from being converted into estrogen (*the female hormone*) by making the enzyme aromatase not work plus...

Zinc itself turns estrogen into testosterone and *Zinc helps produce healthier sperm and higher sperm counts so actually...* Low levels of zinc can cause low testosterone levels.

Foods high in Zinc include oysters (*a natural aphrodisiac*), beef, liver, crab, seafood, poultry, nuts and seeds, salmon, brown rice, cheese, pine nuts, beans, turkey, milk, yogurt, and cottage cheese or you can supplement with at least 50-to-100mg of Zinc daily

Get rid of excess estrogen

To get rid of excess estrogen *that makes you fatter & weaker* so your body can naturally produce more testosterone.

- You can eat more RAW cruciferous vegetables like broccoli, cabbage, and cauliflower because cruciferous vegetables contain a chemical called diindolymethane (or DIM) that helps your body get rid of excess estrogen and... You can supplement with DIM to flush out excess estrogen or eat these other sources of cruciferous vegetables like Brussels sprouts, bok choy, radishes, turnips, collard greens, and kale and...
- You can eat more fiber to naturally cleanse your body and flush out toxins that cause you to have excess estrogen (like the xenoestrogens from #5 below) - Most fruits & vegetables, nuts & beans are all high in fiber and...
- You can also supplement with Red grape skin extract (resveratrol) to help your liver remove excess estrogen.

Try to avoid Xenoestrogens

Xenoestrogens are man-made estrogens that are found in things like pesticides, artificial growth hormones & steroids, air fresheners and plastic containers and these xenoestrogens will increase your levels of the female hormone estrogen while lowering testosterone so...



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- Eat more organic fruits & vegetables that are free of pesticides and if you do buy your fruits & vegetables at a regular grocery store... Make sure you wash them to lower your chances of consuming any xenoestrogens and...
- Eat more naturally raised meats instead of eating beef, chicken, pork and even milk that was raised using artificial growth hormones and steroids and...
- Use glass products to store food & water instead of plastic since plastic products tend to produce xenoestrogens that'll get into your water & food especially when heated and... Even some canned foods contain plastic coatings that contain xenoestrogens and...
- Don't use any perfumes, colognes, or air fresheners that have parabens listed as one of the ingredients. *Parabens* are xenoestrogens.

Stress Less

When you get stressed out - your body releases a "stress" hormone called cortisol that shuts down testosterone production...

Research led by Population Council endocrinologist Matthew Hardy found that stress hormones like cortisol overpower the enzymes responsible for ensuring that cells in the testes produce testosterone

Cortisol also makes you gain belly fat and you already know from #3 above that the fatter you are = you'll have more estrogen and less testosterone so...

You need to stop worrying about the little things, avoid overtraining, control your temper and look at these ways to lower stress and Being more positive can reduce your stress levels and increase Testosterone...

A recent study found that fans of a losing team had 50 percent lower levels of testosterone after their team lost and fans had up to 100% higher levels of testosterone after their team won.

Taking a natural supplement like Ashwagandha can also help reduce cortisol.

Take 1000-to-1500mg of Vitamin C per day

Now if you have a hard time avoiding stress - you want to start taking 1000-to-1500mg of Vitamin C per day because...

1. Vitamin C has been shown to lower cortisol levels allowing your body to make more Testosterone and like Zinc...
2. Vitamin C reduces the aromatase enzyme that converts your Testosterone into Estrogen.
3. Red peppers, Kale, Broccoli, Citrus.



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Make sure you're getting enough Vitamin A, B & E

[Vitamins A](#), [B](#) & [E](#) (along with Vitamin C & zinc) are all essential in the production of testosterone and not getting enough A, B, & E Vitamins will lead to lower testosterone levels but... If you're eating plenty of fruits & veggies, lean meats and nuts then you shouldn't have to worry too much about supplementing with any extra A, B, & E Vitamins.

Boost Testosterone 40% with Sodium D-Aspartate

Sodium D-Aspartate is an amino acid that's produced in your pituitary gland and your testicles and it boosts the production of testosterone plus...

Sodium D-Aspartate also increases sperm production and the *Journal of Reproductive Biology and Endocrinology* reported that **men taking 3 grams of D-Aspartate every morning increased their testosterone by 40%**