

**MENPROVEMENT**

**HOW TO TRIPLE  
YOUR TESTOSTERONE  
NATURALLY**

**INCLUDES TWO UNSEEN BONUS METHODS**

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# HOW TO TRIPLE YOUR TESTOSTERONE NATURALLY

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# Introduction

If you're reading this, then you are ready to take your life to the next level by increasing the ever so important hormone, **testosterone**. Whether you found this book from our [online guide](#), or you're new to the subject - here's a quick recap/intro:

1. It is estimated that over **14 million men** currently suffer with low testosterone levels.
2. Studies have shown that men with low testosterone have a 33% higher increase in death than men with healthy testosterone. [[Source](#)]
3. And *another* study showed that men with testosterone deficiency had an 88% increase in mortality in comparison to men with healthy testosterone levels. [[Source](#)]

This free report intends to help you **stay out of that 88%** and not be one of the **14 million men** who currently suffer with a testosterone deficiency.

## How do I know if I have low testosterone levels?

Low testosterone is diagnosed when levels fall below 300 nanograms per deciliter (ng/dL). If you are experiencing any of the above symptoms, what I recommend you do is head to your doctors and get your levels checked or you can get labs done yourself using [Private M.D Labs](#), and navigating to the hormone panel for men [here](#) or the hormone panel for women (which is cheaper and will work for males but doesn't contain "free testosterone" levels) [here](#). Use coupon code HEALTHY12 to save 12%.

*With that, here is your ultimate guide to boosting your testosterone naturally.  
Print this out, and make it happen.*

*Sean Russell  
Menprovement.com*

## 1

## Change Your Diet

Diet is the first and most important thing you need to change in order to start boosting testosterone levels in your body. You could literally use just this section of the book to triple your testosterone naturally, that's how important diet is. Everything else out there is gravy.

So then what dietary changes can you make to naturally boost your testosterone levels?

### a) Eat more cholesterol

When it comes to boosting testosterone, cholesterol is your best friend.

If you're new to this then I probably sound crazy. Hear me out.

Testosterone is *literally* made from cholesterol and without it you would have **none**. That doesn't mean go out and pound greasy burgers and fries. But if you are smart about it, you can increase your good cholesterol for a rise in testosterone and *actual* health benefits.

### Why you shouldn't fear cholesterol:

As crazy as it seems, it has repeatedly been **proven** that there is a no relation between cholesterol intake and heart attack as doctors once thought (and many still do).

The real danger comes when you eat a diet high in sugars and carbohydrates, or SAD (The Standard American Diet).

### **Proof & Sources: Educate yourself!**

1. [The Complete Guide to Cholesterol - Read at Menprovement.com](#)
2. [Grain Brain](#): A book by renowned neurologist David Perlmutter. This will teach you everything you need to know about how to change your diet and eat for brain health and overall health.
3. [An awesome article on Cholesterol by expert Mark Sisson](#)
4. [According to this article from T-Nation](#), it has actually been shown that people with high cholesterol level tend to live longer. Don't listen to the hype.

### **Knowledge is power. Educate yourself.**

What you really need to worry about is the level of triglycerides in your blood. High triglycerides are a big warning sign for potential cardiovascular problems and disease. Again, to keep your triglycerides low while on a high cholesterol diet, take in a lot of veggies, limit your carb intake (especially sugars), supplement with [omega 3 fish oil](#) (more fat to make your cholesterol better - ironic right?), and exercise regularly.

### **Good sources of fat & cholesterol:**

- Whole eggs, avocado, nuts, olive oil, coconut oil, butter, shrimp and more.



**b) Eat a lot of high cruciferous vegetables**

Along with helping control your triglycerides as stated above, broccoli and other veggies actually reduce estrogen levels in your body, thus promoting higher testosterone levels. Eat more broccoli, cauliflower and other cruciferous vegetables if you want those test levels to rise.

**c) Stop eating sugars and grains**

Like we mentioned in the cholesterol part, sugars and grains are terrible for creating an anabolic state in your body. You're a man, not a barnyard animal. This means:

- ❖ No sodas, sugary drinks, fruit juices, etc.
- ❖ No candy or junk food
- ❖ And avoiding breads and pastas

Some carbs are still pretty good to eat, like black beans and sweet potatoes so you don't have to go fully carbless. I recommend staying close to a Paleo style diet, but it's truly your choice.

Trust me, if you do this for your testosterone, your waist line & energy levels will thank you too.

**d) Don't starve yourself**

Eat often if you want to keep your testosterone high. People who go on starvation diets are destroying their testosterone levels.

That being said, intermittent fasting is an amazing way to boost your testosterone levels and your HGH.

It's a style of eating where you fast for 16 hours a day and eat only during the other 8 hour window. It really does work, but it is hard to maintain for the average human.

[Learn more about intermittent fasting and it's positive effects here.](#)

## 2

## Avoid Harmful Chemicals

Another one of the main reasons why our testosterone continues to drop year after year is the radical amount of chemicals in our air and food [[Source](#)].

If we want a boost we need to avoid these chemicals as much as possible. And yes, because of the toxic environment we have created in the world it is truly impossible to avoid all harmful chemicals, but you can make a huge difference with the suggestions below.

And you can learn more about all this in our article, [Are Household Plastics Making You Less of a Man?](#), but some simple tips are below..

### What do we need to look out for?

- ✓ Phthalates and parabens - These are found in most personal care products like lotions and shaving creams
- ✓ BPA's - These are found in plastic bottles, plastic food packaging and even on common store receipts
- ✓ Pesticides - These are found on common fruits and vegetables

## So what can you do?

- Avoid processed foods and eat organically as much as possible. Seriously, I challenge you to spend 20% more a month on buying good wholesome organic food. It can save you thousands in medical bills.
- Buy a home air purifier and stop drinking tap water. [Buy a decent water filter](#) & get a stainless steel water bottle. Tap water contains more of these chemicals than you want to know.
- Buy natural deodorant, tooth paste, soaps, shampoos and body wash that are Phthalates and parabens free. They can now be found at most places, and many are becoming extremely manly like one that I use, [Brickell Mens Products](#).

And stop smoking! This is a must.

## 3

## Exercise

It has been proven that lifting weights can give you a 40% boost in free testosterone levels. [\[Source\]](#)

And in order to reap the benefits, you only have to hit the iron twice a week. Stick to less reps with heavier weights.

A 5x5 program consisting of 5 sets of 5 reps of each exercise is best. Also incorporate all of the full body compound movements into your routine. These movements include the deadlift, squat, bench press, pull up, and military press and can pump surges of testosterone through your body.

[Click here to learn how to effectively perform these compound movements.](#)

Even though exercise will increase your testosterone, overtraining will decrease it. So make sure you are getting adequate rest and not overdoing it.

Listen to your body, she will let you know.

### **Bonus!**

Do sprints. Sprints longer than 30 seconds straight have been proven to increase your HGH by 450%. That's not your testosterone but it's still pretty awesome. [\[Source\]](#)



## 4

## Lose Body Fat

Oh, you're exercising now?

Good news, you will likely lose body fat because of it. And carrying extra pound on your gut will cause you testosterone levels to plummet. Studies also show that an extra 30lbs on a 5'10" man can accelerate your testosterone decline by 10 years.

### Sources:

In a recent study, testosterone concentrations of young obese males was 40-50% lower than those with normal BMI. These are astounding statistics and are proof that more fat = less T [[Source](#)].

## 5

## Have More Sex

Here's a fun fact, *just* having an erection is enough to circulate testosterone throughout your body.

Cool, right?

But having regular sex will *help even more* to keep your endocrine system stimulated and to boost those test levels. In turn, with increased test levels you will crave more sex. It's truly a win-win situation.

### Sources:

1. This study shows how just the anticipation of sex cause a boost in testosterone levels in animals [[Source](#)]
2. This study shows how testosterone increased after an evening of intercourse but actually decreased after an evening of no intercourse. [[Source](#)]
3. And here is a study on elderly men which proves that the men who had more sex, indeed had higher testosterone. [[Source](#)]
4. Like I said, win-win.

[More on how sex can boost testosterone naturally.](#)

## 6

**Avoid alcohol**

Binge drinking and regular alcohol consumption suppresses testosterone consumption.

[\[Source\]](#)

Stick to 1-2 drinks, a few times a week, if you really want to indulge without wreaking havoc on your test levels.

And if you must drink, then stick to non grain alcohols, like most wines and potato/grape vodka's.

But if you want to get the full effects, don't drink.

7

## Get Enough Sleep

Sleep is essential for everything in your life. And this is no different when it comes to your hormone levels.

When you are well rested you recover from exercise quicker, have more energy, and yes, have higher testosterone levels.

This study showed that after only 1 week of 5 hours of sleep a night, men showed a drop in testosterone of 10-15%. This is after 1 week, and many men do this continually!

[\[Source\]](#)

**So don't skip out on your sleep, aim for at least 8 hours.**

On top of that, try get the most deep and restful sleep you can get. This will result in more REM which ultimately will result in more testosterone.

For help with this check out the two articles below:

1. [11 Easy Tricks For Getting an Epic Night's Sleep](#)
2. [How to Hack Your Sleep With Dave Asprey](#)

8

## Relax & De-Stress



Stress is never good. And it's no different when it comes to your testosterone levels.

Being over stressed causes your cortisol levels to surge, suppressing your natural ability to produce testosterone as we spoke about above.

Exercise is great for stress levels, so if you are already doing that to boost your testosterone levels in the first place then one will build on the other.

More ways to de-stress include improving the way you work, do some yoga and try out meditation.

Meditation is powerful and will definitely go a long way to relaxing your nervous system, lowering cortisol and ultimately boosting your testosterone.

Try it. You might love it.



## 9

## Take the Correct Testosterone Supporting Vitamins

After diet, increasing your vital testosterone boosting nutrients is the easiest way to boost those T-Levels [[Source](#)].

It is certainly not *required*, but keep in mind if you are deficient in any of these, it is going to be harder for your body to produce more T. After all, it's hard to build something without the raw materials needed.

So what are these raw materials?

### a) Vitamin D

Vitamin D is essential for so many functions in our bodies, and as a nation we are chronically deficient in it. Along with increasing bone and muscular strength, Vitamin D will in fact increase testosterone levels. [[Source](#)]

Aim to take at least 6,000 IU's daily in the form of D3. Tim Ferris from the 5 hour body recommends 6,000 I.U's upon waking and 6,000 I.U's at night.

This may be a little overboard for you but 6,000 I.U's a day will keep you safe from deficiency

**b) Vitamin C**

Vitamin C reduces cortisol in your body. This is a very good thing. Less cortisol = more ability to produce testosterone and vice versa. So taking your vitamin C, along with de-stressing, will promote a natural anabolic environment in your body. Aim to take 1,000 mg's daily

**c) Vitamin A**

Vitamin A has been shown to increase testosterone levels in men by means of the suppression of estrogen levels. When your estrogen levels are high this causes a decrease in testosterone production. Blocking this production with Vitamin A will allow your testosterone to flourish.

Aim to get Vitamin A from natural fresh vegetables, especially carrots.

**d) Vitamin E**

Vitamin E is another crucial ingredient in optimal testosterone levels. You can supplement it or find it in food such as almonds and sunflower seeds.

**e) Magnesium**

Magnesium deficiency is another widespread problem in our country. While this makes you prone to stress and muscle cramps, it also starves your body's endocrine system of a vital mineral it needs for testosterone production.

Aim to get 400 mg daily.

**f) Zinc**

Being zinc deficient also puts a damper on your testosterone levels. Like magnesium, your glands rely on this mineral to get testosterone production started.

Aim to take 25 mg daily to ensure your body is at optimal levels.

**Bonus! ZMA's**

Since Magnesium and Zinc both raise your test levels, it makes sense that taking a combination supplement like ZMA will work for you. The collaboration of these two supplements has been proven to increase the deepness of your REM cycles, which as we spoke about above - will raise your testosterone levels.

**g) Selenium**

Selenium is one of the building blocks for testosterone that Tim Ferris talks about in his book. To get a good dietary source of selenium, you can eat shellfish or Brazilian nuts. 1-2 Brazilian nuts is enough to get 200% of your daily intake. You don't need any more than that.

[Read more about increasing testosterone with Brazilian nuts here.](#)

It's a good idea to get your selenium levels checked beforehand and then adjust your diet as needed to avoid selenium toxicity.

## **h) Omega 3**

Omega 3's are the best source of fat you can get. They have been shown to reduce triglyceride levels while providing your body with the fat it needs to produce testosterone.

You can benefit by taking 1,000mg + daily of high quality omega 3's (EPA and DHA). Some people even take up to 6,000mg daily and along with helping your test levels you'll experience less inflammation, less brain fog and better cognitive function.

## 10

## Take Testosterone Boosting Herbs

### 1) Tongkat Ali Extract

This is the holy grail of testosterone boosting herbs. This is what separates the men from the boys.

[Tongkat ali extract](#) is both *clinically proven* to **increase your testosterone levels** through the production of leydig cells, and to increase your **free testosterone levels** by means of lower SHBG levels. This way, you are available to use all the hard earned testosterone you are producing with the steps above. ([See all the studies and more here](#))

As stated, what tongkat ali extract does is decrease the level of SHBG's (Sex Hormone-Binding Globulin) in your body which bind to free testosterone and render it unusable. When tongkat ali reduces the SHBG's down to near nothing, your body can utilize nearly *all* of its testosterone at its full potential. It's just floating around ready to make you more powerful. It also reduces the conversion of testosterone into estrogen and stimulates the secretion of Luteinizing Hormones, which send signals to your testes to produce testosterone. On top of that it promotes the growth of leydig cells which are directly responsible for new testosterone production.

The combination of these 3 is *incredible*. And the best part is, the longer you take tongkat ali extract the better it works. And on top of that, it increases libido, increases your sperm volume and quality, makes your orgasms more powerful and has been shown to increase the size of genitalia. Read about all this and more [here](#).



We will be purchasing our own bulk supply from Indonesia shortly, but until then if you wish to purchase tongkat ali extract, [buy it here](#). (100% Reputable Source)

## 2) Maca

Maca is a powerful proven aphrodisiac ([click here for 25 more](#)). It has been used for hundreds of years around the world to promote a higher libido.

In a University study, maca was tested on men age 22-44. During this study, "the semen volume, total sperm count, mobile sperm count, and sperm motility were significantly increased after treatment with maca."

But! This study showed **no rise** in total testosterone levels, but did show a slight rise in free testosterone, which at the end of the day is the most important, even though the rise was not very significant.

You can buy high quality maca for cheap [here](#) if you want that boost in libido.

## 3) D-Aspartic Acid (Amino Acid)

D-aspartic acid is all the rage in bodybuilding right now. It is an amino acid that has a dramatic effect on your testosterone levels. Many users report seeing a rise in testosterone as high as 33% in as fast as two weeks while using 3,000 grams a day. It works by helping your body convert cholesterol and its natural resources into testosterone.

I recommend taking a compound product such as [TestoFuel](#). TestoFuel incorporates d-aspartic acid with other natural ingredients that help boost testosterone and maximize it's effects.

Before embarking on the d-aspartic acid route, [read this article](#) to maximize the effect of d-aspartic acid and negate any possible negative effects.

Then read our full [review on Testofuel](#) to see if it's right for you.

**Bonus #1****Cold Therapy**

The first bonus method for increasing your testosterone levels is to utilize cold therapy. I know, this is a little hardcore, but if you are an athlete and you want to maximize your test levels, this will help.

**What is cold therapy?**

Essentially it is taking daily cold showers and ice baths.

In a 1993 study done by the Thrombosis Research Institute in England, it was found that T levels increased after taking a cold shower.

Also, Ice Baths were one of the secret weapons Tim Ferris used in his book to boost his testosterone & lose weight.

**What to do?**

- 1) Say good bye to the hot showers. Cold showers every morning have been proven to boost testosterone, ease depression and promote an increase in morning energy levels.

(Read More: [15 Benefits of Cold Showers That Will Blow Your Mind](#))

- 2) Take a 10 minute ice bath every night. Now that's dedication!

**Bonus #2****Improve Your Body Language!**

Yes you read correctly! Simply improving your body language will increase your testosterone.

In a recent study, it was proven that when you portray masculine body language it causes your serum testosterone levels to spike up to 20% in less than 2 minutes!

[Read more about that here.](#)

Major indicators of masculine body language include standing up straight, looking people in the eyes, walking slowly & taking up space.

More and more of us are in a continuous practice of poor body language. To learn more about how to maintain proper body language while sitting, standing and simply being – check out the links below.

- 1) [What is good posture? And how can you have it.](#)
- 2) [18 ways to improve your body language](#)

## Conclusion & Testimonials

As you see, it is certainly possible to increase your testosterone naturally. It is even possible to triple it so go out and make it happen. And using these steps will not only boost your test but it will make you an overall healthier, more energetic and happy guy. This is what it's all about and will make you the type of man who can provide for those around him and succeed in everything he does.

Check out some of the reader testimonials we have received so far, then go out there and set out to be able to send your own.

### User Comments:

“At 60 years old I successfully raised my testosterone levels from a baseline of 310 ng/dl to 914 ng/dl in four months on a 100% raw food diet with no exercise.”

- Via Menprovement.com

“Hey guys I just want to thank you for the piece you did on testosterone. After taking [Tongat Ali Extract](#) for a month my sex drive is through the roof and I feel overall better. On top of that I lost a bunch of weight using the tools you listed. So thanks again.”

- Reader Email



## More From Menprovement

Hey guys, Keep tuned to [menprovement.com](http://menprovement.com). It will be the best website for improving your life in existence.

No mainstream bullshit. No nonsense, just pure self-improvement.

And check out [our podcast](#) where I interview the most incredible men (and women) to get them to dish their secrets to you.

On top of that, we're on Instagram, Youtube and all the major social media channels.

And if any of you guys truly want to take your life to the next level join our private community in [The Menprovement Academy](#), where you can access all of our premium programs, get discounts on men's programs and products around the web and connect with coaches, myself and other likeminded dudes in our exclusive FB group.

You will learn to be your most authentic and confident self, how to master the female race and attract women better than 99% of guys and much more. See you there!

Cheers brother.