

The Testosterone Lifestyle

What is testosterone?

Testosterone is a hormone

An androgen: the main male sex hormone
Important for your sex life: 95% of T is produced in your testes
Without enough T, you will lose...
...the desire to have sex
...the ability to perform during sex
Example: to get and maintain an erection

All men have testosterone in their bodies

But, not all men have the same levels of testosterone
A number of different factors can raise or lower T levels
Age
Weight
Diet
Habits and lifestyle choices

All men also have estrogen in their bodies
Estrogen is the main female hormone
It negatively affects the male sex drive
More estrogen = lower sex drive in men

What does it do?

T affects sperm production and sex drive
So it affects both your desire to have sex and your ability to perform during sex
It also affects energy levels in men
And it can be indirectly related to mental health as well
Lack of sex drive/low energy levels can lead to depression

What it is not:

Testosterone does not make you overly aggressive
Testosterone is one of many factors that affects your personality
Most of the affects of T are internal (related to your sex drive and energy levels)
The word "testosterone" is often used to describe "alpha male" behavior
But this is not a true comparison
People with huge muscles do not necessarily have more T than regular guys
Yes, T levels increase when you work your muscles
BUT, as I will show you, hardcore bodybuilding is NOT the answer for low T

Symptoms of low testosterone

There are several different symptoms for low T

1. A lack of energy
Many guys describe this as a feeling of lethargy or laziness
They just don't want to do things because they don't have the energy
First sign of low testosterone for many guys
Common symptom if you are aging or overweight
Most men notice low T in the bedroom
2. Poor sex drive
They have no desire for sex
Often described as: "I can't get turned on"
They can't get or maintain an erection
Physically unable to become hard
OR, they simply lack the desire to stay interested in sex even during the act
Often, doctors find that ED and impotence are related to low T in patients
Some guys are diagnosed with low T when they go to the doctor for depression
3. Depression
1. They feel an inability to handle life's trials and tasks...
Because of low energy
2. Failure to perform during sex can cause relationship problems
They fear their partner doesn't see them as "manly" enough in the bedroom

Seeking treatment

A lot of guys just live with low T
They see it as a part of the aging process
Some guys seek treatment for 1 symptom
And realize that they are also suffering from the other low T symptoms too

Risk factors for low testosterone

Take action

A whole lifestyle approach works best

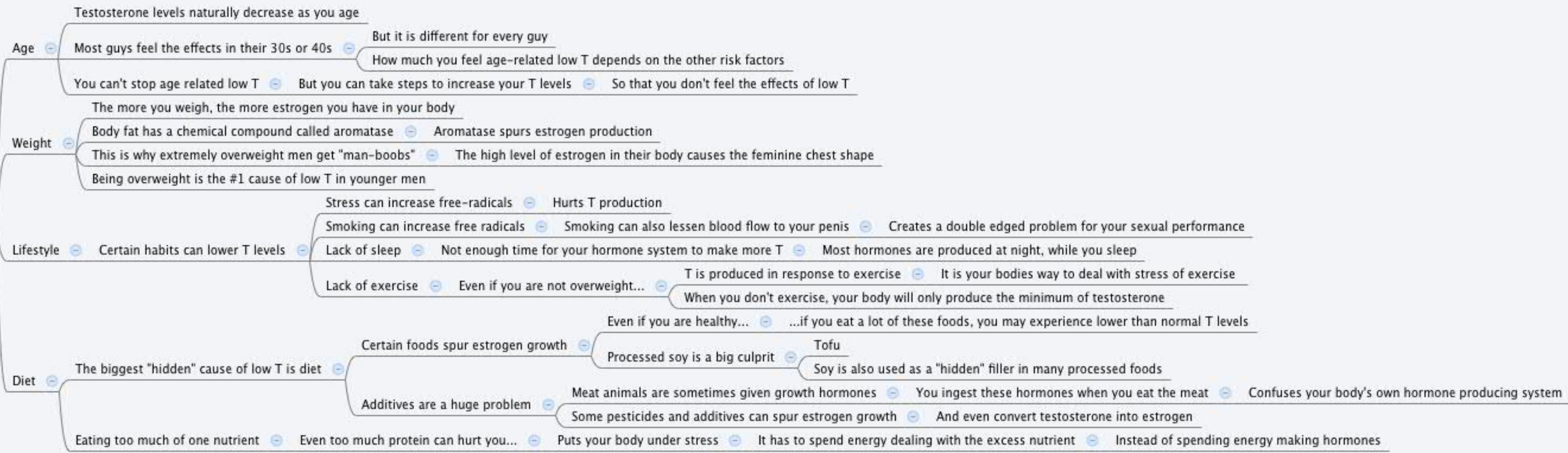
Introducing the Testosterone Triangle

The Testosterone Lifestyle

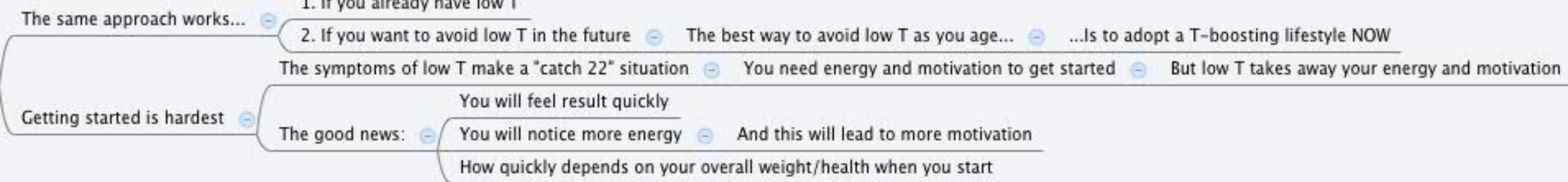
What is testosterone? ⊕

Symptoms of low testosterone ⊕

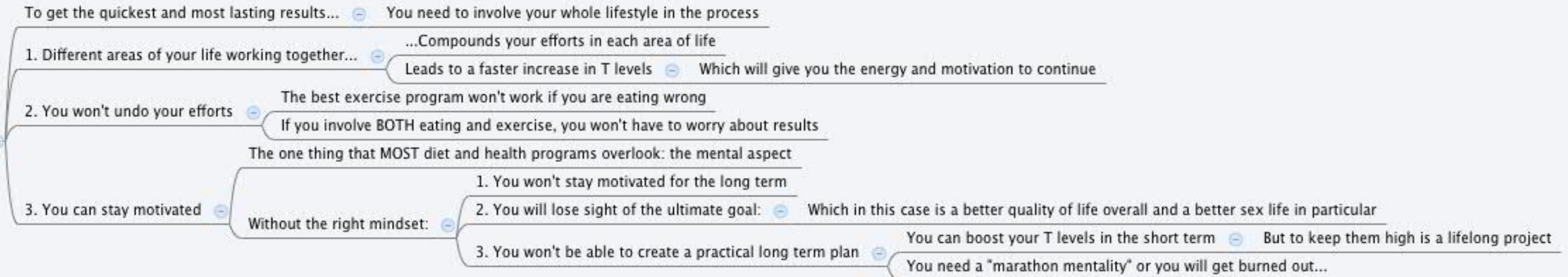
Risk factors for low testosterone ⊕



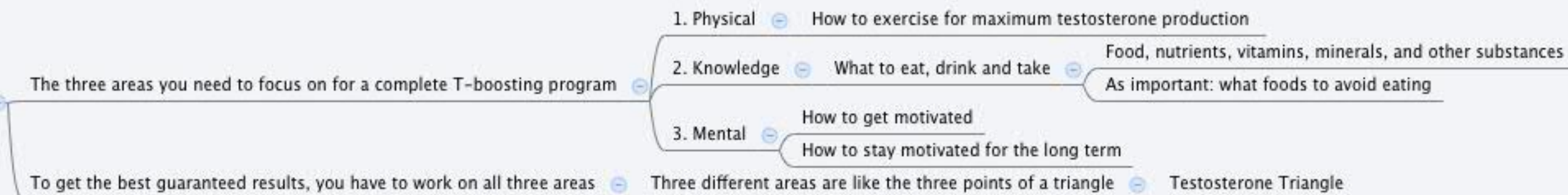
Take action ⊕



A whole lifestyle approach works best ⊕



Introducing the Testosterone Triangle ⊕



Testosterone Triangle Physical

Why is exercise important for low T?

- 2 Reasons
 - 1. Exercise for weight loss
 - Weight is the single biggest cause of low T in younger men
 - Remember: aromatase (found in body fat) spurs estrogen production and "kills" testosterone
 - 2. Muscle exercises to increase T production
 - Your body responds to stress on muscles by producing more T
 - Regular exercise means regular spike in testosterone
- Exercise is the single easiest way to tell your body to make more testosterone
 - It's like your body's language is exercise...
 - ...and you are speaking to your body
 - ...Using exercise to speak to it to tell it to make more T

1st step: Weight loss

- As long as you are overweight...
 - 1. Your body convert T into estrogen
 - 2. You will feel some side effects of low T
 - 3. You will not get the maximum benefits of the T triangle
- So the 1st step for every guy with low T is to get his weight under control
- The perfect weight loss exercises for low T:
 - Swimming
 - Swimming involves every muscle group in your body
 - AND it burns fat
 - And important point:
 - 1. The amount of T your body makes... ..depends on how many muscle groups you use
 - 2. So the more muscle groups you use in EACH exercise... ..The more T you will be asking your body to make
 - 3. This is why swimming is ideal for BOTH weight loss and T production
 - You are using multiple major muscle groups
- The #1 goal is to lose weight
 - If you don't lose weight over time, the T triangle is not going to be effective
 - So choose whatever exercise that...
 - 1. You enjoy
 - 2. You can do for the long term
 - 3. Gives you consistent weight loss
 - The secondary goal:
 - Do exercises that involve multiple muscle groups
 - This can speed up the process
 - More testosterone in a shorter amount of time
 - Which will = more energy
 - If you don't like swimming, do something else...
 - Jogging, aerobics
 - Use small hand weights to get your arms muscles involved
 - Other good options include elliptical machines or cross-country skiing
 - These also involve multiple muscle groups
 - Will give you more T than standard "legs-only" cardio workouts

2nd step: Full body exercises

- Principles to follow:
 - 1. Short, intense workouts
 - 2. Involve multiple muscle groups in each exercise
 - 3. Mix it up:
 - Do not always do the same exercises
 - Once your body learns your routine...
 - It will try to be as efficient as possible
 - AND will make the least amount of T necessary to handle the stress
 - This is why you need to mix it up
 - What do I mean by this?:
 - Use all options in the same workout:
 - 1. Weights
 - 2. Body weight exercises
 - 3. Different motions
 - Work the same muscle groups with different exercises
 - example: Bench press 2 times per week, and push-ups 2 times per week
- Example of an ideal full-body exercise: Deadlift
 - Start with barbell on the ground, and lift over your head
 - Works legs, arms, shoulders, chest, back
 - Any weight room trainer can show you the correct, safe method
 - Ideal because it works all your muscles in one exercise

- Exercise in quick bursts
 - 1. Do one exercise (example: deadlift)
 - 2. Rest for a few seconds
 - 3. Do another exercise (example: pull-ups)
 - 4. Rest for a few seconds
 - 5. Next exercise (example: squats)
- Adding more muscle groups to common exercises
 - Example: pull ups
 - 1. Do a standard pull-up
 - 2. At the top, pull your knees up to your chest
 - Like a "crunch"
 - Pull ups work your upper body, and the added crunch works your abs
 - Example: Squats
 - 1. Do a standard squat
 - 2. As you go down, move your arms parallel to the ground
 - arms straight, hands in line with shoulders
 - Works your shoulders as well as legs
 - Variation:
 - 1st squat: Work shoulders like I just mentioned
 - 2nd squat: Move hands in front of you, arms straight, palms joining
 - Thumbs lined up with your chin
 - Works chest as well as shoulders
 - You can use light weights with these motions as well
- Look beyond weightlifting and body weight
 - Consider adding other elements to your exercise
 - 3 - 5 minutes
 - a sprint swim in the pool
 - An intense run on the elliptical machine
 - Any exercise that allows you to use multiple muscle groups

Special note: The ideal amount of time to exercise

- Exercise for low T, NOT for muscle growth
 - Your goal is to maximize the amount of T made during exercise
 - Myth: bigger muscles = more T
 - Explanation:
 - 1. After a certain amount of stress on your muscles... ..You body stops making testosterone
 - 2. It responds to excessive stress by making cortisol
 - Cortisol is a natural steroid
 - Cortisol is NOT a sex hormone
 - 3. It is useless to continue after cortisol production starts
 - The extra stress can actually cause you to produce LESS testosterone
 - The time maximum should be 30-45 minutes
 - This is when testosterone stops and cortisol starts
- What is the ideal amount of time to exercise
 - With a hard workout
 - Intensity matters
 - An intense 20 minute workout is better than a less-intense 45 minute workout
 - 1. Less of a time commitment
 - 2. Burn more fat and calories
 - 3. You will be sure you are getting maximum T production from your body
 - For weight loss
 - Less intense "cardio" workout... ..Can last up to an hour
 - Once you get weight under control, you can increase intensity and decrease time
 - Ultimate goal:
 - 1. 30 minute full body workout
 - Another advantage of a 30 minute workout:
 - Easy to do for the long term
 - Because it doesn't take too much time out of your day
 - 2. 3-4 times per week
 - 3. Less-intense 30 minute workout on "off-days"
 - If necessary to keep weight under control

3rd step: Streamline

- Consistency is key
 - Like every diet and exercise plan... ..There will be a temptation to "fall off" after a while
 - After the honeymoon period when you are in love with the idea of working out
 - The only way to keep your T levels high:
 - Keep going with your exercise program
- Make it a marathon
 - Easier to do if you streamline your workout
 - 1. So it doesn't take too much time out of your day
 - 2. So the end is always in sight
 - You feel like you can accomplish a quick workout even when you don't want to
 - Rule: Don't get carried away at first
 - Plan a shorter workout:
 - One that you know you can stick with forever
 - Think long term
 - This is why short, intense workouts are best
 - And why exercises that use multiple muscle groups work best
 - You are streamlining the amount of time you need to spend
- Maximum amount of testosterone in the minimum amount of time

Exercise alone won't solve the problem

- Your body needs the right nutrients to maximize your T-production
- If you eat the wrong stuff, you can undo the gains you get from exercise
- However, if you get the right nutrients, vitamins, etc...
 - ...You can get the most out of each workout
 - ...You T levels will increase much faster than with exercise alone
- Exercise is necessary, but it's only part of the picture

Testosterone Triangle Knowledge

- What do you need to know?
- What to eat
- What foods to avoid
- Vitamins and minerals that help increase T

Other substances that help increase T

- These substances can raise T levels
- When are they most useful: A supplement containing these herbs and chemical compounds can help...
 1. If you are overweight and just starting to exercise
 2. If you want to reverse T loss from aging
 3. If you are having trouble getting started on the T TriangleThink of them as an extra boost to help you get started They are not a long term solution
- Arginine
 - Amino acid
 - Aids hormone system in general
 - Also affects heart and kidney functions
 - You can take a supplement However arginine is found in many foods Fish, nuts, seeds, eggs, dairy products
 - If you eat these foods, a supplement may be redundant
- D aspartic acid
 - An amino acid that occurs naturally in your body
 - Can be taken in powder form to enhance T levels and libido
 - Overuse can have the opposite effect: Can increase estrogen levels if overdosed
- Chrysin
 - A compound derived from the passionflower plant
 - Interferes with aromatase, the compound that causes estrogen
 - Can keep your T from being turned into estrogen
 - Useful for giving overweight guys with low T a boost to get started
- DHEA (Dehydroepiandrosterone)
 - A naturally occurring hormone An important precursor to testosterone
 - Your body produces less and less as you age
 - You can replace this hormone with a supplement DHEA can also be converted into estrogen So don't take it if you are overweight
- Nettle Root
 - Stops testosterone from binding to molecules that render it inactive
 - Also can stop testosterone and testosterone precursors from being turned into estrogen
 - Keeps testosterone in its most potent form This is why it is helpful for older men suffering from age-related low T

General strategy for vitamins, minerals and substances

- Consider the cost... Some supplements can be expensive
 - Remember, you are building a lifestyle
 - You want to continue with your T boosting indefinitely
 - SO make sure you can afford the supplements indefinitely
 - What if a company stops making your T-boosting supplement?
- Focus on ingredients You want to get as basic as possible
 - You need to understand exactly what you are taking... So you can find a replacement
 - Also, if you understand what you are taking... You can find a cheaper generic replacement... You can find foods that have that substance and not need a supplement at all
- Getting a boost Some doctors may give you a short-term treatment for severe low T
 - Follow the doctors advice
 - You still need to make the T Triangle lifestyle changes
 - But realize this:
 - If you don't make the changes... You will be dependant on the supplement all your life
 - ...You will probably still feel some symptoms of low T

What about drinking?

- Not talking about alcohol, but all fluids
- Alcohol in moderation because it can increase free-radicals in your body free-radicals = unstable molecules Can throw your body out of balance
- You need to drink enough water Hydration is important for proper function of hormone producing systems
- Water
 - How much is enough? For most men... 70 to 90 ounces PER DAY
 - That's about 6-8 bottles of water
 - Water, not pop or Gatorade However, some of the water servings can be... Juice that contains T boosting fruits or veggies Herbal teas that contain T boosting herbs

Simple tricks to track your progress

- Basics
 - More energy
 - More stamina during sex
 - Easier to get an erection
- But how can you be sure that the T Triangle is working Difficult to measure how you feel
- Check your erection
 - A way to see if your testosterone is increasing
 - If you have the right amount of T in your system...
 - ...You will wake up with an erection (Morning wood)
 - Not every day, but at least 2-3 times each week
- The stamp trick
 - Not all men with healthy T levels will get morning wood Instead their erection will come while they are sleeping
 - Use the stamp test to check for overnight erections
 - 1. Get a roll of "lick and stick" stamps
 - 2. Wet and wrap around your shaft Do not break the stamps apart, keep them together in the roll
 - 3. Go to sleep
 - 4. If you have an erection during the night, the stamps will break apart If the roll is broken, you know you had an erection

This is all about lifestyle

- You are making these changes for a better quality of life A better sex life
- The most important thing: never lose sight of the goal
 - You need to make lifelong changes to beat low T
 - Making these changes is difficult if you forget the goal People who forget the goal have a hard time eating right and exercising
 - So being mentally ready to complete the Triangle is as important as anything

Testosterone Triangle: Mental

