

MARK ROSENBERG, M.D.

Overcoming The T-Factor

**The Rise And Fall Of
Testosterone In Men**

How Natural Testosterone Replacement
Can Restore Your Energy, Sexual Virility
And Masculinity!

Almark Publishing

MEET THE AUTHOR: Mark Rosenberg, M.D.



Mark Rosenberg, M.D. is director and founder of the “*Institute for Healthy Aging*” in South Florida. For the past 15 years he has combined modern medicine with nutrition, exercise and physiology to create a natural program for healthier living.

Dr. Mark Rosenberg received his undergraduate degree from the University of Pennsylvania and graduated from Georgetown University School of Medicine. He then completed his residency in emergency medicine in San Antonio, TX at Brooke Army Medical Center, where he won the award of “Teacher and Resident of the Year.”

In 1997, Dr. Rosenberg became a diplomat of the American College of Anti-aging Medicine. He has since become a highly sought-after speaker and lectures frequently on topics such as integrative cancer therapy and anti-aging medicine. In 2009, Dr. Rosenberg will be regularly lecturing in Asia, Europe, and the Middle East.

Dr. Rosenberg has published a physician’s guide to the treatment of drug toxicities and served as a consultant to several hospitals for the treatment of drug overdoses. In addition to drug research, Dr. Rosenberg is avidly involved in supplement research, and has served as the Chief Science Officer for several supplement companies including VitalMax Vitamins.

Dr. Rosenberg has spent much of his time over the past few years studying cancer. He has developed a novel protocol that integrates standard chemotherapeutic regimens with non-toxic natural supplemental regimens. Dr. Rosenberg was featured on Fox News for inducing remission on a patient with cancer that had spread from the lungs, to the liver and spine. Wake Forest University is now currently beginning a study using this protocol.

Table of Contents

Introduction:

Welcome To: “Overcoming The T-Factor: The Rise and Fall of Testosterone in Men”	1
--	---

Part 1:

What Is Testosterone Deficiency?	5
--	---

Part 2:

The “Natural T” Solution: Reclaim Your Manhood!	14
---	----

Part 3:

How To Boost Testosterone Levels Naturally	22
--	----

Section A:

Testosterone Self-Assessment Test	25
---	----

Section B:

How Fast Does it Work?	27
------------------------------	----

Section C:

Testosterone Killers	31
----------------------------	----

Section D:

Supplements, Testosterone Boosters & Precursors	42
---	----

Section E:

How Sex Boosts Testosterone	65
-----------------------------------	----

Section F:

Selecting Superior Quality Foods	69
--	----

Section G:

Your Lose The Fat Program: Sample Food Diary	76
--	----

Section H:

Exercise To Keep You Young and Full of Vigor	90
--	----

Conclusion:

The Final Word	99
----------------------	----

Published by:
Almark Publishing
PO BOX 17108, Bridgeport, CT 06673

All right reserved. No part of this book may be republished in any form without the permission of Almark Publishing.

© Copyright 2012

Warning-Disclaimer: Almark Publishing has written this book to provide information in regard to the subject matter covered. It is offered with the understanding that the publisher and the author are not liable for the misconception or misuse of the information provided. Every effort has been made to make this book as complete and accurate as possible. The purpose of this book is to educate. The author and Almark Products Inc. shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information contained in this book. The information presented herein is in no way intended as a substitute for medical counseling. Pregnant or nursing women especially should consult their physician for proper nutritional guidelines.

Congratulations!

You've taken the first step on the road to *Super-Manhood*! You now have everything you need to naturally boost your testosterone. Here's just a quick glimpse of what you'll find in ***Overcoming The T-Factor: The Rise and Fall of Testosterone in Men***:

- Unleash the power blast you get from testosterone.
- Learn the effective strategy to build and enjoy super strength — and super sex!
- Sharpen your mind, improve your mood and make depression disappear.
- Find the fast-track secrets that burn fat and build muscle.
- Find out how the modern world robs you of testosterone — and how to stop it!
- Achieve and maintain rock-hard erections — whenever and wherever YOU want.
- Get tips that will have you looking and feeling younger — at any age.
- Discover the real health foods that will make you a stronger, healthier man for life.

A special thanks to the thousands of men like you who were willing to share their stories over the years. It was through their confidence and cooperation that a team of medical experts was able to formulate the effective and unbeatable strategies you have here in this book.

To Your Good Health,

A handwritten signature in black ink, reading "Mark Rosenberg". The signature is fluid and cursive, with a large, stylized "M" and "R".

Mark Rosenberg, M.D.



Introduction:

Welcome to “Overcoming The T-Factor: The Rise and Fall of Testosterone in Men”

“In my anti-aging clinic countless numbers of men come in concerned about their diminishing testosterone levels. Fortunately, there are now new and natural treatments to restore your masculinity and lost libido.” ~ Dr. Mark Rosenberg

The truths you’ll find in this book are simple.

The first truth is that your testosterone level — if you’re a typical man — plummets almost 25% from the age of 35 to the age of 54 and continues to drop!

The second truth is that there’s a way — which will be discussed later in this book — that you can not only **stop that decline, but actually reverse the trend.**

You will find out how you can replace all or most of the testosterone you lose as a result of normal aging and as a consequence of diet, the use of drugs and alcohol, side effects of prescription medications, and from the intake of chemicals and pollutants in your food and drink.

This book is based on scientific research specializing in testosterone replacement therapy. Throughout this book, you'll learn about the problem of testosterone loss and the solution to that problem.

The simple fact is that untold millions of men — and you may be one of them — are feeling and acting less like men than they want. They're tired, irritable, overstressed, weak, depressed, impotent, or suffering from a lack of sex drive, overweight and unable to perform physically the way they did when they were younger. In other words, there are millions of men who are being *emasculated, or slowly castrated* by age, environmental pollutants and foods that contain feminizing estrogen-like chemicals and drugs.

But it is also a simple fact that there's an easy and natural way for you to reverse these conditions and regain your youthful masculinity:

Testosterone: The Miracle Hormone.

About This Book

The pages of this book will reveal exactly how you can easily and simply recover your “lost” manhood to achieve more robust health, improve your overall physical fitness, boost your sex drive and enjoy rock-hard erections. As a man, you will be empowered to take back your youthful vigor — no matter what your age — this book contains good... no, make that GREAT news for you.

In the pages that follow, you'll discover the truth about the male hormone *Testosterone* — and how you can safely boost your testosterone to turn yourself into a “superman.”

The first thing that will be talked about in this book is the problem: the fact that many men today — most men over the age of 40 or so, in fact — routinely feel tired, lack energy and sex drive, can't have or maintain an erection, suffer from shrinking penis size, depression, sudden mood swings, and a general feeling of malaise and other complaints they know are somehow related to aging. Many — without going into specifics, simply complain that they don't feel like “real men” any longer.

Next, we'll take an in-depth look at just what causes men to lose their masculinity as they age... namely, dropping levels of testosterone will be discussed.

Finally, experts will explain about perfectly safe, legal, non-prescription ways you can start immediately to boost the testosterone in your blood to wipe out these age-related problems. You'll discover proven ways you can reclaim your lost manhood that the passage of time seems to have taken from you.

If you take the simple steps you will...

- ✓ Look and feel younger — like you did when you were a “young buck”!
- ✓ Regain the youthful energy and pep of a teenager.
- ✓ Have enough stamina to play golf in the morning, go for a jog in the afternoon... and still make love to your wife or lover at night!
- ✓ Boost your brainpower and memory to solve problems at work and at home in a fraction of the time it takes you now!
- ✓ Have bigger, steel-hard erections — and the drive and desire to put them to use!
- ✓ Replace your “love handles” with a masculine V-taper and your “spare tire” with washboard abs!
- ✓ Strengthen your will to succeed and make stress roll off your back.
- ✓ Exude confidence in every situation you can imagine... whether it's charming the ladies or confronting challenges on the job.

Are you tired of feeling frustrated at wanting to feel young again and others telling you to “just act your age”?

Do you long to feel the go all-night strength and stamina that you had as a young man?"

Then let's get started on this journey that will have you feeling and acting more like a real man than you have in years.

PART 1

What Is Testosterone Deficiency?

“Men who feel less ‘masculine’ than they did in their younger years, who believe they are ‘losing it sexually’, who have lost their zest for life, or who no longer have a feeling of well-being, should consider testosterone deficiency as a possible cause.”
~ Aubrey Hill, M.D.

It's no big secret as men grow older their bodies change. Love handles and potbellies suddenly appear — as if by magic — where once there was nothing but a pinchable bit of taut flesh. Reaction time slows down. Tiredness becomes more of a rule than an exception...making “nap time” one of the high points of the typical man's day. What's worse, the overflowing libido and the raging erections most men enjoyed in their teens and young manhood become only memories.

If those were the only “symptoms” of aging, they'd be terrible enough. But as men grow older, they have to suffer through what is increasingly being referred to as male menopause or “andropause.” While menopause means the end of menstruation, the word andropause means, literally, the end of being a man. According to Dr. Jonathan Wright, M.D., and Lane Leonard, Ph.D. the symptoms of this male “change of life” mirror closely the symptoms experienced by menopausal women. In men, these symptoms include:

- ▶ **Reduced sex drive** — no real desire to have sex or having to “fake” interest to keep your spouse or lover satisfied.
- ▶ **Lack of erections** — a complete lack of erections or perhaps difficulty getting and sustaining erections when you're nervous or if you've had a drink.
- ▶ **Ejaculatory problems** — having no orgasm or, just as bad, having premature ejaculations.

- ▶ **Disturbed sleep and depression** — these two go hand in hand...but who wouldn't be depressed feeling like a "half-man"?
- ▶ **Heart disease and atherosclerosis** — "fat-clogged" veins and arteries that slow you down and may kill you!
- ▶ **Osteoporosis** — once thought to be a "woman's problem" but now known to affect about 1 in every 5 men.
- ▶ **Prostate enlargement/cancer** — the most common form of cancer ... and one of the most deadly if it's left untreated.
- ▶ **Loss of muscle** — we lose about 3 pounds of muscle mass per decade — resulting in a lack of strength that turns once-virile men into weaklings.
- ▶ **Fatigue** — bone-crushing tiredness that hits many men during mid-afternoon or after a big meal.
- ▶ **Irritability** — that "cranky" feeling that seems to come from nowhere ... and that can seriously harm your relationships at home and on the job.
- ▶ **Thinning skin** — even the slightest bump turns into a bruise ... and even minor cuts take forever to heal!
- ▶ **Poor concentration and memory lapses** — you know, those things men call "senior moments" and try to laugh away!

When women go through menopause, Wright and Leonard add, their symptoms are caused by dropping levels of the two "female hormones," estrogen and progesterone. In men, the symptoms of andropause are caused, to a great extent, by dropping levels of testosterone.¹

After the age of 40, testosterone drops at a rate of about 1% per year², but it's important to note that age isn't the only culprit as men suffer through diminished testosterone levels.

You Don't Have To Memorize The Scientific Names... But This Is Important Stuff!

Testosterone, produced by the testes and adrenal glands, spills into the blood supply where much of it is metabolized by enzymes in the body to become either dihydrotestosterone (DHT) or a “female hormone” known as estradiol. Carried to different parts of the body, the testosterone, or DHT, binds to specific target cells where it exerts a variety of effects — either **masculinization** (also called “virilization”), **anabolism** (tissue building), or **sexual arousal**.

While testosterone is the most famous of the androgens (male hormones), there are other important androgens at work in your body. First, there's DHT, as noted above, which is believed to be responsible for a number of effects including the growth of body hair.

Additionally, there is dehydropiandrosterone (DHEA). Produced from cholesterol, DHEA is metabolized to form androstenedione, which is then converted by the body into testosterone. While DHEA was once considered not very important in terms of its effect on the body, mounting evidence indicates that DHEA is important not only because it is converted into testosterone but also because it has health benefits in its own right. Like testosterone itself, DHEA levels in men decrease over time. About half a man's DHEA is lost by the age of 40. By the age of 80 a typical man has only about 15% of the DHEA he had as a young man.

There is first hand evidence of the havoc that can be wreaked by falling testosterone levels. In fact, American society is being “feminized” by the combination of declining testosterone and rising estrogen in men — even young men in their 30s and sometimes late 20s. These feminizing changes are due — at least in part — to the use of pesticides, chemicals and additives in the food we eat and the water we drink. Some of these chemicals slow the production of testosterone. Other chemicals in the environment block the effect of that testosterone which can still be produced. Still others, especially herbicides and pesticides, have a direct estrogen-like, or feminizing effect including decreasing muscle, increasing body fat and enlarging breasts.

For years, scientists and men in general have thought that declining testosterone and increasing estrogens were “just part of the natural order.” That somehow this was “planned” and therefore inevitable. There’s some truth in that, as far as it goes. But we’re learning, more and more, that our environment is also responsible and that there’s nothing irrevocable about this process. There’s no real societal or ethical reason why YOU shouldn’t enjoy all the benefits you can get from reversing this trend. In fact, what the “feminization” of society means is that it’s important even for men in their 20s and 30s to take steps to guard against testosterone loss.

Just What IS Testosterone?

Testosterone isn’t just one thing. It is a “hormone,” a member of the “steroid” family, and an “androgen.”

Sounds complicated, doesn’t it?

Well, in fact the science is complicated. But here’s what those fancy scientific terms mean.

- A ***hormone*** is a chemical that is used to send messages to other cells in your body. It can do this specifically by putting the hormone in the tissue around the cells, or generally by putting the hormone in the blood, which affects the entire body. For

example, testosterone is a hormone that sends signals to the testes to produce sperm in a man. It's a natural substance produced by your body that travels around to affect other parts of your body.

- A **steroid** is a natural chemical in your body that sends signals to certain cells in your body to grow, heal, or produce various responses. Includes the fat-like substance, cholesterol; the male and female sex hormones of testosterone and estradiol; and the anti-inflammatory drug dexamethasone. Your body naturally produces steroids in response to healing throughout your body. *Anabolic-androgen steroids*, now that's a mouthful, are synthetic drugs that mimic the effects of the natural testosterone and dihydrotestosterone (DHT) throughout your body. They mainly act to increase muscle mass and "virilize" someone, i.e. making someone more "manly".
- **Androgen** is the name given to a family of steroid hormones that promotes masculine tendencies or characteristics. It's a fancy name for a "male hormone." Testosterone is both a steroid and an androgen.

Testosterone, in other words, is a natural substance produced by the body that helps men be men. Testosterone was first isolated by a Dutch scientist in 1935 from mice testicles and later successfully synthesized by the German biologist Adolf Butenandt. An average man's body produces about 95% of its testosterone in the testicles. The remainder is produced in a pair of small glands that sit on top of the kidneys called the adrenal glands.

In her book, *Sex on the Brain*, Deborah Blum reported that a group of researchers from Stanford University injected newborn female rats with testosterone. Not only did the female rodents develop penises, they also exhibited truly male behavior, attempting willy-nilly to have sex with just about any female who came close. Male rats that had testosterone blocked, on the other hand, saw their penises wither away to nothing and exhibited passive (female) sexual responses, even to other female rats! ~ **New York Times**

While the bodies of both men and women naturally produce testosterone, as it is a master hormone capable of also producing estrogen, testosterone is what makes a boy a boy and a man a man. At conception, every embryo is female. Some of these embryos, however, are treated to a “burst” of testosterone at about 6 weeks into the gestation period. Those embryos are hormonally altered to grow into boys, and then men.

That first in-utero burst of testosterone also primes the body and the mind for two later testosterone rushes. The second burst of testosterone occurs shortly after birth. Following that burst, testosterone levels fall back to near zero. At about the age of 11, there's a third burst of testosterone. This signals the onset of puberty, when a boy's voice deepens, a beard begins to appear, his penis and scrotum grow, and, of course, he begins to experience almost overwhelming sexual urges. This is the time when the typical boy becomes more competitive, aggressive, and outgoing. This is when boys start to play football...

Many male patients start to become angry when they learn that chemicals in the very food that they were told to eat to improve their health, has actually been making them age prematurely and lose their masculinity. At this point they haven't heard the worst of it. Not only do chemicals in our food and water mimic estrogens, but also estrogen itself is intentionally added! Yes, believe it or not, it's true. Estrogen causes animals to retain water and put on fat. This means rapid weight gain and maximum profits at the slaughterhouse. This has proven irresistible to the modern food industry and estrogen is routinely put in cattle and swine food. But don't think you can avoid estrogen by swearing off red meat. The very highest levels of estrogens are now found in chicken and turkey. How did you think modern science found a way to grow a 24-week-old chicken in only 12 weeks? And it doesn't stop there. Estrogens can also be found in eggs, cheese and even “good old” milk.

hunt...engage in competition with other boys for the attentions of the most attractive girls...maybe even go into some business for themselves or start to do physical work around the home. Boys at this time become willing to take charge. In other words, during this third testosterone “burst”, boys start to do all the things that make a man a man!

Testosterone — Not Just For Sex!

It's common knowledge these days that testosterone has a huge impact on every man's sex drive. (I'll talk about just how great an impact in a bit).

What's just being discovered and widely acknowledged is how much declining testosterone can hurt other areas of your life.

In fact, according to a 2008 study reported in the *Journal of Social Psychology*, past research shows that individuals with high basal testosterone levels are motivated to gain high status. In the study, the outcome of a competition (victory versus defeat) was used as a marker of status. The first trial revealed that men with high testosterone who lost the competition had raised cortisol levels (stress markers) whereas men with high testosterone who won had a drop in their cortisol levels. Men with low testosterone showed no effect on their cortisol levels from winning or losing.

The second trial followed these cortisol changes in women who participated in an experimental competition, extending the cortisol findings to behavior. The findings revealed that the high testosterone winners chose to repeat the competition, whereas the high testosterone losers did not want to repeat it. Low testosterone winners or losers showed no difference in their task preferences.

Another 2011 study out of Wayne State University in Detroit, Michigan, also suggests that testosterone levels are associated with social dominance and competitive success when competing for the attention of an attractive woman. Men both high in testosterone and who reported a need for high social dominance appeared to be able to suppress their competitors' ability to attract potential mates.

Little surprise, then, that men who win tennis matches typically have more testosterone in their blood streams than men who lose matches... or that criminal defense lawyers have more testosterone than tax lawyers, or other types of lawyers...or that if two men are fighting for the upper hand in a business deal, the one with higher testosterone levels will, almost without fail, come out the winner!

So this is what testosterone is... and a bit of what it does.

But There's A Problem...

If the effect of this big burst of adolescent testosterone were everlasting, men would — throughout their lives — continue to produce testosterone at the same level they did in their late teens.

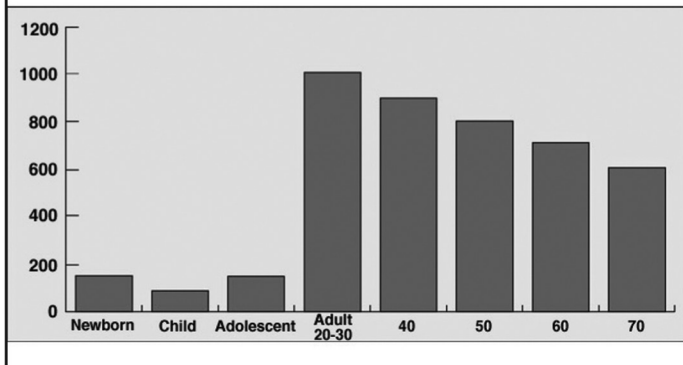
It isn't that simple though. The problem is that your testosterone level isn't constant from the age of 12 or 13 or so on through your 40s, 50s, 60s and beyond.

According to a recent study by Dr. Fernand Labrie, a researcher and physician at the University Center Hospital in Canada, the amount of testosterone and other androgens produced in the body steadily decline after the age of 25. By the time a typical man is 80 years of age, his androgens have decreased — on average — almost 57%...and may have dropped by as much as 73%!

Other studies conducted by the New York Academy of Sciences show that an average man's testosterone drops almost 25% from the age of 35 to the age of 54, and declines an additional 10% or so every decade after that.

One of the most obvious effects of this drop in your body's ability to manufacture testosterone is a drop in your sex drive. At the same time, your dropping testosterone levels lead to shrinkage of the penis, a loss of firmness in the erect penis, and a lessening of sperm volume. All that would be bad enough in and of itself. But the news is even worse than that. Testosterone, remember, is the "stuff" that makes you a man! Not only sexually, but in every way!

Testosterone Production Throughout Life



That means that when your T-levels drop, not only your sexual drive and performance are affected. Your self-esteem and confidence suffer too. Your ability to reason, your creativity and your memory fade. Your strength, speed, energy and stamina plummet. Your body's ability to heal itself slows. As you lose muscle and bone and put on fat, your body weakens and your posture sags. Your skin thins and becomes as fragile as tissue paper. Your aggressiveness and competitive instincts fail you.



PART 2

The “Natural T” Solution: How Men Over 40 Can Reclaim Their Manhood!

“Testosterone can stop and reverse the physical decline that otherwise robs men of their energy, their strength, and their libido. Testosterone can restore muscle tone and improve stamina. And for men who have lost interest in sex — and perhaps in life itself — testosterone can restore healthy sexual excitement and desire.” ~ William Regelson, M.D., The Super-Hormone Promise

Now, if all the problems we talked about in the pages you just read are caused by declining testosterone, it seems to be a “no brainer” that the solution to these problems is simply to somehow restore your testosterone.

In fact, that is the solution! However, there’s a little catch. You see, there’s more to replenishing the body’s dropping testosterone supplies than simply running down to the corner store for a bottle of testosterone. In the first place, to get testosterone you need to have a doctor’s prescription. And while it’s possible to obtain such a prescription, testosterone therapy is expensive and requires careful monitoring.

And there’s another big problem. Testosterone cannot be taken by mouth. If you swallow a pill containing testosterone, your

liver will remove it before it ever reaches your blood to have its masculinizing effect. Some athletes, particularly body-builders, have tried to overcome this problem by taking huge amounts of synthetic testosterone derivatives in an effort to overwhelm the liver's filtering capacity. The principle result of this approach, as you might guess, is serious liver problems.

So, testosterone has to be injected and since it has the consistency of 50-weight motor oil, it has to be injected deep into a large muscle with a very large needle. Ouch!

It is also very difficult to maintain the benefits of testosterone, even if injections are continued.



Additionally, testosterone, even when administered by a physician under the most careful of conditions, can cause side effects like weight gain, water retention, high blood pressure, liver and prostate problems, to name just a few.

Are you ready for the good news? Medical experts have developed a course of action you can take to naturally and safely boost your testosterone — and keep it that way!

To understand how this solution works, and why you should take action starting today to boost your testosterone, you need to know a bit more about the science behind testosterone, its history, and how it works in your body.

For decades, research scientists have known that testosterone declines in all men as they age. They've also known that — as we've already seen — dropping testosterone can eventually turn a strong, sexually active, healthy, vital, alert, aggressive man into a grouchy old coot, a frail shadow of his former self, mentally as dull as dishwater, weak and ill, with a useless or nearly useless sexual organ and all the sex drive (and attractiveness) of an old sock.

Of course, the existence of testosterone is common knowledge today. But the hormone testosterone was a mystery until just about 70 years ago. Oh, ancient cultures knew there was some substance that made men different from women, and even surmised that it was something that somehow resided in the testicles.

Still, this substance was a mystery until 1935 when testosterone was isolated by a Dutch researcher. Not long after that, a Yugoslav scientist named Leopold Ruzicka realized that while the testes produced testosterone, the testes actually contained very little of the substance. Understanding that the testes weren't a natural "storehouse" for what some people call the "He Hormone," he surmised that it quickly flowed from the testes into the bloodstream to be stored in other areas of the body. With that in mind, he set about trying to produce testosterone without tapping into the testes, believed in ancient times to be reservoirs of the magic substance that makes men manly. Eventually, he discovered that he could produce testosterone from cholesterol, much the same way the body produces it. This Nobel Prize-winning research opened the door to a tidal wave of scientific studies.

Natural vs. Synthetic Testosterone

While researchers who followed in Ruzicka's footsteps were quick to start testing the effect of doses of testosterone on men suffering from andropause, they soon discovered it was impossible to administer the "BIG T" in large enough doses to produce any meaningful effect. As soon as the dose was administered by mouth, the liver removed it before it reached the circulation to have its effect.

So it was quickly discovered that testosterone could only be administered by injection. Experiments with testosterone injections soon revealed that the body's normal metabolic processes neutralized the testosterone in a matter of hours before it could have a lasting outcome.

Of course, drug manufacturers are always on the lookout for ways to make money. They knew that testosterone could really fatten their

bottom lines if they could only figure out a way to improve on nature and produce a synthetic testosterone that wouldn't be neutralized by the body. As a consequence, they soon were producing and testing a slew of synthetic testosterone "drugs." Their work was successful - as far as it went.

The Viagra®, Cialis®, Levitra®, Staxyn® Story

An amazing number of men have turned to Viagra, Cialis, Levitra and Staxyn – the 4 “miracle” erection producers approved by the FDA – as a way to enhance their sex lives. The good side of these prescription erection difficulty drugs is that most often they work consistently. The bad side of them is that they are not without side effects.

Sadly, men experience a variety of problems with these widely prescribed drugs. For one thing, you have to take most of them (except Cialis), an hour before you make love...and that means you may end up with an erection and no partner! Cialis is known as the “weekender” as it can be taken much earlier than an expected sexual encounter and last up to 36 hours. Levitra lasts a little longer than Viagra at 5 hours compared to Viagra's 4. Staxyn provides about the same amount of time as Levitra.

Side Effects: Many men complain of headaches, blurred vision, upset stomach, heartburn, or back pain (Cialis) when taking these drugs. In addition, all 4 can be cardio-toxic – especially if taken with nitroglycerin, or alpha-blocker medications for blood pressure, or prostate problems, causing a serious-fatal drop in blood pressure. Rashes, itching, chest pain have also been reported. In addition, since they are prescription drugs, they can become very expensive to use on a regular basis, averaging about \$10 per erection! Also, men who have been on Levitra before should only use Staxyn.

Who Should Not Take ED Drugs? If you have ever had a heart attack or stroke or cardiac arrhythmia within the last 6 months, you need to discuss this with your healthcare professional (doctor, clinical nurse practitioner, P. A). If you have uncontrolled high or low blood pressure, or angina, and/or have had chest pain during sexual activity, you should not take any of these drugs.

In one such study, conducted in 1942, for example, 24 andropausal men were regularly injected with a form of synthetic testosterone known as “testosterone propionate.” These men — whose complaints included fatigue, memory loss, lack of confidence, depression, insomnia, various circulatory disturbances — all reported that they felt “greatly improved” just a week or two after injections began.

For the most part, this approach seemed to work and the medical community thought they had a cure for andropause. But it wasn’t long before it became apparent that the wonderful masculinizing and energizing effects of testosterone injections were short lived. That is, even though men were still getting injections they were losing the benefits. We now know why this happens.

When synthetic testosterone is injected into a patient’s body, it responds by decreasing its production of natural (endogenous) testosterone. If the dose is then increased in an effort to overcome the body’s adaptation, it will respond by decreasing the sensitivity (or receptiveness) of testosterone receptors. If the dose is then increased further to overcome this change, the body will respond by shutting down the production of testosterone receptors altogether. At any point along this course of ever-increasing doses, side effects may occur.

We have discovered that the use of synthetic testosterone drugs can result in serious liver diseases. These diseases — some of which proved fatal — include jaundice, hepatitis, and cancer. Synthetic testosterone drugs took another hit in the 1960s when side effects from the overuse, or irresponsible use of anabolic steroids (related to testosterone drugs) by athletes, seemed to solidly confirm the dangers of using testosterone-like drugs. Anti-steroid (and, hence, anti-testosterone) fever soon spread. Eventually — in 1990 — the federal government passed a law, which made it illegal to sell or possess steroids, and imposed penalties similar to those put in place for the possession and sale of cocaine! In spite of the strong public sentiment and legal strictures against the use of steroids, however, research on testosterone continued.

One study after another showed dramatically, just how testosterone therapy can make men stronger, healthier, sexier, more assertive in the workplace and in personal relations, and happier. Here's just a sampling of some recent studies and their results:

- According to a study conducted by Dr. Randall Urban at the University of Texas in Galveston, testosterone can increase muscle strength without additional exercise; improve sex drive and feelings of vigor.
- According to information released by the National Osteoporosis Foundation, low testosterone levels “common in older men,” foster bone loss and leads to a higher risk of osteoporosis-related bone fractures.
- According to Dr. Fred Sexton, an English doctor, increased testosterone levels help men combat loss of sex drive, hot flashes, sweating, lack of muscle strength, mass, and endurance, mood swings, emotional fragility, the loss of self-esteem and an inability to have erections.
- There is even evidence that higher testosterone can lower total cholesterol and LDL (bad cholesterol) while increasing HDL (good cholesterol).
- According to Dr. Dana Ohl, Co-director of the University of Michigan's Center for Fertility and Sexuality, several studies have shown that testosterone therapy has led to “decreased fat mass, increased lean body mass, and increased strength.” The same report states that men who receive testosterone therapy are better able to make cognitive decisions.
- Dr. Darryl O'Conner, reporting to the British Psychological Society, announced that his study showed that increasing testosterone levels in test subjects actually improved language skills.

To give you an even better idea of how powerful testosterone is, here's what an HIV positive man who suffered from a variety of disease-

related complaints had to say:

“I weighed around 165 pounds. I now weigh 185... My appetite in every sense of the word expanded beyond measure. Going from napping two hours a day, I now rarely sleep in the daytime and have enough energy for daily workouts and a hefty work schedule. I can squat more than 400 pounds. Depression, once a regular feature of my life, is now a distant memory. I feel... more persistent, more alive.”

A 40-year-old man who took testosterone for body building purposes reported, *“I walk into a business meeting now and I just exude self-confidence.”* An executive, he added that his business has been exploding since he started taking the Big-T. *“I’m on a roll,” he said. “I feel capable of almost anything.”*

Yet another man, a college student who was given testosterone shots by Dr. Randall Urban of the University of Texas in Galveston, became so interested in women and sex that researchers had to take him off his testosterone therapy during university exams!

What Does This Mean For You?

Testosterone — the “He Hormone” — is the near-magic substance that makes a man a man! As Dr. Karlis Ullis, M.D., said in his book, *Super “T”*, “There is no other substance on the planet, natural or man-made, that can have such profound effects....” It can restore or boost sex drive in men of virtually any age! It can decrease fat tissue and increase muscle tissue. It can sharpen the mind and build confidence. It can increase overall energy levels and boost mental acuity. It can help fight heart disease and osteoporosis.

The problem is that not all men can, or should get, “straight” shots of testosterone, either through injections or by using one of the recently developed messy testosterone creams. For one thing, it can be very costly, since testosterone therapy requires constant monitoring by a physician. It can lead to serious side effects including an increased risk of both benign prostate enlargement and prostate cancer. And, as

we've seen, it is difficult to maintain the effectiveness of exogenous (produced outside the body) testosterone. So what is needed is a way to encourage your body to produce more of its own (endogenous) testosterone naturally.

Now There's A Solution For Every Man!

The good news...the great news...is that it's possible — even easy — to counteract the effects of declining natural testosterone through diet, exercise, and through the use of perfectly natural herbs and supplements. Even better, you can actually reverse the course of nature and boost your testosterone through the use of “testosterone precursors” that actually prime your body's testosterone pump so that your system produces testosterone naturally, without any danger or side-effects.

In the next section of this book, you'll learn exactly how YOU can use natural solutions to deal with the problem of declining testosterone.



PART 3

How to Boost Testosterone Levels Naturally!

{ Introduction }

The best way to fight the effects of age is to take “a multi-disciplinary” approach. That’s a fancy way of saying you shouldn’t put all your eggs in one basket.

Additionally, a truly holistic approach — one that has as its goal not just the enhancement of your sex life, rather, the improvement of your total health — sexual, physical and mental — is an approach that will provide real and long-lasting results. That’s why medical experts advocate to you, and to all testosterone-deficient patients, a plan of selecting superior foods, exercise (for healthy bodies and for more enjoyable sex) and stress eliminating exercises.

In the pages that follow, you will find a detailed description of the plan including:

- ◆ **Section A: Testosterone Self-Assessment Test**

Questionnaire to help you determine if your testosterone levels are low

- ◆ **Section B: How Fast Does it Work?**

What you’ll experience when you put natural testosterone to work

◆ **Section C: Testosterone Killers**

How and why you should avoid stress

Drugs and agents that rob you of testosterone

Your thyroid and your testosterone

Your liver and your testosterone

Sleep deprivation lower “T” levels

Trans-fats lower “T” levels

◆ **Section D: Get Man Power! Supplements, Testosterone Boosters& Precursors**

Supplements for your health

Testosterone precursors

Herbs that boost testosterone

Other sex enhancing supplements

◆ **Section E: How Sex Boosts Testosterone**

Your orgasms boost testosterone

◆ **Section F: Foods That Boost Testosterone**

How to select superior foods

How to improve the timing of your eating.

Why and when you should drink water

◆ **Section G: Your Fat Loss Program**

Fat-storing, high glycemic index foods

Fat-burning high glycemic index foods

How obesity affects testosterone

Calculate calorie allowance for fat loss

Helpful tips

Sample food diary

◆ **Section H: Exercise To Keep You Young and Full of Vigor**

Heart and lung health maintenance

Building strength and muscle

Staying flexible

◆ **Conclusion: Final Word**

Ready to start? Okay! Let's begin by taking your personal testosterone questionnaire and get an idea of where your testosterone levels may be. Then, we'll look at what you can expect once you start boosting your testosterone naturally!

SECTION A

The Testosterone Self-Assessment Test

	Frequently 1	Occasionally 2	Never 3
1. Do you have trouble obtaining an erection?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you lose your erection before orgasm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. When attempting sexual intercourse how often is it unsatisfactory for you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you noticed a decreased interest in sex?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you drink alcohol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Do you smoke tobacco?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Do you find yourself with a lack of ambition and motivation?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you lack the energy to climb a short flight of stairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you find yourself becoming moody, depressed or irritable without good reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. How often do you find yourself lacking the strength to lift a heavy household object like a full garbage can?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. How often do you lack the desire to get up in the morning?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. How often are you disinterested in exercising?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. How many prescription drugs do you regularly take?	3 or More <input type="checkbox"/>	1 – 2 <input type="checkbox"/>	None <input type="checkbox"/>

14. Pinch your fat just to the side of your belly button. How much can you pinch?

15. What is your age?

1	2	3
> 1"	About 1"	< 1"
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
> 50	35 – 50	< 35
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TOTAL:	_____	_____
	x 0	x 5
POINTS:	_____	_____
	x 10	

SCORING:

- Score 0 points for each response in column 1
- 5 points for each response in column 2
- 10 points for each response in column 3

INTERPRETATION:

- **Above 125 = FABULOUS**
You're doing great! Keep up the good work.
- **100 – 125 = AVERAGE**
You would likely benefit from natural testosterone boosting.
- **Below 100 = DEFICIENT**
You may be one of the many men suffering from falling testosterone levels.

SECTION B

How Fast Does It Work?

“Is testosterone a ‘fountain of youth’? For many men, the answer is an emphatic yes!” ~ Aubrey Hill, M.D.

As a doctor with male patients over age 40, I hear many complaints about fatigue, little or no sexual energy, weight gain, irritability and/or depression. When they remark that they think their symptoms are just part of growing older, and that there’s nothing they can do about it, I like to tell them about George.

George is an 83-year-old man I met at one of my anti-aging conferences who shared his personal experience with testosterone supplements with me. He is a testament to healthy male aging. He is a brilliant conversationalist, full of vitality, with never more than the occasional mild cold and loves to visit foreign places. As he told me of his love of travel, I joked with him that he must have found the fountain of youth on one of his trips. In response, George told me that he had always eaten a good diet, exercised, and taken vitamins, but had also been on natural testosterone supplements for many years! But he also confided that it wasn’t always that way.

You see, when George hit 70 his energy levels dropped way down. As a formerly energetic trial lawyer, who worked out every day at his athletic club, he wanted to regain that energy and wasn’t ready to just sit around and watch game shows!

He also told me that he had started gaining a lot of belly fat and wasn’t much interested in sex anymore. He kind of just sat around watching television feeling down in the dumps and often becoming irritable like a “crotchety old man” as he termed it. George went to see his doctor who did some blood tests and found that his testosterone levels were fairly low. I wasn’t surprised, as I knew that good testosterone levels were very important to a man’s physical and emotional well-being at any age, but especially as he gets past age 65.

One day, one of his friends at his athletic club told George about the supplements Korean ginseng, Maca and Tribulus terrestris and how they had helped restore his testosterone levels, helped him lose unsightly belly fat, and just virtually come back to life as a man! George was curious to try these supplements, and went on an entire male health-restoring program, much like the one talked about in this book.

After about 3-4 months, George said, he was back almost completely to his old, younger-feeling self! He got up each morning with an enthusiasm for the day that he hadn't had in a long time and even streaks of his once silver hair had started coming in dark again!

Today, George pursues his passion of traveling the world and driving around town in his classic jaguar with the energy of a much younger man, always accompanied by his lovely lady friend. As George told me, he credits his second lease on life to his friend's recommendation to try some testosterone boosting supplements and he's sure glad he did!

George's story just shows the beauty of not giving up on yourself as a man, no matter what your age, and taking the bull by the horns, so to speak, to reclaim your virility and health by boosting your testosterone levels naturally.

Here's another interesting fact about men and their testosterone levels. Not only can higher testosterone levels boost your sex, energy and outlook on life, as they did for George, but they may also put more money in your pocket! In a 2008 study on testosterone from the University of Cambridge, researchers tested the saliva of 17 traders on the floor of the London Stock Exchange twice a day for 8 days. The men who began their trading day with higher levels of testosterone made more money than those who had lower levels!

A Week-By-Week Guide:

Your experience may or may not be similar to George's and you may or may not become more aggressive in your finances. Generally, however, here's what many men experience as they follow this testosterone-boosting regimen:

WEEK 1:

Your sex drive spikes... depression vanishes

Throughout this first week, you'll start to experience the beginning phases of the positive changes of increased testosterone on your body.

You'll experience an incredible upswing in your mood, which will start within 2 to 4 days into your program. Testosterone is not an anti-depressant, but it's an effective cure for depression. You'll also start to feel the return of your natural confidence and assertiveness.

Stress won't bother you. You'll feel like nothing can hurt you. And you'll have the urge to take on new projects at work, home — anything you've been too tired or doubt-filled to take.

WEEK 2:

You'll crave physical activity — and your aches will vanish

The next week you'll notice that your strength and endurance and strength will climb with anything physical you do — in the gym, at the office, or in bed! You'll be able to go farther, faster, and perform better. Old aches, pains and stiffness start decreasing. Neck pain, shoulder pain, headaches, joint pain...may all fade as if they were never even there. That's because testosterone is a great anti-inflammatory.

WEEK 3:

Increased strength, rapid fat loss, impressive muscle gain

This is when you'll notice that your body can withstand a serious workout — in bed or in the gym — without injury or prolonged recovery time.

Your body's rejuvenating capacity is increased. And there's no more soreness after sex or exercise.

During week 3 you'll need to be careful. You don't want to get carried away. You'll feel so strong — with no pain — you may rip a tendon!

Week 3 is also when you may notice that your body is reshaping itself. Your belt size will shrink a few holes. And your chest diameter and biceps will increase. The increase of testosterone will signal your body to burn fat and build muscle. *You'll put on 1 pound of muscle for every pound of fat you lose.*

WEEKS 4–5:

Your mind will focus like a laser beam

You'll start to really feel younger. Not just physically and emotionally...but mentally. Your mind will feel sharp again. You'll be able to concentrate better. Your short-term memory will be better. Your IQ may even bump up a few points!

WEEK 6:

Look in the mirror... you'll notice you're more masculine

You'll literally be bursting at the seams. You'll have more energy than you've had in a long time. You'll be stronger, sexier, more vital, more energetic, and hungrier for life. You'll feel like 10 or 20 years have been wiped off your current age. Finally you'll remember what it feels like to be a MAN again!

All in under 6 weeks!



SECTION C

Testosterone Killers

“Stress is a far more serious threat to masculinity as we know it than any other sociological factor.” ~ Robert Bauer, The Virility Factor

Stress Busting

If there is one thing doctors of medicine agree on, it's that everybody—yes everybody—suffers from some sort of stress. It's just part of life.

We have all felt it, right?

Well, there's more to it than that—it gets worse. Stress—the feeling that your head is in a vice or that your brain is about to explode—is not just bad for you; it's terrible for you! It does all kinds of nasty things to your body. It attacks your immune system. It causes your blood pressure to rise. It can lead to heart attacks and strokes. It even messes up your hormonal balance so that you age faster and may even gain weight. **And it reduces your testosterone.**

Okay, that's the bad news. The good news is that it's possible — even enjoyable — to reduce stress so that you feel better, sexier, younger and more energetic.

Here's what's recommended:

Recognize that you're "stressed." The first thing that's required is the recognition that you need to do something about stress before you feel stressed. If you wait until you feel stressed, it's too late! If, however, you make stress reduction techniques a regular part of your life, you'll be better able to deal with the "normal" stresses of life.

Simple methods for stress reduction. You don't have to become a Tibetan monk to avoid stress. Simple things can work wonders. A leisurely walk on the beach or in a park, tending your garden, practicing simple yoga exercises, reading a good book, writing in a journal or listening to classical music can all reduce stress. The trick is to find what calms you best, and practice it every day.

Meditation: This is a stress-reduction technique that can work wonders. The following is an outline to get you started:

- ✓ Pick a word, phrase or image to focus on. The focus could be neutral, such as the word "one." It could be suggestive, such as "calm"; or it could be prayerful, such as "peace, love, or joy."
- ✓ Sit quietly in a comfortable position.
- ✓ Close your eyes and relax your muscles.
- ✓ Breathe slowly and dwell on your mental focus by repeating it over and over.
- ✓ Assume a passive attitude. Don't worry about intrusive thoughts or how you're "doing."
- ✓ Continue for 10 to 20 minutes, and practice once or twice daily.

Relaxation Response: One of the best defenses against stress I know of is the so called "relaxation response." You can take advantage of this virtually anywhere. Say you're stuck in traffic when you're expected at a meeting. Or you're having trouble falling asleep because your mind keeps replaying some awkward situation.

- ✓ Sit or recline comfortably. Close your eyes if you can, and relax your muscles.
- ✓ Breathe deeply. To make sure that you are breathing deeply, place one hand on your abdomen, the other on your chest. Breathe in slowly through your nose, and as you do you should feel your abdomen (not your chest) rise.
- ✓ If thoughts intrude, do not dwell on them; allow them to pass on and return to focusing on your breathing.

Although you can turn to this exercise any time you feel stressed, doing it regularly for 10 to 20 minutes once a day can put you in a generally calm mode that can see you through otherwise stressful situations.

Cleansing Breath: Here's a great stress-buster that you can learn in minutes, do anytime, anywhere, and has a remarkable physiological effect. Take in a huge breath. Hold it for three to four seconds. Then let it out v-e-r-y s-l-o-w-l-y. As you blow out, blow out all the tension in your body. It's that simple.

Relaxing Posture: Here's a stress-reduction technique that's ideal for the office.

Sit anywhere. Relax your shoulders so they are comfortably rounded. Allow your arms to drop by your sides. Rest your hands, palm side up, on top of your thighs. With your knees comfortably bent, extend your legs and allow your feet, supported on heels, to fall gently outward. Let your jaw drop. Close your eyes and breathe deeply for a minute or two. You'll feel the change!

"Take a Hike!": No, not physical exercise but rather getting yourself out of stressful situations. If there's a hassle at home or on the job, remove yourself from the situation for a few moments and take a few, deep, cleansing breaths.

Don't Sweat The Small Stuff. Sometimes it works wonders when you're getting stressed to simply stop whatever you're doing and take

an instant to ask yourself, “Is this really going to matter to me in 5 years?” Most often, it will not.

These techniques — when practiced regularly — will improve your outlook and self esteem while providing protection against stress. And they’ll make you more receptive to sex!

Now let’s take a look at some things you want to avoid if you want to live a healthy and virile life!

Drugs And Other Testosterone Robbing Agents

Drugs — including “drugs” like caffeine and nicotine, legal prescription drugs, and illegal drugs like cocaine and marijuana — cause a variety of health problems and may actually inhibit testosterone production. Experts advise any man who wants to be as healthy and virile as he can be to avoid these drugs or — at the very least — use them in moderation.

Here are some specific recommendations:

Be sure to avoid “junk beverages”. Stay away from drinks that contain caffeine and/or sugar. Caffeine and caffeinated drinks cause a rapid constriction of your blood vessels, leading to difficulty having and maintaining erections. Sugar, meanwhile, gives you a quick burst of energy that quickly evaporates, leaving you feeling more tired than before. Instead of coffee loaded with cream and sugar or a sugar-loaded

Avoid “Romantic” Dinners

Strangely enough, so-called “romantic dinners” like Chateaubriand for two, baked potatoes with sour cream and mushrooms drenched in garlic butter, followed by ice cream and an Irish coffee, can actually spell disaster for a romantic evening. Delectable dinners like this can create a rapid drop in testosterone levels! They also tend to cause clogged arteries, which, in turn, lead to weaker and smaller erections!

soft drink, try decaffeinated green tea or an herbal tea. Or, how about good old-fashioned water?

Watch your alcohol intake. Alcohol leads to a quick decline in testosterone levels and, what's worse, is one of the most common causes of impotence. It also dulls the senses making it difficult to maintain an erection or really enjoy an erection if you have one! Overindulgence in alcohol can cause a variety of medical problems and put a real damper on your sex life, especially as you grow older. A little wine with dinner is fine, but moderation is the key.

Prescription Drugs, Environmental Agents, Food Additives And Recreational Substances... That Can Destroy Your Libido, Erections And Cause Delayed Orgasms

► **Antidepressants:**

- **MAO inhibitors** — phenelzine (Nardil), isocarboxiazid (Marplan) tranylcypromine (Pamate) procarbazine (Matulane)
- **Tricyclics** — amitriptyline (Elavil) desipramine (Norproamin) nortriptyline (Pamelor) doxepin (Adapin) clomipramine (Anafranil)

► **Anti-Asthmatics:**

ephedrine (Quadrinal)

► **Anticholinergics:**

diphenhydramine (Benadryl) atropine (Donnatal) propantheline (Pro-Banthine) benztrapine (Cogentin)

► **Antihypertensives:** *(treat high blood pressure by diuresis)*

- **Thiazide diuretics:** hydrochlorothiazide, Aldactazide, chlorthalidone (Combipres)

- **Loop diuretics:** furosemide (Lasix), bumetanide (Bumex), ethacrynic acid (Edecrin)
- **Potassium-sparing diuretics:** spironolactone (Aldactone), amiloride (Midamor), triamterene (Dyazide)
- **Adrenergic antagonists** (*treat high blood pressure and benign prostate disease*): guanethidine (Esimil) guanadrel (Hylorel) mecamlamine (Inversine)

Adrenergic blockers, two types:

- **Alpha-blockers:** phentolamine (Regitine) phenoxybenzamine (Dibenzylin) prazosin (Minizide)
 - **Beta-blockers:** Digoxin (Lanoxin, Lanoxicaps), propranolol (Inderal), metoprolol (Toprol) atenolol (Tenormin)
 - **Calcium Channel Blockers:** amlodipine (Norvasc), amlodipine/atorvastatin (Caduet), amlodipine/benazepril (Lotrel), amlodipine/valsartan (Exforge), Cardizem, diltiazem, felodipine (Plendil), isradipine, nicardipine (Cardene), nifedipine (Adalat, Procardia), disopyramide (Norpace) verapamil (Calan, Verelan, Isoptin SR)
 - **Mixed blockers:** labetalol (Trandate)
 - **Central Sympatholytics** (*treatment of high blood pressure through central nervous system*): clonidine (Catapres) guanabenz (Wytensin) guanfacine (Tenex) reserpine (Diupres) methyldopa (Aldoclor)
- **Anxiolytics:** (*anti-anxiety drugs*)
- diazepam (Valium) chlorazepate, chlordiazepoxide (Librium), triazolam (Halcion)
- **Antacids:**
- cimetidine (Tagamet), famotidine (Pepcid), ranitidine

► **Anti-DHT Hair Loss / Prostate Hypertrophy Drugs:**

finasteride (Propecia, Proscar)

► **Anti-Fungal:**

ketoconazole (Nizoral)

► **Benzodiazepines:** (*tranquilizers*)

*List includes only the most commonly prescribed

- **Alprazolam** (Xanax, Xanor, Kalma, Tafil, Alprox, Frontal(Brazil),
- **Chlordiazepoxide** (Librium, Tropium, Risolid, Klopoxid)
- **Clonazepam** (Klonopin, Klonapin, Rivotril)
- **Clorazepate** (Tranxene)
- **Diazepam** (Valium)
- **Estazolam** (ProSom)
- **Flunitrazepam** (Rohypnol, Rohydorm (Brazil)
- **Flurazepam** (Dalmane)
- **Lorazepam** (Ativan, Temesta, Lorabenz)
- **Medazepam** (Nobrium)
- **Midazolam** (Dormicum, Versed, Hypnovel, Dormonid (Brazil)
- **Oxazepam** (Seresta, Serax, Serenid, Serepax, Sobril, Oxascand, Alopam, Oxabenz, Oxapax, Murelax, Alepam
- **Phenazepam** (Russia)
- **Quazepam** (Doral)
- **Temazepam** (Restoril, Normison, Euhypnos Nocturne, Temaze or Temtabs)

- **Triazolam** (Halcion, Rilamir)

► **Carbonic anhydrase inhibitors:**

acetazolamide (Diamox), methazolamide

► **Environmental:**

- **Bisphenol A:** leaches into food/drink from heating plastics in microwave or in hot sun.
- **Lead:** paint, structures in houses built pre-1960 could contain lead.
- **Mercury:** remove tooth fillings with new composites.
- **Phthalates:** chemicals used in household spray deodorants, plastic toys.
- **Pesticides:** fruits, vegetables, plants. Wash carefully. Buy organic.

► **Excitotoxins:**

Monosodium glutamate, autolyzed yeast food additives (glutamate, hydrolyzed protein, sodium caseinate). Aspartame (artificial sweetener marketed as Equal. Some Rx drugs contain, ask your pharmacist).

► **Recreational Drugs:**

Alcohol, Amphetamines, barbiturates, benzodiazepines, cocaine, Ecstasy, heroin, LSD, marijuana, mescaline, methamphetamine, opium, psychedelic mushrooms, solvent sniffing, tobacco.

► **Sedatives:**

barbiturates, meprobamate (Deprol)

► **Statins:** (*drugs prescribed to lower cholesterol*)

Crestor, Lipitor, atorvastatin, simvastatin, rosuvastatin

► Tranquilizers:

- **Butyrophenones:** haloperidol (Haldol) Phenothiazines chlorpromazine (Thorazine) mesoridazine (Serentil) Thioxanthenos chlorprothixene (Taractan) thiothixene (Navane)

► Vasodilators:

Hydralazine (Ser-Ap-Es)

Avoid recreational, habituating drugs: This should be a no-brainer. Recreational drugs can lead to serious problems with abuse. They can lead to problems with the law. If this isn't bad enough, they also decrease testosterone.

Be careful with prescription drugs: Obviously, there are times when it's necessary to take prescription medications. However, it's important to know that there are prescription drugs, such as those listed above, that actually lower testosterone or inhibit your body's natural testosterone production.

As a testosterone-aware consumer, it's your responsibility to let your doctor know of your concern about these drugs. If your physician or health-care provider isn't willing to work with you to avoid the use of these drugs, you should consider getting a second opinion...or maybe a third. If the consensus is that you need to take a certain drug for valid medical reasons, you need to follow the professional advice you receive. Don't take any "castrating" drugs unless it's absolutely necessary.

Thyroid Function: The thyroid regulates hormone production of both male and female hormones. If a man's thyroid is not functioning correctly and has low thyroid hormone output, the chances are good that his testosterone levels are also low. Symptoms of low thyroid include:

- | | |
|---------------|-------------------------------------|
| ■ Weight gain | ■ Sluggishness/chronic fatigue |
| ■ Depression | ■ Inability to get/keep an erection |

Low thyroid can be treated with thyroid hormone supplementation. In addition, don't eat thyroid depressing foods like soy products (see other

testosterone decreasing foods in Section E), and make sure you get enough thyroid building minerals like selenium and iodine from foods.

Liver Function: The liver is responsible for removing excess estrogen and sex hormone binding globulin (SHBG). A decrease in liver function could aggravate hormone imbalances and decrease healthy testosterone levels. It is important, then, that aging men aim for optimal liver function by limiting alcohol intake. Be sure that they are not taking any herbal products that may be liver toxic and limit drugs like acetaminophen that damage the liver. A good liver cleanse once a month is helpful in keeping testosterone levels normal. In a glass of hot water, add lemon juice and a tablespoon of olive oil. Drink every morning for a week. This helps detox the liver. Also, herbs like Marshmallow Root, or Milk Thistle, taken for a few weeks will help clean the liver out. Also drink plenty of water to assist the liver in removing toxins and impurities.

Sleep Deprivation: Do you know that chronically not sleeping enough hours at night can lower your testosterone levels? It's true. Studies have shown that sleep deprivation can lower testosterone levels up to a whopping 80%! There seems to be a couple of contributing reasons for this — one is that serotonin, a feel-good chemical in your brain becomes out of balance and inhibits testosterone production. The other is that if you are sleep deprived, you won't secrete growth hormone, which stimulates the pituitary gland and in turn signals the body to produce testosterone.

Too-Strict Dieting: Trying to stay at a healthy weight is beneficial but too-strenuous dieting, especially cutting way down on fat levels, can cause a serious decline in your testosterone levels! This is because of two reasons:

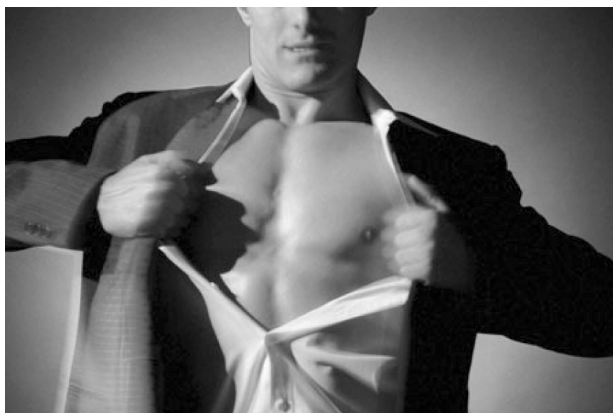
- 1) Dieting tends to slow down metabolism thereby weakening the stimulus from the hypothalamus gland to the pituitary gland, which means less testosterone production in the gonads.
- 2) Testosterone is formed from cholesterol fats that come from animal fats. These are usually the first thing traditional “diets” cut back.

However, if you decrease the intake of these too much your body won't be able to create much testosterone. See Section G, Your Fat Loss Program, on how to achieve fat loss the right way.

Trans-Fats Destabilize Testosterone: Trans-fats are oils that are injected with hydrogen atoms that hardens the oils into a stick or a hard mass in a tub. They act to stabilize the shelf life of foods. However, they destabilize your testosterone levels by decreasing your HDL (good cholesterol), and elevating the LDL (bad cholesterol) and increase blood pressure — all of which can prevent erections by clogging arteries and blocking blood flow to the penis. They can also mutate your sperm. They cause essential fatty acid (Omega 3's and 6's) deficiencies which support the production of testosterone. Read labels, buy only trans-fat free foods, and watch for hydrogenated or partially hydrogenated oils, listed. Limit your eating of fast foods which are loaded with them.

If you follow these few simple tips, while you take the other steps already mentioned you will boost your testosterone naturally. You'll not only see rapid changes in your sex life, but will soon start feeling better in other ways as well; more content and less depressed, stronger and more energetic, as you improve your total health.

Now it's time to take a look at supplements you can take to improve your overall health, and what we call "testosterone-boosters." These are natural substances — herb supplements and testosterone precursors — that use the body's natural metabolism to convert into testosterone.



SECTION D

Get Man Power!

Supplements, Testosterone Boosters & Precursors

“With ‘Superhormones’, there will be no sudden falling off in our physical and mental health, we will stay resilient.”

~ Dr. William Regelson, M.D.

If you really want to be a super-man now there is something else you can do and it's as simple as taking a few supplements. Here are the first recommendations (see also Section H: Lose That Fat, Boost Your “T”):

- ✓ Take a high-quality multi-vitamin and mineral supplement. Avoid “bargain basement” discount brands. What could be more important than your health?
- ✓ If you are over the age of 40, take antioxidants of beta carotene, vitamins C, D3, E resveratrol, CoQ10, and selenium.
- ✓ If you are overweight, consider taking chromium polynicotinate (available at any supplement counter or health food store). Start with 200 micrograms a day and gradually increase to 800 micrograms a day for 6 weeks then take a 4 week break from it.

These simple steps can boost your general health, by delivering the full “menu” of minerals and vitamins that you may not be getting from your daily food and drink intake.

But there’s more you can do — a great deal more — to directly and naturally boost your testosterone.

The Estrogen Factor

Many men over 40 feel drained—their sex drive isn’t what it used to be, they don’t have the energy they used to have, they feel depressed, and often weaker than they used to.

For most men, it’s a two-pronged issue that causes this decline in their stamina, their health, and their overall well-being as they age. First, their testosterone levels have begun to fall, which creates a number of problems. But with hormones, the ratio of one to the next is also important. Additional problems occur when your testosterone drops, causing the ratio of estrogen to testosterone in your system to rise.

First, let’s look at the problems created by low testosterone levels. A man’s testosterone levels peak in his 20’s and then begin to decline slowly over time. By the time you’re 80, you can expect to have only half or less of the testosterone that you did when you were in your prime. Many people misunderstand the role that testosterone plays in a man’s health—they think high testosterone equals aggressive behavior.

Actually, good testosterone levels help you to stay slim and trim, improve your mental clarity and mood, contribute to good muscle formation, and boost your sex drive. The bottom line is: testosterone is important to your quality of life as you age.

Consider this story of an internet blogger who writes about his journey with low-T symptoms and how he recovered using natural testosterone boosters:

“Before I got started with testosterone supplements, I thought that life had simply passed me by. I was functioning less well

than I had in years and certain of my powers were nearly entirely gone. I had almost come to accept that things were not going to be as good in the future as they had in the past. I ended up seeing several doctors for low testosterone symptoms. I did not realize that that's what I was dealing with and neither did the doctors. I was put on different medications for fatigue and poor sexual performance and even depression. Unfortunately, these medications only made my symptoms worse. Eventually, I ended up being prodded by a friend to see a well-known nutritionist in my hometown. He gave me a number of supplements; DHEA, ZMA, Hemaplex, and several others. By the fourth week, I felt like a whole new man. I went back to see this nutritionist who told me that there were a whole host of benefits to supplements that I had never been enjoying. He put me on other supplements including Ginkgo and fish oil and I take these along with my natural testosterone boosters every day. I write about testosterone raising supplements because they changed my life. I will continue to boost my T with supplements and, if you are suffering from low testosterone syndrome, I recommend that you look into it as well."

The ratio between estrogen and testosterone increases as your testosterone levels begin to fall. You also acquire excess estrogens through your environment—pollutants in the air, many foods, and even the water you drink can contain estrogen or estrogen-like compounds. The estrogen that bombards your body from outside sources further contributes to imbalanced hormone levels. And these higher relative levels of estrogen cause health problems.

Now normally, your testosterone level is 10 times your estrogen level. But with falling testosterone levels and rising estrogen levels, the balance of these two hormones gets all out of whack.

High estrogen levels in a man can swell the prostate. This can cause your muscles to weaken and atrophy and lead to weight gain, especially fat. High estrogen levels contribute to moodiness as well as attack your sex drive.

Fortunately, you can do many things to boost your testosterone and to control rising estrogen levels, and all of them are safe and natural. In the following pages we'll take a look at a number of natural supplements that help boost your testosterone, keep your sex drive running strong, and bring your estrogen levels under control. We'll give you specific recommendations for how much of each supplement you should take—or how you can find out what the optimum dose is for you.

Let's take a look at the best ways to control estrogen first. With the right supplements, your body can metabolize estrogen naturally, helping to restore the testosterone/estrogen balance. The two supplements that have been proven to work the best are DIM and Indole-3-Carbinol.

DIM is short for diindolylmethane. It's a naturally occurring plant compound, found commonly in cruciferous vegetables. Things like broccoli, cauliflower, asparagus, Brussels sprouts, and cabbage contain high levels of DIM. DIM helps the body to metabolize estrogen. It works to break down estrogen into safer compounds, clearing away the potential damaging hormone.

One study conducted in the Department of Molecular and Cell Biology at UC Berkeley examined the urine of patients taking DIM versus those not taking the supplement. The count of estrogen metabolites in the urine of those taking DIM was significantly higher than the control group. In other words, this study showed that DIM helps the body to break down estrogen.

Even more exciting were the results of doctors at UC Berkeley who looked at the effect of DIM on prostate cancer cells. DIM slowed cancer cell growth by 70%. Now that's powerful protection.

Indole-3-carbinol is another compound found in cruciferous vegetables, and is actually the precursor to DIM. Although DIM may be preferred, they're both good, and they work well in combination. One of the most dangerous effects of excess estrogen is an increase in certain cancer

risks. Estrogen contributes to the growth of tumors, especially in sex glands and organs. Indole-3-carbinol protects cells from cancer and mutation, which is a property that shows a lot of promise in dealing with excess estrogen and the inherent dangers. 15 Researchers at the Department of Microbiology at New York Medical College have closely examined the mechanism of Indole-3-carbinol and found that it interferes with the body's receptors for certain types of estradiols. It also helps to form compounds that metabolize estrogen.

Recommendation: 200 to 400 mg of DIM each day and 200 mg of Indole-3- Carbinol each day. Or eat cruciferous vegetables (broccoli, cauliflower, etc) Brussels sprouts, kale, watercress, etc.) every day. * If you take thyroid medication for low thyroid, do not eat these vegetables raw; steam them, as they contain compounds which can interfere with the absorption of your thyroid medication.

Bringing the ratio of estrogen and testosterone into balance is immensely beneficial to your health, but for most men, that alone isn't enough. You also need to boost your testosterone levels back up to normal, back into the range where you feel good... virile.

We have recently discovered several "precursors" to testosterone. They are the intermediaries your body uses in the pathway toward the production of testosterone. When you talk about enhancing male health, this discovery changes everything!

For the first time, you can now take the very same substances your body uses to produce testosterone. These testosterone precursors will have a much more dramatic effect at boosting your own testosterone level than any natural means previously available. And, they have several big advantages, namely:

1. They can be taken by mouth where testosterone cannot, thereby avoiding costly and painful injections.

2. They are available “over the counter” without a prescription. Since they already occur in your body naturally, your body readily accepts them. This is a major improvement over testosterone-imitating drugs, which your body recognizes as foreign and then fights to remove as fast as it can.
3. Finally, unlike testosterone injections, which lose their effectiveness over time, these testosterone precursors remain effective indefinitely.

When these substances were used with patients, doctors were amazed and excited by the results. Patients came back beaming with enthusiasm and said they felt better, sexier, younger, happier and stronger than they had in years.

In this final section, you will find out more about these testosterone precursors which you can start using today to guarantee that you retain your masculinity and enjoy vital and vibrant sex, no matter what your age!

Before 1997, men who wanted to increase testosterone levels for better health, stronger bodies, longer and harder erections and better sex had to rely on only herbs, dietary changes and exercises. All that changed in 1997 with the introduction of a new class of over-the-counter supplements known as testosterone precursors.

Using these testosterone precursors will enable your system to naturally produce all the testosterone you need to feel younger, stronger, sexier, more confident and happier, even as you protect yourself against heart attacks, high cholesterol, bone loss and other age-related ailments. And you'll produce all the testosterone you need without any of the risks that are typically associated with taking “straight” testosterone injections or using testosterone gels or patches.

Research has shown that the very best way to use these precursors is to take several “in tandem” to guarantee maximum effectiveness in both the long and short run. This is the way they are usually recommended — with remarkable results mentioned earlier in this report.

According to researchers, the favorite method of naturally boosting testosterone is to use supplements from the “andros” family. Andros supplements are naturally occurring hormones that act as precursors to testosterone production in the body. Even low levels of androstenedione can markedly boost your levels of testosterone. One study showed that low doses increased testosterone levels on average by as much as 183%.

Unfortunately, as of April 2004, you can no longer legally get supplements of androstenedione. The FDA banned it, and not for very good reasons either. It was disappointing to find one of the safest ways to boost men’s health was no longer available without a prescription. Fortunately, there are some runners-up to andros that are quite effective in their own right.

The testosterone precursor that is now recommended for the best results is DHEA. Its scientific name is dehydroepiandrosterone, but that’s such a mouthful. DHEA, as it is known, is a perfectly legal and safe substance to naturally boost your body’s testosterone output.

Your body produces DHEA naturally. Your adrenal glands secrete DHEA into your system where it can be converted into testosterone and other useful substances. DHEA is the most abundant hormone in your body, but as you get older, your levels of DHEA begin to decline. By the time you’re 65, your body produces just 10% of the DHEA that it produced when you were 20.

DHEA provides many benefits in addition to boosting your body’s own natural testosterone. It’s been linked to bone health, proper insulin balance, a sense of well-being, weight loss, an improved libido, and healthier connective tissues.

One of the reasons DHEA is so important is that it helps to lower your cortisol levels. Cortisol is a product of stress, and keep in mind, one of the most damaging things to your health—and to your sex life—is stress. Now, in a life-or-death situation, cortisol is great. It directs all of your body’s resources to survival—you can run faster, lift heavy objects, fight like a lion... but if you’re not facing a life-or-death situation,

cortisol wreaks havoc on the body. It directs all your resources away from maintenance and repair. And that accelerates aging.

Most people who are stressed are chronically stressed. As a result, they have chronically high levels of cortisol. That means their DHEA levels are almost always below where they should be. And low DHEA usually means low testosterone.

It means other things, too. People with low levels of DHEA generally don't live as long, get sick more often, are more susceptible to inflammatory diseases (inflammation has recently been linked to heart disease and damaged arteries, so they are at higher risk for these conditions, too), are depressed more often, don't think as clearly, and don't look as healthy.

On the other hand, people with higher levels of DHEA :

- ✓ Perform better in physical and cognitive tests
- ✓ Experience lower stress levels
- ✓ Have more energy
- ✓ Spend less time being sick
- ✓ Are slimmer and trimmer
- ✓ Enjoy more sex
- ✓ Retain their memories better
- ✓ Look more youthful and healthy

Medical research has done a lot to document the health benefits of DHEA supplementation.

- The Institute of Biomedical Research at the University of Birmingham in England studied patients with poorly functioning adrenal glands. DHEA supplementation improved their sex steroid levels. This led to improvements in well-being, energy levels, mood, and libido. The authors of this study note the

importance of establishing a DHEA deficiency or an androgen deficiency before beginning supplementation.

- Russian researchers set out to find the relationship between DHEA levels, erectile dysfunction, and libido in patients with chronic prostatitis. They found that patients with low DHEA levels were more likely to have erectile dysfunction. Men with higher levels of DHEA in their blood stream, tended to have the most success with achieving and maintaining an erection. Austrian researchers from the University of Vienna conducted a double-blind, placebo-controlled study on the relationship between healthy DHEA levels and the ability to achieve and maintain a healthy erection. Though the study was small, the results confirm that DHEA supplementation is a helpful treatment for erectile dysfunction.
- Researchers from the University of Cambridge conducted a review of studies on the correlation between DHEA and a person's sense of well-being. They selected only studies that were controlled and that had been randomized or based on group selection for participants. They analyzed and cross-checked the results of the studies that met their criteria and found that 67% of men taking DHEA felt that their sense of well-being improved significantly.

Aging, declining virility, waning libido—are all caused by the decline of important hormones. It's a problem that needs to be treated holistically. DHEA is a great part of a holistic approach—it helps you to control stress, boosts your natural testosterone production, and can even improve your mood overall.

DHEA supplementation is simple and effective. But like any hormone, too much can be just as bad as too little. Have your DHEA levels checked by a doctor before you begin supplementing. This is done through a simple blood test. Youthful DHEA levels fall between 400 and 560 for men. If you and your doctor discover your levels are low, discuss the best supplemental dosage based on your current DHEA levels and the optimum level you want to reach.

The bottom line is that if you have low testosterone, or low DHEA levels, then DHEA supplementation is a good place to start. It will make you feel better, it will make you look better, and it will help to restore your virility and youth.

Recommendation: Ask your doctor to test your DHEA to determine your current hormone levels and your optimum hormone levels. For men with low DHEA levels, begin with a 10 mg daily dosage first thing each morning. From there, work up to a higher dose slowly until the right dosage for you is found.

Natural Herbal Testosterone Boosters

Throughout history, in virtually every culture, everywhere man has lived, he has searched his environment for indigenous plants that might have health benefits.

Few of these efforts have been more intense than the search for plant substances that enhance sexual desire and performance. The most effective of these were passed on to their friends. Of these, the ones that proved to be the safest and the most popular eventually developed into erotic rituals and traditions.

Some of the best of these traditions have survived for thousands of years to be slowly modified or improved over time. The very long term survival and local popularity of the use of these traditional plants is evidence of their safety and effectiveness. But it's a form of evidence that Western medicine has had a difficult time dealing with and has largely ignored. Until recently, that is.

Something monumentally big happened in 1998 that delighted lovers of natural plant medicines. That's the year that, for the first time, people in the United States spent more money on natural herbs, vitamins and supplements than all pharmaceutical drugs combined. You better believe that caught the attention of the western medical establishment!

The race is on for modern medical researchers to “catch-up” on what they’ve neglected for so long. Just what are these natural plant substances? How do they work? Are they safe? In a flurry of scientific inquiry, answers are coming fast. And if you’re a man who would pursue better sex and health (and who wouldn’t?) you can benefit.

Here are some of the natural plant medicines that have been used with the best results in testosterone deficient patients.

Aveena Sativa

A popular herbal alternative to prescription erection enhancement drugs (Cialis, Levitra, Viagra, Staxyn). Frees up bound testosterone in the blood making it more

available for use. It is also a psychoactive herb that contains compounds that soothe the brain and central nervous system.

Recommendation = 50 mg of Aveena Sativa daily.

Damiana

Turnera aphrodisiaca is its botanical name and is commonly known as the herb Damiana. It has been used in Latin America since the days of the ancient Mayan Indians as a treatment for impotence. It is also used as a sex enhancer, an antidepressant, a stress manager and an aid in general overall health. Today, it is still used for much the same things as well as treating other health conditions such as asthma, bronchitis, diabetes, neurologic symptoms, and more.

In the United States, Damiana’s use as an herb goes back to about 1888 when it was first listed in the National Formulary. Since then it has been used as an herb that improved sexual function in both males and females. One Italian study done in 1999 validates Damiana as useful for sexual dysfunction and impotence. Damiana was given to both sexually potent and impotent male rats. It had little to no effect on the sexually potent rats but in the impotent rats it showed an increased

ability of them to achieve ejaculation and increase their sexual activity. In fact, in 2002, a U.S. patent was established for a combination of herbs, including Damiana, that were noted to “overcome natural inhibitors of human sexual response and psychological effects.”

Recommendation = 100 mg of damiana daily.

Caution: May interact with antidiabetic medications as it can lower blood sugar levels too much causing hypoglycemia.

Eurycoma Longfolia

Eurycoma longfolia jack comes from a tree that grows in southeast Asia and Malaysia, where it is also known as Tongkat Ali, or more commonly as LongJax. It unbinds testo sterone from SHBG (sex hormone binding globulin) which prevents testosterone from being absorbed in its receptors. Eurycoma helps bound testosterone become free, usable testosterone.

One of its principle uses is as an aphrodisiac. There are numerous, promising studies that support Eurycoma (LongJax) use as an aphrodisiac, however, they are primarily animal studies. For instance, middle-aged male mice receiving a daily supplement of LongJax showed increased sexual motivation within 10 days.

Another study found that middle-aged male rats given LongJax exhibited increased sexual behavior and libido. Rats receiving LongJax were more likely to approach receptive females than were those in the control groups and they were willing to go through more to reach females. LongJax rats would cross an electrified grid to reach female rats, while rats in the control group would not.

In human studies, LongJax boosted muscle mass in men doing regular strength training. After five weeks of strength training, men taking LongJax supplements had significantly increased their lean muscle mass and strength when compared with men doing the same workouts but not taking LongJax. The LongJax group also reduced their body fat.

Recommendation = ½ to 1 capsule, before breakfast, building up to 1 capsule, every other day, or every third day.

Caution: Can cause increased body temperature, may want to decrease, or stop, dosage in very hot weather. May also cause insomnia in some people or hyperirritability.

Epimedium

Found in Asia and the Mediterranean and used for centuries in the Far East in Chinese Medicine, also known as Horny Goat Weed, or Icariin, this ornamental herb frees up testosterone which naturally increases sexual drive and endurance. It also increases blood flow to the penis by increased nitrous oxide levels and relaxing smooth muscle.

Some researchers believe that it helps to lower cortisol levels, which can ultimately lead to healthier testosterone levels by improving DHEA levels. Other researchers think it may increase the levels of neurotransmitters in the brain and some of these, like serotonin and dopamine, enhance sexuality, energy, and mood.

Traditional uses of horny goat weed include treating problems with the kidneys, liver, and joints. The most common historical uses are as an aphrodisiac and energy booster. Most of the research done on the effectiveness of horny goat weed has been conducted in China and published in Chinese. Not all of these studies have been translated into English at this time, but the general conclusion of the studies is that horny goat weed effectively enhances sexual function.

Recommendation = 250 to 500 mg daily in divided dosages from traditional water extracted formula which has no reported side effects.

Korean Ginseng

This powerful herb has been used in China for 5,000 years as an energizer and general health tonic. Specifically, it boosts testosterone

levels, stamina, strengthens the body's immune system and enhances sexual desire and performance.

Recommendation = 100-200 mg of Korean Ginseng containing 5-7% ginsenosides daily, to be taken for 2-3 weeks and then break for 1 week.

Muir Puama

Obtained from the bark of a bush or small tree found in the Amazon River region of Brazil, Muir Puama has been used for centuries by Brazilian tribes as a cure for sexual impotence as well as a remedy for arthritis, rheumatism, dysentery, and as a general tonic. Nicknamed “potency wood”, recent scientific studies have confirmed the powerful aphrodisiac qualities of this unusual herb. Some researchers have called it one of the most beneficial natural remedies for sexual problems and erectile difficulties.

A 1990 study in which Muir Puama extract was given to 262 men suffering from erectile dysfunction (ED) or a loss of libido, showed that 62 percent of those with libido loss reported improvement while more than 50 percent of those with ED reported improvement.

One of the leading authorities on sexual dysfunction, Dr. Jacques Waynberg, conducted a landmark study at the Institute of Sexology in Paris, France. A total of 262 people who had lack of sexual desire were given a daily dose of Muir Puama for two weeks. Over 60% of the participants had a remarkable change in their interest in sex and 51% showed an improvement in erectile difficulties.

Recommendation = 500 mg capsule twice daily.

Caution: Increases alertness and can cause insomnia if used frequently. Cut back on use to counteract.

Saw Palmetto

This berry has long been used by Native Americans as a general tonic and as a way to treat impotence. Additionally, Saw Palmetto has been shown to guard against prostate disease and to improve urinary function — two important issues for all men over the age of 40.

The source of prostate problems is the change in hormone levels as you age. Testosterone levels in their “free” state decrease just about when you reach 50. These hormonal changes cause the free testosterone in your blood to be converted to dihydrotestosterone (DHT). DHT attaches to prostate tissue and sends messages to it to make more cells. This overproduction or hyperplasia of prostate cells will ultimately lead to prostate enlargement. Saw Palmetto works directly against DHT in two different ways:

First, it stops the conversion of testosterone into DHT. Secondly, it prevents any DHT that sneaks through from attaching to receptor sites on your prostate. A healthy prostate will give you back the sexual vigor and performance you had years ago.

Recommendation = 250 mg of saw palmetto daily.

Tribulus Terrestris

Healers around the world have used this little-known herb for centuries to treat sexual problems and to build muscle by boosting natural testosterone production. Oriental and Ayurvedic healers also used this herb to treat kidney, liver, and cardiovascular ailments. Tribulus terrestris has been used in Turkish folk medicine to treat blood pressure. Healers in Europe have used it for centuries to treat sexual dysfunction, nervous disorders and headaches. 29 Bulgarian men used this same herb to improve sexual performance and heighten desire. Tests at the Bulgarian Medical Academy confirmed Tribulus terrestris to be an incredibly powerful aphrodisiac. When given to impotent and sexually disinterested animals, Tribulus terrestris caused them to begin active mating behavior and sexual intercourse.

Numerous animal studies confirm the usefulness of *Tribulus terrestris* as an aphrodisiac. Researchers in Singapore did a study on rats. They divided the rats into four groups: one control group and three groups receiving different doses of *Tribulus terrestris* ranging between 2.5 and 10 mg per kilogram of body weight. The study lasted 8 weeks. The researchers evaluated the rats for weight and sexual behavior. All the rats receiving *Tribulus terrestris* exhibited increased sexual behavior, determined from an increase in mounting frequency. Rats receiving the highest doses of *Tribulus terrestris* had a 24% increase in sexual behavior. Researchers attribute the changes to the herb's ability to increase androgen.

In other animal studies *Tribulus terrestris* has proven to improve cardiovascular health. It lowered blood glucose by up to 40%. It lowered blood triglyceride levels by 23%, and it showed potential to lower cholesterol levels. You may ask why this is relevant to your virility. Erectile dysfunction is often related to a problem with circulation — *Tribulus terrestris* increases your testosterone, and it may also improve your cardiovascular health, which can be surprisingly important for achieving and maintaining a healthy erection.

Studies with human patients offer more definitive support for the use of *Tribulus terrestris* to improve libido and sexual function. By gently boosting testosterone levels, *Tribulus terrestris* increases red blood cell counts, helping the body to transport oxygen, particularly in older men. *Tribulus terrestris* has been used in India for years to help treat impotence and fatigue. In one study, 50 patients complaining of lethargy and fatigue for periods of 2 to 6 months were observed to show an overall improvement of 45% in all symptoms after taking *Tribulus terrestris*. *Tribulus terrestris* also increased the blood levels of testosterone in healthy men by up to 30% in just five days of treatment.

Study after study shows that regular oral doses of *Tribulus terrestris* can increase testosterone levels of men quite quickly. It can help you to restore your strength, energy, and sexual desire to youthful levels.

Recommendation = 750 mg of *Tribulus terrestris* daily.

Natural Non-Herbal Testosterone Boosters

Homeopathic testosterone

- 5% testosterone extracts

Recommendation = 10x, 30x, and 100x strength tinctures.

Homeopathic testosterone boosters

- **Argentum Nitricum:** Argentum Nitricum is recommended when erection cannot be achieved.
- **Baryta Carbonica:** Baryta Carbonica is often used in older men with reduced sexual desire and impotence.
- **Chaste Tree:** Chaste Tree, also known as Vitex angus castus, is used if symptoms include cold genitals and flaccidity as well as forgetfulness and trouble concentrating.
- **Lycopodium:** Lycopodium is recommended for a man who has difficulty achieving an erection as well as insecurity.

Recommendation = In 10x, 30x and 100x strength tinctures

Zinc

Zinc is a mineral of which there is a clearly established link between low levels of zinc and low testosterone levels, poor prostate function and a low sperm count. Zinc is involved in the making and maintaining of sex hormones at several different levels. Zinc maximizes testosterone production in the testes, prolongs the life of testosterone in the bloodstream and increases the sensitivity of male hormone receptors including testosterone receptors.

How important is zinc for your sex life? Well, consider these items:

Clinical tests conducted by Dr. U. Mehta and reported in the Indian Journal of Experimental Biology showed that the testicles and penises

of animals actually shrank when the animals were fed zinc-weak diets. One study reported that zinc is intimately linked with testosterone conversion, sperm motility, and male fertility.

Recommendation = Take 15 mg of zinc daily. See also Section E: Foods That Boost Testosterone for the best food sources of zinc

ZMA (zinc monomethionine aspartate)

A mineral compound containing zinc, magnesium aspartate and vitamin B6 that work together to boost testosterone levels naturally and safely. A Washington University study of the effect of ZMA on NCAA football players revealed that free testosterone levels and muscle strength significantly increased after an 8 week training program.

Recommendation = The best ZMA combinations include Vitamin B6: 11mg, Magnesium: 450 mg Zinc: 30mg. Take 1 capsule 30-60 minutes before bedtime.

Herbs For Enhanced Sexuality

Selected herbs are every bit as important for your continued sexual health as testosterone boosters and precursors. No doubt that's why herbs have been used for thousands of years in cultures around the world to enhance general health and to boost sexual performance. Here's a list of specially selected herbs you can take to safely and naturally turn yourself into a sexual superman.

Ashwagandha

Ashwagandha has been used in Indian Ayurvedic medicine for centuries as both a sedative and to promote relaxation. It helps sexual performance by turning off anxiety. An adaptogen, it is similar to Ginseng in Chinese medicine. It naturally increases the body's resistance to stress, emotional and physical.

Recommendation = 1 mg a day.

Citrulline

For many men, one of the most troublesome effects of declining testosterone and waning virility is the development of impotence or erectile dysfunction. In most cases, erectile dysfunction is a physical problem rather than a psychological one—only 10 to 20% of cases of erectile dysfunction are purely psychological in nature. Most erectile dysfunction is caused either by medications or a medical condition. A lot has to happen in order for a successful erection to take place. The brain must receive stimulus and then react properly to it. Nerve impulses have to travel down the spinal column and to the area around the penis. The muscles and nerves around the penis must relax properly to allow blood to flow into the penis and create an erection, and adequate blood flow must be available. As you can see there are really a number of things involved. And if any one of these steps doesn't go just right, it can result in disappointment.

Nitric oxide is one of the compounds critical to the relaxation of the muscles and arteries in the penis.

Arginine is an amino acid that is metabolized by the body into nitric oxide. Higher levels of circulating arginine can help with erectile dysfunction by helping the muscles within the penis to relax. In a randomized, double-blind, placebo controlled study conducted at the University of Tel Aviv, researchers discovered that high doses of arginine taken daily by men experiencing erectile dysfunction could improve erections within 2 weeks.

However some researchers feel that another amino acid, citrulline may be as effective or even more effective at treating erectile dysfunction. Citrulline metabolizes into arginine in the body, and is readily released from the small intestine into circulation. Once circulating it is also readily converted into arginine by the kidneys. 40 Researchers at the East Caroline University conducted a clinical trial on patients who received oral doses of L-Citrulline twice daily over the course of 4 weeks. The patients experienced a significant increase in their blood levels of arginine, reflecting an average arginine level increase of 65%.

So, when it's arginine you're after, why take citrulline instead of going straight to the source? Well, it's a matter of absorption. Citrulline, as a supplement, absorbs into the body better than arginine. Researchers from the Anderson Cancer Center in Houston confirmed this when they found that rats given a diet supplemented with citrulline had higher plasma levels of arginine than those given a diet supplemented directly with arginine.

Recommendation = Take 1000 mg daily for up to 3 months. (Individual amino acids shouldn't be taken for more than three months at a time—if you plan to use citrulline for longer than three months, add a balanced, mixed amino acid supplement as well).

Ginkgo Biloba

This herb — made from the leaves of the ginkgo biloba tree — has been used by Chinese healers for almost 5,000 years. In recent years ginkgo has become the “herb of choice” for improved circulatory system health. Since it strengthens the circulatory system it can increase penile blood flow and lead to more regular and harder erections.

A 1989 study reported by Karlis Ullis, M.D. in his book Super “T” showed that ginkgo has great promise when it comes to treating impotence. In that study, 60 men with erectile dysfunction were given regular doses of ginkgo biloba extract for 6 months. Though these men had failed to respond to previous treatments, 50% were able to have erections after taking ginkgo biloba.

At the same time, ginkgo biloba has been shown to be an effective antioxidant, and to be a “brain booster.” In Europe, in fact, it is often prescribed by physicians as a memory enhancer and as a treatment for Alzheimer's disease.

Recommendation = 80 mg of ginkgo daily.

L-Dopa

Dopamine is a chemical produced in your brain. It's vital to properly control your body movement. It also plays a role in that “feel-good” response you get to things like sex and food, which may be why l-dopa—a dopamine precursor—can increase libido.

The original application of l-dopa, which converts into dopamine in the brain, was to help treat Parkinson's disease. Soon after, it became recognized as a useful therapy for treating sexual dysfunction, as well. But it wasn't available except in prescription form... until it was discovered to have a natural source, that is.

Natural l-dopa can be extracted from the beans of the *mucuna pruriens* plant, and is available in non-prescription form. The libido-enhancing effects of l-dopa have been seen in scientific studies. Because l-dopa's initial application was as a treatment for Parkinson's, it's not surprising that its potential for improving sexual dysfunction was first noticed among men with Parkinson's disease. Researchers found that sexual function improved significantly in patients taking a dopamine enhancer, especially in the younger men.

L-dopa can have a powerful effect on your libido, and it is possible to overdo it. One case study reported in a Dutch medical journal discussed a man with Parkinson's disease who experienced periods of hypersexuality while taking prescription l-dopa. Though not life threatening, the episodes did interfere with the man's home care. Thankfully, the natural form of l-dopa will help to gently enhance your sense of sexual desire without overwhelming you.

Recommendation = Take 300 mg of natural l-dopa extract (10% l-dopa) each day.

Non-Herbal Sexual Enhancers

OPC's (oligometric proanthocyanidins)

These agents improve blood flow and prevent damage to blood vessel walls and support blood flow to the penis. They also enhance the antioxidant action of Vitamins C and E.

Recommendation = Add 25 mg of red wine extract, or 100 mg of resveratrol, and 100 mg of grape seed extract, as both contain OPCs.

Omega-3

Reduces triglycerides and protects against fat deposits in blood vessels; protects the tiny blood vessels and capillaries of the penis.

Recommendation = Take 3 grams (3,000 mg) of Omega-3 fatty acids a day.

Pycnogenol-L-Arginine (Prelox)

Pycnogenol is harvested from the bark of a French pine tree. It is used as a precursor to aspirin. It also has been found to enhance blood flow to the heart and the penis. L-Arginine is an amino acid that your body uses to process protein. The combination of the two has a “synergy”, i. e. the two work better than one, to increase nitric oxide, which creates greater blood flow throughout the body, specifically to the penis. Prelox is a commercial product that contains the two.

Recommendation = The usual dose is 80 mg of pycnogenol and 3 grams of L-arginine taken on an empty stomach.

Men, who are suffering from lack of sexual desire and all the other effects of testosterone loss, are advised to begin taking supplements containing the ingredients mentioned above.

It may be that many who are reading this book have tried some type of supplement in the past, perhaps with disappointing results. That's

why it is important to make sure you get the proper supplement — one that provides you with all the natural herbs, minerals and vitamins you need, in the right amounts.



SECTION E

How Sex Boosts Testosterone

“The libido is the engine of sexuality, and testosterone is the fuel it runs on.” ~ Lane Lenard, Ph.D.

Exercise your Love Muscles!

A lot of lovemaking has more to do with agility and ability to make specific moves. Here are a few specific love-muscle oriented exercises.

■ Abdominals

These muscles are used a lot during lovemaking. Simple crunches are the best exercise. Lie on your back, knees bent, feet flat on the floor. Fold your arms across your chest. Keeping your lower back flat against the floor and your neck relaxed, slowly curl your torso upward until your shoulder blades are 4 — 6 inches off the floor. Hold for a moment, then relax and repeat. Start with 3 sets of 10 crunches. Work your way up to 3 sets of 20 reps. At that point you'll have all the thrusting strength you need for sex.

■ Hip and Groin

There's more to lovemaking than just hunching away like a rabbit. You must also be able to rotate your hips and that requires some flexibility.

Here are a couple of exercises that'll turn you into a Casanova!

■ **Butterfly stretch**

Lie flat on your back in bed with both legs bent and your feet flat on the mattress. Reach down and pull your heels toward your buttocks. Using your hands, turn your ankles so the soles and heels of your feet touch together. Your knees will angle out to the sides. As you exhale, allow the natural weight of your legs to push your knees toward the bed. Hold the stretch for a count of 10, when your knees are as far apart as possible.

■ **Exercise control**

In sex, like comedy, timing is everything. Here's an exercise you can do that can give you more control over your orgasm...as it adds to your pleasure.

■ **Penis exercises**

About the only body part we haven't talked about yet is your "real" love muscle — the penis itself. While nobody's yet developed an exercise machine for this organ, there is an exercise you can do that may result in harder and more sensitive erections — though we advise you not to do this one at the local gym. Sit on the edge of the bed with your legs spread apart. While you're fully erect, locate the muscles that move your penis up and down and from side to side. Practice flexing these muscles — you'll most likely use some abdominal, thigh and buttock muscles, as well. By exercising these muscles, you'll increase blood flow to your groin. And that means a firmer you!

Now The Best News Of All! Your Orgasms Help Build Testosterone!

“Sexual activity is a form of physical exercise,” said Michael Cirigliano, M.D., an assistant professor of medicine at the University Of Pennsylvania School Of Medicine.

In other words, one of the best things a man can do for his general health... and for his testosterone level...is to have a lot of orgasms.

To be sure, each individual sex act may not amount to a lot of exercise. But consider this: if you have three orgasms a week, orgasms through “routine sex” — either with a partner or alone — you’ll burn about 7,500 calories every year. That’s the equivalent of jogging 75 miles. And remember; these are calories you burn off before you do any other exercise!

Here are some other beneficial effects of sexual activity:

- ✓ Sex as an exercise helps lower your total cholesterol and tip the all-important good cholesterol/bad cholesterol ratio in the healthier HDL direction.
- ✓ Sex exercises your respiratory system. When you breathe fast and deep, your blood is enriched with oxygen, which nourishes all your organs and tissues.
- ✓ Thanks to the endorphins released during sex, it may be the ultimate painkiller. *“Arousal and orgasm can elevate pain threshold,”* says Beverly Whipple, Ph.D., an associate professor at the College of Nursing at Rutgers University and president-elect of the American Association of Sex Educators, Counselors and Therapists. *“Sex can help relieve arthritic pain, whiplash pain and headache pain,”* she added.

Sexual release can help ward off some prostate problems. It is believed that some prostate problems are caused and/or aggravated when the fluids in the prostate gland aren’t emptied out efficiently.

And what hoses out the prostate gland?

You got it. Lovemaking — or plain old S-E-X! The science is pretty simple. When a man has an orgasm, the muscles around the prostate contract over and over, squeezing out the fluids. Though experts differ on exactly how frequent orgasms should be for optimum prostate protection — some say once a week, others say several times — it's clear that regular orgasms are a prostate plus. In fact, regular orgasms actually fight stress, according to Northwestern University's Karen Donahey, Ph.D, who stated, *"Sex can be a very effective way of reducing stress levels."*

Now let's begin talking more in detail about making simple changes in your diet to ensure that you select superior foods...the very foods you need to feel younger, sexier and stronger.



SECTION F

Selecting Superior Quality Foods

“When it comes to overall health, nothing is more important than food power. Like a car your physical stamina and sexual performance is linked to the fuel you feed it!” ~ Mark Rosenberg

My guidelines are simple. Forget about “dieting” and concentrate on eating “right” and “smart”. See also Section G, *Your Fat Loss Program*, for more detailed food tips on the “right” food groups to choose from to lose fat and build muscle.

If you follow these suggestions, what you eat will help you burn off those love handles and pot belly and replace fat with muscle...it will boost your energy and let you feel better emotionally...and, most importantly, it will actually boost your testosterone naturally. Here it goes:

Eat Right

◆ Eat lean protein with every meal.

Protein stimulates the production of growth hormone. Growth hormone tells your body to build muscle and monitors the production of fat-producing insulin. This is so important that, if you want to build

muscle, eat at least some protein at every meal. If you're not going to eat protein, you shouldn't bother eating. The ancient Greeks knew the value of protein when they gave it its name. Protein literally means "primary nutrient". Examples of quality protein foods include lean red meat, chicken or turkey breast without skin, eggs (white is best, whole is good), baked cod, baked flounder, tuna fish (in water), pork tenderloin (trimmed), round steak (trimmed and broiled), dry curd cottage cheese, and grains like quinoa which contain complete amino acids. Steer clear of protein drinks and bars that contain soy protein isolate as this is a synthetic form of soy which contains estrogen-like compounds that lower testosterone.

In addition, protein helps rebuild testosterone stores as they help fire the thyroid which builds sex hormones. You should eat about 0.84 to 1 gram of protein per pound of body weight. For example, if you weigh 180 lbs., you should be eating between 150 and 180 grams of protein per day. This may sound high but, if you're trying to lose fat by weight training and aerobically exercising, you need to keep your protein intake somewhat higher in order to prevent sagging skin and promote building muscle.

◆ **Avoid processed, refined carbohydrates.**

These are the "carbs" found in white, "grocery store" breads, white potatoes, white rice and non-whole wheat pasta. Even many energy-boosting health bars contain a lot of sugars (read labels). These substances don't provide any benefit and stimulate your body to produce insulin. Insulin, in turn, tells your body to store fat and to accelerate many of the changes associated with aging like atherosclerosis and diabetes, to name a few.

◆ **Eat a variety of whole, natural foods.**

These include a wide range of fruits, whole-wheat breads, oatmeal, barley, nuts and berries. Try something new on occasion. There are so many natural foods to choose from and it's a way of increasing your

odds that you'll get everything you need. Stay away from "fast foods" and junk foods that have no real value and often contain chemicals and preservatives.

◆ **Frozen and canned foods.**

They're convenient and can be a replacement for fresh produce if necessary, a few times a week. Be sure and read labels and aim for low sugar and sodium contents. Canned beans and peas can be a good source of lean, vegetarian protein and fiber. They should be rinsed in cold water before eating to remove any sugars in the liquid they may contain.

◆ **Eat your veggies.**

These vitamin, mineral, and antioxidant-rich foods are high in fiber and help you keep your weight under control, while providing plenty of energy for sex, exercise, and mental focus. Develop a preference for dark green or brightly colored vegetables. They tend to be higher in vitamins, related phytonutrients and those age-fighting anti-oxidants. Good choices include broccoli*, tomatoes, spinach*, kale*, collard greens, bell peppers, Brussels sprouts*, cabbage, zucchini, lentils and beans. Try to get some of these vegetables every day and eat as much of them as you like. However, if you have low thyroid issues, be sure to steam cook these * vegetables as they also contain compounds which can inhibit thyroid production and affect testosterone. Steaming for about 5-10 minutes at 212 degrees disables the compound that adversely affects the thyroid. (See section on Testosterone Killers for more about how your thyroid affects your testosterone levels).

◆ **Eat Your Fat.**

Recent studies show lower fat diets result in lower testosterone levels. Moderate fat diets, with a balance of monounsaturated fats, like those in nuts and olive oil, as well as some saturated fats, like

those in animal sources, create the necessary levels of cholesterol to build testosterone. Cholesterol creates all steroid hormones which testosterone is. If cholesterol is too low, testosterone, will decrease as well. Higher protein, lower carbohydrate, moderate fat diets create the greatest sustained levels of testosterone.

Here are some other specific menu tips:

◆ **Eat zinc-rich foods.**

Research has linked low zinc levels to decreases in both semen quantity and testosterone levels. Zinc is a mineral that's plentiful in oysters. Other good sources of zinc are eggs, chicken, turkey, duck, whole grain and nuts, pumpkin seeds, caviar and lamb.

◆ **Eat foods rich in niacin.**

One of the B-complex "energy boosters," niacin is necessary for your body to replenish dropping testosterone. In fact, if you're lacking in any of the B-complex vitamins (thiamin and riboflavin along with niacin) you can expect to have all the sexual energy of a limp noodle.

Liver, lean meats, yeast, fish, wheat germ and peanuts are all good sources of niacin. Thiamine is found in whole grains, asparagus and raw nuts. For riboflavin, eat bananas, broccoli and lean meats.

If you follow these simple tips, you'll soon see big changes in the way you feel and look. You'll have more energy than you've had in years (maybe decades)... your body will soon be "leaner and meaner" as your percentage of body fat declines... your sexual desire and performance will increase... and you'll feel better about yourself as a man!

Now let's take a look at suggestions for ways you can change your eating habits.

Eat Smart

These tips have nothing to do with what you eat and everything to do with the “way” you eat. The fact is that most middle-aged men have eating habits that are terrible in terms of staying young and virile. The worst thing you can do is eat a light breakfast (or none at all) in the morning and then load up with a big meal late in the day, followed by snacks until bedtime. This is a prescription for robbing yourself of energy and turning your body to fat!

To achieve maximum results in terms of your health, vitality and virility, you need to change your approach to eating... to view meals as what they are: opportunities to fuel your body to keep it operating at top efficiency. Here are my simple suggestions:

◆ **Eat small, frequent meals.**

Avoid large meals that stimulate excessive insulin production since insulin is your body's most powerful fat-producing hormone. Instead, eat smaller meals every 2-3 hours that you're awake during the day. Even if you eat 6 meals, if these meals average 300 calories each, you'll only be taking in 1,800 calories. The smaller your meals, the lower your insulin and the leaner you will be.

◆ **Forward feed.**

Instead of waiting until you get hungry and then stuffing yourself, plan ahead. Eat for the activity you will be doing for the next 3 hours. If you plan on a session of heavy exercise, stoke yourself with carbohydrates. If you plan to spend the evening lounging in front of the television, don't load up with calories at your last meal of the day.

◆ **Manage your meal size.**

Eat your larger meals earlier in the day, smaller meals later and don't eat before going to bed. The old adage about breakfast being the most

important meal of the day is true. If you're facing a day filled with activities, start with a good breakfast — a meal that provides as much as 30% of your daily intake of calories. Good choices include omelets, especially omelets made with egg whites and fresh vegetables with fresh fruit or fruit juices. Avoid late night snacks.

If you find yourself getting hungry during the day, it's because your body is telling you that your muscles are crying out for fuel. Pay attention to what your body is telling you. Quality snacks can include fruit, vegetables, nuts, yogurt, cottage cheese, hard cheeses, meats, fish, eggs, and whole grains like oatmeal and pasta.

◆ Time your “fuel” intake.

For maximum results, eat carbohydrates before you exercise...and replenish your muscles with protein after exercise. Carbohydrates literally provide the energy you need to exercise — no matter what exercise you're doing. And protein is what you need to effectively build muscle mass. The optimum “window of opportunity” for your body to absorb needed protein into your muscle tissue is during the 30 to 60 minutes following exercise.

Now let's take a look at a simple nutritional need that's overlooked by most men in their search for vitality, virility and good health.

The Importance of Water!

Most men — even many who are otherwise savvy about nutrition — don't drink enough water. This is true even though water — plain old H₂O — is your body's most important nutrient.

The facts are simple; if you don't drink enough water; your body retains the water it has. This slows your kidney function so that waste products accumulate. This means your liver has to work overtime to flush out impurities, and that, in turn, means your liver isn't able to properly perform its other jobs — like making your body's proteins and enzymes.

It's also a fact that thirst often masquerades as hunger. In other words, when you feel hungry you may simply need to drink a tall, cool glass of water. In any event, even when your appetite feels strong, you can often "water it down."

Medical experts recommend drinking about eight, 8 ounce glasses of water a day, not only to keep from overeating, but because it's super important that you avoid dehydration and keep your energy level up.

Staying hydrated during a workout is particularly important. "If you don't stay hydrated during a workout, you'll start losing power fast, then you won't be exercising effectively," said Budd Coates, Men's Health magazine's fitness consultant. "That's why you should keep a bottle of water handy when working out."

It is also advisable to drink water early in the day and before any strenuous activity or exercise.

If you follow these simple tips to quality nutrition, you'll notice changes almost immediately. You'll see flab begin to "melt away" — replaced by firm muscle. You'll have more vim and vigor...and you'll notice a marked increase in your sexual desire and your ability to perform like a super sexy male.

Now, let's look at specific ways you can achieve fat loss, build muscle, boost your testosterone and increase your vitality and potency.

Water, Water Everywhere... What Should You Drink?

Here's my list — from BEST to WORST.

- ☒ Deionized
- ☒ Filtered
- ☒ Spring
- ☒ Lastly, water from the tap



SECTION G

Your Lose The Fat Program: How To Lose Fat And Maintain Youth And Vitality

“What is the optimal method to lose weight? Don’t think “diet”;; think gradually improving the way you eat. Although aerobic exercise is excellent for cardiovascular fitness, it is not, however, the most effective means of fat loss. Strength training, on the other hand, through increased muscle mass, increases BMR 24 hours a day, 7 days a week.” ~ Dr. Mark Rosenberg

For men who want to lose those rolls of ugly fat around their midsection and reveal, once again, that sexy, manly washboard midsection they had years ago, the advice is fairly simple:

1. Omit fat-storing foods like high glycemic carbs (see lists below) which increases insulin levels and creates that barrel belly wall of fat.
2. Add more fat-burning foods like proteins and low glycemic carbs (see lists below) which wakes up your metabolism and tells it to start using that belly fat for energy.
3. Supplement with high powered antioxidant vitamins and

minerals that fire your metabolism and help keep fat burning stoked (see recommendations below).

4. Do strength training 3 times a week to increase your basal metabolic rate, build more muscle and burn more fat (see Section H).

Now, because this is not a diet, rather a re-training of your eating to achieve fat loss and build muscle, this book will simply help you determine how many calories a day you should have to achieve fat loss, give you a few sample breakfasts, lunches and dinners, and allow you to create your own menus from the allowable food choices.

First let's look at a list of the general food groups you want to omit, or cut way, way down on until you've reached your fat loss goals, as they raise insulin levels and promote fat storing. It will help to get a good glycemic index book that lists most foods and their glycemic index rating. To lose fat quickly, stay mostly in the low GI range with only occasional medium range foods. High glycemic index foods are:

Fat-Storing, High Glycemic Index Foods

- **STARCHES** — Omit/cut down until fat loss goal achieved.

White bread (slices, rolls, croissants)

Bagels, breads: Read labels, stay below 5 grams per serving

Bakery products (Cake, doughnuts, pies, cookies)

Cereals: Most commercial, sweetened cereals have high sugar contents. Read labels, if over 5 grams per serving, don't eat it. See low GI list for cereals that are acceptable.

Millet

Vegetables: carrots, corn, turnips, and white potatoes

Waffles

White rice

- **SUGARS** — Omit/cut down until fat loss goals achieved.
15-18 grams a day.

Candy: All except artificially sweetened but in small quantities.

Dairy: All cow's milk, sweetened non-dairy milks (rice, almond, coconut).

Fruits: Watermelon, tangerines, mango, pineapple, fruit cocktail.

Dried Fruits: Dates, apricots, figs, prunes, raisins.

Juices: Except vegetable juices, most commercial fruit juices are loaded with sugar. Eat the entire fruit instead (see below).

Now, let's take a look at some fat-burning, low glycemic index foods that will help you achieve fat loss and drive your energy to power your weight training work outs. Again, consult a good glycemic index list book to create your diet. If it's not on the list below, look in your glycemic index book and find a good substitute. Get creative!

Fat-Burning, Low Glycemic Index Foods

- **COMPLEX CARBOHYDRATES** — 75-100 grams
carbohydrates / daily for faster fat loss.

Amaranth

Barley

Buckwheat

Legumes: Garbanzo beans, white kidney beans, black beans, red kidney beans, lentils. Stay between ½ to ¾ cups per day.

Nuts: Almonds, Brazil nuts, cashews, macadamian, pecan, walnut. Limit/omit peanuts as they contain goitrogens which lowers thyroid production/testosterone production.

Orzo: wild, brown rice

Oatmeal

Rye bread (read label, be sure sugar content is 5 grams or less)

Vegetables: Stick to dark green, purple, red, yellow/orange vegetables, like kale, eggplant, red peppers, tomatoes, squash, pumpkin.

Whole grain pasta: Look for high fiber/protein brands. Stay at 1 cup cooked 3 days a week to speed fat loss goals.

Whole wheat, low sugar bagels, breads

Quinoa

- **FATS** — 2-4 servings per day, about 100 calories, 10-15 grams fat each

Avocado, coconut oil, olive oil, flaxseed oil, mixed nuts (not peanuts).

- **SUGARS** — Limit to 15-18 grams per day until fat loss goals are achieved.

Low sugar fruits: Apricots (except dried), bilberry/blueberries, blackberries, huckleberry, purple plums, raspberries, strawberries.

Juices: Stick to vegetable juices that have no more than 6-7 grams sugar per serving. Read labels.

Sugar-free items: From candy to diet sodas, to cakes, cookies and pies, be sure to read labels that lists the amount of sugars/ carbohydrates in any given item. Artificially sweetened items may have 0 sugars, but may also have high glycemic carbohydrates from the white flour in them. Limit these to special occasions, and not more than 20 grams carbohydrate per serving.

- **PROTEINS** — Eat 0.5-0.75 grams protein for your goal weight per day. Example: 180 lbs x 0.5-0.75 is 90-135 grams/daily. Helps build muscle and preserve skin tone.

Beef: Look for grass fed versus grain, for leaner meat. Stay between 6-8 ounces 3-4 days/wk.

Chicken: Lean without skin

Dairy: Cottage cheese, ricotta cheese, medium-hard cheeses (cheddar, Monterey jack, Swiss, etc).

Eggs: Forget the old hype about eggs and cholesterol, eggs have total proteins and nutrition and you can safely enjoy 1-2 a day, several days a week.

Fish: Especially Omega-3 fat heavy types like herring, mackerel, salmon, sardines; cod, orange roughy, tuna (water pack, oil pack absorbs it's Omega 6's).

Ham, Pork

Protein Powders: Choose milk/egg or whey types with 0 to 2-3 gram sugar per serving (read labels). Omit soy protein isolate based protein powders.

Turkey

■ FREE FOODS

Unsweetened, or Stevia sweetened gelatin

Unsweetened almond milk

Lemon juice

Celery, radishes, mushrooms, chives, parsley

All spices

Stevia

Tea (white, black, green, oolong teas boost metabolism and fat burning)

Supplements That Help Fat Loss

If you want to regain a ripped and healthy physique, you need to give your body the best nutrition you can and that means eating the best foods, like those listed above, and putting the best supplements of vitamins, minerals, trace minerals, herbs and spices into your body.

Many commercial multiple vitamin and mineral formulas often contain all the correct nutrients you need to help support fat loss, muscle building and testosterone store replenishment.

The following numbered list of items 1-8 are excerpted from Dr. Karlis Ullis' book, *Super "T"* (with some updated supplement information). Be sure the following vitamins, minerals and trace elements are present in the multiple that you buy and/or supplement separately. The herbs, spices and oils can be used with food, or taken in supplement form.

- **ANTIOXIDANTS** — These are crucial to the prevention of free radicals, to fight aging, and disease. These include:

Vitamin A (retinol): 5,000 IU daily

Alpha and beta carotenes, 5-20 mg daily

Vitamin C: 500 to 1,000 mg daily

Vitamin D3: 1,000 to 2,000 IU daily

Vitamin E: From mixed tocopherols and tocotrienol sources, 400-1,000 IU daily

Flavonoid mixtures:

Grapeseed extract 50-300 mg daily; Green tea extract (decaffeinated and standardized), 150 mg, 1-3 times daily; Mixed bioflavonoid complex containing Quercetin, 500 to 1,000 mg daily

Resveratrol, 100 to 200 mg daily.

Minerals / metals:

Zinc chelate = 15-55 mg; Copper chelate = 1-3 mg; Manganese chelate = 5-15 mg; Selenium chelate = 100-500 mcg

- **MITOCHONDRIAL PROTECTORS** — Mitochondria are the tiny power cells of your body that generate energy. Foods and supplements need to replenish, support and protect the mitochondria on a daily basis. Here are some excellent mitochondrial protectors:

CoQ10 (ubiquinone type), 30-400 mg taken with food. Is enhanced by Vitamin E

N-acetyl L-carnitine (ALC), 100-2,000 mg, empty stomach, first thing in morning

Alpha-Lipoic acid, 50-600 mg daily

N-acetyl cysteine, 100-1,200 mg daily

- **B VITAMINS** — The B vitamins are a very beneficial group of vitamins that do many things to support health including decreasing risk of heart disease, senility, cancer, depression; preserve memory and strengthen the immune system. They include:

B1 (thiamine): 50,100 mg, 1-2 times daily

B2 (riboflavin): 10-20 mg, 1-2 times daily

B3 (niacinamide): 20-200 mg, 1-2 times daily

B5 (pantothenate): 250 mg, 1-2 times daily

B6 (pyridoxine): 25-50 mg, 1-2 times daily

B12 (sublingual methyl cobalamin): 500 mcg, 1-2 times daily

Folic acid (take with B12): 400-500 mcg, 1-2 times daily

- **MACROMINERALS**

Calcium chelate: 200-600 mg twice daily

Magnesium chelate: 250-800 mg

■ TRACE MINERALS

Chromium (polynicotinate): 200-400 mcg

Molybdenum (trioxide or sodium molybdate): 50-600 mcg

- **MISCELLANEOUS** — Most of these should be included as trace elements in your daily multiple vitamin and mineral supplement with the exception of betaine HCL. Betaine HCL is a hydrochloric acid digestive aid which can be found at health food stores. If your multiple contains these vitamins/minerals at lower levels than what is suggested here, you may want to add extra supplementation.

Betaine HCL: 100-150 mg

Vitamin K (phytonadione): 60-300 mcg

Biotin: 100-300 mcg

Inositol: 30-100 mg

Iodine: 50-100 mcg

Boron: 1-6 mg

Potassium: 200-500 mg

Choline: 50-500 mg

7-Keto DHEA: 100 mg a day

- **HERBS AND SPICES** — Not just old wives' tales, "kitchen medicine" has become recognized by health researchers for the phytonutrients they contain. You can use these freely on your foods:

Garlic: 1-2 cloves (4 grams), 2-3 times daily. If supplemented, 1-2 capsules 10 mg allicin or 4,000 mcg total allicin potential), 2-3 times daily, after eating.

Cayenne, black pepper, turmeric (curcumin), fresh parsley: sprinkle liberally on foods.

Ginkgo biloba (standardized extract): 40-80 mg, 1-3 times daily

■ OILS

Flaxseed oil (high lignin containing): 1-2 tablespoons daily

Cod liver oil: 1 tablespoon daily

Olive oil: 1-2 tablespoons mixed into food daily

Next, an important part of any fat loss program is calorie limits and exercise. Let's look at some recommendations that will help you burn fat, build muscle and get you looking like a sexy, healthy, virile, male again!

How Obesity Affects Testosterone

Calories are units of heat that our bodies use for energy for every activity you do, even just plain breathing. Simply put, when you don't use all of the energy you take in from your food, you store it as fat, especially if too much of your food energy is from simple sugars. Too high sugar diets cause you to over-secrete insulin. Eventually, you become insulin-resistant and your body cannot use insulin properly to burn sugar so it starts storing it as fat, especially in your mid-section, setting the stage for diabetes and heart disease.

Obesity is now characterized as a disease as it produces something called "inflammatory cytokines" which cause all kinds of problems associated with inflammation in the human body. These include heart disease, diabetes, arthritis, and numerous others. In men, obesity can spell double-trouble as excess fat, especially around the middle, signals a man's testosterone levels to decrease and estrogen, the female hormone, to increase!

In fact, with obesity, a man's testosterone levels start to get converted to estrogen, giving him more feminine characteristics, bigger breasts and softer facial features. It's no wonder then that overweight men have lower sperm counts and more problems with erection difficulty. If you're a man who has a few extra pounds around his middle then, **Your Fat Loss Program** will help you shed weight quickly and help your testosterone levels start climbing again!

Calculate Calorie Allowance For Fat Loss

Let's start with a simple method of calculating the specific calories you need to get rid of your excess fat. First, we need to determine your BMR, or basal metabolic rate. Since you have weight/fat to lose, we'll assume that your BMR is on the low side and will use 10, the sedentary rate (sitting at a desk job all day, very little physical activity), as your BMR rate. You are not getting enough exercise and are eating the wrong fat-storing types of foods. We figure your calorie needs as your weight times your BMR.

However, to prevent lowering testosterone levels further from dieting, as it slows your metabolism somewhat, you don't want to cut your calories down too much. Crash dieting may cause some initial weight loss, but it will be mostly muscle mass, rather than fat loss, and it will also decrease your testosterone levels! So, **Your Fat Loss Program** takes a little slower approach to fat loss, but you will be building muscle and helping increase testosterone. Here's how we do it:

► **EXAMPLE:** If you are a 220 lb male, $\text{weight } 220 \times 10 = 2200$.
You need 2200 calories to maintain 220 lbs at a sedentary level.

Now, if you want to lose 50 lbs and weigh 170 lbs you need to decrease your amount of total calories to create a deficit. Multiply 170 lbs $\times 10$ to get 1700 calories. To reach 170 lbs from 220 lbs, you need to decrease your calories from 2,200 a day to 1,700 a day. This daily calorie intake will get you to 170 lbs and will maintain that weight.

How do you manage your calorie intake and boost fat loss every day? It's pretty simple, really. Here are some ways that work:

✓ **Pay strict attention to portion control.**

Measure foods. Get a convenient food scale. Read labels to determine exact serving sizes, and how many servings the entire package contains, measure out 1 serving size.

✓ **Omit/cut way down on sugar.**

Nothing spikes insulin and fat storing mode like sugar. On **Your Fat Loss Program**, limit sugar intake to between 15-18 grams a day until you achieve your fat loss goals.

✓ **Keep a food diary.** (see sample below)

Record everything you eat. This teaches you to pay attention to how much and what type of foods you are eating and when.

✓ **Eat 6 meals a day.**

Follow this pattern, breakfast, snack, lunch, snack, dinner, snack, all about 3 hours apart.

✓ **Eat breakfast.**

Studies show that people who eat breakfast within 1 hour of rising eat less throughout the day and weigh less. (see Meal Deal below)

✓ **Food quality.**

Be sure you are eating fat-burning foods rather than fat storing foods to get rid of your excess fat. See the lists above. Of course, once in a while it's okay to splurge on a high carb dessert for a special occasion. It would also be helpful to buy a food count book that contains calories, carbohydrates, sugar, glycemic index of food.

✓ **Read labels.**

Get in the habit of reading labels to know exactly what size a food serving is, what the nutritional breakdown of it is.

✓ **Meal deal.**

Whatever foods you're going to include in your menus, be sure that each meal contains about 15-20 grams of protein; no more than 20-25 grams of carbohydrate at one time (more causes too much insulin to be excreted at one time and slows fat burning), and 1-2 tablespoons of "good" fats like olive oil, flaxseed oil, or monounsaturated fat food sources like avocado, nuts. See sample daily menu on the next page.

Sample Menu

- **Breakfast:**

4 ounces of salmon, or pickled herring, ½ whole wheat bagel, ½ cup berries, coffee or tea, black, or with half-half cream and Stevia sweetener.

- **Snack:**

2 hard-boiled eggs, or 1-2 ounces of cheese with 4 whole wheat crackers, ½ avocado with 1 Tbsp olive oil and Cajun seasoning.

- **Lunch:**

1 cup cottage cheese with ½ cup fresh or water packed pineapple, 1 slice low-carb bread with 2 Tbsp hummus.
Or, 1 can water pack tuna with 2 Tbsp olive oil mayo, 2 slices low carb bread or Flatout, or 8" round.

- **Snack:**

1 oz of unsalted mixed nuts (no peanuts), 1 plum, white tea with Stevia.

- **Dinner:**

6-8 ounces of baked, spiced chicken or 4-6 ounces broiled grass fed beef, ½ cup steamed brown rice, ½ cup baked squash, 4 ounces of asparagus with stir-fried red peppers.

- **Dessert:** 1 cup berries with real whipped cream.

- **Snack:** 4 ounces turkey with 1 Tbsp olive oil mayonnaise, or ¼ cup unsalted mixed nuts (no peanuts!), or 2 Tbsp almond/cashew/sunflower seed butter with green apple slices.

Helpful Tips

- 1. Create your menus mostly from the list of fat-burning types of foods.** You can experiment and learn to create your own food combinations for variety and your own personal tastes so that your food intake really becomes a way of eating right, rather than “dieting”, until you achieve the fat loss you want.
- 2. Staying within your calorie allowance, paying attention to the necessary amounts of protein, carbohydrates, and sugar levels.** The right combination of the right foods will suppress your appetite, appetite; stoke your metabolism, burn fat and INCREASE TESTOSTERONE!
- 3. Get used to using a food diary** (see at end of this chapter) at least for 6 weeks until you have a better understanding of combining the right foods.

Next, let's move on to exercise and how it can benefit not only your muscles, stamina and strength, but also raise your testosterone levels, and increase virility and sex drive!

But first, see your Sample Food Diary on the next page. You may make extra copies of this page and place them in a 3-ring binder or a folder with pockets to create your personal food diary.

Sample Food Diary

The following is a sample of how to do your food diary. On **Your Fat Loss Program**, pay close attention to calories, protein, carbs and sugar intake. Also, be sure to get at least 25 grams of fiber per day.

Breakfast	Calories	Protein	Carbs	Sugar
Lunch	Calories	Protein	Carbs	Sugar
Dinner	Calories	Protein	Carbs	Sugar
Snacks	Calories	Protein	Carbs	Sugar



SECTION H

Exercise To Keep You Young And Full Of Vigor!

“Exercise increases testosterone availability even in middle-aged men. The combination of increased production and decreased fat is the best natural method of increasing potency.”
~ Bob Arnot, M.D., “Guide To Turning Back The Clock”

For men who want to boost their testosterone, the advice is simple and straightforward. The fact of the matter is that you don’t need to exercise like an Olympian to trim your body fat, tighten your muscles to look (and feel) years younger, and boost your testosterone.

Basically, you need 3 kinds of exercise to maintain what you might think of as your “lost” youth and virility. You need. . . .

1. Cardiorespiratory (heart and lung) conditioning
2. Strengthening or muscle building exercises
3. Exercises to stay limber and flexible

In the next few pages, we’ll look at each of these areas in turn, beginning with exercises you can do to have a healthier, stronger and “younger” heart and lungs.

Here's a bit of advice you probably have never heard before. Don't rely on some of the most popular cardiovascular exercises — namely, walking, running and exercising on a treadmill. Why?

Well, the answer is simple. These exercises will not produce the results you want and often cause additional injuries, including painful shin splints, heel spurs, and harmful wear and tear on arthritic knees in men as they grow older.

In addition, these exercises — while serving a useful role for some people — are counterproductive for men who want to feel and look stronger, younger and sexier. They burn off needed muscle. Some exercise, like over-training with weights and aerobics, can actually lower your testosterone... and that's not at all what you want to achieve. Remember that testosterone increases with short bursts of intense exercise and decreases with prolonged aerobic exercise like that done in frequent endurance training.

Instead, for strengthening your heart and lungs, try swimming, cycling, or use a stair-master type stair-climbing machine. Do short, intense bursts of activity of 1-2 minutes length, repeating several sets over about 10-15 minutes to start, increasing up to 20-30 minutes total,

SUPERCARGE Your Sex Life!

Want to add some kick to your sex life? Why not exercise with your lover or spouse? Not only will you better your health, you'll be putting yourself in an ideal spot to "get lucky!"

When you — and your lady — exercise you boost your testosterone levels. That means there's a good chance she'll experience heightened sexual desire immediately following exercise... and be more easily aroused. Exercise also leads the body to produce endorphins, opiate-like chemicals that lead to an exercise "high" and — quite possibly — make both men and women "hotter" and more open to the idea of sex.

increasing resistance. These exercises employ a wider range of joint motion against more resistance to provide stimulus for moderate muscle building. This way you can give your heart and lungs a workout without burning off your hard-earned muscle. The best course to follow is to “rotate” these exercises to avoid boredom, to exercise different body parts, and to avoid overuse injuries. In other words, swim one day...cycle the next (using either a bicycle or a stationary bike)... then use a stair-master the third.

If you have any questions at all about your health, see a physician before starting an exercise program. If you get a doctor’s okay but you’re not in the best of shape, start slow. Exercise for perhaps 15 minutes a day for a few weeks until your body starts to get in tune. Then slowly increase your exercise periods in 5-minute increments.

Remember these things:

- **Don’t** do aerobic exercise more than 40 minutes at one time on any one day.
- **Don’t** do aerobic exercise and lift weights at the same time.
- **Don’t** play sports to get into shape. Instead, get into shape to play sports better!

Now let’s take a look at some specific strengthening exercises, starting with some good news, namely, that...

You Don’t Need To Be Rocky!

The object of the exercises recommended is not to turn you into a muscle-bound hulk. It is to make you look stronger, and younger, while feeling better about yourself than you have in years. The great news, though, is that these exercises also actually boost your testosterone.

In fact, exercise exerts some powerful effects on your body in terms of sex. Research has shown that testosterone in athletes rises when they compete in sporting events. You can expect the same kind of rise from the exercises you do at home or in the gym. *“Any kind of exercise*

Here are the advantages of the exercises recommended:

SWIMMING — Strengthens the upper body without fear of injury since the water provides natural buoyancy.

CYCLING — Either stationary or on a “real” bike, this is an excellent exercise for cardiovascular strengthening while improving overall muscular endurance and leg strength. Caution: Remember to wear a helmet.

STAIR CLIMBER — An excellent low-impact aerobic device for improving cardiovascular health and general body toning. You can purchase a machine for home use or find a gym that has them, or just climb some actual stairs several times a day.

is going to increase testosterone,” said clinical psychologist Karen Donahey, Ph.D., of Northwestern University.

The bottom-line? **Exercise isn’t only healthy — it’s sexy!**

Now let’s look at some specific exercises that are good for you in terms of your general fitness, self-esteem, and in terms of sexual health. Remember, the goals here are to build overall strength, tone and endurance. The exercises that follow will not only make you look and feel stronger, tighter and younger, they’ll also add to your love making pleasure and endurance!

Strengthening Exercises

If you want to replace flab with lean body mass, concentrate on exercising the large muscle groups; specifically, the quadriceps (muscles at the front of the thigh), the upper body muscles (the latissimus dorsi, deltoids, triceps, pectoral muscles, and the rhomboids) and the gluteus complex (the muscles of the buttocks and hips.)

The best upper body exercise known to man is the good old push-up.

That's right, the same exercise you did in gym class or in military basic training. Push-ups exercise your shoulders, chest and arms. That means this one simple exercise works your latissimus dorsi, deltoid, triceps, pectorals and rhomboid muscles.

① The push-up routine:

With your toes on the ground, lean forward and put your hands on the ground about shoulder width apart. Keep your back straight, lower your upper body to the ground and back up again. Inhale while lowering your body; exhale while raising your body.

② Modified push-ups:

Same as above, except you do these with your knees on the ground instead of your toes. Keep your back straight. Inhale while lowering the body; exhale while raising the body.

③ Deep knee bends:

Another exercise you probably learned as a boy — provide a great workout for your quadriceps (or thigh muscles). Can be stressful on knees, be careful if knee problems exist.

④ Deep knee bend routine:

Place your feet shoulder distance apart, toes pointed straight ahead, with your hands on your hips. Squat until your thighs are parallel to the ground, keeping your back straight. Inhale while squatting, exhale while straightening your legs. (Note: the more fit may want to exercise their thigh muscles by doing “squats” either with or without free weights.)

Speaking of weights, you may opt — at some point — to start a program of strength exercises using either free weights (barbells and dumbbells) or a Universal-type system to train the full body — arms, legs, abdomen, chest and back. Remember, however, you don't want to bulk up to look like Charles Atlas. You do want to increase strength and tone muscles. This means working with moderate weights (perhaps about 50% of what you're capable of lifting) and doing 2-3 sets of about 10 repetitions for each muscle group.

Progressivity Is THE MOST IMPORTANT Principle Of Exercise!

If you learned how to juggle two raw eggs, you wouldn't spend the rest of your life juggling two eggs, would you? Of course not! Over time, you would advance to juggling three... and then maybe four.

Well, the same holds true in exercise. That's what progressivity is all about! In other words, your goal should be to make incremental but persistent gains in some measurable factor of whatever exercise program you're doing. If you're swimming laps, increase the number of laps you swim (over time). If you're lifting free weights, increase the weight you lift, the number of repetitions or the number of sets. And so on. women "hotter" and more open to the idea of sex.

One more thing about exercising to increase strength and build muscle, **you never build any muscle while you are exercising**, you can only build muscle while you are resting or sleeping. In other words, rest periods are important too. Never exercise your muscles if you are still sore from exercising. They need time to recover. Enjoy your rest periods after exercise, knowing that this is when you are getting stronger and firmer. Next let's take a look at some simple exercises you can do to increase your flexibility.

When it comes to joint flexibility there's good news, and bad news.

The bad news is that we all lose flexibility in all of our joints as we age. The good news is that it's easy to regain the flexibility in our joints with about 10 minutes of simple stretching exercises per day.

Here are the exercises recommended:

① Pelvic tilt:

Lie on your back with both feet flat on the ground. Keep the left

leg straight and lift the right thigh toward the chest. Pull your thigh into your chest, assisting with both hands behind the thigh to increase the range of motion. Hold for 2 seconds and then release, allowing your right leg to fall back into its naturally relaxed position. (Do 10 reps, and then repeat with your left leg.)

② Pelvic tilt # 2:

Lie on your back as above. Bring both knees to your chest, allowing your lower legs to fall into a naturally relaxed position. As your knees near your chest, pull even closer with your hands on the back of thighs. Hold for 2 seconds and release. Extend your legs until they are flat on the floor after each repetition. (Do 10 reps.)

③ Straight leg hamstring:

Lie on your back with your left foot flat on the floor while your left knee is bent at a right angle. Lean forward with the right leg fully extended on the floor, right knee locked. Grab your right leg with both hands and pull your body forward toward your right knee with the knee locked. Hold for 2 seconds and release. (Do 10 reps, and then repeat with left leg.)

④ Quadriceps:

Lie on your left side. Bring both knees toward your chest so you are in a fetal position. Stabilize your left knee by holding it solidly with your left hand. Gently pull your right heel toward your butt with your right hand until you feel the stretch in the front of your right thigh. Hold for 2 seconds and release. (Do 10 reps. Repeat with the left leg.)

⑤ Reverse trunk stretch:

Lie on your back. Keep your left leg flat on the floor. Bend your right knee to a right angle with your right foot flat on the floor. Now bring your right knee to your left shoulder, gently helping with your left hand on the right shin and the right hand on the right outer thigh. Hold for 2 seconds and release. (Do 10 reps, and then repeat with the left leg.)

6 Trunk stretch, bent leg:

Sit on the floor with both knees bent at a right angle. Strongly contract your abdominal muscles as your upper body reaches down toward the floor between your spread knees. With your hands on your ankles, gently help yourself as you near the end of the movement. Hold for 2 seconds and release. (Do 10 reps.)

7 Trunk stretch, side reach:

Stand with your pelvis level. Put your hands behind your head and reach laterally to the right side as far as possible. Hold for 2 seconds and release. (Do 10 reps. Then the same with the left side.)

8 Calf stretches:

Stand with your feet together and parallel. Step with your right foot forward so that your feet are approximately one to two feet apart. Gently shift your weight onto your right leg, being sure to keep your left leg straight and your toes directed forward. Keep both heels on the floor. Rest your hand on your right leg for stability, if needed. Hold for 2 seconds. (Do 10 rep's and then repeat on the left side.)

9 Hamstring stretches:

Stand with your feet shoulder width apart. Extend your right foot in front of left foot in a parallel position. Bend left leg, keeping your right leg straight, with the foot flexed. Flex your foot as much as possible to achieve maximum stretch. Keep your weight centered between your feet and place both hands on your upper thigh for support. Hold for 2 seconds. (Do 10 reps and then repeat for other side.)

Primary Exercise Benefits

- ✓ Regular physical activity prevents muscle loss and can build more muscle.
- ✓ Being active at any age reduces your risk of heart attack by 50%.
- ✓ Exercisers are about half as likely to develop diabetes... and those who suffer from diabetes find it much easier to control blood sugar levels.
- ✓ Weight-bearing exercise prevents bone loss.
- ✓ Exercise prevents the slowing of your metabolic rate which can keep you from gaining body fat.
- ✓ Exercise increases flexibility which reduces your chances of injury.
- ✓ Exercise — even low-intensity physical activity — prevents hypertension (high blood pressure).
- ✓ Regular exercise or physical activity increases your sense of well-being and fights depression.
- ✓ Men who exercise regularly fall asleep easier and sleep longer.

Conclusion

The Final Word

So what does all the information in this book mean for you?

In Summary: an answer to decreasing testosterone!

Some amazing results have been achieved for treating people with deficient testosterone levels. Just follow this simple program along with all the testosterone precursors mentioned before, including the “market basket” of natural herbs and minerals.

- ▶ If you're suffering from declining testosterone levels
- ▶ If you're experiencing low sex drive (or no sex drive at all)
- ▶ If you're not feeling as strong as Superman
- ▶ If you're having difficulty concentrating
- ▶ If you're tired, weak, or just feeling “blah”

Then following the tips given to you in this book will soon have you feeling the way you felt when you were 35...or maybe even younger. And if you are a younger man, then this book will help protect you against testosterone loss, once thought to be an inevitable part of the aging process.

A Caveat:

When it comes to matters of health, men need to be completely informed about their options. This means that if you're concerned about any area of your health — including a loss of sex drive, diminished masculinity, weakness, depression, weight gain, or just a general feeling that's something's wrong, it is important to discuss your symptoms with your doctor.

This book is not designed to take the place of advice from your physician. If, however, it is determined that your testosterone level has

diminished, or is diminishing, don't narrow your options to include only those presented by your physician. Your doctor, even though he may be well intentioned, may not be aware of perfectly safe and natural ways to boost your body's T-level, without a prescription and without the use of testosterone shots, gels or patches.

One of the options you should investigate is the use of natural testosterone boosters and synthetic compounds, like those listed in this book, that have been proven safe. Of course, you should also make lifestyle changes, including changing your diet and beginning a regimen of moderate T-boosting exercises as outlined in this special report.

Please note: while it is normal for a man's testosterone level to decline with age, a diagnosis of diminished testosterone levels can only be made by a doctor. Do not self-diagnose.

References

Jonathan Wright, M.D. and Lane Leonard, Ph.D., *Maximize Your Vitality & Potency*, (Smart Publications, Petaluma, CA, 1999) pp. 24-25.

Ronald Klatz, M.D. and Robert Goldman, M.D., *Stopping the Clock*, Bantam Books (1996) p. 104.

Adolf Butenandt Biography, <http://www.answers.com/topic/adolf-butenandt>.

Mehta, PH, Jones AC, Josephs RA, The Social Endocrinology of Dominance: Basal Testosterone Predicts Cortisol Changes and Behavior Following Victory and Defeat, *Journal of Pers Soc Psychol.* 2008 Jun;94(6): 1078-93.

Slatcher, Richard, Mehta, PH, Josephs, Robert A. , Testosterone and Self-Reported Dominance Interact to Influence Human Mating Behavior, *Social Psychological and Personality Science* published online 28 February 2011. <http://spp.sagepub.com/content/early/2011/02/27/1948550611400099>.

Gordon Slovut, Testosterone Shots Fight Effect of Age, *Minneapolis Star Tribune*, 11/07/1996.

Andrew Sullivan, The He Hormone, *New York Times*, April 2, 2000.

Jonathan Wright, M.D. and Lane Leonard, Ph.D., *Maximize Your Vitality & Potency*, (Smart Publications, Petaluma, CA, 1999) p. 38.

Jonathan Wright, M.D. and Lane Leonard, Ph.D., *Maximize Your Vitality & Potency*, (Smart Publications, Petaluma, CA, 1999) p. 38.

Erectile dysfunction. Cialis, Levitra, Viagra, Staxyn, <http://www.webmd.com/erectile-dysfunction/cialis-levitra-staxyn-viagra-tr>

Jane Brody, Men are Not Immune to Brittle Bone Disease, *Minneapolis Star Tribune*, Sept. 8, 1996.

Mike Roelofsen, Rewinding the Male Menopause Clock, *The London Free Press*, Jan. 9, 2000.

Report by the Preventive Medicine Clinic of Monterey (CA) at wellnessmd.com/andro.html.

Andrew Sullivan, The He Hormone, *New York Times*, April 2, 2000

Andrew Sullivan, The He Hormone, *New York Times*, April 2, 2000

Gordon Slovut, Testosterone Shots Fight Effect of Age, *Minneapolis Star Tribune*, 11/07/1996.

Karlis Ullis, M.C. Super “T”, (Fireside, New York, NY, 1999) pp. 34

Traders on Testosterone, http://www.newscientist.com/article/dn13664-traders-raging-hormones-cause-stock-market-swings.html?feedId=online-news_rss20

Rosenberg, Mark M.D. (2002, December 2) The Anti-Stress Hormone. Archive of Dr. Rosenberg’s Healthy Answers, <http://healthyanswers.com/anti-aging/2008/06/the-anti-stress-hormone> .

Chemicals That Lower Testosterone, http://www.peaktestosterone.com/Testosterone_Lower_Chemicals.aspx

List of benzodiazepines, http://en.wikipedia.org/wiki/List_of_benzodiazepines

Thyroid Disease Linked to Erectile Dysfunction, <http://thyroid.about.com/b/2008/09/18/thyroid-disease-linked-to-erectile-dysfunction.htm>

Testosterone replacement therapy improved liver function, metabolic syndrome in men with low testosterone,

<http://www.endocrinetoday.com/view.aspx?rid=40883>

Sleep Deprivation May Lower Testosterone, <http://news.consumerreports.org/health/2011/06/sleep-deprivation-may-lower-testosterone.html>

An In-Depth Look Into Dieting and Testosterone Levels, <http://www.getds.com/20110915293/Blog/an-in-depth-look-into-dieting-and-testosterone-levels>

Trans-Fats, “Fast Food – Testosterone and Erectile Dysfunction”, http://www.peaktestosterone.com/Fast_Food_Testosterone_Erectile.aspx

Testosterone, <http://en.wikipedia.org/wiki/Testosterone>

Reiter WJ, Pycha A, Schatzl G, et al. “Dehydroepiandrosterone in the Treatment of Erectile Dysfunction: a Prospective, Double-Blind, Randomized, Placebo-Controlled Study,” *Urology* 1999; 53(3): 590-95

Benefits of Testosterone Supplements, <http://naturaltestosteronesupplements.net/>

Vakina TN, Shutov AM, Shalina SV, et al. “Dehydroepiandrosterone and Sexual Function in Men with Chronic Prostatitis,” *Urologiia* 2003; Jan-Feb (1): 49-52

Dalessandri KM, Firestone GL, Fitch MD, et al. “Pilot study: effect of 3,3’-diindolylmethane supplements on urinary hormone metabolites in postmenopausal women with a history of early-stage breast cancer.” *Nutr Cancer* 2004; 50(2): 161-67.

Le H., et al. “Plant-derived 3,3-Diindolylmethane is a strong androgen antagonist in human prostate cancer cells.” *J Biol Chem* 2003 Jun 6; 278(23): 21136-21145

Kim YS, Milner JA. "Targets for indole-3-carbinol in cancer prevention." J Nutr Biochem 2005; 16(2): 65-73

Ashok BT, Chen Y, Liu X, et al. "Abrogation of estrogen-mediated cellular and biochemical effects by indole-carbinol," Nutr Cancer 2004; 41(1-2): 180-87

"FDA White Paper: Health Effects of Androstenedione". March 11, 2004. www.fda.gov/oc/whitepaper/andro.html (accessed 4/30/2004)

"DHEA," Drug Digest. (<http://www.drugdigest.org/DD/DVH/HerbsWho/0,3923,551934%7CDHEA,00.html>), 1/24/2005.

Rosenberg, Mark M.D. (2002, December 2) DHEA: The Anti-Stress Hormone. Archive of Dr. Rosenberg's Healthy Answers. <http://healthyanswers.com/anti-aging/2008/06/the-anti-stress-hormone>

Rosenberg, Mark M.D. (2002, December 2) The Anti-Stress Hormone. Archive of Dr. Rosenberg's Healthy Answers. <http://healthyanswers.com/anti-aging/2008/06/the-anti-stress-hormone>

Rosenberg, Mark M.D. (2002, December 2) The Anti-Stress Hormone. Archive of Dr. Rosenberg's Healthy Answers. <http://healthyanswers.com/anti-aging/2008/06/the-anti-stress-hormone>

Arlt W. "Dehydroepiandrosterone Replacement Therapy," Semin Reprod Med 2004; 22(4): 379-88

Huppert FA, Van Niekerk JK, Herbert J. "Dehydroepiandrosterone (DHEA) Supplementation for Cognition and Well-Being," Cochrane Database Syst Rev 2000; (2): CD000304

Avena Sativa, http://www.raysahelian.com/avena_sativa.html

Damiana, <http://www.rain-tree.com/damiana.html>

Eurycoma longifolia jack, <http://www.raysahelian.com/eurycoma.html>

Ang HH, Lee KL. "Effect of Eurycoma Longifolia Jack on Libido in Middle-Aged Male Rats," J Basic Clin Physiol Pharmacol 2002; 13(3): 249-54

Sahelian, Ray MD. "Horny Goat Weed: Will it Make you Horny, too?" Ray Sahelian MD. (<http://www.raysahelian.com/hornygoatweed.html>), Viewed: 1/26/2005

Liao HJ, Chen XM, Li WG. "Effect of Epimedium Sagittatum on Quality of Life and Cellular Immunity in Patients of Hemodialysis Maintenance," Zhongguo Zhong Xi Yi Jie He Za Zhi 1995; 15(4): 202-4

Korean Red Panax Ginseng, http://www.menshealth.com/supplements/supplement/Korean_Red_Panax_Ginseng.php

Muira Puama Benefits, <http://www.trulyhuge.com/muira-puama-benefits.html>

Saw Palmetto, Testosterone and Libido, <http://www.boost-your-low-testosterone.com/Saw-Palmetto-Testosterone.html>.

Sahelian, Ray MD. "Tribulus Terrestris: Underrated Roadside Sex Weed," Ray Sahelian MD. (<http://www.raysahelian.com/tribulus.html>), Viewed: 1/25/2005

Li M, Qu W, Wang Y, et al. "Hypoglycemic Effect of Saponin from Tribulus Terrestris," *Zhong Yao Cai* 2002; 25(6): 420-22

Homeopathic Testosterone, <http://www.boost-your-low-testosterone.com/homeopathic-testosterone.html>

Homeopathic Testosterone Boosters, <http://herbs.lovetoknow.com/homeopathic-remedies/homeopathic-testosterone>

KwJWM / wt K (1984) "The effect of zinc on the 5 alpha-reduction of testosterone by the hyperplastic human prostate gland." *Journal of Steroid Biochemistry*;20(2):651-5

ZMA and Testosterone, <http://www.exrx.net/Nutrition/Supplements/ZMA.html>

Ashwagandha, <http://inhumanexperiment.blogspot.com/2010/02/ashwagandha-as-nootropic-experiment.html>

Ashwagandha, <http://inhumanexperiment.blogspot.com/2010/02/ashwagandha-as-nootropic-experiment.html>

Effect of oral administration of high-dose nitric oxide donor L-arginine in men with organic erectile dysfunction: results of a double-blind, randomized, placebo-controlled study, <http://www.ncbi.nlm.nih.gov/pubmed/1023349260>.

Windmueller HG, Spaeth AE. "Source and Fate of Circulating Citrulline," *Am J Physiol* 1981; 241(6): E473-80

Citrulline and arginine increase the growth of the Ward colon tumor in parenterally fed rats.

<http://www.ncbi.nlm.nih.gov/pubmed/8844725>

Ginkgo Biloba, <http://www.ginkgobilobaextract.net/A-Healthy-Penis-6-Simple-Tips-Keep-Your-Libido-Strong.php>

van Deelan RA, Rommers MK, Eerenberg JG, Egberts AC. "Hypersexuality During Use of Levodopa," *Ned Tijdschr Geneesk* 2002; 146(44): 2095-8

Chrysin, <http://www.nutritional-supplement-truths.com/natural-testosterone-supplements.html>

Novel oligomeric proanthocyanidin derivatives interact with membrane androgen sites and induce regression of hormone-independent prostate cancer, <http://www.ncbi.nlm.nih.gov/pubmed/21205921>

Lee Myer, Fish Oil and Testosterone, http://www.peaktestosterone.com/Testosterone_FishOil.aspx

Treatment of erectile dysfunction with pycnogenol and L-arginine.

<http://www.ncbi.nlm.nih.gov/pubmed/12851125>

Hugh O'Neill, Love is the Drug, Men's Health, Vol 12, 11/97, pp104.

Karen Donahey, Ph.D., Clinical psychologist, Northwestern University.

Protein 101: How Much Do You Need and Best Sources of Protein, <http://stronglifts.com/protein-daily-needs-myths-best-sources-protein/>

Karlis Ullis, M.C. Super "T", (Fireside, New York, NY, 1999) pp. 76-78, "The T-Booster Fat-Loss Program".

Wellen, Kathryn E., Hotamisligil, Gökhan S., "Obesity-induced inflammatory changes in adipose tissue", <http://www.jci.org/articles/view/20514>