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14 ways to naturally Increase your testosterone

1. Get more Zinc

Zinc is very important for the production of natural testosterone because Zinc prevents testosterone from being converted into estrogen (the female hormone) by making the enzyme aromatase not work (look at #3 below) plus...

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

Foods high in Zinc include oysters (a natural aphrodisiac), liver, seafood, poultry, nuts & seeds or you can supplement with at least 50-to-100mg of Zinc daily

2. Eat more healthy fats

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

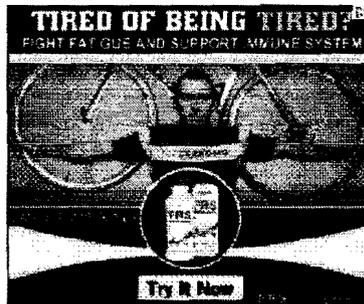
You can naturally raise your testosterone levels by adding more healthy fats by eating more nuts & seeds, fatty fish like salmon & tuna, avocados, olives, vegetable oils, and natural peanut butter and...

Eating a very low-fat diet can actually lead to lowered testosterone levels because your body needs healthy fats in order to produce testosterone but...

This doesn't mean you need to eat a REAL HIGH fat diet - Just make sure at least 20-to-30% of your total daily calories comes from healthy fats.

3. Lose body fat

The more overweight you are or the higher your body fat percentage is = The higher your estrogen levels will be because body fat contains an enzyme called aromatase that converts your 'manly' testosterone into 'womanly' estrogen making your testosterone levels drop so...



Look at these fat burning workouts to lower body fat, reduce estrogen and increase testosterone and...

Try not to Diet or cut too many calories when trying to lose body fat because you don't want your body going into starvation or survival mode which will cause your body to stop making testosterone so whenever you're trying to lose fat & increase testosterone at the same time...

Make sure you focus on losing 1-to-3 pounds of fat a week mainly thru fat loss workouts and a basic diet plan

4. Get rid of excess estrogen

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

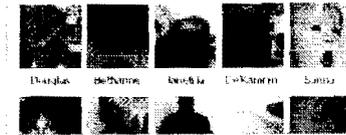
- You can eat more RAW cruciferous vegetables like broccoll, cabbage, and cauliflower because cruciferous vegetables contain a chemical called diindolylmethane (or DIM) that helps your body get rid of excess estrogen and... You can supplement with DIM to flush out excess estrogen or eat these other sources of cruciferous vegetables like Brussels sprouts, bok choy, radishes, turnips, collard greens, and kale and...
- You can Eat more fiber to naturally cleanse your body and flush out toxins that cause you to have excess estrogen (like the xenoestrogens from #5

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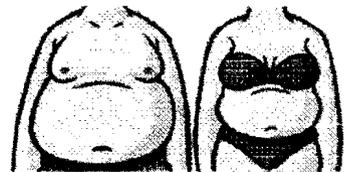
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6 Exercise Mistakes

Click here to avoid these common mistakes & burn fat twice as fast!



To Build Muscle Fast...

1. Get motivated to build muscle fast...

2. Go on a muscle building plan...

- How To Get Ripped in 56 days
- Build muscle without weights
- How to go from skinny to muscular fast

See all the free muscle building plans --

3. Use The best muscle building supplements

4. See tips on how to build muscle fast...

- 53 muscle building foods
- Fastest way to get bigger muscles
- 16 fast muscle building tips

See all tips to build muscle fast --

5. Get big muscles for each bodypart...

- How to get bigger arms
- How to get a bigger chest
- How to get bigger & wider shoulders

See more ways to get bigger muscles --

6. Get a body like a Celebrity...

- Get a body like Ryan Reynolds
- Get a body like Taylor Lautner
- Get a body like Daniel Craig / James Bond or Any athlete

7. How to Lose Weight Fast Now!

- How to lose 50 pounds fast

below) - Most fruits & vegetables, nuts & beans are all high in fiber and...

- You can also supplement with Red grape skin extract (resveratrol) to help your liver remove excess estrogen.

5. Try to avoid Xenoestrogens

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

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

Please note: It'll be fairly hard for you to 100% completely avoid all xenoestrogens but if you follow the other tips on this page (especially tips #3 & #4) - You'll still be able to naturally increase your testosterone while getting rid of excess estrogen without having to worry so much about trying to avoid xenoestrogens and...

Also note: Since most xenoestrogens accumulate in your body fat - your best defense against xenoestrogens is to lose body fat ([look at #3 again](#))

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

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

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

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

Your body produces the most testosterone and the better you sleep the more testosterone your body will produce while you sleep so if you're having trouble getting 6-to-8 hours of good quality 'testosterone producing' sleep every night - [Look at 33 Secrets to a Good Night's Sleep](#)

7. Stress Less

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

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

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

- The best way to lose weight fast

8. See How To Look Better Naked...

- How to get rid of acne
- How to make your teeth whiter

[See more ways to Look Good Naked ...](#)

How I went from a 125 lb. weakling to a 195 lb. natural bodybuilder



[Click Here To See How I Did It!](#)

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

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

Taking a natural supplement like [Ashwagandha](#) can also help reduce cortisol.

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

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

1. [Vitamin C](#) has been shown to lower cortisol levels allowing your body to make more Testosterone and like Zinc...
2. Vitamin C reduces the aromatase enzyme that converts your Testosterone Into Estrogen.

9. Workout like a man

You can force your body to produce a lot of testosterone when you...

- **Do Compound exercises** that train several large muscle groups like [Power Cleans](#), [Squats](#), [Bench presses](#), [Deadlifts](#), [Chin-ups](#), [Dips](#), and [Military presses](#) and you can still do isolation exercises like [triceps extensions](#), [bicep curls](#) or [chest flies](#) for definition but if trying to boost your Testosterone and build more muscle quickly - stick with compound exercises and...
- According to a Swedish study... To get the biggest boost in testosterone when you do your compound exercises... Make sure you use heavy weights that will allow you to only do about 3-to-5 reps per set and you want to do about 5-to-8 sets of each compound exercise you do but...
- You also want to limit your workout time on those compound exercises to 1-to-2 hours so just do only 1-to-2 compound exercises followed by a few optional isolation exercises twice a week (*Mon. & Thur. for example*) and as for burning fat...
- Avoid 'sissy cardio' where you walk or run for long periods of time and start doing [Manly Cardio workouts](#) like [Hill sprints](#) and [Intervals](#) 3-to-4 times a week and limit your long duration sissy cardio workouts to only 2 times a week and...
- Make extra sure that you rest harder than you work out because overtraining leads to more cortisol and lower testosterone ([see # 7 again](#)) and you may need to get 8+ hours of sleep to allow your body to recuperate and produce more testosterone after you workout like a man ([see # 6 again](#)) and...

10. Try to get Sexually Stimulated as much as possible

If you're not getting sexual stimulated or sexual aroused very much right now (*especially if you're over 40*)... You can dramatically boost your testosterone levels by getting sexually stimulated more often so basically...

You need to start doing almost anything you can to get a sexually stimulating 'Viagra free' erection and German scientists even found that simply having an erection causes your levels of circulating testosterone to rise significantly and look at how these other 3 studies prove how much your testosterone can rise after getting sexual stimulated...

In a study done by Ludwig Boltzmann Institute for Urban Ethology in Vienna... 10 men viewed a 15 minute pornographic film and the men's testosterone levels increased 100 percent afterwards.

Another study published by Psychoneuroendocrinology used sexually arousing films on 9 males and testosterone levels increased within 10 minutes of sexually arousal.

In a study published in the Archives of Sexual Behavior... Testosterone was measured every 15 min for 3 hours in 8 men before, during, and after the showing of a sexually explicit movie and there was an average increase of 35% in testosterone so...

Not getting sexual stimulated or aroused for long periods of time can actually decrease your testosterone levels so if you find it hard to get sexually stimulated... You can do all the other 12 things on this page to increase your testosterone which will increase your sex drive or libido making you get sexually stimulated much easier and/or...

You can take a supplement like Horny Goat Weed to make you get sexually stimulated more easier to ramp up your testosterone levels.

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

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

12. Don't overheat your testicles (your balls)

Your testicles need to be 94-to-96 degrees or about 2 degrees cooler than your body temperature to function at it's best and produce the most testosterone so...

If you're wearing tight underwear, tight pants, take long HOT baths or do anything thing else to overheat your testicles... You may inhibit your testosterone production so it's best to wear looser clothes like boxers to prevent overheating your balls and did you also know that...

Carrying around excess fat also overheats your testicles so look at #3 again for how to burn fat.

13. Don't Drink any Alcohol & Don't eat any Grapefruit

Even if you had only 2 drinks a day... Alcohol makes it hard for your liver to breakdown estrogen making you have more estrogen & less testosterone which will cause you to become more woman-like by making you loose facial & pubic hair, get man boobs and become impotent and...

Alcohol decrease zinc levels in your body (look at #1 again) and just like alcohol - Grapefruits can also make it hard for your liver to breakdown estrogen.

14. Boost Testosterone 40% with D-Aspartate

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

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

Look at these to also help increase testosterone...

- [Testosterone for Life: Recharge Your Sex Drive and Muscle Mass](#)
- [Low testosterone symptoms - How to check for Low testosterone](#)
- [Foods high in Zinc &...](#)

You may want to also see....