

*The Definitive Guide To*

**Boosting  
Your  
Testosterone**

*At Any Age*

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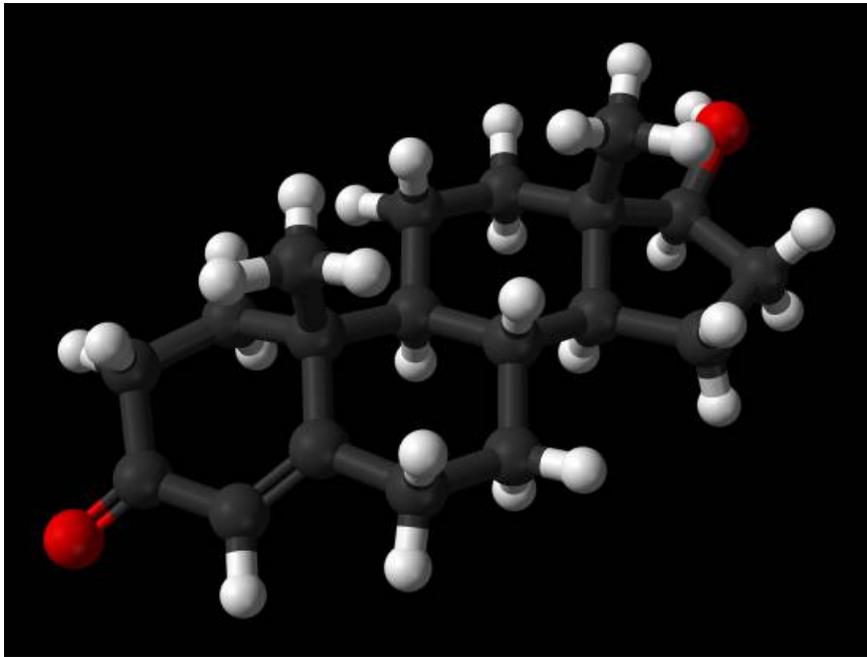
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Testosterone is one of the most important hormones in the human body, but a lot of recent information about what constitutes a “healthy” T-level is frighteningly inaccurate. What can a man do to sort out the fake news from the facts about testosterone?



**Figure 1: A testosterone molecule up close**

## **Artificial and Natural Supplements**

There are hundreds of testosterone supplements, both natural and artificial, on the market. Many of the artificial ones, by the way, are illegal in various jurisdictions because they have been shown to cause serious, dangerous side-effects.

Natural supplements include a wide range of effective, safe substances that can indeed increase T-levels. Some are over-priced; others are not. Some are ineffective; others are not. Like most other consumer goods, there are high-quality natural T-boosters, and low-quality products. The key, for those who opt to use a natural supplement, is finding one that is

both affordable and effective.

Before taking a closer look at what the better natural supplements can do for a person's testosterone levels, let's review some of the basic info about the hormone and see why so many otherwise healthy people are testosterone deficient.

## **Starting With the Basics**

Many experts believe that modern, industrialized culture has a negative effect on the body's testosterone levels, as a result of artificial food additives, pollution, stress, poor eating habits, and lack of exercise.

## **What is Testosterone?**

Found in men and women (but at very low levels in women), testosterone is directly produced by the testicles or ovaries, beginning at puberty and continuing until about the age of 30. Because this vital hormone produces male sperm, it is closely associated with sex drive levels, but has other crucial roles in fat storage, bone maintenance, muscle growth, red blood production, psychological well-being (mood), and dozens of other bodily functions.

## **What Happens When T-Levels Are Too Low?**

As you can probably guess, because it has such a huge role in all kinds of bodily systems, an unhealthy, low testosterone level can wreak havoc on overall health. Men who suffer low T-levels, for whatever reason, usually experience depression, mood swings, lack of body hair growth, weak bones, weight gain, low energy levels, and of course, a much-reduced sex drive. (More detailed information on this subject in a later section).

## **What Causes Low T-Levels?**

Age is the most common factor in low T-levels, most commonly beginning after age 40. Anyone who has suffered a severe injury to the testicles, had radiation treatment, undergone chemotherapy or suffered from excessive stress will almost certainly have low testosterone levels.

Heavy drinking, AIDS, diseases of the kidneys, and liver cirrhosis are four of the most likely culprits when a bona fide disease is the cause of low testosterone. Any man who has had, or currently has, any of these conditions might want to get a T-level check done by their doctor.

## **Getting Tested and What to Look For**

Testosterone testing is a quick and easy process that you can have done at virtually any medical facility under the supervision of a nurse or physician.

A test will be able to accurately measure the nanograms-to-deciliter ratio of testosterone in your body. Keep in mind that healthy levels vary widely from person to person, so a “300 ng/dl” reading for you might be perfectly normal, but could be very low for another person. The point is to speak with your doctor to see whether your test result is too low or too high for you.

The “normal” T-level healthy range is between 280 ng/dl up to 1100 ng/dl. And by the way, we’re talking about super-micro amounts here. A nanogram is one-billionth of a gram, while a deciliter is the equivalent of approximately three fluid ounces.

Just for the record, in females, the healthy levels of testosterone range from 8 ng/dl up to 60 ng/dl, which gives you an idea of how little testosterone the female body needs to perform its proper functions. If

you have any worries about low T-levels, whether you are a man or a woman, it is a good idea to have a blood test done as soon as possible.

## **What Does a Low or High Level Mean?**

If your test results return a very low number, you could have a problem with your pituitary gland, or might be suffering from environmentally-caused decreased testosterone levels. Consult with your doctor to see what the best course of action is. When a test comes back with a T-level that is too high, this is generally not as great a concern, but you'll still want to have a talk with your doctor about what to do.

## **What about Replacement Therapy?**

Some physicians recommend replacement therapy for men who have very low T-levels, especially when the condition is affecting your overall health and lifestyle. While the therapy approach usually increases T-levels, there can be serious side-effects like low sperm production (yes, that's counter-intuitive but it's a fact), smaller testicles, greasy skin, and water retention. There is currently a lot of research surrounding the possibility that testosterone replacement therapy can lead to prostate cancer. If you go the therapy route, expect to get your testosterone via injection, an oral solution, or via a skin patch.

## **“Synthetic Testosterone,” aka Anabolic Steroids**

Unfortunately, many men “self administer” when they want to increase their T-levels. From a medical standpoint, this is pure insanity, and carries all sorts of psychological and physical dangers. Most commonly known as anabolic steroids, these artificial supplements can show short-

term results but also have long-term, sometimes permanent, side-effects, both physical and mental. Large numbers of men who use anabolic steroids display excessively violent outbursts and a generalized aggressiveness that interferes with their daily lives (especially when they are incarcerated for assault!).

There are only four ways to increase T-levels: through replacement therapy, with synthetic supplements like anabolic steroids, with naturally healthful supplements, and through lifestyle changes (typically diet and exercise). Those who want to avoid replacement therapy, and rightly fear anabolic steroids, usually opt for the so-called “natural approach” for increasing T-levels: the use of natural supplements and lifestyle changes.

## **Why Natural Methods are Better than Replacement Therapy**

Not only are natural T-boosters more effective than replacement therapy, but they are safer and cost a lot less. It's easy enough to simply opt for “therapy” when you aren't aware of the more logical, cost-effective alternatives. Hormone therapy, i.e., testosterone replacement programs, usually has lots of negative side-effects. It also attempts to “trick” your body into using a non-natural kind of testosterone. Some studies have shown that the human body is not able to use much of the hormone that the therapy programs are based on. That means lots of wasted money and time, along with some pretty nasty side-effects.

Replacement therapies are certainly not natural, by any definition of that word. Based on the most basic comparisons, natural supplements are far superior to artificial ones (whether that means replacement therapy or anabolic steroids). Injecting fake testosterone into your bloodstream or taking dangerous drugs like anabolic steroids are simply not a wise approach to the problem of low T-levels.

Natural T-boosters have so many advantages over therapy: They are widely available, reasonably priced, and don't contain dangerous chemicals or additives. The little-known fact about natural T-boosters is that they don't contain testosterone. That's actually their main advantage. They work by naturally causing the human body to increase its own testosterone production. There is no artificial testosterone involved at all. In fact, all-natural supplements don't have dangerous side-effects because they don't contain synthetic testosterone.

The body's immune system seems to treat injected and all artificial types of testosterone as chemical toxins, thus the side-effects. Using natural supplements clearly avoids this major problem, and allows the body access to real testosterone, all of which can easily be used. Supplements that contain nothing but natural ingredients are the choice for men who want higher T-levels the safe, smart way.

## **Know the “8 Signs” of Low Testosterone**

You'll sometimes read medical journal articles that speak of the telltale signs of low T-levels. Indeed, depending upon which expert you turn to, you'll often hear of nine, ten, or more signs. Here are the “basic 8,” according to doctors who specialize in treating low testosterone:

- **Mood changes:** Testosterone play a major role in literally hundreds of body processes, so it's no wonder that low levels of the hormone can lead to altered mood, especially the inability to focus, being irritable, and being mildly depressed.
- **Bone loss:** Because T is vital in maintaining proper bone mass, a lower level of the substance leads directly to more brittle, thinner bones.
- **Muscle loss:** While men with low T might not notice a decrease in strength or endurance, there will be a visible loss of muscle mass in most cases of low testosterone.

- **Body hair loss:** If you're over 40, balding is pretty common, so don't judge by what's on top. Look at your facial and body hair to see signs of low T. When you normal amounts of these two types of hair seem to taper off within about a month or less, you might have a problem with low testosterone.
- **Generalized fatigue:** Are you getting plenty of sleep but still feel like you're tired all the time? Do you have a much-decreased will to exercise? These are two common symptoms of low T in older men who otherwise sleep well and exercise regularly.
- **Decreased sex drive:** Testosterone is directly related to the level of sex drive in men, so any changes in T-levels can have an immediate, and noticeable, effect on sex drive.
- **Minimal semen volume:** Another sex-related effect of low T is significantly decreased semen volume. This side-effect of decreased testosterone levels usually rebounds rapidly when T-levels are brought back to normal.
- **Too much body fat:** Because testosterone plays such a major role in body fat storage, low levels of the hormone usually lead to development of breast tissue in males. This is another effect of low T that can be quickly reversed by taking an all-natural supplement.

## **Some Effective, Natural T-Boosting Methods**

The team at [WebMD](#) has suggestions for men who want to boost their T-levels naturally.

- **Include onions and garlic in your meals.** These foods are able to trigger a hormone that can eventually lead to the production of natural testosterone in the body. The direct effect seems to be enhanced sperm production.
- **Eat enough protein, from a variety of sources, based on your age and activity levels.** When you don't get enough high-quality

protein, the body responds in a way that limits the production of testosterone.

- Eat fatty fish like mackerel, tuna and salmon. These types of fish food contain high amounts of vitamin D, which leads to naturally higher T-levels.
- Peanuts, almonds, spinach, and cashews are high in magnesium, a known T-booster.
- Oysters, beans and beef are T-boosters because they contain large amounts of natural zinc.
- Pomegranate juice for breakfast is a natural way to boost testosterone.
- Avoid drinking too much beer, which can directly affect T-levels and also leads to higher production of estrogen in men.
- Avoid plastic bottles for your drinks. The chemicals in plastic are a known T-killer, so opt for glass storage for liquids you regularly drink.
- Working out on a regular basis has been shown to maintain and even increase T-levels in men of all ages.
- Make sure you get enough sleep; otherwise the body goes into a low-level form of “survival mode,” which leads to less T being produced.

## **All-Natural Supplements: The Top 7**

There are now more than 100 natural testosterone supplements on the market, but not all have been clinically tested. The most popular ones have quite a bit of research behind them, are widely available and do a brisk business. People buy these products for many other reasons than to boost testosterone, but that is the goal of lots of consumers who purchase them.

You've probably heard of at least half of these supplements, but maybe you didn't know their role in boosting levels of testosterone in men.

Below is a short summary of these seven all-natural supplements, along with a brief explanation about how they work and how effective they are:

**Zinc:** There is a close relationship between zinc and testosterone in the human body. Perhaps that's one reason that zinc has been called an effective aphrodisiac in ancient literature. Besides assisting with hundreds of other vital bodily functions, zinc has been shown in research studies to help athletes overcome stressful training and restore proper T-levels. It has also been shown to help bring testosterone back to normal for people who have experienced decreases in amounts of T in the body.

**Vitamin D:** Your body produces enough vitamin D if you spend an adequate amount of time in natural sunlight. People who are sedentary and get little sunlight typically have low levels of vitamin D. Studies have shown that men who suffer from low T-levels as a direct result of D deficiency can bring their T back to normal by increasing their daily intake of vitamin D. This is especially true, according to research, for men who previously suffered from a deficiency of vitamin D.

**Fenugreek:** This is one of the few natural herbs which has been shown in research studies to increase libido, overall energy levels, mood, and sexual performance. It is also one of the few substances that appear to be able to enhance sexual function in men who are not even suffering from a T deficiency. Fenugreek is able to prevent the body from converting testosterone into estrogen, an ideal way for keeping T high and estrogen low in men.

**Ginger:** This spice is in millions, perhaps billions, of kitchens all over the world, and has been used as an herbal medicinal for thousands of years. Not only can it boost T in males, but it works as an anti-inflammatory in people of both sexes and all ages. While it has been shown in studies to assist T production in men with low levels of the hormone, there has not been much research on ginger as a T-booster in healthy men. In any case, ginger is very good for you for all sorts of

reasons, and should be a part of a person's daily diet.

**Ashwagandha:** This is not a city in Mongolia, but a powerful Indian herb that has been around since before recorded history. It is world-famous as a home treatment for high stress and elevated anxiety levels in adults. Technically, it's called *withania somnifera* by Western scientists, but whatever you call it, the herb's role in testosterone boosting is backed up by clinical research. Ashwagandha appears to be able to reduce the body's production of stress-causing cortisol, and thereby produce an increased T-level.

**Tribulus Terrestris:** Another ancient herb, tribulus has the potential to improve the human sex drive and promote better sperm health. In men who suffer from low T-levels, tribulus can deliver an overall improvement of general sexual function.

**D-Aspartic Acid:** Meat, eggs, dairy, and poultry contain this important T-booster which indirectly helps the human body by assisting in the production of hormones that help with T-production. For men who are suffering from low T-levels, just a few grams per day, either from natural food sources or as a natural supplement, can help restore sexual function.

## **The 31 Best Ways to Naturally Boost Testosterone**

If you're in search of a short "encyclopedia" of T-boosting methods, all of which are natural, by the way, here it is. A few of the approaches were mentioned briefly in the above sections, but the following list is the definitive log of 31 ways to a better T-level. Note that you might not want to try all 31 at once, or ever, but at least you'll have all the methods in one handy file for future reference.

**Resveratrol:** This supplement is in grapes, but unless you want to eat

several pounds of them every day of your life, you'd be better off with a natural resveratrol supplement. The best part is that this supplement is available practically everywhere and is inexpensive.

**Broccoli:** Eat this even if you don't like it. It contains substances that help the body decrease the amount of estrogen it produces and increase the production of T. It can even maintain high levels of T if you are lucky enough to "suffer" with them. To get the most out of your broccoli, eat it raw or lightly steamed.

**Cut down on tuna:** Many health enthusiasts love their canned tuna, but the stuff contains high levels of mercury, which can mess with your T-levels. Substitute non-canned fish like salmon and others that are not notorious for having mercury content.

**Eat meat:** Fiber and soy are both high in vegetarian diets, which tend to lack T-boosting foods like meats, eggs and poultry. Unless you have to avoid meat for religious reasons, try to include it in your regular dietary regimen.

**Forskolin:** This herb has the ability to boost T, improve overall mood, and enhance one's general energy levels. Many all-natural T-boosting supplements contain it.

**Three squares:** Some research has shown that "grazing," or eating several meals per day, can decrease T and growth hormone. By eating just three meals per day, you have a better chance of elevating T and growth hormones in your body.

**Use olive oil instead of dressings:** Using just a teaspoon or two of olive oil on salads is an easy, delicious, and smart way to boost T-levels and aid your body's natural ability to use cholesterol.

**If you diet, do it very slowly:** The body appears to decrease T production when you have too much fat or when you go on too stringent

of a diet. If you have pounds to lose, the best approach is to lose them slowly, no more than one or two each week, in order to maintain proper T-levels and eventually get the fat off. Losing the fat will also help boost testosterone production. Slow dieting, when you have fat to lose, is a win-win.

**Use onions instead of sauces and added sugars in recipes:** As noted above, onions are a natural way to enhance T production. They pack even more of a punch when paired with a high-protein dish like steak or fish.

**Avocado wins three ways:** It contains vitamin E, “good” sources of fat, and boosts testosterone naturally while at the same time cutting production of estrogen in men. Many couples who are trying to conceive have been known to swear by adding avocado to the man’s regular meals. Apparently there are lots of “avocado babies” out there somewhere.

**Do bench presses:** Yes, all weight training is good for you, but in the case of T, bench presses are the best there is. For some reason, upper body iron-pumping has a more profound effect on T-levels than squats or other, lower-body weight exercises. So, hit the bench and get your T up!

**Lift smart:** This is a short way of saying; don’t use lifting routines that take you total failure. Always have one or two reps left in you when you stop. Lifting to total failure seems to wear the body down so much that it has a negative effect on T production.

**Full-body lifting is the way to go:** Yes, upper-body workouts are the single most effective way of raising T, but for your regular workouts, try to hit every major muscle group each time you go to the gym. This might not fit with the old “uppers one day, lowers the next” system, but it is the best way to elevate T to its natural maximum.

**Saturated fat:** Realize that saturated fat is the very building block of

testosterone and you'll be on the way to having a healthy attitude toward this once-reviled food. As long as you keep your total fat intake at about 30 percent of your daily calories, with about one-quarter of your fat from saturated sources, you'll be on the road to higher T.

**Lose excess fat, especially if it's in your midsection:** Excess fat causes the body to produce estrogen, which subsequently leads to decreased T. Excess fat has the added disadvantage of causing poor mood, preventing optimal muscle development, and decreasing sexual performance. As noted above, if you have fat to lose, do it slowly.

**Decrease your sugar intake:** Perhaps the single worst food you can eat if you want to increase testosterone is sugar. In fact, whenever you down a sugary food item, your body responds immediately with a lower T-level. How's that for bad karma! Sugar is perhaps the one thing we all could cut down about 95 percent, so if you are searching for a natural way to boost T, here is one you can implement right now. End the sugar!

**Don't smoke:** Smoking makes it very difficult for the body to build or maintain muscle, which directly affect T-levels. It's also bad for your lungs and heart.

**Say no to soy:** Soy is a popular protein supplement, but it is a terrible thing to consume if you want to boost testosterone. Soy actually helps the body produce estrogen, a natural "enemy" of T in a man's body. So if you want a protein supplement, remember that there are many others besides soy.

**Eat hazelnuts, pecans, and almonds:** Other nuts are good too, but these three are especially effective when it comes to building muscle and gaining the good kind of fat your body so desperately needs for optimum health. Any man interested in boosting testosterone should include nuts in his diet every day. The nut butters are an alternative if you prefer them, but make certain that you purchase the "natural" ones that don't contain high quantities of added sugar.

**Eat grass-fed steak:** When you consume grass-fed steak, your body is getting omega-3 fats, carnitine, and coenzyme Q10, all which assist the body in its natural production of testosterone.

**Watch carbohydrate timing:** By consuming the bulk of your daily carbs before and after a daily workout, you'll be maximizing their ability to get you through a tough routine and helping to release as much T as possible during the exercise session. For the rest of the day, minimize the carb intake and concentrate on protein and healthy fats instead.

**Eat oranges for breakfast:** Vitamin C, especially when taken in your first meal of the day, helps T production by reducing cortisol in your bloodstream. Oranges have lots of other health benefits, of course, so eat two if you want, and maybe even have one with your lunch or dinner.

**Use ZMA:** If you want to improve your quality of sleep and elevate natural T-levels, this combo of zinc, magnesium and B6 is a potent addition to your daily health program.

**Drink herbal tea instead of extra coffee:** There's nothing wrong with a cup or two of coffee, but excessive coffee-drinking can boost cortisol levels, which we already know are T-killers. So try to substitute an herbal tea for those extra cups of coffee. You'll have a better night's sleep as well.

**Eat celery:** This inconspicuous vegetable helps with body hydration and increased T production. To make it less boring, try adding a dab of nut butter to a couple of slices and having them as a high-protein snack instead of junk food.

**Hit the HIIT workouts:** For the purposes of high T, you want to avoid those low-intensity cardio workouts like the plague. The way to boost T is with high-intensity-interval-training.

**Eat the right amount of fiber:** We need fiber but too much of it can tear down our body's natural levels of T. So for an average-sized male who is in good health, you should aim for about 30 grams of fiber per day. We're not dissing fiber here, far from it. In fact, there are plenty of high-fiber foods that boost T. But overall, too much fiber is not a good thing, so go for 30 grams a day and rest easy.

**Go for the OM:** Regular meditation effectively reduces stress, which reduces cortisol levels, which in turn boosts T. It's as easy as that, and will also have other positive effects on your life, if billions of regular meditation enthusiasts are to be believed.

**Choose certified organic foods:** By avoiding chemical additives and unnatural substances, you'll be eliminating one of the major sources of T-killing foods. The added benefit is that organic foods taste better and have dozens of other health benefits.

**Eat chocolate carefully:** Opting for dark chocolate with high concentrations of cocoa and low amounts of sugar can be a smart thing to snack on, as long as you don't eat too much of the stuff. Look for "raw chocolate" and you'll know that you're getting an effective T-booster that also contains a healthy dose of minerals, antioxidants and vitamins.

**Eat grapefruit as a dessert:** After a meal, grapefruit is the ideal T-booster because it works directly to decrease estrogen production. Plus, grapefruit is very low in sugar and carbohydrates, which makes it almost the perfect citrus fruit to have after a regular meal.

## **Extra Resources for Learning More about Boosting T-Levels**

Here are some additional places you can find out about how testosterone helps the male body stay healthy, what happens when levels go too low,

and how to naturally boost them via diet, exercise and lifestyle changes.

- For a quick overview and basic grounding in all things testosterone, particularly the causes, symptoms and treatment for low T-levels in men, [WebMD](#) has a terrific tutorial on the topic, written by physicians who specialize in the treatment of low T conditions.
- If you feel like watching a fascinating documentary on this topic, an award-winner in the category is called [“The Disappearing Male.”](#) It examines all the possible culprits in our everyday environment that could be contributing to lower T-levels in men. In addition to food-additives like hormones, the documentary seeks answers about widespread testicular cancer rates, low sperm rates, and various types of sperm dysfunction that are now commonplace. Disturbing, informative, and at times shocking, this film should be seen by anyone concerned about the detrimental effects that environmental pollution can have on T-levels in otherwise healthy men.
- An equally engrossing entry on this list is a book by well-known athletic trainer Matej Kacvinsky, [“Naturally Boost Your Testosterone.”](#) In it, the author describes a complete lifestyle program for boosting testosterone levels. He explains 22 different methods that can have a positive effect on the body, from exercise routines to dietary plans, all of which can work for anyone willing to try them. Kacvinsky’s long experience as a bodybuilder allowed him to use his own body as a testing ground for all sorts of T-boosting methods, some of which worked and some of which didn’t. After a long process of figuring out what was valid and was not, he put the best methods into this little book. Any male who wants to try out some of the most doable methods for upping their testosterone numbers should give this book a look.
- One more for the bookshelf, and a true page-turner for those who

seek out natural T-level approaches, is a book by Edwin Carlisle, [“Testosterone.”](#) There’s a little something for all “natural testosterone” enthusiasts in this intriguing book, which features chapters on a “testosterone diet,” foods and chemicals that are “testosterone killers,” how to understand your test results, how exercise can play a vital role in level-boosting, and why high T-levels are a smart goal for men of all ages.

## **“Test,” the Most Important Part of Testosterone**

Any man who suspects that he has low T-levels should get tested. After that, it’s important to understand exactly what your numbers mean. Are they low for you, too high, or just right? Getting tested again, after several months into a testosterone-boosting program, is also a good idea. You can see whether you’re making any progress, will have enough time to determine whether you feel better, and most importantly, will be building a documented history of your progress.

Unless you decide to go the replacement therapy route, you will likely be taking a close look at natural supplements and lifestyle approaches. Each method has been shown to give positive results, and most men who use one also incorporate the other into their general T-boosting program. Always speak with your physician before beginning a new diet, new exercise regimen, or start taking any type of vitamin or supplement. The above information is for educational purposes only and should not be taken as medical advice. For that, you need to see a professional health care provider, preferably your own doctor.