A close-up photograph of a couple embracing. The man is shirtless and muscular, with his arms around the woman. The woman has long dark hair and is wearing a black top. The background is a soft, warm light. The text is overlaid on a semi-transparent grey box.

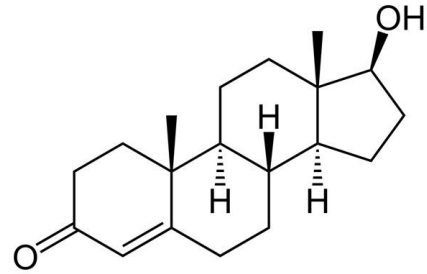
9 Ways to Naturally

Raise Your Testosterone

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9 Ways to Naturally Raise Your Testosterone

Testosterone is pretty damn important. It's what makes us men. It's an important hormone and your hormones control a lot of what goes on within your body. Women have testosterone too but typically it's 1/20th - 1/30th of what men have. Men also have estrogen, which is the main female hormone, just in miniscule amounts.



Higher testosterone levels are associated with more muscle, better fat burning, improved mood, better sleep, a killer libido, higher energy—basically, a better life. Think Alpha Male. Men with low testosterone tend to be overweight, weaker, more depressed, less energetic, and a sex life that leaves a lot to be desired.

When a man is in his 20's his testosterone is at its peak, in his 30's is when the slippery slope begins. Studies have shown that men average about a 30-50% decline in testosterone between 25 and 75. There are a lot of things that we do, unknowingly, that accelerate the rate of decline.

Normal Testosterone Levels Chart

Total Testosterone	Description
300 – 1050 ng/dL (10 – 36 nmol/L)*	Normal Testosterone Levels

Free Testosterone	Description
5 – 21 ng/dL (174-729 pmol/L)**	Normal Free Testosterone Levels

The above chart shows the “normal” testosterone levels for males. This is such a wide range and does not mean you are optimal if you're in this range. You want to be on the higher end of this range regardless of your age. While testosterone declines in our 30's there are a lot of ways we can combat the decline and even increase testosterone. I'm 32 and I managed to raise mine from 667 to 886 (over 25% INCREASE) in less than a year by following the tips in this guide.

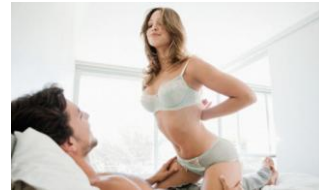
Sleep



Our endocrine system produces the majority of our hormones while we sleep. Do you see why this is the first one on the list? Getting 8-10 hours of sleep is crucial for optimal testosterone levels. Time and time again scientific studies are proving sleep is important in order maintain peak testosterone levels ([Study](#), [Study](#)). Men who sleep 8 hours or more had more than DOUBLE the testosterone of men who only got 4 hours of sleep per night. Just a few nights of poor sleep is enough to have a serious impact on your testosterone levels. So hit the hay early and get a good night sleep.

Sex

Men who have more sex have higher testosterone levels. So go get laid. Any questions? Ok then. ([Study](#), [Study](#), [Study](#), [Study](#))



Lift Heavy

There's plenty of scientific evidence that heavy resistance training boosts your testosterone levels. One [study](#) tested 23-65 years olds after a 12-week resistance-training program it showed that both HGH and Testosterone levels were increased for all ages however; the younger subjects experienced a more dramatic increase.



Another [study](#) measured the amount of hormones released during the concentric and eccentric contractions in young males. The participants did four sets of 12 reps of bench press, military press, leg extension, and leg curl at 80% of their 10-rep max with 90 seconds of rest in between. The study collected blood samples before and after exercise and it showed a significant increase in testosterone, free testosterone, and growth hormone.

The big lifts: bench press, pull-ups, squats, deadlifts, and military presses will give you the most bang for your buck because they use the most muscles at one time which gives a greater hormonal response.

Ditch the Plastic

BPA's (Bisphenol A), a chemical in plastics, leaches into the food and liquid in plastic containers and gets into our bloodstream. This is bad. Really, really, bad. BPA's are endocrine disruptors, which means they mess up your hormones. Most companies are now coming up out with "BPA Free" products but that's just a marketing ploy. They replaced BPA in most cases with BPS (bisphenol S) another chemical just like BPA. So it's best to avoid all plastics.

Here's a list of ways you may be unknowingly exposed to BPA chemicals:

- Plastic water, soda, juice, etc. bottles
- Canned goods (it's often in the lining of the can)
- Plastic cups and utensils
- Paper plates with designs on them, receipts, plane tickets, etc. (anything printed on demand contains high levels of BPA and will get into your bloodstream)
- Keurig K Cups – blasting hot water through plastic will surely get BPA's in your drink.
- Some Dental sealants contain BPA
- Wine – Wines where the grapes ferment in containers lined with plastic have high levels of BPA's.



Use glass or metal containers when you can and stay away from the items above.

[\(Study, Study, Study\)](#)

Lose Your Gut



Obesity and testosterone are directly related. The fatter you are the less testosterone you will have. The less testosterone you have the harder it is to lose weight and build muscle. It's a vicious cycle. Lower testosterone levels and obesity also put you at much higher risk for metabolic syndrome, diabetes and cardiovascular disease. Serious stuff. A recent study of over 1,800 men verified that low testosterone levels were 40% higher in obese men. Lose the gut

and get your testosterone levels up.
([Study](#), [Study](#), [Study](#), [Study](#), [Study](#))

Drink Less Booze

I don't care if you get banged up on the weekends but your body does. Alcohol has a lot of negative effects on your body, health, brain, and workouts. I'm not going to jump on a soapbox about it but here is a list of how drinking affects your workouts and lowers your testosterone.



- Lowers testosterone and increases estrogen
 - Testosterone is extremely important for building muscle.
- It causes dehydration – Your kidneys must filter very large amounts of water to break down the alcohol. As we learned above, water is crucial to our muscles and performance. Have you ever tried working out after a night of drinking? It probably wasn't your best workout.
- Depletes your body of vitamins and minerals- Consuming alcohol causes vitamins A,C, the B's, calcium, zinc, and phosphorus to be drained at rapid rates. Vitamins and minerals are important for every chemical process in the body including testosterone production.
- Increased fat storage- 7 empty calories per gram. More fat = less testosterone.
- Halts fat burning – Your liver plays an important role in burning fat. Your liver is also responsible for detoxifying your body. When you consume alcohol, your liver stops burning fat and immediately starts working to remove the toxic alcohol from your body.
- Negatively effects protein synthesis – Alcohol slows the process of amino acids turning into muscle by 20%. This means less muscle. This doesn't directly affect testosterone but it sucks so I figure I'd mention it.

([Study](#), [Study](#), [Study](#), [Study](#), [Study](#))

The Right Supplements

There are a few key vitamins, minerals, and herbs that your body needs for optimal testosterone production. There are also a lot of magic potions and snake oil salesmen when it comes to the supplement industry. So make sure that you not only research the supplement but also the company that produces them. The FDA does not regulate the supplement industry and there is a lot of crap on the shelves. There are third-party verification seals such as NSF and GMP that test supplements to verify what is on the label is actually in the product. I've spent a lot of time researching and I personally take a lot of supplements. The following are supplements and brands that I highly recommend and believe in:

[Multi-Vitamin](#) – The first key is to cover all your bases with a good quality multivitamin. Nutritional deficiencies can ultimately lead to dysfunctional hormones and less than desirable testosterone. Many vitamins, specifically Vitamin A ([study](#)), Vitamin D ([study](#)), and B Complex ([study](#)), have important roles in testosterone production.



[Magnesium](#) – Various studies show that a deficiency in magnesium is directly related to lower testosterone levels. Magnesium is also responsible for over 300 chemical processes in the body and also one of the most common deficiencies in American adults. Approximately 80% of the population is deficient in Magnesium. ([study](#), [study](#), [study](#), [study](#))

[Selenium](#) – Stimulates glutathione, often referred to as the most important antioxidant, is increased by taking selenium. Selenium is tough to get from food sources unless you eat a lot of salmon, tuna, sunflower seeds, or Brazil nuts. Brazil nuts are by far the best source and have approximately 10x more selenium than the next highest food. ([study](#), [study](#), [study](#))

[Zinc](#) – Zinc has a direct impact on testosterone production and being Zinc deficient is a hormonal disaster. Zinc is one of the most important minerals for healthy testosterone levels. ([study](#), [study](#), [study](#))

[Boron](#) – There hasn't been much research done on this trace mineral as it relates to testosterone. However, I found 2 studies confirming that it is responsible for boosting testosterone levels. One human [study](#) showed that a 6mg of boron supplementation for 60 days increased free testosterone by 29%. Another human [study](#) showed 10mg for 7 days had a 28% increase of free testosterone.

[D-Aspartic Acid](#) – This amino acid works in the brain to create a release of hormones such as luteinizing hormone, follicle-stimulating hormone and growth hormone. ([study](#), [study](#), [study](#))

[Forskolin](#) – This herb is actually marketed as a fat burner, but has a potent testosterone boosting effect. A [study](#) on 30 obese males showed that a 250mg dose of 10% Forskolin extract 2x a day for 12 days had a 33% increase in testosterone compared to a similar group that were given a placebo. Many studies have also been done in vitro (test tube) that have shown its benefits, as well.

[Mucuna Pruriens](#) – Also known as Velvet Bean it is an Indian herb that dates back thousands of years and has been used as a sexual tonic. Mucuna Pruriens is the richest known source of L Dopa, which is a neurotransmitter and precursor for dopamine. Increased dopamine leads to increased production of testosterone because it reduces prolactin (a female hormone). A human [study](#) of 150 men revealed a 27-38% increase in testosterone from supplementing with 5g mucuna pruriens for 90 days.

Disclaimer: If you decide to purchase one of the products I recommend I may receive a small commission. These are all products that I currently use myself and my friends and family take. I would NEVER recommend, promote, sell, or be involved with anything I don't believe in 100%.

Eat More Fat

Yes. You read that right. More fat! That means bacon and butter are back! Keep in mind you can have too much of a good thing, but for optimal testosterone levels you need to eat at least 1/3 of your calories from fat. Now there are a few different types of fat and they aren't all created equal.

Polyunsaturated Fats – Omega fatty acids (3,6,7,9) – sunflower oil, canola oil, soybean oil, margarine, light spreads, etc

Monounsaturated Fats – Olive oil, peanut butter, almond oil, macadamia nut oil, avocado oil, etc.

Saturated Fats – Red meat, butter, coconut oil, dark chocolate, egg yolks, dairy



This [study](#) showed that diets high in both saturated and monounsaturated fats significantly increased testosterone levels.

According to this [study](#), vegans have much lower testosterone levels because they don't eat many saturated fats.

Another [study](#) compared two elite level hockey teams whose diets were 30% fat/55% carbs and 40% fat/45% carbs and the team with the higher fat diet had higher testosterone levels across the board.

Eliminate Sugar



Aside from being addicting, having no nutritional value, creating inflammation, and making you fat...excess sugar consumption leads to lower testosterone levels.

Multiple studies ([study](#), [study](#), [study](#)) showed that testosterone levels drop after ingesting glucose (sugar). This is reason enough to cut out excess sugar. Eating sugar leads to a vicious cycle of inflammation, weight gain, and lower testosterone

Final Thought

Men's testosterone levels have been dropping consistently for the better part of the last century. The combination of high stress, poor sleep, crappy diet, and lack of exercise has created a society of low testosterone beta males, with very few true Alphas males left. By following the 9 tips outlined in this guide you'll start cranking up your testosterone levels, muscle building, fat burning, and sex lives!



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