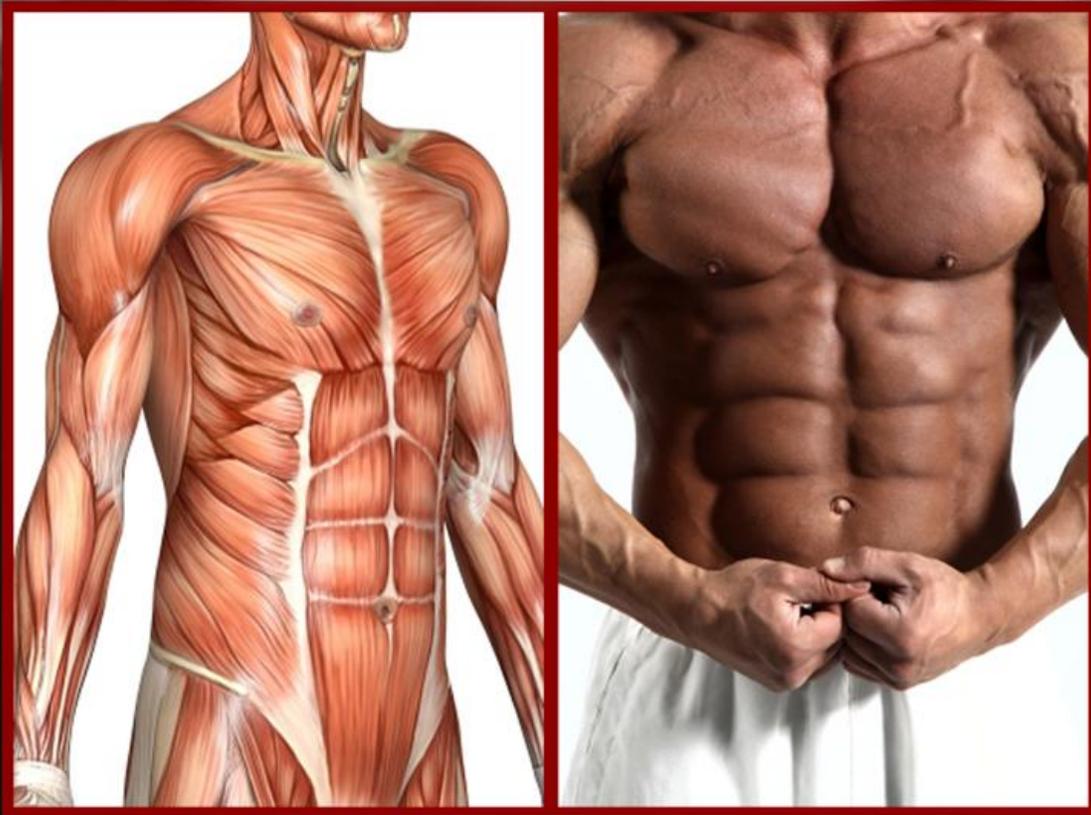


31 DAY TESTOSTERONE PLAN

*Increase Libido, Virility and Muscle Tone
All Naturally In 1 Month*



By Mark Wilson

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Introduction

I created this **31 Day Testosterone Plan** course because I know for a fact that a man can't be happy with low testosterone.

It's impossible.

Underperforming testicles will always produce less testosterone than your body needs.

And trust me, a low T man isn't a happy man.

How could he be when his sex drive, muscle mass, erections and motivation to take on life all disappear?

In short, he can't.

But I need to warn you....

I don't subscribe to medical man's slash and burn techniques.

So there will be no tips on the latest testosterone replacement product that will only destroy your testicles...

No discussions about drugs that will chemically castrate you.

Or apologies for the negative side effects that BOTH of these things will bring down on you.

Nope, we're going to do this instead...

Starting now I'm going to begin teaching you how to boost the production of testosterone in your body.

And..

Increase the size and weight of your testicles - using entirely natural methods.

And your job? You need to make the commitment to say with me **and** to take action.

Because nothing will change in your life if you don't act. But I promise, I'll make this as easy on you as possible.

Sound good to you? Excellent.

Here's your first task:

Do a careful inspection of your testicles before you move on to the next chapter.

Your goal is to have a good feel for the size and weight of your package.

If you're the analytical type, feel free to take measurements if you'd like.

But this step isn't necessary...

Task number 2:

Monitor your progress each morning and each night before you go to bed.

And don't be too concerned if they're a bit smaller at night than when you first wake up.

This happens to all men because testosterone levels are highest in the early morning hours.

But if they don't grow while you sleep. Or even worse, if they shrink, you're either not taking action or you're doing something wrong.

If you hit this roadblock, slow down, go back to chapter one and start over.

Task number 3:

The next time you ejaculate, take note of the volume.

Your ejaculate is going to increase dramatically in the coming days and weeks and we're going to use this to monitor your progress.

One final thing I need to mention...

I provide links to several different supplements and products in the chapters below.

If cash is tight, don't feel like you need to go out and buy them all at once. There's plenty you can do here without spending a dime.

So I suggest you pull the trigger on these when you have the disposable income.

There's enough info below to keep you busy for quite a while, so no need to rush this.

Let's move on to the first chapter...

CHAPTER 1 - Reduce Chemicals Now

If you want to increase your testosterone, the first thing that you need to do is get rid of all the chemicals in your body that are causing your T to plummet.

And there's no question that many common chemicals you are exposed to every day are making your testicles produce less testosterone than they should be.

So, where do all these harmful substances come from?

You'll be surprised to find that they are just about everywhere. In the food you eat, the air you breathe and the products you smear on your body without even thinking about it.

If you really do want higher levels of testosterone then your first step and absolute priority has to be to get rid of these harmful substances.

And remember...

If you don't make the effort to get the chemicals out of your system now, the rest of your hard work will be wasted. In essence, you'll be fighting this battle with one arm tied behind your back.

So what you need to do is detox first *before* you move onto the rest of the material below.

Now, a detox may sound like something your girlfriend might do on an expensive spa trip, but what the word really means is detoxification, or the removal of harmful substances.

This is exactly what you are doing when you eliminate these chemicals from your life and we'll dig into how to do this in a minute...

But first, let's review a couple of important points.....

Testosterone is the hormone in men that is responsible for the development of male sexual characteristics, including penis and testicle size.

It also contributes to libido, sperm production, and many other masculine characteristics.

It increases in the body just before puberty, and leads to the growth spurt, genital development and other changes you experienced once you hit puberty.

Testosterone is also needed for maintaining muscle mass and strong healthy bones.

But many men today have suboptimal levels of testosterone, so it's no wonder their testicles are much smaller than they should be.

And this low testosterone has a wide range of other unpleasant effects on the body, some of which are more noticeable than others.

A decline in sex drive is probably the first thing you will notice, especially if you have always had a high libido.

Less obvious signs of declining testosterone include fatigue, muscle weakness, depression and less motivation to go after life with gusto.

If you've been hit by several of these symptoms, then you probably do have low testosterone.

Especially if you've also noticed a change in the size of your testicles, have gained weight, or are often moody, irritable or unmotivated.

Now here's the important point:

Many common chemicals found in your environment cause your testosterone levels to go down and these are most often found in processed foods, cleaning products, pesticides and cosmetics.

Some of the worst chemical offenders include...

- Bisphenol A.
- Parabens.
- Phthalates.

So how do you avoid these?

Let's take a close look at each one and talk about the defensive steps you can take to reduce your exposure...

Bisphenol A:

This agent is found in plastics and many other manufactured items.

Recently it's been extensively investigated by the Food and Drug Administration due to concerns about its safety, and as a result, it was banned from use in a wide range of children's products, particularly bottles and drinking cups.

And if you think about it, if it's dangerous for children it must be dangerous for us adults too, right?

Consider this....

Chinese workers who manufacture this chemical are four times more likely to suffer ED...

And they're seven times more likely to have difficulty ejaculating. So yes, it's important that you remove this stuff from your life.

Avoiding bisphenol A isn't always easy, as it is one of the most common components of food packaging, and it can easily leach out into your food.

But it can be done.

Plastic bottles, soft drink containers and canned goods usually contain BPA. It can also be found in durable paper products such as labels, cash register receipts and tickets.

That fine powdered coating you feel on the receipt from the grocery store is made with Bisphenol A and these receipts can contain up to 1000 times more BPA than the amount found in a canned good.

So it's a good idea to avoid handling these when possible

Another smart move is to cook your own food, from real, whole ingredients.

In other words, your chicken soup should come from a real bird and real fresh vegetables you buy at the grocery store.

Not from a can lined with BPA, loaded with MSG, excess sodium, artificial colors, soy bean oil, artificial flavors and preservatives.

If you drink canned beverages, drop the habit, and switch to beverages packaged in glass bottles.

Polycarbonates plastics also contain BPA, so you need to take steps to avoid these as well. Polycarbonates are easy to spot because they're typically rigid and transparent in nature.

If the letters PC are stamped on the product, you've got a polycarbonate on your hands.

Plastics with the recycling label #7 are often, but not always polycarbonates.

If you want to play it safe, just assume you've got a BPA container whenever you see the recycling label #7 on a plastic product.

Next...

Metal water bottles may seem like a safe alternative to plastic, but they are usually lined with a plastic coating that contains BPA as well.

So you need to look for bottles clearly labeled as BPA free.

Trust me; if a company went to the effort to produce a product without BPA, they are definitely going to tell you about it.

So keep your eyes open for that BPA free label.

Parabens:

Parabens are xenoestrogens, meaning they mimic estrogen in the body leading to lower testosterone levels and testicular atrophy.

You can reduce your paraben load by checking the ingredient labels on food and cosmetics packages for the following items....

- Methylparaben
- Propylparaben
- Butylparaben
- Benzylparaben

These are the most common names used to describe parabens.

You'll find them occasionally on food labels, but about 85 percent of cosmetics contain them.

The best way to avoid them is to use natural "Paraben Free" cosmetic and personal care items.

There's a big market for these items now that the dangers of this substance have become well known, so they're fairly easy to find.

Make the transition to these clean products and you'll dramatically reduce your paraben load.

Phthalates:

Animals exposed to Phthalates don't follow normal patterns of sexual development. Their genitals don't develop properly and their testicles are undersized compared to animals not exposed.

So it's important that you avoid this endocrine disrupting chemical.

About 80 percent of all phthalates in the United States are used as plasticizers and softening agents in vinyl products.

So when you must use plastics, look for items with the recycling codes 1, 2 or 5 and avoid plastic with the recycling codes 3 and 7, as these almost always contain Phthalates.

Also, any item with a strong fragrance smell will also likely contain the substance.

So cosmetics and household products with a strong, fake scent should always be avoided.

When it comes to plastics, your best bet is to avoid them whenever possible and NEVER heat your food in a plastic container.

Also..

Eat organic produce, meat, and dairy because phthalates are used in the pesticides sprayed on human food and in the feed given to cattle.

Now let's summarize what we've learned so far:

Pay attention to the chemicals you come into contact with on a daily basis.

These agents can mimic estrogen in your system, which can shut down T production and atrophy your testicles.

Substitute natural products for those loaded with harsh chemicals. Pay attention to your soap, shampoo, cologne, deodorant and other personal care items.

Also work to reduce your exposure to household cleaners, paints, gasoline, chlorine and exhaust fumes.

You should also make your own food at home more often than not. And avoid packaged foods and items sprayed with pesticides.

And finally, stay away from plastic whenever possible.

You'll never get them out of your life entirely, but you can reduce exposure enough that their impact on your testicles will be minimal.

Once you've done this, your body will be ready for the information coming next.

So make it happen :)

CHAPTER 2 - Foods To Improve Testosterone

Could you stand to lose a few pounds?

If so, this chapter is going to change the way you look at those pounds forever.

So please, read every single word of this chapter, your hormonal health depends on it.

Let's get started...

Excess body fat does some brutal things to your testosterone - estrogen ratio.

And just to clarify...

Testosterone = manhood. And estrogen = female-hood.

And the problem is, excess weight shifts your body toward the female-hood side of things.

I know this sounds extreme, but there's no arguing this point. This has been verified by science and it's a fact.

The agent responsible for this male to female hormone switch is called aromatase, a nasty little enzyme that lives inside your fat cells.

And it has one primary mission...

To turn as much of your testosterone into estrogen as it possibly can.

Now here's the big thing...

Your fat cells create 90% of the aromatase inside your body.

So the more fat you have, the more aromatase your system is going to produce.

And more aromatase means more estrogen. And less testosterone circulating in your blood stream.

So what happens when you allow this to run wild?

You'll be hit hard with the following:

- Low sex drive
- Shrinking testicles
- Expanding breasts.
- Erection problems

- Feminine weight distribution
- Reduced ejaculation volume

In essence, you'll turn into more of a woman than a man, hormonally speaking.

Don't believe me? Then consider this...

The average 55 year old man today has more estrogen than the average 59 year old woman.

And that's another verified fact.

But this doesn't happen to every single man out there. And it doesn't have to happen to you.

You can put the brakes on this negativity. And it's not that difficult to do.

Let me explain...

First off, you don't have to be perfect. A fitness model body is not required here.

You simply need to be heading in the right direction...

Your body fat should slowly be going down. And your muscle mass should slowly be going up.

It's no more complicated than that.

Do this one thing, and your aromatase will start declining instantly. Once this happens your estrogen will start going down too...

And this will be testosterone's cue to start going back up again.

Get going with this and your body will begin to shift....

Away from female-hood. And toward manhood.

And remember...

Diet will take you to this place faster than anything else. Even more so than exercise.

So read the following information very carefully because it's powerful.

Goal number one:

Maximize your fat soluble vitamin intake because your testicles use these vitamins to synthesize testosterone.

Goal number two:

Reduce your intake of foods that promote fat accumulation.

Goal number three:

Time carbohydrate intake so your body uses these carbs to fill muscle glycogen stores and manufacture hormones while you sleep.

I will summarize these before moving on to the carb loading technique.

1. Eat like a caveman 90% of the time
2. Limit modern processed foods
3. Control alcohol consumption
4. Remove wheat and other glutinous grains from your diet
5. Stop eating high fructose corn syrup, refined sugar, hydrogenated fat and liquid vegetable oils (especially soy).

In short, think about what you'd find to eat if you we're dropped off in the wilderness with a spear and nothing else....

Examples include meat, fruit, vegetables, nuts, seeds, and eggs.

Make these foods staples of every meal you eat except for your once daily carb load.

Now let's move on to the fun part....

Carb Loading Instructions:

This information is not included in the videos, so it's essential you read this section carefully.

Here's the plan...

Your first two meals of the day should consist of the paleo type foods discussed above.

Limit carbs in both of these meals to no more than 40 grams...

Read the sentence above again because it's really important you do this because if you exceed this number, it will impair your body's ability to burn fat for the rest of the day.

Next....

Your final meal of the day is when you want to start loading carbs.

On days where you train hard, eat carbohydrates for dinner and continue eating them until you go to bed.

You can maximize the effectiveness of this load if you exercise in the late afternoon or early evening just before you enter the carb load phase.

If you must exercise in the morning, take in 30 grams of carbs and some protein post workout.

Then follow the evening loading instructions above.

On non-training days, limit your carb load to one small meal just before bed.

About 150 grams of carbs on these non training days is the sweet spot for most men.

But you may need to tweak a little bit to get this number just right.

Here's how:

If you wake up in the morning bloated, puffy and tired with low sex drive - you took in too many carbs the previous night.

Acne is another clue that you took in too many, because the insulin spike caused by this excess will lead to eruptions.

On the other hand..

If you wake up feeling lean, more muscular and horny, you got the carb load just right.

So monitor things closely until you dial this number in.

Now let me explain why this technique works so well....

When you consume more carbs than you burn, your blood sugar is high much of the time.

Which means your insulin is high much of the time too because your body releases insulin to bring your blood sugar levels back down.

Now here's the problem - and the opportunity:

If you're NOT burning off the carb calories you eat, insulin immediately stores them as fat.

If you ARE burning off the carb calories, insulin immediately stores them inside your muscle.

This is insulin's primary job. To shift your calories toward fat or toward muscle storage.

And your **Carb Intake to Carb Burn Ratio** is going to determine where those calories are going to go.

Now here's where things get sweet...

This insulin-carb-muscle process is *Anabolic In Nature*.

So once you get it right....

This process stimulates several other steroids inside your body...

And this steroidal activity occurs just as you head off to bed to fall into a deep, coma like sleep...

Which gives your body plenty of fuel so it can begin the *VITAL* rebuilding process that should occur every night while you sleep...

Rebuilding that involves human growth hormone, luteinizing hormone and testosterone.

And since these anabolic hormones are involved, your testicles are part of this process.

Because steroidal activity cannot happen without them.

This explains why your testicles should *ALWAYS* grow while you sleep.

And as mentioned earlier, if they're not, you need to slow down, back up and start all over again.

Execute this and you'll begin the shift away from female-hood, toward manhood..

Because you'll be placing your system into a highly anabolic state every night while you sleep.

And as long as you continue to load your carbs properly - you'll stay that way.

This is a very powerful technique. So make sure you do it.

CHAPTER 3 – The Blakoe Ring

There are many different ways you can increase testicle size and function and today we're going to talk about one of the most unique.

It's called the Blakoe Ring and its effects on sexual function and testosterone production were discovered completely by accident.

The Blakoe Ring, named after the doctor who invented the device, was originally created as a cure for incontinence in older men.

If you're not sure what incontinence means, it's a loss of bladder control which often happens to elderly people.

The original device was first used in the 1950s and Dr Blakoe's patients found that it was very effective at reducing their symptoms of incontinence.

However, this cure came with a pleasant and unexpected side effect.

These older gents all of a sudden became horny again once they started wearing it, so this device was doing much more than just eliminating the need for adult diapers

It was impacting hormone production in the testicles and it was also improving erectile function in these elderly gents.

In order to understand why this was happening let's drill down and take a close look at how this device works...

The Blakoe Ring is basically a small plastic tube with two metal rods inserted inside the tube.

Once put together, it forms an oval shape which easily slides over the top of the penis and underneath the testicles.

Once you put it on the two metal rods inside the plastic tube react to one another, which creates a small amount of electric current.

So small in fact, that you won't even feel it.

In essence, the device acts as a natural battery which stimulates your testicles as long as you're wearing it.

This occurs because your skin is naturally moist, and the groin even more so than most other areas.

And your sweat is slightly salty and salt water conducts electricity much more than plain water does.

So the current it puts out is perpetual once the device is exposed to this sweat.

The ring itself is discreet and you can easily wear it without anyone noticing.

And you can look at this as a long term solution to erectile dysfunction, low libido and low testosterone, because it will produce the same results each time it is used because your body does not build up a resistance to the electrical stimulation.

But despite all these advantages, the original Blakoe Ring eventually fell out of favor as new drugs were developed to treat incontinence, and it was almost forgotten about entirely.

Then the internet came along and the penis enlargement community came together in a very popular forum.

The topic of the Blakoe Ring came up, and several men started testing it.

And they discovered it helped speed up healing time after an enlargement session.

And remember, similar technology has been used in pro sports to treat injuries for decades so the healing properties of this technology has been tried and tested.

Many of the men who tested it out also experienced increased nocturnal erections, larger semen production and bigger testicles.

So an explosion suddenly occurred as it gained in popularity and many knockoffs of the original Blakoe Ring were created.

And this has been a good thing, because the Blakoe is pretty uncomfortable to wear, but these newer devices are much more comfortable.

Plus, they cost a mere fraction of the price of the original Blakoe Ring.

I buy my device from a seller on ebay who was an original member of the online penis enlargement community, and one of the first modern guys to test it out.

The newer device which can be found on ebay can be purchased for less than 30 dollars.

[Here's the one I use.](#)

Once you have yours in hand you'll find that you'll forget you have it on after wearing it for a couple of minutes.

So it's possible for you to wear the device during the day while working, depending on what you do for a living.

As for myself, I just wear it at night while I sleep which works well for me.

If you decide to try this device, keep in mind that it isn't cure all that will fix everything overnight.

The effects are subtle, but consistent and are much more noticeable when you're doing other things to improve your sexual function.

This is just one more tool in your testicle enhancing arsenal, and if you can afford the 30 bucks, I suggest you do it.

CHAPTER 4 - Exercise That Rapidly Enhances Testosterone Levels In Men

This is one of the most important chapters in this entire e-course.

I make this bold statement because the proper type of exercise can radically shift your hormone profile...

And this hormonal shift will begin after you do your very first routine.

Surprised? Well don't be.

This stuff really does work and the time commitment from you is minimal. And I'm going to prove this to you right now.

A while back researchers took a group of cyclists, put them on their bicycles and had them sprint at maximum intensity.

The cyclists went all out, holding nothing back for 30 seconds.

Once they finished the scientists drew the cyclists' blood, then checked their human growth hormone levels.

And guess what?

HGH Exploded by 530 percent after these short sprint routines. That's big. This is almost like injecting pure HGH (without all brutal the consequences).

And for a man with testicles to feed, this is a very good thing.

Why?

Because growth hormone boosts IGF-1 levels inside your testicles. The same IGF-1 that tells your boys to make sperm, and lots of it.

So when you exercise short and hard you testicles get fired up by this influx of IGF-1.

As a result ejaculation volume increases and so does hormone production.

But there more to it than this. We have another paper that adds more fuel to this fire.

It was titled: *Impact of Exercise Intensity on Body Fatness and Skeletal Muscle Metabolism*.

In this trial they took two groups of men. The first group performed short, high intensity sprints, while the other performed traditional low intensity aerobics.

At the end of the 15 week trial, the high intensity group lost over 3 times as much subcutaneous fat as the low intensity group.

And this rapid weight loss occurred despite the fact that the short and sweet group expended LESS THAN half as many calories as the aerobic group did.

Also, for every calorie expended during the short routines there was a nine fold loss of subcutaneous body fat, when compared to the low intensity group.

In other words:

The high intensity group exercised less, burned fewer calories, but lost 3 times MORE body fat than the low intensity group did.

And why did this happen? It's all about the hormones my friend!

You see, the HGH these short routines deliver lean your body out like pure magic.

And remember, when you drop body fat like this a whole cascade of hormonal events occur.

For example...

Lose 10 pounds of fat, and you'll experience a dramatic decrease in circulating aromatase levels, the enzyme that resides in your fat cells which converts your testosterone into estrogens.

When you lose weight and block the action of this enzyme you get a reciprocal increase in testosterone levels, automatically.

Also...

Sex hormone-binding globulin (SHBG) is an agent that binds up your testosterone, making it unavailable for use by your body.

SHBG actually binds to testosterone more aggressively than estradiol does.

And here's the kicker...

All that testosterone you have floating around in your system isn't going to do you a bit of good if it's all been locked up by the SHBG.

What you need is bio available FREE testosterone that your body can actually use, and the ONLY way to maximize those levels is to keep SHBG in check.

And how exactly do you do that?

Easy, you increase IGF1 levels in your blood which will send SHBG straight down into the basement.

And how do you increase IGF1? You guessed it...you exercise with high intensity.

Let's talk about how to do these routines now.

The Rules of HIIT Training:

The first thing you need to know is you're going to feel a bit of guilt once you start doing these short sessions.

Why?

Because when you hit the track, the pool, or the weights and spend 15 minutes MAX doing the actual exercises, it's just not going to feel right.

You've been brainwashed into believing that it takes hours and hours, and tons of sacrifice to build a better body and it's going to take you a while to lose that mindset.

But after 4 weeks of solid commitment, you'll be sold on this for life as you witness firsthand the transformation taking place inside your body.

Here are some key points to remember as you get started:

1. Lactate is your friend!

Studies have proven that the signal your body uses to turn your internal growth hormone production on is lactic acid.

And what is lactic acid?

Lactic acid is the agent responsible for that burning sensation you feel in your legs when running stairs, doing squats or cycling hard uphill.

From here on out, you're going to remove your emphasis away from distance, and think only of that lactic acid burn.

Why?

Because when you feel the burn, you can bank on the fact that you've just infused your body with a massive dose of HGH.

And in 12 hours you'll have the increased muscle mass, larger testicles and increased ejaculation volume to prove it.

Next...

2. Short Duration Combined With Intensity

You simply cannot maintain EXTREME high intensity for more than 30 seconds over a max of 8 repetitions.

Try to exceed this and fatigue and nausea with kick in followed up by cortisol release in your body.

This is counterproductive exercise and should be avoided at all costs.

It's also a common mistake many newbies make. You need to fight the urge to exercise more and focus on intensity instead.

Here are some general guidelines to follow to make sure this happens...

If your body weight is supported during your routines go for 30 second intervals, maximum.

Bodyweight supported routines would include reps performed on a cycle, where the seat of the bike supports your weight.

For non supported routines, such as running sprints, 10-15 second intervals are ideal for most people.

If intensity is high enough, you'll easily receive your hormonal payout after 8 intervals.

If you hit the wall before 8 reps stop the routine and go home.

You'll know when you have the intensity right when you feel fatigued and winded, but not physically trashed after your routines.

If you get extremely tired, moody, depressed, or feel an impending sense of doom after your routine, you've pushed too hard and have hit the catabolic zone.

Back down until you get to the point where you feel fatigued, yet slightly invigorated after your sessions.

Another clue that you've hit the sweet spot is your appearance the following morning. Glance at yourself with your shirt off when you get out of the shower.

If you've hit it just right, you should have a pumped body staring right back at you in the mirror.

And your testicles will feel heavy and full and should be hanging lower on your body.

Next...

3. Recovery is Key!

Try to perform these intense routines every day of the week and you'll spike cortisol, lose muscle, and suffer testicular atrophy as a result.

With intense training, it's essential that you place a HUGE emphasis on rest and recovery to allow your body to time to repair itself and build up new muscle.

The sweet spot for most men is 3 sessions per week, max.

Here's an example of what a typical week should look like:

Monday: Wind Sprints:

Eight all out sprints lasting 15 seconds each, with one minute rest between each interval.

Total workout time including warm up - approximately 12 minutes.

Wednesday: Cycling Sprints:

We'll use a stationary bike as an example here, but this can be done on a regular bike if you have a steep hill in your area.

Increase the tension on your exercise bike to the point where you get a good burn.

Remember, since cycling supports your body weight, we're going to increase each interval to 30 seconds.

Perform eight all out 30 second sprints, with one minute rest between each interval.

Total workout time - approximately 14 minutes

Friday: Weight Training:

During these lifting sessions you're going to focus on 4 compound exercises.

1. Squats
2. Bench Press
3. Dead Lifts
4. Military Press

After your warm up, perform TWO SETS of each exercise.

Once the two sets are complete, recover then quickly move onto the next exercise to keep intensity levels high.

Finish your routine with squats, done slowly to maximize the lactic acid burn in your legs.

Once again, you're going to feel like you need to do more during these sessions, but resist that urge!

This routine is designed specifically to maximize growth hormone release in your system, without placing your body into a catabolic state.

Once you hit this HGH jackpot, pack your gear, go home and relax because you're done for the day.

Finally...

At the end of the week after all 3 sessions have been completed, give your body plenty of time to recover before starting up your next cycle.

Rest from Friday until Monday MINIMUM, before you do another routine

And keep in mind as you move forward...

The plan above is designed for maximum fat loss. If you're already lean, with low body fat levels, you can replace one of the sprinting sessions with another weight routine.

The plan described above, with the single lifting session, is designed to help overweight men burn fat very quickly.

Once you've gotten your body fat levels down where they belong, you can do one of two things.

Stick with one weight training and two sprint sessions per week for more of a swimmers body look.

Or if muscle and size is your thing, drop one of the sprinting sessions and lift two times per week.

To add variety to your sprint workouts, consider mixing these other exercises into your weekly routine.

1. Jump Rope
2. Pool Sprints
3. Hill Climbing

4. Jump Squats
5. Running Stairs
6. Rowing Machine or Elliptical Trainer Sprints

Last But Not Least - The Warm Up:

It's EXTREMELY important that you spend plenty of time warming up before these sessions, as the intensity factor increases your chances of injury, dramatically.

If you're not already in decent shape, I highly recommend starting off on the cycle or in the pool to decrease your risk of injury in the early stages.

Once you've built up a decent fitness level, add the wind sprints in SLOWLY, to give your body time to adapt.

If you feel any muscle tightness or strain whatsoever, stop immediately, and move on to another form of exercise during your next routine.

Remember, a pulled hamstring can keep you out of the game for weeks, so be very cautious especially in the beginning stages.

So let's summarize what we've learned so far:

Short sprint routines cause an immediate and profound increase in human growth hormone production inside your body.

This increased HGH causes rapid fat loss, which decreases aromatase levels in your blood, the agent that converts your testosterone into estrogen.

This growth hormone also increases IGF-1 inside your testicles which leads to increased sperm production and larger, fuller and heavier testicles.

And finally, this IGF-1 also reduces SHBG levels which frees up your bound testosterone making it available for use by your body.

All of this leads to increased levels of free testosterone, decreased estrogen levels, larger ejaculation volume, bigger testicles and a leaner, more muscular body.

Like I said earlier, this is one of the most important chapters in this entire e-course.

The time commitment is minimal and the payout is huge. So just do it!

I'll leave you with this...Make it a point to visit your doctor before embarking on this new fitness journey and get a clean bill of health before you begin.

This is important, especially if you have any pre-existing medical conditions. So play it safe and enjoy the journey.

CHAPTER 5 - Testicle Iodine Painting

The technique in this chapter involves painting your testicles with iodine every morning when you wake up.

There are some co-factor supplements you need to take with your iodine as well.

And why do we do this?

It's all about the thyroid, the largest, most vital gland in your entire endocrine system.

Your thyroid's primary job is to manufacture the thyroid hormones your endocrine system needs to function properly.

But it will not produce enough of these hormones if you are Iodine deficient.

And this is where many men run into problems...

Because if you're low in thyroid, your testosterone production is going to decline.

The two go hand in hand together. So when thyroid hormones go down your testosterone goes down too.

So it's important that you always maintain optimal levels of all the thyroid hormones.

Now here's the important point:

Your thyroid needs a LOT of Iodine to function properly.

But billions of men all over the world are Iodine deficient (and you're likely one of them).

This began when they started adding fluoride to our water supply, cereal, infant formula, seafood, beer, wine, toothpaste.

And this is a brand new thing...

Humans weren't doing all this fluoride 100 years ago. And this shift has been brutal from a health perspective.

Because fluoride *DRASTICALLY* reduces your body's ability to utilize iodine.

And as we just discussed - low iodine equates to low thyroid which causes low testosterone which leads to all kinds sexual problems.

This is the *Silver Bullet* that's taken many men out of the game. And for some reason no one seems to be talking about this..

So let's get down to it right now...

First off, fluoride isn't the only iodine killer out there...

Another halide has been thrown at us that has reduces iodine uptake as well.

It's called bromide.

In the 1980's bromide replaced iodine in many manufactured foods.

At the same time bromide started showing up in pesticides, plastics, medications, carpets, and fabrics.

So humans were all of a sudden exposed to this halide at levels they'd never seen before.

And this onslaught led to a radical uptake in bromide exposure in most people. And this is not good, because bromides may be even worse than fluoride.

Here's why....

For one, bromides are *Potent Endocrine Disruptors* that can feminize your entire hormonal system.

They do this by drastically increasing the estrogen sensitivity inside your breasts and testicles.

So when too many bromides come in – your body will start feminizing on you. Even IF your estrogen levels are low.

They also reduce your body's ability to absorb the iodine you take in your diet.

And this is a bad situation for a man looking to maintain high levels of sexual fitness.

But there's more...

The chlorine found in your drinking water, bathtub and local swimming pool is a potent halide too, so it does a number on your iodine uptake and production of thyroid hormones as well.

So take this halide onslaught we've just discussed. Then throw it onto a man who's already testosterone deficient...

And you create the IDEAL environment for sexual dysfunction. And all the nasty things that go along with it.

But wait you say, I get plenty of iodine in my diet, don't I?

Probably not, unless you're Japanese...

In Japan where iodine heavy foods like seaweed and kelp are eaten regularly, iodine intake is 89 times higher than it is for Americans.

So most men in the USA are way down there in the basement. And sadly, we're not the only ones falling short.

People in most other countries don't eat these iodine rich foods either.

This explains why the World Health Organization stated that a massive 72% of the global population is iodine deficient.

But no need to worry because we've come up with a very sweet solution to this problem.

It's called testicle iodine painting.

Now, you're probably wondering why we're painting the testicles when we could just take an iodine supplement instead, right?

Let me explain...

Testicle painting delivers the iodine directly to the genitals which relieves symptoms of BPH, low libido and erectile dysfunction.

In essence, when applied directly to the testicles it goes right where you need it to go...

Straight into the genital area where your body puts it to immediate use in the area you want to flush halides the most.

When used this way, the response is rapid and dramatic.

And if you're worried about overdose, don't be.

The RDA for iodine in the US is a mere 150 micrograms a day. Just barely enough to avoid outright deficiency.

But in the Japan, the average daily intake sits at a massive 13800 micrograms per day.

And the Japanese obviously thrive at these levels because they're one of the longest lived people on the planet.

The Japanese also develop less cancer, heart disease and diabetes than people in almost all other developed countries.

So how do you know if this protocol is right for you?

Low metabolism and weight gain are two big clues. If you've got these problem you're a likely candidate.

But this isn't true for all of you....

Some men are in outstanding shape and are doing just about everything right so they should be swimming in testosterone.

But they're not. These men are likely candidates too.

Other clues you may have a thyroid problem include...

- Constipation
- Type 2 Diabetes
- Low Testosterone
- Erection Problems
- Dry Skin – Brittle Nails
- Raspy or Weak Voice
- Feeling Tired and Weak
- Metallic Taste – Dry Mouth
- Elevated Cholesterol Levels
- Hair Falling Out or Thinning
- Depression – Dark Thoughts
- Feeling Sleepy At Unusual Times
- Anxiety – Emotionality – Irritability
- Feeling Cold More Often Than Normal
- Large Drop in Energy In The Afternoon
- Memory Problems. Trouble Thinking Clearly
- Muscle Cramps. Aches And Pains. Leg Swelling

And Finally...

If you have a history of yo-yo dieting, chances are extremely high your thyroid isn't functioning properly.

So keep this point in mind when deciding whether you should do this.

If you think this protocol may be a good fit for you, open up the Iodine Testicle Painting ebook included with this e-course.

It provides you all the instructions you need to do it right.

But I need to warn you, you can't just start dosing on iodine without a game plan.

So follow all the instructions in the ebook. And make sure you take all the necessary co-factors.

If you don't - you *WILL* get hit with some nasty detox side effects as your body begins flushing halides out of your system.

So make sure you take all the necessary co-factors.

[Order your testicle painting package here](#)

CHAPTER 6 - Dopamine and Testosterone Training (AKA DAT for short)

I call dopamine the lust chemical because it's builds sexual desire like nothing else out there.

And I'll demonstrate this fact by telling you a true story.

The Characters:

1. Me
2. My wife
3. A room full of people
4. A 900 (call-me-for sex) phone girl.

Here's the Backdrop:

A New Years Eve party with ten or so people playing an adult board game...

It was sort of like truth or dare but without the truth part. You draw a card then do the dare, no matter what.

We go around the table until it's my wife's turn. She rolls the dice and draws her card.

Whoops---it's telephone time.

She makes the call on speaker and we all listen in. In all honesty, the conversation was pretty tame.

But my reaction wasn't. My girl was sexing it up with another girl!

Now here's the Big, Big Thing:

This act was novel - risky - slightly dangerous.

And dopamine likes novel - risky - slightly dangerous things, a *lot!*

Remember that (very important).

Now, a funny thing happened after this party was over. It was late and I'd had too much to drink...

But when we got home I was ready for some bedroom action with my girl..

This was highly unusual for me at the time, and it felt good. Really good.

And guess what?

When I woke up the next morning I was ready for action with her, *again*.

And that felt even better!

You see, my dopamine was talking. And she was speaking very loudly.

Too bad I didn't know it at the time as I could have duplicated that feeling over and over again.

But I do know now. And after you finish reading this chapter, you will too.

But first - let me give you 3 good reasons why you should do this:

- 1: Dopamine and testosterone work in harmony together.
- 2: Bump either one of these hormones up and the other one rapidly follows.
- 3: Testosterone can be real hard to spike but dopamine is really easy.

So go for the dopamine first. And run a DAT get it....

Here's how you can make it happen.

First, you need to start prepping your girl because you can't run a DAT without her because this entire venture centers on sexual courtship, planning and execution.

So we need to make sure she's ready, willing and as hungry for this as you are.

Here's your war plan:

From here on out you can't be too beta. You can't be too alpha either.

You **MUST** be a perfect combination of both.

If you're too high on one, back it way down, then increase the other.

This is a critical step, so don't ignore it.

Your woman should notice this shift in behavior immediately and this will create a spark of attraction on her end.

Your balanced alpha / beta behavior ensures this will happen.

Once it does...

Follow the rules below at all times to spark that attraction even further.

Essential Moves for the Beta Man:

- Stop trying to please her all the time.
- Go out and do something alpha instead...
- Pump iron in the garage. Go out with the boys.
- Scratch your testicles in broad daylight.
- Pass on shaving for a day or two.
- Don't be available ALL the time.
- Do man stuff. Be unpredictable.
- And never discuss your new behavior with your girl.
- Let your actions do ALL the talking.

Essential Moves for the Alpha Man:

- Kiss her
- Touch her more often.
- Tell her she looks pretty.
- Listen to her without interrupting.
- Tell her you love her every once in a while.

That's it Mr. Alpha, things are easy for you. You're done.

So what comes next?

After you're clearly positioned yourself as the alpha in the relationship and balanced your alpha-beta behavior....

It's time to tease her, toy with her, play with her a little so she really wants to do this with you.

And most important of all, let her know you're attracted to her.

You'll know you're on track if she sweetens up, talks to you more, and puts effort into her looks...

Once she starts doing this, take notice and throw a compliment her way.

Because in female speak a compliment is a grand slam home run. Down 3 - ninth inning - world series..

In other words, it's big.

So slip her a few. This will virtually guarantee your success once you start running your first DAT.

Next up: Let's execute this thing...

It's time to get your hormones fired up. Time to go outside and play the sexual courtship game.

And your girl will be ready for this...

You've given her exactly what she needs. So she wants to be here, because this is fun and exciting for her too.

So move forward with confidence (if you've done your homework).

Once again, Important Keywords to Remember:

Novel - Risky - Slightly Dangerous.

Now take your girl and start running your seduction. Then add any one of these three words into the mix.

And you've just run a successful DAT.

Well not really but close. Here's a taste of how a real DAT should begin....

And by the way, this technique is a *Proven Winner*. So try something like this first...

Email:

"Hi,

I've been thinking about you today. A lot.

I've decided I'm going to have you tonight.

I'll be home at 8:00.

Wait for me in our room in the bed. Naked.

I love you. End.

Result?

You've never done anything like this before. It's novel and risky (she could have said no).

So this behavior has fired up the risk-reward neurotransmitters in your mind....

Created strong anticipation of a future sexual event. You've mapped it out. Planned it.

Set a date...

And you have a willing partner waiting for you at home in the bedroom.

And because of this...

Your dopamine has gone *Way Up!* And your testosterone has gone *Way Up Too!*

It's the anticipation baby...

You're running a DAT. So now you're literally swimming in reproductive hormones.

And guess what?

You didn't take a pill or inject hormones, but still...

You've been hit with numerous dopamine rushes today. And several spontaneous erections as well.

Your testicles have become engorged and are loaded with semen.

And best of all, this hormonal floodgate was thrown *Wide Open* with your mind. And nothing else.

Now let's notch things up even further and take a look at a more advanced DAT.

SCENARIO NUMBER 1: (DAT Failure)

You woke up in bed with your woman. Then looked over and saw her familiar face.

You crawled out of bed together. Had breakfast together. Then teamed up for the dishes too.

You both went shopping. Came home and watched some TV (together).

Later, the two of you walked the dog. Then you both took a nap on either end of the same couch.

Then you got up - and took showers, in the same bathroom. Got dressed in clothes taken out of the same closet.

Then you went out to the car, drove together. Walked in together...

To the hotel where you planned to run your DAT. (together).

Now let me ask you. Was this:

Novel?

Unique?

Exciting?

Dopamine-worthy?

Nope!

SCENARIO NUMBER 2 (DAT Success):

You woke up in bed alone, with an erection.

You forgot about breakfast because your mind was somewhere else...

On your game. Your girl. On sex.

You see, you haven't seen her for a while. She went to stay with relatives, friends, whoever.

Or maybe it was you who left. A business trip, your bud's house. The basement.

It doesn't matter who or where. The only thing that matters is this:

That you created separation between you and her *before* you ran your DAT.

So tonight is the big night. Your sexual rendez-vous awaits, so it's time to prepare.

-You shower and get ready. Alone

-You walk out to the car. Alone.

-You drive to the meet up. Alone

-You walk into the hotel. Alone.

And inside - that girl you have not seen. That girl you really WANT to see...

Is waiting for you to come in. Walk her to the room. And have sex with her.

Now let me ask you, was this:

Novel?

Unique?

Exciting?

Dopamine Worthy?

YUP!

Call it hide and go seek. Look at it like a game...

And play it because games are fun (ask anyone below the age of 11).

And games like this. Games centered around sex...are very good for your hormones.

Research demonstrates that human courtship is STRONGLY associated with dopamine reward pathways in the brain.

And this act of "playful separation" is one giant step towards that courtship driven, dopamine pot of gold.

It's a courting mimic. A copy of the real (courting) deal.

And you can do this even if you've been hooked up with the same person for 20 years or more.

So do you and your partner a favor and breathe some life back into that relationship of yours.

One last point before we wrap this chapter up....

Courting does more than just elevate dopamine. Take elk bulls during the rutting (mating) season for example.

A rut is the elk version of courtship. A time when males work hard for female attention.

Care to guess what happens to these animals during the rut. This elk courting season?

The bulls experience a 200 percent spike in testosterone. At minimum.

And here's the kicker...

Very little of this testosterone is manufactured in the adrenal glands.

It's almost all produced in the testicles 😊

This technique may sound strange or unusual, but trust me, it works like a charm.

Because if you think about it, your primary job as a homo sapien male is to reproduce, make babies, spread your seed..

And when you play this reproduction game, your body responds by increasing the production of sex hormones and the semen you need to inseminate females.

And best of all, it's fun to do.

CHAPTER 7 - Maximizing Leydig Cell Function

Leydig cells are the tiny biological machines that manufacture steroid hormones inside your testicles.

They actually form part of the structure of the testes and you're not going to produce hormones at optimal levels if yours aren't working properly.

The function of the Leydig cells is controlled by a substance called luteinizing hormone, or LH, which is usually associated with women because it plays an important role in the menstrual cycle.

However, this hormone is vital to both sexes.

LH is produced by the pituitary gland at the base of the brain and when Leydig cells are exposed to luteinizing hormone they respond by producing male sex hormones, otherwise known as androgens.

The most commonly known androgen is testosterone, but the Leydig cells produce other vital androgenic hormones as intermediate steps in the testosterone production pathway, including DHEA and androstenedione.

So as you can see, these little cells have quite a bit of responsibility: they manufacture the goods you need to maintain your masculinity.

Unfortunately, men living in this industrialized modern world quite often have Leydig cells that are not functioning properly.

And it's often the endocrine disrupting chemicals we discussed earlier that are causing these problems. And it appears that phthalates, used in the manufacture of plastics, are one of the worst offenders.

Let's demonstrate this with an example or two:

According to researchers out of Rockefeller University...

"Leydig cells have been classified as one of the main targets for phthalate ester toxicity, as both insulin-like growth factor and testosterone are suppressed after phthalate exposure".

What the researchers are saying here is, phthalates directly attack the Leydig cells in your testicles.

As a matter of fact, scientists have even given a name to males exposed to excessive phthalates early in life.

It's called "Phthalate Syndrome", and is characterized by small penis size, undescended testicles, and abnormal AGD readings.

ADG stands for anogenital distance, which is a measurement of the distance from the anus to the genitals.

Men typically measure about twice the distance women do, making ADG a good measurement of masculinity

In other words, a large ADG reading denotes a masculine profile, while a shorter reading equates to a more feminine profile.

Shanna Swan, a scientist out of Mount Sinai Medical Center, took this information and started testing.

What she found was that pregnant women with high levels of phthalates in their urine gave birth to boys with abnormally short AGDs and altered genital development.

Pretty scary stuff, right?

Now let's take this one step further and demonstrate how bad this can get when exposure is allowed to run rampant.

Question:

What do frogs, fish and alligators all have in common? They spend their entire lives in and around water, right?

And remember, phthalates and other endocrine disrupting chemicals are regulated in our tap water.

But industrial facilities continue to dump millions of pounds of toxic chemicals into America's rivers, streams, lakes and ocean waters each year.

And since frogs, fish and alligators spend their entire lives in and around water they can't escape this chemical cesspool, so their exposure is constant.

And this explains all the hideous things that are happening to these poor creatures.

For example...

Scientists have discovered male fish with immature eggs growing inside their testicles, alligators in the swamps of Florida with stunted and deformed genitals...

And frogs that have actually made the switch from male to female. That's right, little boy frogs turned into little girl frogs.

So what can you do about this?

The most important step you can take to protect your leydig cells is to avoid these chemicals in the first place.

And you have to information you need to do this up above in our chemical avoidance chapter, so make sure you go through that information carefully.

Once you've done this, it's time to play some offense.

Here are some steps you can take to maximize your leydig cell function to the fullest of your genetic potential.

1: Keep you testicles cool at all times because heat does damage to your leydig cells

2: Expose your entire body to natural sunlight.

One study involving men between the ages of 19-30 found that only one hour of sunlight exposure increased luteinizing hormone by 69 percent.

3: Drink coffee or tea in moderation as caffeine increases the output of luteinizing in men and women.

4: Supplement with 50 mg of Forskolin after exposure to endocrine disrupting chemicals as this supplement has been shown to stimulate first-phase luteinizing hormone release.

5: Drink red wine in moderation or take a resveratrol supplement a few times a week.

Trans-Resveratrol is a natural antioxidant found in red wine and a very well designed study found that it increases luteinizing hormone without impairing the quality of sperm concentrations.

If you go the red wine route, do so in moderation, as excessive consumption will lead to increased estrogen which will actually cause your testicles to atrophy.

Finally...

6: Supplement with D Aspartic Acid which has been shown to have a strong impact on the release luteinizing hormone in humans and rats.

We're going to discuss this supplement, along with several other potent testicle boosters in the chapter coming next....

CHAPTER 8 - Supplements That Boost Testicular Performance

In this chapter we're going to talk about several supplements that increase testicle size and boost ejaculation volume.

Most of these supplements act via luteinizing hormone and testosterone to accomplish this testicular growth...

But some follow different pathways. And in many cases, we know these supplements work but we don't know exactly why yet.

The proof will be found in the pudding once you start using them.

You'll notice that many of these supplements are food based.

So in essence what we're doing is supplying the body with an *Over-Abundance* of the nutrition it needs to synthesize male hormones and manufacture sperm.

This is always the safest way to go because food based supplements are much less likely to cause negative side effects. They also don't need to be cycled.

Before we get to the list I want to make an important point....

Don't jump all over these without taking care of the business discussed in the previous chapters.

The chemicals, diet, exercise and other measures need to be addressed first before you move onto to these supplements.

In other words, do your homework first. Trust me, this will be time well spent.

Let's get started...

Goji Juice:

Goji is the berry the Acai claimed to be but never was.

I tested many different Acai products after reading all the hype that came out several years ago but I never noticed a thing aside from the money missing out of my wallet.

But the goji berry is different. It actually delivers on most of its promises.

Goji berries have been used by physicians in China for centuries to treat infertility and sexual dysfunction in both men and women.

The polysaccharides found in this juice actually extend the life of sperm cells.

They've also been shown to be potent inhibitors of stress induced degradation and testicular cell death.

For example:

In 2006, researchers took two groups of rats and exposed their testicles to high temperatures.

Group one was given goji before their testicles were heated up. Group two was not.

At the end of the trail, the researchers wrote this:

Quote:

When compared with negative control, a suitable concentration of (Goji) significantly increased testis and epididymis weights, improved superoxide dismutase (SOD) activity, and raised sexual hormone levels in the damaged rat testes.

In plain speak the rats treated with goji had more SOD activity, higher sex hormones and bigger testicles at the end of the heating trail.

This is good news for men who often deal with excessively warm testicles, which is pretty much describes all of us because the goji berry mediates the damage normally caused by too much heat.

Other goji studies have demonstrated increased sexual mounting behavior in rats. And more frequent erections in rodents and humans.

Like I said, this is one berry that actually lives up to all the hype.

I noticed an increase in my testicle size the morning after my first dose.

[Here's the product I use.](#)

If you can only afford two supplements, I suggest you start with goji juice first. And the supplement we're going to talk about next...

Desiccated Liver:

Desiccated liver is a highly concentrated freeze dried liver powder...

Equal to many times its weight compared to regular cooked liver, which is a serious nutritional powerhouse in its own right.

But desiccated liver takes this nutrition to the next level..

It actually contains 45 times the nutritional value of whole beef liver, with all the nutrients and enzymes found in raw liver.

As a matter of fact, there are more anabolic nutritional factors in liver tabs than any other food, protein supplement or multivitamin out there.

Prior to the steroid era, almost every Mr. Olympia champion relied heavily on desiccated liver for this very reason.

Frank Zane often used 100 tabs or more when prepping for a competition to build his amazing physique.



Desiccated liver dramatically boosts energy, strength, endurance, hormones synthesis and overall muscularity in every man who takes it.

The energy and endurance come from an anti-fatigue factor contained in liver. We don't know exactly what this anti-fatigue factor is, but one scientist did prove that it does exist.

In 1951, a man by the name of Dr. B. H. Ershoff ran an experiment using concentrated desiccated liver powder....

The doc took three groups of rats and fed them controlled diets for 12 weeks.

-Group one ate a basic diet fortified with vitamins and minerals.

-Group two ate as much as they wanted of the same diet plus B vitamins and brewer's yeast.

-Group three ate the basic diet but had 10% desiccated liver added to their rations.

And these liver fed rodents were the lucky guys....

Because next, the doctor took all three groups and threw them into a drum of water that they couldn't climb out of, so it was either sink or swim for these poor creatures.

Here's what happened:

The rats in group one swam an average of 13.2 minutes before they sunk to the bottom.

Group two swam an average of 13.4 minutes before they all drowned.

Group three, who were fed the desiccated liver - were still swimming at the end of two full hours.

So 13 minutes compared to a whopping 2 hours.

You have to admit, those are some extremely impressive numbers.

But there's more....

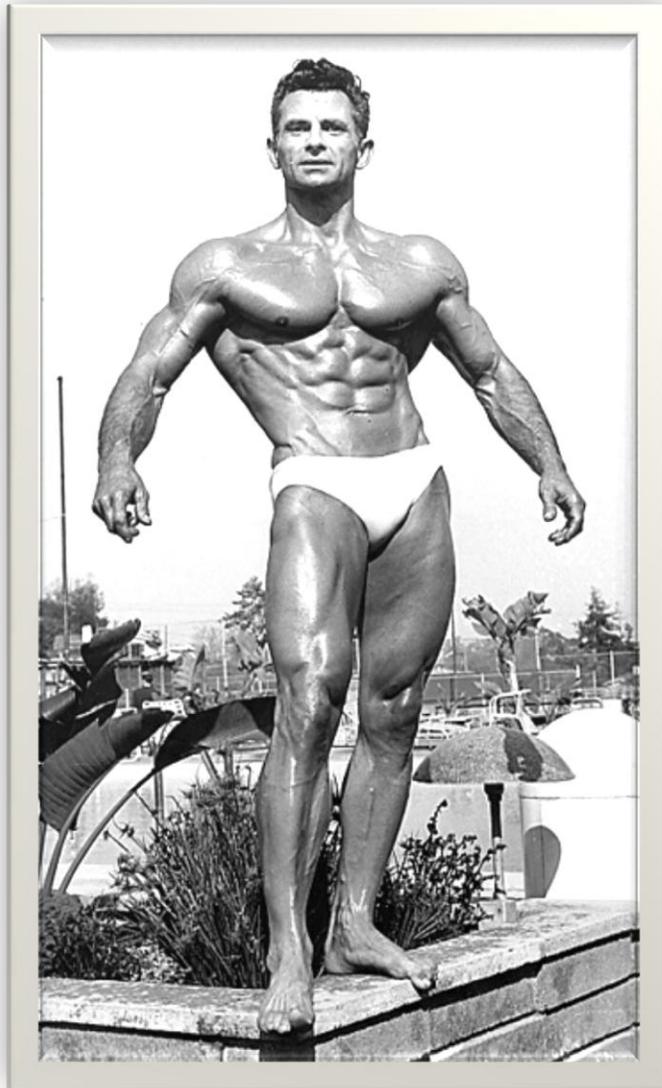
The biggest proponent of desiccated liver was a guy by the name of Vince Gironda, AKA the Iron Guru.

By far the most brilliant man to ever come out of the natural bodybuilding movement.

According to Vince...

Desiccated liver contains nucleic acids for proper amino-acid utilization, a growth factor and an anti-estrogen factor, which keeps testosterone levels high.

One look at his body will demonstrate just how right he was. Because this man never touched a steroid in his life.



I could go on and on about this supplement, but I'll wrap with this...

Desiccated liver is *extremely affordable* considering what's inside each capsule.

And I believe every man should use be using this supplement....

Because this isn't really a supplement, it's a food. A food that a human bodies respond *really* well to...

Because it provides an abundance of the vitamins, minerals, co-factors and nutrients that are sorely lacking in our modern day diet.

So save up your pennies and give this a try...

When selecting a product make sure you buy one manufactured in New Zealand or Argentina where the cattle feed on grass and are not injected with hormones or treated with antibiotics.

[Here's the brand I use.](#)

Fermented Cod Liver - Butter Oil.

Several hundred years ago, fish processing plants in England used to dump cod liver oil into the sewers...

At the time it was considered a waste by product of very little nutritional value.

But this was about to change...

You see, most big cities in England back then had huge populations of homeless children who moved into the sewers during cold weather.

And one day, scientists came across a group of these orphans who were in spectacular shape...

In other words, they were not suffering from malnutrition, rickets and other diseases that ran rampant among most orphan populations.

Further investigation found that these healthy orphans were living in a sewer directly underneath a fish processing plant...

And they were using this discarded cod liver oil for nutrition. And not only were they surviving - they were thriving.

And now we know why...

Because cod liver oil, especially the fermented variety, allows the oil to be separated from the livers without damaging the vitamins or essential omega 3 fatty acids.

This is by far the most effective way to extract nutrients from food because this enzymatic process is done without heat or chemical extractives.

But there's more...

Unlike regular fish oil, fermented cod liver oil is *loaded* with fat soluble vitamins, specifically A, D, E and K2.

Especially once you combine it with high vitamin butter oil, which adds substantially to the fat soluble vitamin wallop, which is exactly what this supplement does.

Now, I could easily write entire chapters on each of these fat soluble vitamins, because their impact on testicular performance is massive....

Especially the biggest testosterone powerhouse of them all, vitamin A.

But I'll just cut to the chase and say this....

Your testicles cannot synthesize sperm or manufacture hormones at optimal levels if your fat soluble vitamin intake is low.

And most people today consume a mere pittance when compared to what humans have historically eaten because up until very recent times, foods like organ meats, butter and egg yolks were considered extremely healthy....

And these foods are literally swimming in fat soluble vitamins. While the modern foods most people eat today like chicken breast, brown rice and olive oil have virtually none.

So you can almost bank on the fact that your tissues are deficient if you've been relying on these foods for your nutrition.

Now here's the kicker...

Fermented cod liver - butter oil will begin to fix these deficiencies after your very first dose.

I like to take mine just before bed at night, and it has improved my moods, the look and feel of my skin, my hormone production and my testicle size, weight and function

This supplement is expensive, but if you can afford it, your money will be well spent.

[View it Here.](#)

Miscellaneous Supplements:

The following supplements work to varying degrees in the men who use them.

Your overall state of health and nutrition status will determine how well they will work for you.

I suggest you focus on the three supplements described above first, then test these after you've built up your fat soluble stores.

Celery Seed:

Celery has contains an androgen like substance that works to ignite sexual arousal in males and females.

This supplement also increases ejaculation volume in some men who take it.

Recommended dosage: 4000 mg per day

[Link to product.](#)

Damiana:

Many men who use this supplement experience a dramatic increase in ejaculation volume and testicular size.

The problem with this supplement is, if you take it too often it stops working and if you take too much it causes caffeine like jitters.

So don't overdo it with this supplement.

Recommended dosage: 400 mg no more than twice per week.

[Link to product.](#)

Lecithin:

I've not had much luck with lecithin myself but many men swear by it.

I'm certain I didn't respond well because I consume plenty of lecithin in my diet.

It's an affordable supplement so I suggest you test it out to see if it works for you.

The main benefit in men who do respond is a very noticeable increase in ejaculation volume.

Recommended dosage: 1200 mg per day.

[Link to product.](#)

L-Arginine

Arginine is an amino acid that enhances erections, increases orgasm intensity and boosts ejaculation volume in some men who use it.

If you've been consuming low levels of arginine and other aminos, you'll likely respond well to this supplement.

Recommended dosage: 5000 mg per day

[Link to product.](#)

L-Lysine

Lysine is another amino acid that works synergistically with arginine to enhance erections, orgasm intensity and ejaculation volume.

Recommended dosage: 3000 - 5000 mg per day

[Link to product.](#)

Pygeum:

Pygeum is made from the bark of the Prunus Africana tree.

Many men who use it experience an increase in testicle size and elevated pre-orgasm ejaculate.

Recommended dosage: 300-400 mg no more than twice per week.

[Link to product.](#)

ZMA:

This supplement is a combination of two minerals, zinc and magnesium, along with vitamin B-6.

This one is taken at night before bed as it facilitates the deep sleep, which allows your body to initiate nocturnal hormone release.

Men who are deficient in zinc respond really well to this supplement.

Recommended dosage: 3 tablets just for bed nightly.

[Link to product.](#)

D. Aspartic Acid:

D. Aspartic encourages the production of hormones, such as luteinizing hormone, follicle stimulating hormone, and growth hormone. The LH signals your testicles to increase the production of testosterone once it enters your blood stream.

D. aspartic acid works best when taken with an anti-aromatase to prevent estrogen to testosterone conversion.

Here are my dosage recommendations...

Take 3 grams of D-Aspartic Acid every morning for 12 days.

[Link to product](#)

Along with one cap of [this](#).

Then cycle off for one week before starting up the cycle again.

In the best study done on aspartic the participants saw total testosterone increase 42 percent after 12 days of use...

But they saw no additional increase after that. So make sure you stop after dose number 12.

CHAPTER 9 - Detox Your Liver

If your liver spends all it's time dealing with alcohol, medications, chemicals and other garbage your testicles are going to suffer....

Because your liver supports your entire endocrine system and if it's constantly playing defense, you're going to under-produce all the sex hormones.

So we're going to discuss a few things that will give your liver the support it needs to function at maximum efficiency - relieve the work load so it can stop defending and start producing.

But don't worry, there will be no coffee enemas or juice fasts to contend with here.

We're going to eliminate the toxic garbage quickly without any of the voodoo stuff. Then we'll hyper nourish your liver so it can get down to business, fast.

Zeolite:

Zeolites are microporous, aluminosilicate minerals with a unique structure that traps toxic material and removes it from your body via the urine.

The zeolite molecule is shaped just like a honey-comb and it carries a potent *Negative Charge (important point)*.

And toxic heavy metals, which do direct damage to your testicles carry a *Positive Charge (important point number 2)*.

So when Zeolite is ingested the positively charged heavy metals, toxins and harmful chemicals bond with the negatively charged zeolite and get flushed out through the urine.

And this stuff works incredibly fast....

Within 4 hours you'll pee out an enormous amount of these heavy metal toxins, including arsenic, cadmium, lead and mercury.

In industrial settings zeolite is used as an adsorbent because this stuff sucks up garbage like a dry sponge.

It's also very effective at removing radiation.

After the Chernobyl nuclear accident, several victims were given zeolite and they experienced a 30% reduction in radioactive isotopes after the *Very First Dose*.

Zeolite also alkalizes the body, enhances immunity and provides protection against pesticides, herbicides, mikotoxins, lactates, nitrozamin, radioactive particles, UV rays, radiotherapy, drugs, cigarettes, alcohol and many pro-oxidants.

So this powerhouse supplement is going to be the workhorse that does most of the hard labor in this liver detox process.

So I suggest you get your hands on some once you're ready for this.

But I need to warn you....

Several companies have come out with ridiculously expensive liquid Zeolite formulas. But every study I've seen used the cheap powdered stuff.

[Here's the one I use:](#)

I suggest you stick with one of the inexpensive powders, because that's all you're going to need.

Now let's move on to step 2:

I'm assuming you've already taken steps to remove the toxic foods, preservatives, and chemicals out of your life.

If you haven't done this yet, set this chapter aside until you've taken care of this business.

Once you have, here's your next move...

Glutathione Depletion & Support:

Glutathione is the king of all antioxidants.

One of its jobs is to regulate nitric oxide synthesis inside the endothelial cells which enhances your ability to achieve strong erections.

This powerful substance is made inside your body from 3 amino acids (cysteine, glutamate and glycine).

And this essential antioxidant is found inside every single one of your cells, including the leydig cells in your testicles.

Its primary job is to protect your cells from the free radicals that are constantly attacking your system.

It also conjugates toxins so your body can eliminate them.

Glutamine (a precursor of glutathione), is a key energy source for lymphatic cells which allows them to remove toxic debris.

Glutamine also acts as a transport molecule to carry ammonia out of major tissues, including the brain, where it is shipped to the liver for conversion into urea to be passed through the urine.

And you must have an abundance of glutamine and glutathione for your system to function properly.

Now here is the problem...

Glutathione levels go down when you're exposed to medications, toxic food, chemicals and stress.

And since modern day men are exposed these things at *Much Higher* levels than our ancestors, most of us are operating with chronically depleted glutathione levels.

And your liver is paying the price for this.

Fortunately, there is an easy fix for this problem. Especially for you men who have already taken steps to decrease your toxin load....

Simply increase your consumption of foods that support glutathione production.

Here's the list:

- 1: Non-denatured whey protein powder
- 2: Grass fed beef, lamb, chicken & free range eggs.
- 3: High quality raw dairy from cows fed exclusively on grass.
- 4: Red cabbage, the best source of plant based L-glutamine.
- 5: Sulfur rich foods like garlic onions and cruciferous vegetables.

Consume these foods, while decreasing toxin intake at the same time and your liver will be free from clean up duty so it can start taking care of business.

And remember....

A liver not occupied with this unnecessary work will immediately begin to support testosterone metabolism and spermatogenesis inside your testicles.

This process isn't as exciting as some of the other techniques in this course but its impact is every bit as powerful.

So make sure you carefully execute the 3 steps outlined inside this chapter.

Now let's recap:

Step 1: Reduce your exposure to heavy metals and toxins, including alcohol.

Step 2: Take zeolite to flush heavy metals and other toxins out of your system.

Step 3: Consume an abundance of foods that support glutathione production inside your body.

This is all you need to do to get your liver operating at peak efficiency.

This is a very powerful technique, so I suggest you do it.

CHAPTER 10 - Testosterone Boosting Behavior

Everything I've written up to this point in the ebook could be classified as testosterone boosting behavior...

But I've left a few tasty morsels out so we can wrap things up with a bang.

This is higher level material that you're going to be ready for if you've done your homework....

What we're going to do now is behavior modification.

You're going to start walking the walk. Talking the talk....

Because once you start acting like a true alpha male - you're going to frost the cake we've been baking in the previous 9 chapters.

And remember....

Your mental game from this point forward is going to determine whether you succeed or fail at this endeavor.

So take the information below dead seriously and make sure you act on it.

One more thing...

If the material below lights a fire in your belly, you're definitely ready for it.

You should actually feel a strong surge in sex drive as you read through it.

On the other hand...

If this material puts the fear of god in you. Or even worse, you feel nothing after reading it...

Go back to chapter one, and start all over again.

Let's do this.....

Step one: Bye-Bye Masturbation:

Masturbation is like pulling your hard earned cash out of the bank to pay credit card bills.

You blow the wad, but get you nothing back in return, except for pain and suffering.

From here on out, you need to look at masturbation as an expense that you don't need.

All it's going to do is feminize you anyway....

The estrogen rebound and saturated dopamine receptors will ensure this happens....

Because these are the things that happen when you go after the graphic porn too often.

Your erections take a major hit as well....

Because your girl can't compete with those images. So regular sex with her doesn't bring on rock hard wood.

And even if it did, how much semen are you going ejaculate anyway?

Not much if you've been masturbating too often.

Let's take a look at an alternative plan:

What if you were to shut down your computer and put your right arm away for 7 days straight?

And let's say that while you were on this masturbation break....

You regularly stretched your penis and massaged your testicles, without ejaculating even once.

Think this would take your testosterone levels up a notch. Increase sperm production. Enlarge your testicles?

You bet it would.

To get going with this I suggest you start giving your boys a 15 minute workout every morning when you wake up.

Think about it...

You exercise your other body parts so why not exercise the most important part of them all?

Good question.

Once you're finished, stimulate yourself to a hard erection. Then get out of bed and go after your day.

If you didn't ejaculate during your morning routine, you'll be ready to kill it.

What we're doing here is replacing 1 bad habit with 2 good ones.

And these good habits will build strength and vitality in your genitals....

They'll also increase semen production, fire up spontaneous erections and enlarge your testicles.

So wrap your brain around this concept, it's important.

But wait you say, what about the EJACULATION?

Don't worry, that's coming next :)

By the way, one on one action should be your main form of sexual release, but that doesn't mean we're outlawing masturbation entirely.

Especially for you single men, because complete sexual abstinence isn't a good idea either.

Just don't sit in front of your computer for an hour going at it when it's time to take care of business.

Make it a hit and run process so you don't get nailed with the dopamine saturation and estrogen rebound which occurs when you go at it too long.

Keep your sessions real and sweet, and you'll avoid these hormonal penalties.

Step two: Courting Rituals - Sexual Engagement

You'll never develop a potent rack of genitals if you never engage in stimulating sexual activity.

It's virtually impossible.

The line of communication between your brain and your testicles flows like a river a mile wide.

Engage is the planning and execution of stimulating sexual events and your river will flow like the Amazon itself.

But fail to engage in this type of behavior and your river is more like a dried up creek.

In short, you'll become sexually irrelevant.

This is especially true if you regularly allow masturbation to take the place of a warm body.

But you're not going to do that, right?

We've already touched on the execution of your courtship game in the dopamine chapter.

So use the info in that chapter as your guide as you begin to stage your next sexual hook up...

Because a DAT will fire up the connection between your mind and your testicles like nothing else.

And remember....

The planning and execution of this engagement is even more important than the sex itself.

And I'm going to prove this to you right now...

I want you to think of a sexual act that you'd like to do with your partner sometime over the next 7 days because we're going to start working on this thing tonight.

Think of something the two of you have never done before that *really* turns you on.

You want to push the envelope here, without going too far. This needs to be something she *might do* if the conditions were just right.

If your original idea doesn't fit the bill, shelve it and come up with another.

Once you've figured it out, it's time to get the ball rolling...

Example...

Say you've always had a nurse fantasy, so you want her to dress up and play the part...

What you want to do now is start planning to make this fantasy a reality.

Step one:

To make this work you need to balance your alpha-beta behavior when you're in her presence.

Put in as much time as it takes to do this right because you *WILL* fail if you don't. If you need help go back and re-read the alpha-beta rules in the dopamine chapter.

There's no better way to get it done, so follow that plan.

Step two:

Once the two of you are in a solid groove, it's time to have some regular vanilla sex with her.

Don't try to do anything crazy here, make this session warm and comfortable. During the act put all your attention on her and make sure she climaxes *At Least* once.

Remember, this sex is all about her, not you.

Step three:

When the sex over, give her plenty of cuddle time and tell her that you love her.

And don't rush this.

She's going to want to talk to you at this point, so let her go without interrupting.

Important point:

This cuddle-talk time will dramatically boost the bonding hormone oxytocin in her system.

And this hormone will put her into a *Very* receptive state. She'll actually want to please you at this point...

Especially if you brought her to climax :)

Step four:

Now it's time to bring up your fantasy....

If followed the instructions above and played your cards right all you have to do is ask.

If she turns you down, don't whine or complain. It's not her fault, it's yours.

Go back and read the alpha-beta rules in the dopamine chapter and start all over again.

And remember, you never want to force the situation. If you do this right, she'll want this as much as you do.

Step five:

Once she's on board, it's time to move in for the close.

By this time, it's been several days and you haven't masturbated once.

Not only that, you're right in the middle of heavy courtship ritual. You're shifting your body into mating / reproduction mode.

And remember...

You can't mate properly without plenty of semen. So your testicles are going to start working overtime producing it.

Once this happens your mind will start sending some massive hormonal signals down to your genitals.

If you've done this thing right, just the thought of this sexual event will bring on an erection.

And this is the main goal you're looking to achieve - the state of perpetual, non-stop horniness.

Next....

This sexual event by its very nature is going to be unique, mentally stimulating and challenging...

And your testicles *ALWAYS* respond to a sexual challenge...

Because competition for female access fires them up like nothing else. All men are genetically programmed in this way.

So you need to look at this sexual acquisition as a competition. Something you really want - that you go out and get.

In other words, earn the prize.

If I were running this exact scenario myself I'd go to a costume shop and buy a nurse's outfit.

Then I'd wrap it up like a present, give it to her and tell her not to open it until the day of the hook up.

This will create some strong anticipation. Increase the risk-reward signals in her brain. Add the law of reciprocity into the mix....

So she'll want to give you something back in return. It's human nature.

Once you've made it to this stage, it's time to work out every detail of this sexual meet up...

From the location right down to the underwear you plan to wear that night. Because this planning will kick your risk-reward hormones up even higher.

Note: The dopamine chapter will walk you through this - step by step.

Once you've make it here it's time to evaluate the situation...

Time to step back and take a close look at your physical state now that you've switched to reproductive mode...

How you feel mentally, your sex drive, the frequency of your morning erections and most important of all the size of your testicles.

Then compare this modified man you've become, to the old you. Then ask yourself which feels better?

If you answer this question the way I know you will...

You'll have learned a powerful lesson. A lesson that says:

Your testicles need to be used to spread your seed, fuel reproductive behavior and synthesize the hormones you need breed with women...

Not to masturbate.

And for this to work properly, the sex needs to be unique, stimulating and challenging even if you have to artificially make it so.

And just so you know....

A room full of relationship councillors could never compete with this.

So if you've been on the wrong side of some female nagging, nothing will ake it away faster than this.

Because she's the coy female now. The sexual prize. And you're the alpha male looking to capture that prize.

The three lines above pretty much sum up this entire section...

Because this is all it takes to create a strong connection between your mind and your testicles.

And you can achieve this state even if you're in a long term relationship.

One more thing:

If you're single you can get this going simply by running a seduction game.

You need a woman in your life to reach your potential, so you should be pursuing single females anyway.

Just don't forget that sex isn't the ultimate goal here...

The *pursuit of sex* and the state of horniness it brings on is what you're looking for.

And a seduction game will get you there.

Once you've made it to this place - it's time to lock down your new alpha status for good.

Step three: Alpha Male Behavior

The next time you go to a bar or social gathering walk in the door with confidence...

Make eye contact, smile, work the room.

Because if you followed all the instructions above, you've got the biggest set of balls in the house.

So it's time to act like it.

The way you carry yourself from here on out is going determine how long you hang onto that large set of testicles.

Because sustained growth is not possible if you spend too much time in a beta position because beta males produce cortisol at much higher levels than alpha males do.

And cortisol is a lethal testosterone killer. So always push that alpha.

Here are the rules:

1: An Alpha male is the leader of the pack

You need to drive the ship in your relationship, especially when the two of you hit the bedroom.

Make it a point to display dominance in the sack, control the pace and timing of the sexual act, and choose when and where you'll have it.

If you followed the steps listed above, she'll willingly submit to you any time you ask because females are genetically programmed to respond to a balanced alpha.

She has no choice in the matter. She'll be yours for the taking. And she'll love every minute of it.

2: An alpha male is dominant

But this dominance doesn't come across as arrogant or obnoxious because a true alpha is always cool, controlled and cunning.

This is especially true when he's dealing his most important asset...

His woman.

When he's with her he's always decisive. Knows exactly what he wants and has no problems doing whatever is necessary to get it.

3: An alpha male is comfortable in his own skin

An alpha doesn't have to prove anything to anyone, because he already knows he's got it. He dresses sharp and takes care of his body because he wants to, not to impress anyone.

He knows he has faults, but he wears them proudly, because these faults define who he is as a man.

Nobody's perfect, and he's not going to lose any self-esteem points because he's not.

3: An alpha male lives life with passion

Excessive TV time on the couch is a beta male activity.

An alpha may succumb occasionally, but it's a hit and run process because he's got too much to do to waste time laying flat on his back all day.

Keep in mind...

Productivity is one of the main tenets of alpha male behavior, because when you achieve in life your confidence grows.

And when you excel at something your status among your peers grows as well.

Remember...

An alpha spends much more time winning in life than losing. And action, productivity and accomplishment will ensure that you win more often than not.

4: An alpha male competes

An alpha spends much of his time in the company of other men competing in sports or in business.

He seeks out this competition because it does good things for his testosterone status.

Numerous studies have shown that T levels climb just prior to competition, move even higher while you're competing, and explode after you win.

So a true alpha male never shys away from a little competition, he embraces it.

5: An alpha male never fears failure

A man who wins a lot in life will suffer setbacks occasionally. But an alpha always remains optimistic when things don't go as planned.

His feathers are never ruffled.

When he falls down, he gets right back up and takes action to correct the situation.

Because he knows that all setbacks are temporary. He's not a failure, he just came up short this time around.

But tomorrow's a brand new day.

Next, Body Language:

If you weren't born an alpha male and these things don't come naturally to you, you can fake it until you make it.

And researchers from Harvard and Columbia Universities recently proved it.

In this experiment, they took ordinary people and strategically placed them into postures associated with high status and personal authority.

Hormone testing before and after confirmed that the simple act of moving into these power positions caused stress hormones to decline, and testosterone levels to go up.

Let's take a close look at these moves now...

1: The open stance

When you stand in the corner with your arms crossed, you're displaying closed body language.

And remember; only 30% of what you communicate to others is done verbally. Everything else is communicated through your body language, your tone of voice and your posture.

So you need to always present yourself to the world as alpha...

Stand with your feet wide apart, hands placed on hips, taking up plenty of real estate.

University of California, Berkeley scientists found that striking an authoritative pose increases testosterone levels within a matter of minutes.

Don't underestimate this technique.

2: Eye Contact

This technique takes some practice because if you push the eye contact too hard you'll come across as strange or weird.

On the other hand if you shift your eyes around too much you'll come across as weak or insecure.

Here's what you need to do to get the balance just right....

So don't stare too long, this is a rookie mistake...

Instead, look the other person in the eye with a calm, relaxed confidence, then look away for a few seconds before you make eye contact again.

A few seconds on, followed by a second or two off is the sweet spot.

While communicating, use your eyes as an expressive tool to display emotion.

The person speaking will be looking to you for approval and this is one of the best ways to give it to them.

One more thing....

If another male is invading your personal space or making jokes at your expense, you can use direct eye contact to shut the behavior down.

Simply look him directly in the eye without smiling until the behavior stops.

In the animal kingdom a competitor will never attempt to stare an alpha down, it's too dangerous.

So use this when another man challenges your personal authority...

Trust me, he'll get the point.

3: Your Vocals

Studies have shown that people make snap judgements based on a person's voice.

High pitch is often associated with anxiety and nervousness, while a low pitch indicates self confidence and low stress levels.

This explains why an alpha talks in a calm, relaxed manner at the lower end of his vocal range.

High pitched whining, jibber jabber, and nervous talk are simply not part of his vocabulary. If they were, he wouldn't be an alpha.

Instead, he uses few words, silence and direct eye contact when he needs to make an important point.

Finally...

You were born with a certain vocal range, and you can't change that....

But you can make the best out of the cards you've been dealt.

If you need proof of this, head over to youtube and watch a clip of WW2 hero General George S. Patton.

He spoke with the high pitched voice of a true soprano, but he was an alpha if there ever was one.

Conclusion

We're moving on to the final lap now so it's time to bring up the most important step of all....

Action!

Because if you don't act on the information you just read, your testicles are going nowhere but down, because their future depends on your behavior from here on out...

Behavior that can be defined as the specific *ACTIONS* you take each and every day.

So you need to start taking this action right away. Otherwise you'll be back to your old ways in less than a week.

But I'm going to make this process easy on you....

I'm going to break everything down into individual steps, so you don't freeze up with information overload.

The only rule as you proceed from here is - you have to do *something* every day until you reach the last step.

No matter how small, just continue to make progress so you keep up your momentum.

For example, dump the plastic water bottles tomorrow. Then go to the store the next day and buy a clean deodorant.

Tiny little steps like these will add up to a *Massive Leap* forward, especially once you start adding more steps on top of them.

This is the way momentum is created and sustained: by continuing to take tiny steps forward, each and every day.

So make sure you do this, it's important.

And don't forget, if money is tight feel free to pass on the protocols that require an investment.

These tools will help you achieve your goals faster, but you can definitely get this done without them.

Here are the steps:

Step 1: Start reducing your chemical load.

If you're living with a woman, I suggest you solicit her help on this. Sit her down, have her read the chemical chapter, and then ask for her help.

If she balks, remind her that this will help her too. It will reduce her PMS symptoms and slash her risk of several reproductive cancers.

She needs this as much as much as you do.

Once she's on board, priority number one should be to get rid of the cosmetics you place directly onto your skin.

Deodorant, lotion, shampoo, conditioner, body wash, etc...

Priority number two should be to remove the chemicals inside your home that you use to clean your stove, bathroom, kitchen, tile, etc...

Remember, replacements for these products are easy to find.

Finally..

Be aware of chemicals you come across outside of your home, such as paint, gasoline, chlorine and exhaust fumes and take steps reduce exposure to these as well.

Step 2:

Start making the shift toward the paleo foods outlined in the sexual fitness diet.

Keeps carbs low during the day, then start backloading them every night. (details in the diet chapter)

Step 3:

If you can afford it, buy a ball zinger ring on ebay and start wearing it at night while you sleep.

This step is optional.

Step 4: Start Exercising

Follow the HIIT protocols designed in the exercise chapter and get three 10 - 15 minute sessions in every week.

This step is not optional.

Step 5: Start the testicle iodine painting protocol.

If you can afford this, I suggest you do it.

If not, put in on the shelf and come back to it when the time is right.

Step 6: Dopamine Production

Re-read the entire chapter dopamine chapter.

Begin taking the steps necessary to balance your alpha / beta behavior.

If you're in a relationship, run a DAT with your partner after you begin to make progress.

If you're single, find a date and execute a DAT with her.

And remember the important keywords: Novel - Risky - Slightly Dangerous.

Step 7: Boost Leydig Cell Function

Once you've got a grip on the chemicals, take these steps to maximize leydig cell function...

- Keep your testicles cool
- Expose your body to natural sunlight
- Drink coffee or green tea in moderation
- Take D Aspartic Acid when you can afford it.

Step 8: Supplements

No need to break the bank here.

Just test out the supplements you can easily afford and continue to test others as cash becomes available.

Your first three purchases should be goji juice, desiccated liver and cod/butter oil.

Step 9: Liver detox

Follow the zeolite protocol when you can afford it, but take steps to boost glutathione production immediately.

You can easily do this by increasing your intake of beef, lamb, chicken, free range eggs, raw dairy and red cabbage.

Step 10: Testosterone Behavior

Start acting like an alpha male at all times.

Also, cut way back on the masturbation and start having sex instead.

When pursuing this sex, create a link between your mind and testicles by wrapping the engagement into a courtship ritual..

Also..

Go after the prize with a conquering mindset and take the steps necessary to make it challenging.

Step 11:

Re-read each chapter one at a time.

As you move through them for the second time, keep a pen and paper handy and read until you've written down three new action steps.

Then put the book away until you've completed them all before you open it again and create another list.

Then continue this process until you make it all the way through the ebook a second time.

This final step will build the massive momentum you need to reach your goal.

It will also create the powerful testicles you're looking to achieve.

Good luck :)

Mark

