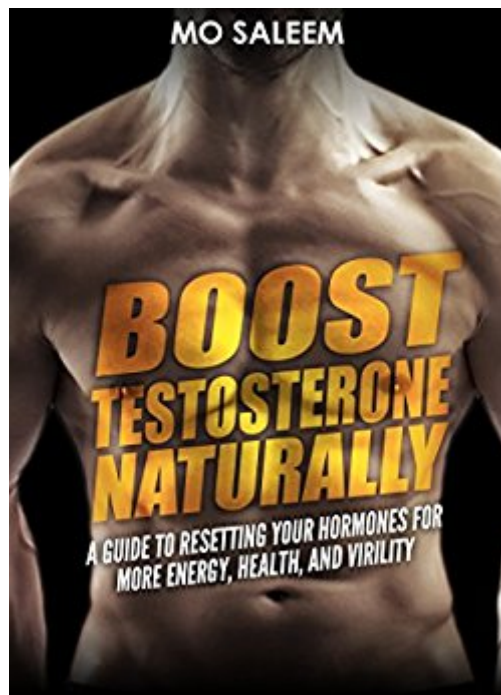




The book was found

Boost Testosterone Naturally: A Guide To Resetting Your Hormones For More Energy, Health, And Virility



Synopsis

Discover how to skyrocket your body's natural testosterone production by making simple changes in your diet and lifestyle...Fact: Testosterone levels in American men have plummeted by over 25% in the last few decades. 1 in 4 men over the age of 30 have low T. ...So what's causing this?The reasons for this decline are diverse, but can largely be narrowed down to lifestyle factors. Unhealthy eating, a lack of exercise, sleep deprivation, and elevated stress levels are at the root of it. To break through this downward spiral and see fast progress you need to re-build your habits from the ground up...Boost Testosterone Naturally will walk you through a 12-week journey designed to reset your hormones and bring your testosterone back to where it should be. There are over 100 references to peer-reviewed literature, so you can be sure that all of the information is backed by science and proven to work. Inside this book you'll learn:

- How to influence a little-known positive feedback loop to push your T-production into overdrive-
- A simple diet hack to amplify GH production by 2000%-
- How to eat large and appetizing meals while continuing to drop fat like clockwork-
- How to build a lean and muscular physique in under 3 workouts a week-
- The #1 training mistake that cripples your ability to get stronger-
- The 2-minute activity to instantly spike testosterone and lower cortisol
- Instant body language hacks to radically enhance your confidence-
- The No B.S. Guide to testosterone booster supplements (hint: most of them are a scam)
- How to reclaim your energy, libido, and health using the 12-Week Hormone Reset System...and much, much more!

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Customer Reviews

Low testosterone is not normal, testosterone reduction is not inevitable with aging, and you can raise your testosterone without resorting to unnatural pharmaceutical therapies. This book proves all that - using a combination of research and practical experience (by the author) - and supplies the exact nutrition, fitness, and lifestyle plan for avoiding low T, and hitting the 700+ levels ALL men should be enjoying. I thought this book was very well written, and I liked the way the author shared his personal results. He clearly has a background in science, and I enjoyed his rational discussion and non-nonsense, straight-to-the-point strategies. Interestingly, I was somewhat opposed to breakfast skipping prior to reading this book, but I may give it a shot for a weeks based on the information I read. And clearly, I need to place a bigger focus on sleep, as the author suggests. I think other readers will also enjoy the information on getting their testosterone levels checked (and what to look for). As I've always wanted to get it done, but never known where to look. Moreover, I think they'll appreciate the thorough discussion on optimal diet and exercise strategies, and the extra tips on body language and demeanor. Great book!

I bought this book, actually, with my fiance in mind. I have been studying my own hormones, and how best to regulate them, and my interest encouraged him to get some knowledge on the subject as well. I really appreciate the value put into this book. I expect that many people think that when you are trying to alter your hormone levels, or return them to where they naturally fall, you would just go to your primary care physician, get some tests, and take some medication. However, this book shows you how to naturally raise testosterone using a number of lifestyle changes that you can easily implement into your life. And an added bonus is that these things will also help you to look and feel better in your everyday life. The information in this book is clearly and logical, and covers a wide variety of methods you can use to boost your immune system.

This book will give you a complete plan to boost your testosterone levels naturally. You won't have to buy any sketchy supplements or do drugs. You'll first be given the knowledge and science behind how testosterone works, instead of simply being told what to do without really knowing why it works.

It also covers nutrition, sleep, and weight training way more in-depth than I thought it would. I had no idea how important meal timing is for boosting T-levels! The weight lifting info was great as well. You'll learn how to efficiently make progress on key lifts to experience muscle gains the fastest. This book exceeded my expectations and went beyond basic stuff like sleep more and eat healthy.

This was a really good book with a lot of good tips on how to boost your testosterone the natural way. Many guys have a difficult time with testosterone dropping off as they age, or when they gain excess body fat do to inactivity. This book is full of many different types of solutions to the problem, from nutrition, training, supplementation, sleeping, and more. The tips on how to boost testosterone is very practical and easy to follow. This is a helpful guidebook for men seeking to increase their testosterone levels in the natural way.

I buy a lot of books about testosterone and ways to achieve your ideal self. I do a lot of research on this subject because I also was working on a study. Anyways, this book is a must buy for anyway struggling with testosterone (even though most people don't know they have a t issue.)The book is extremely informative with tons of details, guides and how tos. It especially goes well with the BTN toolkit that they offer. Love the book and I hope to see more from this author. Thank you for the information and for the killer price.

This is a well-researched book and a great way to learn a lot about testosterone. It covers many thing in relation to testosterone ãfÂçÃ â ã ã œ food, supplements, exercise, life habits, it even has some meal and exercise plans to help you start with boosting your T levels. I highly recommend this economical resource.

great book about testosterone, i learned a lot of this book about boosting our energy. like eating and exercise strategy.i also want to recommend this to others. very informative and explained a lot. this is very helping to our body.

A great guide more than anything that really helped change my lifestyle. Definitely recommend this to anyone who feels lethargic, worn on, feel as if they're not good enough. Can really motivate and actually make a change. Great book!

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