Testosterone!
How To NATURALLY SKYROCKET Your HORMONE Levels For...
More Muscle, Less Fat & Better Sex!
by The “Muscle Nerd”
Jeff Anderson
www.OptimumAnabolics.com
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Let’s face it...

If you’re looking to pack on massive amounts of muscle while reaching “ripped and shredded” body fat levels, you’re NOT going to reach your maximum potential without help from your body’s #1 anabolic hormone...

...TESTOSTERONE!

In fact, sales of natural “Testosterone Booster” supplements are at an all time HIGH as guys everywhere scramble to find the next “steroid alternative” that will allow them to get all the muscle of the pro’s without the side effects associated with the “juice”.

Well, I have some GREAT NEWS for you!

While your buddies are all relying solely on popping their pills and ignoring the OTHER opportunities for natural testosterone enhancement, YOU will be in possession of this “secret weapon” manual that will allow you to fully maximize your body’s OWN natural testosterone levels, allowing you to build pound after pound of rock hard muscle while taking full advantage of all the other benefits derived from heightened hormone levels.

In fact, by following the little known secrets I’m about to reveal to you, I’d say you’re well on your way to shifting your testosterone engine into…

MAXIMUM OVERDRIVE!
But naturally increasing hormone levels within your body is a process where the whole is much larger than the sum of its parts.

When combined, the TIPS and TRICKS you’re about to learn will multiply and build upon each other with the ultimate goal of maximizing your body’s own NATURAL testosterone production levels to paramount proportions.

With this in mind, it’s very important that you read the WHOLE BOOK to avoid missing out on any crucial information that could help magnify other factors.

IMPORTANT: READ THIS MANUAL ALL THE WAY THROUGH BEFORE BEGINNING YOUR PROGRAM!

If you skip a chapter, thinking you “already know” everything you need to know about that element of hormone production, you could be missing out on a crucial element for maximizing your gains.

**But don’t worry, I’ll be there every step of the way to make sure you don’t miss out on anything…**

*A Word From The “Muscle Nerd”…*

“See?

For those of you familiar with my best-selling fitness programs, you’ll remember that I love to go back over each work I complete and look for those points that deserve a little EXTRA EMPHASIS.

That’s when you’ll see my smiling mug pop back up to add any ‘special remarks’ (and probably a few wise cracks as well) just to make sure I’ve made my point!”

So without wasting any more time, let’s go start up that hormone engine and prepare to pack on some MUSCLE, shall we?

And believe me…if it’s ONE THING my research and experiments have shown, it’s that HORMONES play a KEY ROLE in your ability to BUILD MUSCLE and BURN FAT.

In fact, you’ll find that ALL of my fitness programs revolve around NATURALLY stimulating your body’s levels of TESTOSTERONE, GROWTH HORMONE and other juices that keep you lean, healthy, strong, and vibrant.

Programs like the ones on the following page…
Other “Muscle Nerd” Programs...

Combat The Fat

The ULTIMATE FAT BURNING GUIDE to show off your new muscle!

Discover how the training techniques of the U.S. Military can take you step-by-step to 6-PACK ABS!

www.CombatTheFat.com

Optimum Anabolics

If your goal is to jack up TESTOSTERONE levels to pack on some SERIOUS MUSCLE, then Optimum Anabolics has proven to be the best “anabolic activator” on the planet!

The “before & after” pictures speak for themselves!

www.OptimumAnabolics.com

Advanced Mass Building Secrets

After ONE FULL YEAR of focused research, I was able to uncover 5 KEY FACTORS that can literally FORCE your body to pack on more muscle mass!

The secret? Activating (with laser-like precision) ALL of your body’s muscle fiber types...all SEVEN of them! Trust me...you’re training will NEVER look the same again!

www.AdvancedMassBuilding.com

Homemade Supplement Secrets

For the serious athlete who uses supplements, find out why you should NEVER buy your supplements “off the shelf”!

Discover how to easily MAKE YOUR OWN SUPPLEMENTS and save up to 98% creating formulas even BETTER than name brands!

www.MakeYourOwnSupplements.com
Since the dawn of time when we swung clubs to bring home the Brontosaurus burgers, to the middle ages when a man was judged by the size of his sword (things haven’t changed all that much, eh?) to present day where CEO’s fire sniveling pipsqueeks from the big chair in the boardroom, you’ll find ONE COMMON THREAD that binds all of these “barbarians”…a seething flow of male hormones and in particular…

TESTOSTERONE!

But although the powerful potion that makes men “men” is a key ingredient for the bold, aggressive characteristics necessary for rescuing damsels in distress and controlling 4th quarter financial results, it plays a MUCH more important role in the average Joe’s quest to conquer his OWN little piece of the world…his body!

Most likely, you downloaded this ebook in search of the MASTER KEY to packing on slabs and slabs of ROCK HARD MUSCLE.

But while you MAY be familiar with the powerful benefits elevated testosterone levels have on your ability to build muscle (like we needed any MORE reasons!), ensuring adequate amounts of testosterone (I may refer to it as just plain “T” throughout this book) in your body has many OTHER benefits as well.

Here’s a short list of LIFE-CHANGING IMPROVEMENTS you can hope to see from following the innovative tips covered in this book:

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<tr>
<th>Body Composition Enhancements</th>
<th>Sexual Enhancements</th>
<th>Overall Health Enhancements</th>
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<td>► Increased muscle size</td>
<td>► Increased sex drive</td>
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<td>► Increased muscle strength</td>
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<td>► Decreased levels of “bad” cholesterol and increased levels of “good” cholesterol</td>
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“Not such a bad list of benefits, eh?

Now the benefits from heightened testosterone levels AREN’T any secret to the muscular MUTANTS you see on the front covers of bodybuilding mags everywhere or to the greedy supplement companies pumping out “virtual Viagra” by the truckload.

Professional bodybuilders pump MASSIVE amounts of anabolic steroids through their veins to ARTIFICIALLY raise testosterone levels.

And I don’t see ONE SINGLE DAY go by where I don’t get 10-15 spam email ads for herbal testosterone enhancers or “natural” Viagra elixirs.

But resorting to harmful chemicals ISN’T necessary if you know the secrets to NATURALLY boosting your own testosterone supply chain.

AND THAT’S EXACTLY WHAT WE’RE HERE TO DO!

However, while RAISING “T”-levels in your body should be the main ingredient in your quest to be the “manliest” man you can be, there’s ANOTHER factor which absolutely MUST be considered if you ever hope to be successful...

If you’ve read my book OPTIMUM ANABOLICS (www.OptimumAnabolics.com), then you know how EFFICIENT the body is at adapting to the changes we like to throw at it in order to maintain a state of BALANCE.

Many bodybuilders are well aware of this factor from the “PLATEAUS” they may hit during their workout cycles when their body actually SLOWS DOWN or simply STOPS growing new muscle due to overtraining.

Since it takes more energy for the body to maintain MUSCLE than it does to maintain FAT stores, it will actually try to LIMIT the amount of muscle you can build so it doesn’t have to expend so much effort.
Well, this same factor of “balance” that the body is trying to create applies to your attempts to raise testosterone levels as well. You see, you ALSO have a small supply of the FEMALE hormone ESTROGEN running through your veins!

**A Word From The “Muscle Nerd”…**

“Whoa! Don’t get all ‘defensive’ there, Sparky!

Estrogen is actually a NECESSARY hormone for men and DOES have its fair share of BENEFITS…

You know...like making us want to ‘talk about our feelings’ and cuddle with the Mrs. In front of a warm fire.

But read on to see how to remain in control of just how MUCH estrogen is floating around in your body…”

When your body starts reading that your testosterone tank is getting a little TOO FULL, it makes a phone call to your estrogen outlet with orders to begin producing MORE of the female hormone to balance out your “T”-levels. In effect, the message that gets back to the employees of the testosterone factory is:

**BREAK TIME!**

This is “supply and demand” at its most efficient!

So you see, part of your battle is also finding ways to SUPPRESS the estrogen reaction in your body to allow the POSITIVE benefits of INCREASED TESTOSTERONE LEVELS to do their work.

Again, professional bodybuilders are WELL aware of this estrogen reaction and are forced to take a whole OTHER set of drugs just to avoid the FEMININE features their body will begin to take on with the natural rise in estrogen.

However, it’s the “wannabe” pros who begin taking steroids WITHOUT the proper knowledge (or doctor’s oversight) that pay the heaviest price. Nearly ALL of them begin to take on female characteristics in a short time, the most notable side effect being GYNOCASTAMIA, or female-like breasts commonly referred to as “BITCH TITS” because they more resemble the breasts on a female dog.

**BUT WAIT…THERE’S EVEN MORE!**

Just when you thought these were the ONLY problems steroids posed, there’s an even BIGGER challenge users need to be concerned with when it comes to testosterone production. You see, with all that SYNTHETIC “juice” coursing
through their veins, the body realizes that it really doesn’t need to manufacture any of its OWN testosterone any more.

Your NATURAL ability to produce this hormone is all but SHUT DOWN ENTIRELY!

This is VERY BAD NEWS for when you come off the juice and can’t figure out why your wee-wee doesn’t have the punch it USED to. You’ve actually built up a DEPENDENCE upon artificial testosterone production and your balls will shrivel up like two tiny raisins from lack of use!

A Word From The “Muscle Nerd”...

“Now guys, I know you want a huge chest to sport around the beach and you’ll need to fill out your leopard-skin thong as much as possible.

But you shouldn’t need to wear a bra to keep your pecs supported or stuff your ‘marble bag’ bathing suit with a sock!

Lay off the juice unless you plan on making a play for Mr. Olympia and have a doctor’s guidance.

What YOU are looking for is to provide your body with the support necessary to produce its OWN T-Levels SAFELY and NATURALLY.

And now for the good news…”

As users of my mass building programs have found, “steroid-like growth” IS possible…IF you know the specific program for skyrocketing your body’s OWN natural hormone levels through the roof!

But those of you who are familiar with my writing know that if it’s ONE THING I hate, it’s an UNEDUCATED BODYBUILDER who heads off to the gym without a clue as to how or why the program he’s using is supposed to work, or worse yet, gives advice to OTHERS without knowing what the hell he’s talking about in the first place.

The iron sweatboxes are full enough of these knucklehead “consultants” as it is, so before we get started on the TIPS and TRICKS that will allow you to RADICALLY increase your own natural testosterone levels, let’s make sure you fully understand HOW the body works to produce hormones in your body before we move on…
No need to make you an endocrinologist here, but if you understand the basics of how testosterone is produced in the body, as well as how OTHER hormones play a role in your attempts to master the benefits of high levels of “man juice”, then the rest of this book will make MUCH more sense to you.

So let’s take a simplified tour through your body’s endocrine system and see what the assembly line workers in the testosterone department are up to, shall we?

**A Simplified View of Testosterone Production in the Body**

**Step 1**
The anterior lobe of the pituitary gland at the base of your brain releases **Luteinizing Hormone** (LH).

**Step 2**
The adrenal glands secrete **Dehydroepiandrosterone** (DHEA) into the bloodstream.

**Step 3**
Luteinizing Hormone and DHEA travel to the testes where these and the other “Unleashed” factors work together to produce **Testosterone** (T).

**Step 4**
Testosterone (T), along with other factors such as exercise, nutrients, and other anabolic hormones, builds muscle and burns fat cells.
As you can see from the previous diagram, all roads lead SOUTH, directly to your body’s main testosterone production plant ...the TESTES. But just like a real manufacturing facility, the assembly line needs RAW MATERIALS and PROPER SUPPORT in order to create the finished product.

For a REAL manufacturing facility, this could translate to metals, plastics, nuts and bolts, paper products, and other raw materials, as well as employee factors such as the right amount of assembly line workers working the right amount of hours and taking enough breaks to remain at OPTIMUM production levels.

For YOUR testosterone manufacturing facility (your body), you need similar support, such as the correct RAW MATERIALS (nutrients), PROPER EXERCISE and REST PERIODS, SECONDARY HORMONE SUPPORT, etc..

But let’s not forget that you DO have other factors working AGAINST you in the process. Yes...ESTROGEN production, as identified earlier, IS one of your biggest enemies, but there are a few OTHER factors at play here as well.

Your body has a natural DAILY FLUCTUATION of behavioral and physiological functions that go up and down as the day progresses over generally a 24 hour cycle. This is generally known as your CIRCADIAN RHYTHM and throughout this daily cycle, your testosterone levels spike and plummet accordingly.
The chart below demonstrates a general example of how your “T”-levels fluctuate during a 24-hour period:

As you can see from the diagram, your PEAK testosterone levels occur in the EARLY MORNING right before waking up and getting out of bed.

A Word From The “Muscle Nerd”…

“This would explain why you wake up looking at what appears to be a replica of the TAJ MAHAL under your bed sheets!”

However, these levels DROP by as much as a whopping 50% during the course of the day!
When it comes to testosterone levels over the course of our LIVES, it becomes much more predictable however.

As you can see in the chart below, when we’re in our 20’s through our 30’s, the wind from a butterfly’s wings in China could cause a tremor in your shorts.

However, as you’ll notice, “T”-production steadily **DECREASES** from about the age of 40 on, at a rate of about **1 PERCENT PER YEAR**. That’s **BAD NEWS** if you were looking to marry a 20-year old centerfold model on your 80th birthday!

To make matters even worse, while **TESTOSTERONE** levels **DECREASE** with age, **ESTROGEN** levels appear to generally **REMAIN THE SAME**, thereby tipping the scale in favor of **SAGGY MAN-BOOBS** in our later years!

Source: Stephen J. Winters, M.D., University of Louisville
A Word From The “Muscle Nerd”…

“Not to worry though…the tips and tricks you’re about to learn are finally going to put you on the fast track to reversing these natural dips in testosterone REGARDLESS of your age.

Are you ready to become CEO of your own Testosterone Production Plant?

Then read on my friend!”
Compound Your Results With Compound Exercises

If you want to send a message to your body that it needs to kick testosterone production into high-gear, then EXERCISE is like a bullhorn you get to scream through to make it happen.

But the TYPE of exercises you do and HOW you perform them have a PROFOUND effect on just how MUCH “T” responds to your demands.

You see, the amount of testosterone produced has a DIRECT relationship to the amount of stress you apply to your body’s muscle fibers. The MORE you stress your muscles (short of OVERTRAINING of course)…the MORE testosterone you’ll produce!

But there’s more to stressing muscle fibers than simply grunting out reps to the point you’re throwing up after every set. There are MANY other factors that are required to accomplish this goal…and MORE than I can cover in detail here.

The fact is, one look around any weight room will show you that there are VERY FEW guys who actually lift correctly in order to make sure they’re hitting as much muscle as they could be.

Studies show that when you perform COMPOUND EXERCISES you stimulate MANY more muscle fibers than if you perform ISOLATION EXERCISES.

A Word From The “Muscle Nerd”...

“Just for some added clarification…

COMPOUND exercises, such as the barbell squat, deadlift, bench press, pull downs and rows, move the body through MORE than one joint movement and incorporate supporting stabilizer muscles, effectively working the body as a WHOLE unit.

An ISOLATION exercise, such as seated leg-extensions, bicep curls, tricep pushdowns, and calf raises, use a single-joint movement and really ISOLATE the specific muscle you’re trying to target.”

While you certainly shouldn’t stay away from single-joint, or “isolating”, exercises, (in fact, my ADVANCED MASS BUILDING program reveals a new way to use the benefits of BOTH exercises to magnify the effects of each other) the BULK of
your weight training program should be made up of COMPOUND, MULTI-JOINT EXERCISES.

In fact, with LEGS being the largest muscle group in the body, the BARBELL SQUAT has been hailed as THE most effective exercise EVER for stimulating testosterone production. And that testosterone doesn’t just benefit your legs…it benefits all of your OTHER muscles as well.

**A Word From The “Muscle Nerd”…**

“Who would have thought that exercising your LEGS would ALSO help you pack muscle on your chest and biceps? But this is EXACTLY what happens!

So remember this the next time you have a hard time getting out of bed and off to the gym because it’s the dreaded ‘LEG DAY’ in your workout program.”

Remember…stick to COMPOUND EXERCISES to target as many muscle fibers as possible and you’ll see a greater response in overall testosterone production.

But now, let’s head to the epicenter of where testosterone is produced for ANOTHER great tip for increasing production levels…
Everyone has stress in their lives (except possibly for that long-haired yoga instructor that smells like flowers) and this is actually a **GOOD** thing. Stress is what keeps us alert, focused, and active.

But too **MUCH** stress can have an adverse effect on your body’s hormone production, putting a major kink in your quest for increased testosterone levels.

When your lifestyle is filled with too much **ANXIETY**, your body reacts by releasing the hormone **CORTISOL** into your blood stream. Many of you may be familiar with this hormone’s role in holding back your muscle gains, but when cortisol levels are **RAISED**, testosterone production begins to **DECLINE** as well.

“**This explains why under the most intensely STRESSFUL circumstances, such as project deadlines at school or work, another fight with you’re hot-headed boss, or you an your significant other haven’t exactly been seeing eye-to-eye lately, your sex drive PLUMMETS lower than if you’d just discovered those naked pictures grandpa took of grandma on their last vacation!”**

So…not only to keep you from getting to the point where you’re putting holes in the drywall with your fist, but to also **MAXIMIZE** your body’s ability to **SUPPRESS** cortisol and **ELEVATE** “T”-levels, you have to find ways to reduce the stress in your life.

Fortunately it’s relatively easy to take some very **SIMPLE STEPS** to accomplish this goal. But the way you do it will have to be personally customized to what **YOU** find relaxing.

On the following page are some suggestions for going from a teeth-gritting time bomb to a flower pushing Hare Krishna in no time…
### Exercise Regularly
Ok…this one may seem a little obvious. But since regular exercise releases powerful endorphins into your bloodstream which relieve stress while additionally increasing testosterone, you get a double whammy benefit here!

### Give “Captain Jolly” A Regular Workout Too
Regular sexual activity and orgasm initiates the secretion of the hormone oxytocin, which causes the release of natural endorphins (mood stabilizing chemicals) into the bloodstream. In fact, oxytocin levels spike **3-5 TIMES** HIGHER than usual just before orgasm!

The natural endorphins released as a result have a natural drug-like effect on the body causing profound relaxation and deeper sleep.

### Take Time Out For Yourself
By actually scheduling time to spend with friends, focus on a hobby, let off a little steam or whatever else allows you to do for YOU, you actually come out of it a lot more balanced and able to provide even more for those who depend on you. You have to take care of YOU first in order to give more to OTHERS!

### Take Short Breaks During The Day
Even just **5 minutes** alone with your eyes shut or a short walk around the block periodically throughout the day can give your brain a much needed opportunity to rebound from the momentum of a stressful day. You’ll come back to your work energized, refreshed, and yes…even **more productive**!

### Breathe Like A Yogi
Here’s a quick and effective breathing technique I learned from a yoga instructor that is **GUARANTEED** to give you **INSTANT RELIEF** from stress…

1. Close your right nostril with your right thumb (please try to avoid actually sticking it in your nose, ok?) while breathing in through your left nostril for a slow **15-second** count until your lungs are completely filled. (Count internally while you do this…not out loud.)

2. Hold your breath for just a second then close your left nostril with your right index finger while breathing out through your right nostril for another slow **15-second** count until the air is completely out of your lungs.

3. **Repeat** for a total of **5-10 CYCLES** for a deeply relaxing stress-reliever!
Fat cells, and in particular BELLY FAT, produce the enzyme AROMATASE, which in turn, converts to the female hormone ESTROGEN.

“A Word From The “Muscle Nerd”…

“This could explain why large, flopping beer bellies are often accompanied by equally flopping man-mellons!

And as you know, we get ENOUGH of our fill of female hormones about every 30 days from our wives and girlfriends. We certainly don’t need any MORE of it muddying up our OWN bloodstream!”

A couple of pounds here and there won’t have all that much effect on your hormones. But if you’re at least 30 PERCENT over your ideal bodyweight, you MAY be looking at a future investment in a D-cup bra.

The good news is that as you start stoking up the old fat-furnace, you'll give your testosterone levels a good kick start which will in turn give you a helping hand toward losing that extra flab. The LOWER your bodyfat…the LOWER your estrogen levels…the HIGHER your testosterone…the MORE muscle is built…the MORE fat is burned.

Are you starting to see the relationship here?!

“A Word From The “Muscle Nerd”…

“Well, here’s ANOTHER powerful chain of events that will help you reach your goal…

Since MUSCLE TISSUE requires MORE calories to build and maintain than FAT TISSUE does, the more muscle you have, the more calories you’ll burn.

In fact, gaining just 1 EXTRA POUND of muscle burns an additional 50 CALORIES throughout the day.

Gain more muscle...lose more fat...increase
testosterone…building more muscle! You, gotta LOVE it, eh?”

One of the keys to making this entire process work for you is to take it very SLOW with your fat loss program. FORGET all the quick-fix diets that promise rapid results. These diets often focus on LARGE calorie restrictions that actually have an ADVERSE EFFECT on burning fat in the long run.

You see, when you drop your calories TOO low, you actually signal your body that you’re STARVING. When this happens, your body goes on the DEFENSIVE by effectively shutting down as many biological processes as possible to CONSERVE ENERGY in the face of a caloric fuel shortage.

Since your body DOESN’T want you doing the “horizontal mambo” with your significant other when it’s trying to take it easy, it SHUTS DOWN production of testosterone just so you don’t get any bright ideas about having sex.

You can bypass this obstacle, effectively blocking your body’s evil attempts to shut down the “T”-factory and keep you from scoring, by reducing your daily caloric intake by NO MORE THAN 15% - 25%. This will ensure a LONG, SLOW fat burn that’s EASILY SUSTAINED and supports your optimum hormone levels.
No, this ISN’T another one of my penis nicknames. I really AM talking about peanuts this time.

You see, when it comes to DIETARY CONSIDERATIONS for maximum testosterone production, there is actually quite a LOT you can do to help the process. Here’s what I mean…

Many guys STRAY AWAY from fat in their diet under the misguided notion that it will MAKE them fat.

Not true!

When it comes to your body’s decision about whether or not to store fat around your midsection, it’s MORE a matter of the total number of calories you TAKE IN versus the total amount of calories you EXPEND through your daily activity.

In fact, your body actually NEEDS fat in your diet in order to produce testosterone! So if you’re currently REDUCING fat calories in order to lose weight, you’d better re-think your game plan.

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**A Word From The “Muscle Nerd”…**

“This may seem like a slap in the face of traditional dieting concepts, but the truth is that eating fat DOESN’T make you fat…unless you’re eating too many calories to begin with!”

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But we’re not talking about just ANY type of fat, so please…

**STEP AWAY FROM THE BACON!**

While you should focus mainly on GOOD FATS such as poly-unsaturated Omega 3’s and Omega 6’s, there’s ONE TYPE of fat that has out-distanced itself from the rest of the competition on the testosterone playing field.

And the winner is…

**MONOUNSATURATED FAT!**
Scientific research has shown that more than any other fat source, monounsaturated fats have the most **DIRECT EFFECT** on the testes and testosterone production.

To ensure your body has the right amount of fat to maximize testosterone output, make sure that you take in about **30 PERCENT** of your total daily calories in the form of “good fats”, and preferably the **MONOUNSATURATED** type.

**A Word From The “Muscle Nerd”...**

“In the **OPTIMUM ANABOLICS** program, I structure a 40% protein, 30% carbs, and 30% fat calorie split, specifically designed to build muscle, burn fat and **GREATLY** increase testosterone levels!”

On the following page are some examples of healthy **MONOUNSATURATED FATS** and some ideas for incorporating them into your current diet...
### Fat Source: Avocados
**How to add to diet:**
Great addition to sandwiches; chop over Mexican food; mix with diced tomatoes, onions, jalapeno pepper, lime juice, cilantro, and salt for guacamole served with chips

### Fat Source: Olive Oil
**How to add to diet:**
Pour into a dish with cracked black pepper then dip whole grain bread into it while serving cheese and kalamata olives; toss into any pasta dish along with fresh basil and tomatoes; pour into protein smoothies for a “nuttier” flavor; pour a Tbsp. into oatmeal for creamier texture

### Fat Source: Canola Oil
**How to add to diet:**
Use for everyday cooking; pour into protein drinks to make creamier yet yield no additional flavor change

### Fat Source: Nuts (Any kind)
**How to add to diet:**
A great snack between meals; toss some walnuts into a salad with balsamic vinegar and crumbled feta cheese; add 2 Tbsp. of peanut butter to 12 oz. of skim milk, one frozen banana, a ½ cup of raw oat bran, and a scoop of vanilla protein powder for a delicious breakfast smoothie

### Fat Source: Flaxseed Oil
**How to add to diet:**
Pour into protein smoothies and oatmeal for creamy, “nutty” flavor; toss into salad with nuts and feta cheese
Get Rid of Your 6-Pack...Literally!

Ever wonder why the little soldier wouldn’t stand at attention once you finally got the barroom beauty into the backseat of your Buick? Well, the riddle’s been solved…

Studies show that heavy alcohol consumption has a **DUAL EFFECT** on your body’s endocrine system. Excessive alcohol intake, especially **BEER**, essentially **SHUTS DOWN** testosterone production while simultaneously causing your body to pump out **MASSIVE QUANTITIES** of the female hormone **ESTROGEN**.

**“Don’t you wish someone had told you THAT before prom night?!”**

The solution to this is simply **OBVIOUS...NO BINGE DRINKING!**

Unless you’re pledging to your college fraternity and need a keg-induced pain killer prior to taking that long trip on your knees through the Phi Beta Kappa spanking machine initiation, you should stop at **3 DRINKS** and space them out over as **MUCH** time as possible.
Another Reason To Eat Your Veggies

Remember staring at the Brussels sprouts on your plate as a kid and hoping your father would look away just long enough for you to feed them to the family dog waiting patiently under the table?

Well it turns out dad may have had OTHER motives for making you eat these little cabbages than some sadistic notion of teaching you how to deal with life’s little “unpleasantries”. (Ok…probably not! But it turns out he was on the right track anyway.)

Research has come up with another effective tactic for tipping the estrogen-testosterone scales in your favor...loading up on your vegetables!

But not just ANY veggies will do! Specifically, CRUCIFEROUS VEGETABLES (see the examples below) are high in a phyto-chemical (a fancy name for substances found in plants) called INDOLE-3-CARBINOL (I3C) which is known to significantly REDUCE estrogens and SUPPORT “T”-production.

A Word From The “Muscle Nerd”...

“One study showed that 500 milligrams of I3C a day actually CUT estrogen levels in HALF!”

2 SERVINGS a day of any of the following list of vegetables will provide you with sufficient amounts of I3C to do the trick:

<table>
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<th>Cruciferous Vegetables With I3C</th>
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<td>Broccoli</td>
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<td>Turnip Greens</td>
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Skip the Soy!

Bad news for vegetarians!

Evidence shows that guys who eat MEAT showed significantly HIGHER LEVELS of testosterone than guys who ate a vegetarian diet.

A Word From The “Muscle Nerd”…

“Now you know why the Tyrannosaurus Rex was KING of the Jurassic jungle! His insatiable lust for red meat made him a force to recon with!”

You see, although often used as a PROTEIN SOURCE in vegetarian diets, soy isn’t as “bio-available” as meat sources which means your body doesn’t get as much valuable protein to work with in its muscle-building efforts as those of us carnivores.

If you have a choice for your protein source…opt for whey, fish, poultry, and lean cuts of beef over meats loaded in saturated fats such as fatty red meats, pork and lamb.

This will ALSO give you more room in your diet to add the MONOUNSATURATED FATS that will give you an extra boost for optimal “T”-production as discussed in Chapter 5.
When we were cavemen, supernatural levels of testosterone gave us **TWO THINGS**...a forehead you could perch a small boulder on, and the **DRIVE** to go out and kill our next meal.

So it stands to reason that getting in touch with our primitive instinct to “rub someone out” will in turn send a signal to the pituitary gland in the brain to initiate the necessary surge in **TESTOSTERONE** to make it happen.

You can do this a number of ways...**NONE** of which actually require you go out and corner your neighbor in his driveway and use him as a punching bag!

My **FAVORITE** way to tap into my “killer instinct” is a combination of three 1-minute rounds on a heavy **PUNCHING BAG** along with another 3 minutes of **“VIRTUAL FULL-CONTACT FIGHTING”**.

What **IS** “virtual full-contact fighting”?

This is a trick I learned from a **PROFESSIONAL FIGHTER** who used to train for those brutal, no-holds-barred cage matches you see in Ultimate Fighting Championship and Pride tournaments where it’s just two men in a ring (or cage) and they beat the hell out of each other...no gloves and **VERY** few rules!

Full contact fighters use the power of their **MIND** to tap into the aggressive instinct they need to annihilate their enemy. You see, while at their training center, they pretend they’re in the ring and actually **VISUALIZE** their opponent in front of them while using all of the dirty tricks they have in their bag. They use their knees, elbows, fists, head butts...**ANYTHING** at their disposal, to inflict as much **DAMAGE** as possible on their enemy.

So here’s how **YOU** can use this same type of training to unleash new levels of anabolic hormones without finding yourself doing time in the local prison fending off prospective “boyfriends” in the showers...

---

**Step 1**

Find a location in your house or other private space away from the breakables, and private enough so others don’t see you and wonder if you’ve finally lost your mind. A full length mirror is a great addition as it helps you visualize your “enemy”.

---
**Chapter 9**

**Virtual Fighting**

---

**Step 2**

Imagine, as clearly as you can, a scene that would force you to have to rip someone’s head off.

This may take the form of someone who jumps out in front of you from a dark alley with a baseball bat...maybe it’s a group of bikers who’ve decided to corner your wife or girlfriend (mother?) in a bar...or maybe the guy in the cubicle next to yours won’t stop humming show tunes...whatever!

The clearer you can make this image, the more adrenalin you'll start to feel course through your body. And remember...your adrenal glands help supply DHEA to the testes for testosterone production.

---

**Step 3**

Start to take short, “aggressive” breaths through your nose and then...

---

**Step 4**

Tapping into all that built up aggression, **TEAR APART** that virtual “enemy” or “enemies” in front of you!

Hit him with elbows, drive your knee into his head, kick him in the groin, gouge his eyes out with your thumbs, head butt him, and punch to your heart’s content...**WHATEVER**!

Really dig into your natural instincts to defend yourself or loved ones and take this guy apart! The secret is to really **FEEL** the adrenaline rush that naturally comes with this level of intensity.

---

**Step 5**

Do this 3 times for only about 1 minute each time and you’ve sufficiently generated enough stimulation to create a short-term testosterone surge in your body with lasting effects.

---

**A Word From The “Muscle Nerd”...**

“Remember, testosterone is a ‘supply-and-demand’ hormone and your **MIND** is a very powerful ally in your battle to **CREATE** that demand.

Clearly visualizing the **AFTER EFFECTS** of high testosterone levels (battling the enemy, great sex, etc.) allows the body to generate the hormones it naturally associates with these activities.

Strange...but **TRUE**!”
Go HEAVY...or Go Home!

Hunkering down in your cubicle all day long lifting that pencil 1,000 times will have as much chance at raising your “T”-levels as you have at impressing that brunette at the bar with your belching skills.

To get maximum testosterone output from your “land down under” and watch your muscles balloon like a cartoon, you’ll need to give your body a good enough REASON to work harder…and that means lifting MUCH heavier weights than the girls over in the aerobics class.

In fact, one study suggests that you need to lift between 70% - 80% of the maximum amount of weight you can lift for ONE REPETITION to get the GREATEST boost in testosterone levels.

Haven’t yet dared to risk a barbell crashing down on your chest to determine your 1-rep max? Don’t worry! There’s a SIMPLE way to help you figure it out without having to update your will.

Here’s what to do…

1. Use the chart on the following page to determine your 1-REP MAX by looking up the WEIGHT you normally lift for your compound exercises (bench press, squats, pull downs, etc.) on the LEFT SIDE, while looking across the TOP for the number of REPS you’re normally able to perform until you’ve reached muscular failure (without assistance) for that exercise.

2. Run your finger across the page and find where these two numbers intersect and you’ll have your ESTIMATED 1-REP MAX!

3. After you’ve determined your 1-rep max, multiply this number by .7 and .85 to find your “working” weight range of 70% - 85%.

4. Perform a minimum of 3 SETS OF EACH EXERCISE, taking at least a 1 MINUTE REST in between to allow your body to regain enough strength for the next set.
### How To Determine Your 1-Rep Max

#### Number of Reps Until Muscular Failure

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In order for construction workers to continue building a house, they need an endless supply of nails. If they run out of nails, they end up hanging around the Volvo talking to your 16-year old daughter while waiting for more supplies!

Same goes for your body. In order to continue to crank out a steady flow of TESTOSTERONE, your body is going to need a steady flow of NUTRIENTS. Going for long periods of time without a meal will shut off the supply line that ensures raw materials are available to be turned into testosterone.

For this kind of production, your regular 3 meals a day just aren’t going to cut it. To keep the assembly line active you’re going to need to split your meals up throughout the day over 5-6 SEPARATE, SMALLER MEALS.

This has other benefits as well. By eating several smaller meals throughout the day, you keep your body’s METABOLISM in high gear, effectively using more calories in the process and stoking up the fat furnace for a continuous burn.

A Word From The “Muscle Nerd”...

“If I remember correctly, less fat equals better abs…and MORE TESTOSTERONE!

Are you starting to see the compounding effect of all these factors yet?!”

In addition, for those looking to put on MUSCLE, you need to take in a LOT more calories than the average couch potato AND you need a ready supply of protein for muscle repair. This is difficult to do when you try stuffing yourself over 3 gigantic meals. You end up throwing your body into overload and it’s unable to effectively process all of the nutrients you’re trying to extract.

Stick to SMALLER, MORE FREQUENT MEALS and keep the nutrient supply line to your testes going full throttle!
OVERTRAINING is the scourge of every guy trying to sculpt the Herculean body of his dreams. But it turns out that NOT allowing your body to FULLY RECOVER from your intense workouts has a HUGE effect on how much testosterone is flowing through your veins as well.

One study conducted at the University of North Carolina found that strength trainers who did NOT get adequate amounts of rest to allow their body to effectively rebuild and repair from their training program, experienced a MASSIVE drop in average T-levels...by as much as 40%!

Yet why are so many guys still brainwashed into thinking that if they’re not in the gym training, then they’re not growing?

Look, if no one has told you before now, let me be the FIRST...

Your muscles do NOT grow while in the gym...they grow while you’re at REST and your body finally has the chance to repair the muscle cells and rebuild them stronger and bigger in preparation for your next workout.

This process takes a total of approximately 7 DAYS to completely cycle through the biological process of flushing out damaged muscle tissue and rebuilding the cells to take on more work.

Therefore logic dictates that if you’re working the same body part MORE than once a week, you’re NOT giving your body enough time to do its job and help you pump up those pecs!

“A Word From The “Muscle Nerd”...

“Some guys will have the ability to recover faster than others while some may take even longer than a week to recuperate.

Working each body part once per week is a good rule of thumb, but NEVER work the same muscle group if it is still sore from the last workout for that same muscle group!”

Of course the biggest factor in being able to adequately repair your body for growth is to make sure you get adequate amounts of SLEEP each and every night. Yet an estimated 82% of us don’t get enough sleep to allow our bodies to fully recover and take on a new day.
Here are some tips on how **YOU** can give yourself the best odds for a good night of “shut-eye”:

| SNOOZE OR YOU LOSE | SCHEDULE your sleep time each night. Get to bed at the **SAME TIME** each night and set your alarm for the **SAME TIME** each morning… **EVEN** on your days off.  
(Maintaining a consistent sleep cycle helps to program your body’s circadian rhythm and facilitate sleep when **YOU** say it’s time.) |
|-------------------|---------------------------------------------------------------------------------------|
|                    | Make your bedroom a **TEMPLE** for sleep. Avoid **WORKING**, **WATCHING TV**, or **EATING** in bed.  
(If your brain associates your bed as a time for activities that require alertness, it may have trouble making the switch when you suddenly decide the bed is also for sleep.) |
|                    | **DON’T EXERCISE** within **3 HOURS** of going to bed.  
(Exercise increases the body’s hormones that cause alertness…the last thing you want when you are ready to catch some Z’s.) |
|                    | **DON’T** eat **LARGE MEALS** within **3 HOURS** of going to bed.  
(Your body’s digestive process needs a break also. If you eat a large meal before bed, when you’re body’s metabolism slows down, it may pay you back with indigestion and wake you up to tell you about it.) |
|                    | Avoid **CAFFEINE**, especially within **4-5 HOURS** of going to bed.  
(It normally takes about 2-3 hours for caffeine to leave your body. Give yourself plenty of time to make sure this drug isn’t lingering around to mess with your sleep schedule.) |
|                    | **DON’T** drink **ALCOHOL** within **3 HOURS** of going to bed.  
(Alcohol may be a depressant, but it **DOESN’T** help you sleep! On the contrary, it prevents you from achieving the deep sleep necessary for proper recovery.) |
|                    | Burn a **LAVENDER** or **VANILLA** aromatherapy candle.  
(Studies have shown that the scent of lavender and vanilla have a calming effect on the body that helps promote deep relaxation and uninterrupted sleep. Burn a scented candle in your bedroom for just **ONE MINUTE** before going to bed, and then extinguish it. The scent will linger for long after and help you sleep soundly.) |
On Testosterone Enhancing Supplements…

Ok, this is the chapter that never fails to get me in a LOT of trouble!

One of the most common questions I receive from my “clients” is….

“Can testosterone boosting supplements REALLY help you pack on lean muscle, lose fat, AND make you hornier than a teenager on prom night?”

Ads for fitness supplements such as pro-hormones and herbal elixirs with names like “Horny Goat Weed” (yes…that’s a real product) would have you believe they will.

But do they work?

A Word From The “Muscle Nerd”…

“I mean, with a name like ‘Horny Goat Weed’, it HAS to make you hornier than a GOAT, right?!

(By the way…I’m NOT a GOAT FARMER so I can’t verify whether being ‘hornier than a goat’ will get you anywhere anyway!)

Actually, a bit of SCIENTIFIC EVIDENCE (mixed with a healthy dose of COMMON SENSE of course) should provide some insight into whether it’s truly worth it to spend your money on the latest herbal testosterone enhancer.

First a little COMMON SENSE…

As soon as the next recipe for a “magic” sexual enhancement potion is discovered in some ancient text buried in the tomb of King Gluteus Maximus, you can be sure that every guy with a basement laboratory will be spending every last dime of their scrawny savings to advertise their “breakthrough” snake oil.

And since THIS is how every muscle mag makes their money, there will be no shortage of ads…believe me!

But all you have to do is compare any year-old bodybuilding magazine with a current one and you’ll find about 90% of the supplements claiming to revolutionize the bodybuilding industry have withered up and disappeared.
Why? Because THEY DON’T WORK!

A Word From The “Muscle Nerd”...

“It’s one of the DARK, DIRTY SECRETS of the bodybuilding industry!

All it takes is a colorful label, intriguing name (how about…’Testro-Blast’?), and a hard-hitting full page sales ad complete with muscle bound mutants holding up a bottle of magic potion to lure a hefty percentage of red-blooded males into digging deep into their pockets for the promise of overnight mass!

Don’t become a VICTIM of B.S. marketing techniques pushed by STEROID-USING PROS!!! You’ll save a TON of money!”

Hey, I realize that everyone has to make a living, and unless you’re WINNING major bodybuilding events, it’s difficult to pay that massive STEROID BILL professional bodybuilders are chained to each month.

But I have a HUGE PROBLEM when someone injects themselves with any of a number of anabolic compounds geared toward ARTIFICIAL muscle growth in the morning, and THEN makes their way to a photo shoot where they’re holding up a WORTHLESS bottle of herbal powder claiming it’s the “BEST THING they’ve EVER used for building lean muscle mass!”

Can you REALLY trust the word of someone who gets their muscle from a SYRINGE?

Do they work hard in the gym? Absolutely! Just DON’T try to convince me that creatine and shark cartilage is what built your body!

Like I said, everyone has to pay the bills, right?

But they DON’T have to pay the bills by getting ME to shovel over my hard-earned money when the scientific evidence (and personal experience) has revealed them to be the frauds they truly are.

And speaking of SCIENTIFIC EVIDENCE…let’s apply some to the “testosterone boosting supplement” theory, shall we?
“Now here’s where things **REALLY** get interesting!

No matter what you’ve seen in the way of footnote medical references, the questionable results of some first year biology student’s experiment on a mouse **CAN’T** stack up to the **DECADES** of modern nutritional research that back the **TRUTH** behind how the body reacts to outside forces.

Here’s the real deal…”

The body has become **VERY** efficient at **PROTECTING** itself from what it considers to be “harmful toxins” that could disrupt the delicate balance it likes to maintain, and therefore has built up several **DEFENSE MECHANISMS** to keep out any unwanted elements.

This process begins with the **MOUTH** and includes every organ in between there and the toilet bowl.

For example, if you’ve ever mistakenly drank some milk way past its expiration date, you no doubt have felt the body’s quick response of gagging and hurling the “contaminated” food all over the kitchen wall. The stomach doesn’t want it, and will let you know **LOUD** and **CLEAR**.

Of course this is a very simplified example. But it shows you just how well the body plans on protecting itself.

Now, let’s move even **DEEPER** into the body’s defensive structure and see how much it likes you messing around with its **HORMONE SYSTEM**…

First of all, in order for testosterone boosting supplements to be effective in the body, they must pass through the **LIVER** after being digested in the stomach.

Now the liver has a pretty important mission in the body. You see, it’s **HIS** job to protect you by **FILTERING OUT** harmful toxins from the nutrients you ingest.

For this reason, nearly all oral testosterone enhancers never even **REACH** their final destination into your bloodstream where they could have an opportunity to carry out the “advertised” effect on hormone levels.

In fact, **Androstenedione**, the active ingredient in the now-banned “testosterone boosting” pro-hormones, was once touted to be the “Holy Grail” of mass building...
supplements...even though NUMEROUS studies showed it to have NO IMPACT on testosterone levels!

That’s right...NO IMPACT!

---

A Word From The “Muscle Nerd”...

“See? I told you this was the chapter that gets me in a LOT of trouble!

‘Andro’ made a LOT of people a LOT of money, but the research just doesn’t support the claims by the ads you saw!”

---

Now, on to one of the MAIN DEFENSE MECHANISMS the body uses to regulate your testosterone levels...

Remember STEP 1 in the testosterone production cycle from the first chapter?

The PITUITARY GLAND holds the master controls to regulating ALL of your body’s hormones...including TESTOSTERONE.

Hanging isolated in the middle of your brain, you can bet that the body will do EVERYTHING it possibly can to keep any harm from coming to this PEA-SIZED delicate little dynamo!

For this reason, there are very few outside substances that EVER have a “snowball’s chance in hell” of getting close to forcing it to open up the floodgates on the testosterone supply line.

It is NOT easily bullied...and as you’ve now learned, you CAN’T simply pop a few “magic pills” and expect ANY EFFECTS AT ALL!

Therefore the ONLY WAY to stimulate the pituitary gland to generously slather your body with muscle building hormones is to reach it INDIRECTLY by using the body’s own NATURAL “triggering mechanisms” to do your dirty work.

Within this book you’ve discovered several methods for achieving this, but could there be an even BETTER technique that can put you on the FAST TRACK to MASSIVE MUSCLE GROWTH?

Alas...there IS!

And the answer is even CLOSER than you realize...
An Advanced Technique To
Skyrocket Testosterone & GH Levels

If you’re truly SERIOUS about packing on muscle mass as quickly as possible, this will definitely be the MOST IMPORTANT CHAPTER you’ll read!

In fact, what if I told you that in the next 15 minutes, you could discover a way to shoot your testosterone, as well as OTHER muscle-building hormones, THROUGH THE ROOF and WITHOUT the use of anabolic steroids…or EVEN SUPPLEMENTS?

Sure you’d be a little skeptical! But I’m here to tell you that there IS a way to achieve this level of hormone increase using a SIMPLE training technique that’s GUARANTEED to change the way you view muscle growth FOREVER!

The secret lies in a breakthrough TRAINING and DIETING process that literally FORCES your body’s anabolic hormones to reach AMAZING new levels!

You see, a while back I accidentally stumbled upon a breakthrough discovery of a “secret anabolic hormone trigger” that had lain dormant and unknown…until NOW!

As I began researching this discovery, I was shocked to find that there had been some very UNUSUAL experiments conducted over 20 YEARS AGO with some AMAZING RESULTS!

In fact, scientists were able to NATURALLY increase growth hormone levels by up to 1,000%!

Yes, that’s 3 ZEROS…ONE THOUSAND PERCENT higher than normal!

It wasn’t until I ACCIDENTALLY stumbled upon this completely NATURAL ability of the body that I was FINALLY…after over 14 YEARS of HIT and MISS bodybuilding programs…able to build the muscle I had always been looking for!

It took the next 2 FULL YEARS of experimenting with my new found discovery before I was finally able to perfect the process and break it down STEP-BY-STEP so even the COMPLETE BEGINNER could follow it with EASE.

The details of this amazing breakthrough research and how to use it TODAY to help you pack on more muscle than you’ve ever dreamed is FAR too detailed to go into here.
So I’ve created an entire website that will reveal the **SHOCKING TRUTH** of how this little-known ability of the human body was lying right under our noses the whole time...just **BEGGING** to be discovered!

---

**A Word From The “Muscle Nerd”...**

“I know... Sounds a little too good to be true, eh?

But after you’ve read through the full report, you’ll see just how **EASY** it can be to **FINALLY** overcome even the most **STUBBORN GENETICS** and achieve **NON-STOP MUSCLE GAINS!”**

---

Ready to take your muscle-building efforts to the **NEXT LEVEL**?

Then simply [Click Here](#) to view the entire study...**AND** the “before and after” pictures of some of my test subjects who used these principles in their **OWN** training.

The results will **AMAZE** you!

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