

The Testosterone Report

Introduction

Being honest about your health is very important. It could be the difference between life and death. My name is Derek Moody and I decided to use this report to tell my story and hopefully change your life.

I decided to share this report with you, because, I had issues with my testosterone. I'm sure there are thousands of other men with the same or similar testosterone problems as I suffered.

While searching for a solution I went into depression. I discovered certain ideas every man should know and this is my way of giving back to humanity. Why? Because my philosophy is if you help others get what they want you get what you want.

My time is very valuable, however, still feel obligated to share this information with as many people as possible interested in making a change in their lives. I am considering creating a more detailed oriented book giving you a proven step by step guide to challenges you might face with your testosterone. If you're interested and would like to learn more feel free to let me know.

I've researched and found a proven step by step guide that's working for thousands of men.

What's the secret to boosting your sex drive, building muscle, losing weight, having more energy and concentration?

The answer is testosterone, the male hormone. I believe majority of men would kill to have a better sex drive. Keep in mind, I didn't have a lot of education in this area of activity until I started to have problems. Sometimes I wonder why something so important to men is not being talked about in our society.

In this report you will discover how to optimize your testosterone production levels, 100% naturally and according to science. For the record, I'm not recommending any remedies, pills, supplements with unknown secondary side effects and no prescription drugs.

I'm going to give you a proven step by step guide to boosting your testosterone. I am going to tell you what works and why it works.

You've probably arrived here searching for help with your testosterone or you got a gut feeling something isn't right. If so, hang in there because I was feeling helpless and depressed as you probably are right now.

So let's have some fun.

The majority of men have been misinformed about testosterone. What is testosterone? Testosterone is a hormone produced primarily in the testicles. It helps maintain men's

- Muscle strength
- Sex drive
- Sperm production
- Red blood cell production
- Bone density
- Fat distribution

What's unique about testosterone is as you get older it gradually declines and in your early adulthood it peaks. Typically after 30 years of age most men's testosterone levels start to gradually decline. Think about your typical old man having a temper tantrum and always in a bad mood.

One of the main reasons for that is low testosterone. Why? Because the hormones in your body are in decline, so as a result, it's harder for you to maintain your focus and control your moods. Your testosterone is responsible many of your routine habits such as achieving goals, being masculine, approaching women, and watching football.

By the way, testosterone is also responsible for your sex drive and how you perform in bed. If you don't feel the way you used to when you were younger in that department, it's the fault of your testosterone.

Don't believe the hype, "father time is your friend", "you suppose to have gray hair", "you're going to take pills to get it up during sex", etc. I could go on and on.

The reality is many things within our environment contribute to the declining of our hormones. We are being bombarded by the mainstream media and people who don't have our best interest giving us bad advice.

Lower testosterone is a natural process of aging, however, most men can be active, motivated and willing to achieve anything in life.

If you want to crack the code of testosterone than keep reading, if not doesn't waste your time.

My story

The night started with partying all night with a friend and I had a hangover in the front seat of his car. I didn't sleep the night before and that made matters worst. Partying all night with friends and attracting a female of mutual interest turned out to be a good night. At the time, I was having one of the best nights of my life being that I don't party very often. Unfortunately turns out that night I had one of the worst experiences of my life.

The truth is I had so much tequila that night my sex drive was gone. I was so embarrassed and ashamed of myself for drinking too much. I tried to forget about it because I was so drunk.

I came to a realization it wasn't only one night, my sex drive was low for months. I couldn't remember having morning erections or having them frequently. It dawned on me that I wasn't having erections due to the fact I was drinking so much. Shortly afterwards I started to monitor my performance in order to come to some resolution.

As men it doesn't take very much for us to become aroused by women. A hug from a woman would make the average man rise between his legs. That usually works on me. You won't win any contest getting a hard on around women, however, those experiences stroke my ego.

I was pathetic, unmotivated, always in a bad mood and lack focus. I blamed everything and everybody. I was desperately looking for answers to why this was happening to me. I knew hormones have a tendency to decline due to age in your mid-thirties. However, I was healthy and physically fit. I was in denial.

In the end, I made up my mind and was determined not to go out without a fight. As humans sometimes we need a wakeup call to take action. Some people might need to hit rock bottom to receive that "a-ha" moment.

Hormones 101

What are hormones? What is the purpose of having hormones in our bodies? Hormones are crucial for our well being as humans. To the masses of people this subject is taboo and not talked about very much in details. The mainstream media talks about calories, cholesterol however hormones don't get much publicity. It's a shame because hormones are such a critical element within our bodies.

There are many different kinds of hormones, however testosterone, insulin, cortisol and estrogens are the ones we are going to focus on. Each one has a significant role in how our bodies function. If one of the hormones is altered or unbalanced they wreak havoc within our bodies.

Our bodies generate hormones for various reasons: you have to deal with people at work and the politics, so your body creates cortisol. You have just eaten a million calories of ice cream, so insulin is needed to take care of blood sugar. Having sex with your woman the bodies suppose to generate enough testosterone.

Our bodies are like machines. It adapts very well and can sustain much of the abuse we put it through, because we have been conditioned with bad habits. We are products of our environments.

If our body needs to create one kind of hormone it usually sacrifices another. Imagine a factory with limited resources, if you need to create more space you would normally shut down a certain area of operation. Hormones take on the same approach adapting at a moments notice to keep your body functioning correctly. Our bodies are very intelligent machines.

Testosterone gets shut down or counteracted if we want release too much of the other hormones. As a result, if you want more testosterone you will have to check your cortisol, insulin, and estrogen levels.

How Testosterone is created

How is testosterone created in our bodies?

We need testosterone because we are males and need it to function to do manly things. Our hypothalamus releases a substance to the pituitary gland called gonadotropins that releases hormones. This hormone causes the gland to produce two other hormones called the follicle-stimulating hormone (FSH) and the luteinizing (LH) also known as gonadotropins.

Our LH triggers the production of testosterone (95% testosterone is made there, other 5% is in the adrenal glands). Our testes function as a gateway to generating testosterone with the help of cholesterol. Cholesterol is almost needed to for everything within your body. We need it for testosterone.

If the testosterone levels ever become too high, the pituitary gland slows the release of LH so production slows down. FSH is involved in the increase and decrease of sperm production. Everything starts with the mind, like a wise man once told me.

Kinds of testosterone

If you ever get tested for testosterone levels for the first time you might be a little confused with the numbers. It's not the total number of testosterone that matter the most. We have something in our bodies called Sex Hormone Binding Globulin (SHBG) that binds to testosterone. As a result, it's less "free testosterone" available to use for androgenic use (i.e. male things).

High testosterone is important however not the amount that interest us as men. The free testosterone is what separates the men from the boys. Free testosterone is responsible for giving us an edge as men.

Average Levels of Testosterone

As you age your testosterone varies and sometimes it could change daily. In the morning, the number of testosterone is higher if you are going to be tested. Testosterone are measured in ng/dl, "which stands for nanograms per decilitre," a nanogram being 1/1,000,000,000 grams.

Testosterone levels are between 250 ng/dl and 850ng/dl which can be considered to be normal. According to Vermeulen, a study for your average numbers of testosterone and free testosterone for men can be similar to this:

25-34 years: 617 ng/dl total. 12.3 free

35-44 years: 668 ng/dl total. 10.3 free

45-54 years: 606 ng/dl total. 9.1 free

55-64 years: 562 ng/dl total. 8.3 free

55-74 years: 524 ng/dl total. 6.9 free

75-84 years: 471 ng/dl total. 6.0 free

85-100 years: 376 ng/dl total. 5.4 free

The deviation between 170 and 213 more or less.

What Destroys Your Testosterone

As a teenager life is good, and you might think you will never get old. Being young your body generates the most testosterone. Once you reach adulthood you begin to take upon yourself to engage in bad habits and its downhill from there.

Anything can destroy testosterone from the beginning of the creation process to the end. Damage in any of the following areas will destroy your testosterone: the pituitary gland, hypothalamus, testes, glandular, malformations, infections, tumors, chemotherapy or exposure any type of radiation (bad surgery or getting kick in the balls). These are the most extreme causes for testosterone malfunction.

Here are a few more causes of testosterone: aging, obesity, diabetes, and hypertension can play a major role as well. As you can see, low testosterone can play a vital role in how some people live.

Another cause of low testosterone is called xenoestrogens. Their female hormones that are external (not produced by our body) and have estrogenic effects in us. Those xenoestrogens come from industrial made components that we use for many things in our daily lives. For example, things we use such as deodorant on our body, and being attacked by insecticides. We are altering our hormonal balance without being aware of it.

You never know the extent of the effects and how it will play out in the future. Your diet has a lot to do with how much you will feel the effects. You are what you eat. Many healthy recommendations by educated professionals hinder your testosterone production and boost estrogens. That's bad news, because your goal as a man should be to maintain your manhood.

Hitting From Every Angle

You as a man should create and maintain a consistent plan of action to counteract your testosterone levels. It has to be apart of your lifestyle. This is a great plan of action, because your testosterone can be influence in so many areas of activity. The results are sustainable in the long-term.

In order to maximize your results you have to focus on physical and mental levels. You can't control everything however there are two things you surely can:

- Diet
- Lifestyle

Diet is a major component of our lifestyle and it deserves special attention. Diet has profound effects in hormones, as it has been demonstrated countless times. Your diet should be your main area of focus.

I'm going to give you a proven step by step guide that has worked best for me.

What You Can Expect

There's no overnight success. There's nothing guaranteed in this world and if anybody tells you anything different run. I started to get my best results in about two months. To track your results always get tested before and afterwards.

Don't be lazy.

Diet 1: Bye Bye Sugar

Let's start with the most important topic which is diet. Diet affects our hormones tremendously and it's the first step towards maximizing your success with testosterone.

Say Good Bye To Sugar.

First of all, cut the carbohydrates you are eating. Which means, cut back on pasta, pizza, bread, cereals, sweets and desserts. No one is perfect, just limit your intake of carbohydrates.

The average person in our society is taking in way too much carbohydrate especially with the invention of fast food with tons of sugar included. When we eat food with sugar or some kind of carbohydrates our insulin rises. More sugar equals more insulin and if insulin is high, testosterone lowers. That's occurs even in the twenty's or younger.

The Endocrine Society in Washington, D.C. has presented results concluding that no matter how healthy you are your sugar intake decreases testosterone fast. It's about 25%, that's worse than adding 20 years to your age.

How is this possible?

Remember our bodies will always need one hormone and shut down the others. If you're at a restaurant eating dessert there is a ton of sugar running around inside your body. All that sugar has to be taken care of in the proper place before something happens to you physically. Your pancreas releases insulin to manage that and it becomes a priority.

If you're a professional athlete and you workout for hours your body will use the sugar to restore glycogen in the muscles. Our bodies can't process all the sugar at the same time so the rest will be in storage. The sugar is stored as fat. You can store fat in the worst way by eating foods such as pork ribs. Why? Because your body triggers insulin and enters into the "store fat" phase, that's where the extra weight comes from.

The point is your body needs to release tons of insulin and testosterone disappears into the background. If you limit your intake of carbohydrates your testosterone won't suffer very much. It's easier said than done.

Nowadays in our society obesity is out of control and GMO foods are everywhere. If you practice bad eating habits for years there's a possibility you could develop insulin resistance. It's a condition where too much insulin has been released and it becomes useless. Basically, your body has used insulin so many times until it doesn't function anymore. Insulin resistance is related to low testosterone.

You could possibly become a diabetic. We have been lied to by the mainstream media with all the healthy diet formulas, eating carbs and cutting fat. Majority of people in our society are still overweight or fat.

Cutting back on sugar is easily said than done because it's everywhere (can be addictive). You might have been raised to eat a certain way so it will probably take sometime for you to change your diet. That's understandable. However some foods should be banned right away such as snacks, cakes, donuts, chocolates, cupcakes, chips and cereal loaded with sugar. These foods create insulin that's off the rocker.

Consider cutting back on the grains, white bread and pasta as well.

Diet 2: Sweep Estrogens

I have two simple strategies you can use to see results very rapidly to boost your testosterone.

Estrogens are the female hormones. Surprisingly, males have them so our brain can create estrogens from testosterone by the enzyme aromatase. We create a little, the ratio of testosterone/estrogens is about 50:1. If you have a lower ratio you won't feel very good. We need a good balance of estrogens, no more or less.

I have two secret weapons to maintaining your balance of estrogens. The secrets are broccoli and zinc.

Why?

First of all, these are cruciferous vegetables (like broccoli) which contain indole-3-carbinol (I3C). I3C is a phyto-chemical known to turn bad estrogens (shuts down testosterone production) into good ones. Eating broccoli helps restore production, and improves your hormone balance.

Cruciferous vegetable are very healthy to eat. I highly recommend you eat broccoli as much as possible. Do a search on the internet for cruciferous vegetables. My favorites are Arugula and Rocket, its very common where I live. It's used a lot in salads (olive oil, cherry tomatoes, etc). Try eating broccoli raw sliced in tiny pieces.

Zinc converts testosterone into estrogens. Zinc is a male component, as a result, we must eat as much as possible. Zinc can be found in foods such as seafood, peanuts, dark chocolate and certain meats.

You can also take zinc with pills. It's very inexpensive. Follow the instructions on the bottle for taking zinc and don't overdose. Balance is the k

Diet 3: Eradicate Trans-fats

In the section we are going to talk how we have been conditioned and brainwashed to adopt certain things in our society that's not in our best interest. It's in the area called trans-fats also known as partial hydrogenated fats. Trans-fats are your enemy within your body.

I would recommend you stay away from any products on the market with trans-fats included. In recent years the mainstream media have been running massive campaigns telling us the key to weight loss was adding trans-fats to your diet. Nothing could be farther from the truth.

Trans-fats are made from a chemical process called partial hydrogenation. Food manufacturers found a way to mix trans-fats with their products within the marketplace. More than likely you have eaten some products with trans-fats such as margarine and liquid vegetable oil. It seems to make certain products taste delicious without you being aware of what you're really eating.

We have been conditioned to believe vegetables equal healthy. This isn't always true because margarine might be present in the vegetables you are eating. It's an industry standard to have trans-fats in some products on the market so you have to read the labels. Trans-fats have been proven to be one of the causes of cancer and high blood pressure. Some hydrogenated vegetables have been proven to decrease testosterone levels.

Our bodies can't handle those fats. Do some research to find out more details on trans-fats. Eliminate fast food for good from your diet or at least cutback. Always read your labels on products you buy in stores. You can find trans-fats in pastries, cakes, french fries, doughnuts, cookies, biscuits, margarine, fried chicken, crackers, potato chips and many more foods.

If you follow my recommendation to stop eating anything that comes in a bag or box you will be way ahead of the game. You have to be aware of what you're eating at certain restaurants especially fast food. In stores look for hydrogenated or partial hydrogenated on the labels. If you see those words on the labels of products don't buy it.

Diet 4: Eat More Fat

If we want to maximize our testosterone we need a high fat diet. If you pay attention to the mainstream media they will give you a perception that fat in your diet will kill you. All fats aren't created equal. The media gives us the doom and gloom speech about fats like the world is about to end.

The discussions can be endless with no results because most people will become confuse after being bombarded by cholesterol lowering and low fat products. If you don't go along to get along in society you will seem weird to most people. Fat will make us fat and our arteries will be clogged by cholesterol is the propaganda being reported on news.

We know obesity and diabetes are of the charts in our society. Maybe the mainstream media don't have our best interest and have their on agenda.

The mainstream media tells us: eat sugar, carbs, fiber and eat a low fat diet. Throw away your manhood, energy and youth. Its all lies!

You have to be able to think for yourself and do what works for you to create a healthier lifestyle. In the end, it's all about your results.

I failed miserably in all my goals (including testosterone) when I got into a low fat diet lifestyle. Personally I was a lost soul in the world trying to figure things out through trial and error. I ate the wrong type of food that tasted horrible and I had less energy than a five year old kid. I was skinning and physically weak for a man.

I made a decision to challenge what I was taught to change my life. I had an epiphany that hormones play a major role in getting fat or building muscles.

You will get more results optimizing your hormones than counting calories. Hormones rule almost everything within your body.

Here is one of the biggest lies in mainstream media: "Eat fat and you will get fat" one of the most misguided advice anybody could ever follow. If you eat fat with sugar you will get fat. Why? Because your insulin rises and the body goes into the "store fat" phase meanwhile your testosterone (other fat burning hormones go to hell, so the sugar get stored as fat, the fat get stored as fat and you put on more weight).

How good is the fast food you eat at most restaurants? Fast foods such as hamburgers(fat), chips (carbs & fat) and sodas(worst sugar) are one of the worst meals you could ever eat.

Our bodies aren't made to break down so much useless amounts of sugar. If you combine huge amounts of sugar with an active lifestyle you will turn into a fat burning machine. I started to buy more organic foods and now I have a garden. As a result, I eat fresh foods such as meats, fish, veggies, nuts, etc. If you change your daily habits you can change your life.

I have abs for the first time in my life. My ex-girlfriend couldn't believe it however she it was such a turn on for her. My weight didn't change I was still skinny. I started going to the gym doing a little strength training. My energy levels were off the charts after a few weeks. In my mid-thirties I have more energy than ever. I demonstrate it on my strength training weekly.

Attaining the proper diet is much more complex than anything because most of our foods are being tampered with various chemicals. I recommend you do some research on the foods you buy from your grocery stores.

I would highly recommend you search for a company name Gary Taubes. Their books give you an inside look at how the propaganda is being used within the mainstream media. This book will change your life and you will never see marketed products on television the same.

I've discovered in my research the type of fat to increase testosterone is a complex issue. We need fat. Saturated fats are the good ones we need and it's found mostly in meat. You will also find the fat in fish (salmon) and have dairy products. Monounsaturated fat is found in vegetables and animals such as olive oil, avocado, nuts and some fish. Polyunsaturated fat is found mainly in vegetables such as soybeans, sunflower, corn and their oils. Studies have shown the positive correlation between fats and testosterone levels fat ratio can play role.

A study concluded that when Polyunsaturated fats (PUFA, the vegetable branch) were more abundant than mono and saturated (SFA). There was a negative correlation with testosterone. It seems the best results are accomplished when saturated fats are the main source in the high fat diet.

So you know what that means? Eat fish, meat and eggs. The mainstream media is telling us that bacon and ribs will kill us plus make us fat (remove sugar and carbs from the equation because meat and fish don't spike insulin due to absence of carbs).

Diet 5: The Vitamin Connection

We are going to talk about vitamins and how it works. Vitamins can be very powerful if used within your diet for testosterone. Your testosterone will suffer if you don't have vitamins in your diet. You need a balance amount of vitamins in your diet. Get tested and consult a physician for more information.

Vitamin A

Scientific studies have proven if you don't have enough vitamins your testosterone levels will decline. This is key element in your sexual organs working properly.

Our bodies much have enough vitamin A to operate at maximum health. What foods have vitamin A? Vitamin A is included in foods such as whole milk, eggs, liver, and dairy products like butter. Bodybuilders use these foods as the backbone of their diet because of the vitamins, cholesterol and animals fat. You should NEVER buy into a low fat diet because you will be cutting out vitamin A.

Vitamin D

Vitamin D is huge. We create vitamin D with sunlight. Our bodies convert the cholesterol into vitamin D if you go to the beach and the pool. It's simple. Take your shirt off or if you're a woman you need a swimsuit to get some sun.

Did you know when testosterone levels are higher in men? Summer time testosterone levels are higher because of the increased sunlight. Vitamin D is responsible for better athletic performance that directly affects the Leydig cells. That's where our testicles live and are responsible for testosterone production.

Always focus on having a balance of vitamin D for higher levels of performance. I am lucky to live in a part of the world where there is sunlight year round. For the record, small amounts of vitamin D can be found in some foods such as liver, cheese, and egg yolks. Huge amounts of vitamin D can be found in salmon, tuna, mackerel and fish liver oils.

Vitamin K

If you start to bleed and you need to stop it or you're getting older and your bones aren't what it use to be, vitamin K is playing a role. We can't take vitamin K so we have to go get it from some where.

Where do we find vitamin K? You can find it in green vegetables such as broccoli, kale, Brussels sprouts, spinach, collards, turnips, lettuce, etc. If the vegetables are green chances are vitamin K is present.

Parsley is loaded with vitamin K and can be used for bad breath. 2 tablespoons contain 153% of the recommended daily intake for a good balance.

Garlic

Garlic isn't a vitamin, however, it can be use to increase testosterone levels in your testicles and decrease cortisol levels. Garlic is probably one of the best things to eat so much until their supplements that contain allicin (main health component). You can't go wrong with garlic.

Diet 6: Alcohol and Testosterone

How does alcohol make a difference with your testosterone? If you drink alcohol you maybe offended. Too much alcohol means low testosterone and elevated cortisol. Chronic and binge drinking has to stop. It's very dangerous and affects your health on so many different levels.

Small amounts of alcohol have been proven to be fine (red wine). No hard liquor and beer period. If you're a drinker it's probably going to take a while to come to the realization about alcohol. It's a process it nothing changes overnight.

The main ingredient in beer is called hops which are highly estrogenic food. Beer is alcohol which means sugar. If you add insulin and hops to the equation you have estrogens. No good. Stick to drinking wine.

Testosterone Diet in a Nutshell

I focused on my nutrition along with my health years ago, and found everything to be misleading. Thanks to the advancement of technology finding the correct information about testosterone today is easy as EVER. In the end, you won't have to count calories or makeup some weird list of foods.

Let's put it all together.

1. **Cut back on sugar and carbs** to avoid insulin spikes. Remember if the food comes in a bag or box it's not good.
2. **Stop eating at fast food** restaurants period. Anything deep fried with trans-fats is a no no.
3. You must **eat tons of green vegetable** every week. This is needed to add vitamins to your diet. Make salads and (with olive oil) steam them. Try eating the salads raw. You can't go wrong with veggies.

Vegetables will give you vitamins, and antioxidants so healthy it will change your life. They will also give you carbs, however not enough to spike your insulin. It's impossible to spike your insulin by the intake of carbs with vegetables. If you do it's a miracle.

4. **Eat meat, fish and eggs.** If you cut back on carbs you can eat some fat meats or fish to raise your testosterone and get thin again in the process. As humans we need energy so if we don't take it from carbs we will take it from fat. High fat improve testosterone, as a result, you will be a burn fat muscle machine instead of fat.

5. Drink Milk (whole), butter, eat nuts, other dairy products and olive oil to help with our need vitamins and high fats. Don't go overboard.

6. **Don't use vegetable oil, Olive oil only.** It's a great idea because it helps maintain the polyunsaturated and saturated ratio. By the way, don't fry the oil.

7. **Garlic** will help. You can't go wrong, its good might not smell that good.

8. **Eat fruits.** Remember your goal is to always strive for balance. Don't eat too much fruits. Berries should be your preferred choice (strawberries, blueberries, etc) especially if it's in season.

9. **Cod Liver Oil** is a match made in heaven sent and you might need to supplement it with zinc.

10. **Alcohol is out of the question.** Beer is the worst. No binge drinking and no chronic drinking.

11. You don't have to get it right just get it going. Nothing changes overnight. You don't have to be perfect. You just have to get started. As long as you eat healthy most of time you will be fine.

Lifestyle 1: Stress and Rest

Do you remember me mentioning cortisol? It was in the alcohol section of this report. Cortisol releases a hormone in our body due to being stress. Testosterone levels decline and when your stress goes away your testosterone levels return back to normal.

Our bodies are very intelligent. If you are worried about something, full of fear, and being chase by a killer, you will have a difficult time thinking about getting laid.

Cortisol is use to handle stressful situations in our body. For example, you might have lost your job, the economy is bad, your girlfriend dumped you, it's a traffic jam, etc. We are stress all the time as people. That means cortisol levels are off the charts and testosterone levels are down when we are stressed and mentally drained.

Your focus in your lifestyle should be to lower your cortisol. The first thing you have to do is get in the habit of getting a full nights sleep without interruptions. Getting enough sleep at night is critical because testosterone is mostly created at nights.

If you are suffering from sleep deprivation the next morning your cortisol levels will rise. As a result, other parts of your body will have more problems. The cortisol levels can increase anywhere between 37% (partial sleep deprivation) to 45% (total deprivation).

Getting rid of stress is easier said than done, however, it's a good idea to integrate it within your lifestyle. It's been proven by millions of people, if they have to make changes outside of their daily lives eventually they will lose focus or quit. You might need a friend or a partner to hold you accountable for reaching goals you may want to attain.

What I learned about myself on this journey was the physical activities such as mediating and talking to other people kept my mind occupied towards my goal. Make a list of what you want, and what actions must be taken to acquire those goals everyday. Always do things you like, because, it builds confidence.

Turn off the television and don't believe the hype. Don't buy into the propaganda like most people do with the mainstream media. Don't be influence by what you see and what you hear. Use your own mind and learn how to think for yourself. I rarely read papers and look at television unless its sports. I'm consciously aware of what goes in my ears and the images I focus on.

It's a process, it didn't happen overnight. I slowly begin taking baby steps toward the goals I set out to achieve. You change your habits you change your life.

Lifestyle 2: Move

If you want healthy testosterone levels you must lose weight. Those extra pounds must go. You don't have to be rock solid, however, you have to at least be physically fit. You have to look the part and play the part. You have to adopt a whole new active lifestyle. The hardest thing to do is getting started. The good news is "you don't have to get it right in the beginning just get it going."

If you have skinny and your ribs are showing when you take your shirt off chances are your testosterone levels are low. Staying in shape and engaging in some type of exercise will boost your testosterone. Eating the wrong foods and drinking soda everyday will kill you FASTER.

Lifestyle 3: Exercise to Maximize Your Testosterone

If you want to be stay in shape and maintain your testosterone levels you have to exercise. Stop for one minute before you start lacing up your running shoes and jogging down the street somewhere in your city. Keep in mind, running long distance doesn't boost your testosterone. Studies have shown running on the treadmills and sidewalks for hours are useless.

Your goal should be to lose body fat because it hinders your testosterone. For the majority of people (with extra weight) their joints will go bad, and testosterone levels will decline. If you want to lose fat you must understand diet and hormonal balance will have a greater effect than exercise.

What kind of exercises will raise your hormone?

Studies have shown weight lifting and having sex are two common ways to boost testosterone. Of course everything has to be done in an appropriate manner. You can lift weight heavy just not too heavy (don't overdo it). Working out too hard and lifting too much weight you would probably regress. As a result, it causes lower levels of testosterone and high levels of cortisol. Always strive for balance in everything you choose to get involved in.

Resistance training (not very often) with long periods of resting will work wonders for our physical appearance. It enhances your bone density and aging. Many of our testosterone levels come from aging. Resistance training will take away years from your appearance and will improve posture.

I'm not an expert on your body and there is always an exception to the rules. Your body may respond differently to certain activities and diets. For example, if you want to lose weight around your stomach consider interval training and intensity. Short intense exercise such as sprinting with long recovery times will depend on your age. I would highly recommend you purchase a book called "Body of Science" by Doug McGuff. This book will point you into the right direction to maximize your health.

The Shocking Turn of Events

As I changed my lifestyle along with my diet, I got into the habit of sleeping better at nights. I started exercising in the most effective ways, cutting back on alcohol and I got good results. The key was consistency and enjoying the process. I got my energy back, my focus, motivation, drive, and last but not least my morning erections. My erections were weak and took a little longer than expected.

In life sometimes things happen when you least expect and that's what happen with my erections. All of sudden, one morning I got a full erection, and the rest is history as they say.