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**FIGHTER ABS**

GET ABS LIKE A FIGHTER



**TESTOSTERONE  
SOLUTION**

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## **Testosterone Solution**

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## Testosterone Solution

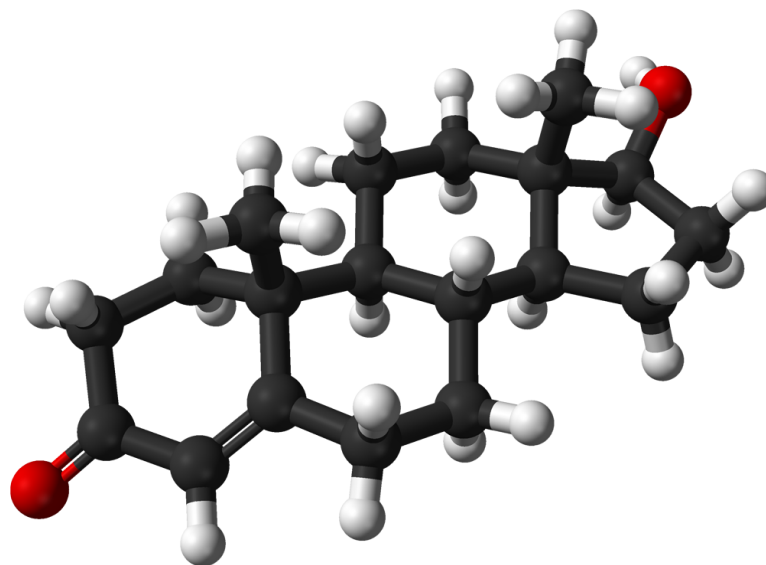
# Welcome

Welcome to your Testosterone Solution Guide. In this guide, you're going to discover natural methods to boost your testosterone levels in various forms. All these methods involve your nutrition, exercise habits, lifestyle habits, and include many other activities.

Let's face it... having low testosterone levels leaves you with too many problems that can have such a negative impact on your life.

Apply these natural testosterone-boosting methods and you'll start to slowly notice your results at the gym improve, your energy starts to improve, your natural sex drive improves and even your motivation to do anything in life starts to improve.

After you adapt these habits that boost your T levels, you'll notice a pretty drastic difference in all the areas I mentioned above over time. Enjoy your guide!



## Testosterone Solution

### Vitamin D

If your Vitamin D levels are low, this is one of the easiest ways to increase your testosterone levels.

The best way you can naturally increase your Vitamin D levels is to get some **sun!**

And all you really need is 20-25 minutes under the sun without sunscreen and that alone will be more than enough to do the trick.

Now, if you live in a country where you don't get sun across the whole year like me, then we need to find other methods of getting our Vitamin D during those winter months.

Fatty fish like Salmon, Mackerel, Trout, and Tuna all contain Vitamin D and these fish also hold a host of other great nutrients that your body needs. Eggs are also a great source of Vitamin D.

One of the most popular ways people take in Vitamin D other than sunlight is through supplementation. The usual recommended daily allowance for Vitamin D is 4000 IU to 5000 IU and this includes all sources including sunlight, food, and supplementation.

With that said, I highly recommend talking with your Doctor before choosing a dosage.

If you're looking to supplement your Vitamin D intake, go to your Supplement Guide for a great source of supplementation that I personally like to use for my Vitamin D intake.

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### Intense Exercise

Intense exercise has been shown to increase testosterone levels. The type of intense exercise I'm talking about is short workouts where you really challenge yourself and not prolong workouts at a moderate intensity.

That is why you'll see the workouts in the Fighter Abs program are short yet intense when you push yourself. Start with these workouts for a great testosterone boosting effect.

Now, if you want to further increase your T levels through exercise, you can also **add strength training to your regime.**

Strength training has also been proven to boost your T levels, provided you are training intense enough.

You need to make sure the resistance you are working with is heavy enough so that you can only perform the movements for a low amount of reps.

You also want to focus on exercises that target a large number of muscle groups.

Some of these exercises include, Squats, Deadlifts, Chin Ups, and Bench Presses.



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# Importance Of Zinc

Research has shown that restricting dietary sources of Zinc can drastically decrease your levels in testosterone.

Increase your intake of zinc can have a pretty big improvement in your T levels especially if you're not getting enough zinc in your diet.

The best source of zinc comes from foods like meats, fish, and oysters. Other great sources of zinc include raw milk, raw cheese, and even beans.

You can always take a zinc supplement, however you want to make sure you don't want to overdo it on your zinc intake otherwise it will interfere with your body's ability to absorb other nutrients.

Generally the upper limit that is prescribed for an adult is 40 mg a day. However, make sure you consult with your doctor for a prescribed intake.



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# Eat Your Healthy Fats

I'm going to start off by saying... eating fat does NOT make you fat!

You won't believe how many people still think eating fat still makes you "fat". So now that I stated the obvious, it's time see what kind of fats help boost your testosterone levels.

The types of fats that assist in boosting your T levels include Monounsaturated fats, Polyunsaturated fats, and even Saturated fats.

Having a healthy variety of all these fats can help improve your T levels if this is something you have been neglecting. Research has shown that a diet of less than 40% in fat leads to a decrease in your testosterone levels.

Your body NEEDS fats to function properly and that includes' saturated fats as well.

Now, let's go over what kind foods contain these "good" fats that you should include in your diet:



### **Monounsaturated Fats:**

- Avocado
- Olive Oil/Olives
- Macadamia Nuts

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- Almonds
- Cashew Nuts
- Pecans
- Brazil Nuts

### **Polyunsaturated Fats:**

- Walnuts
- Flaxseed
- Salmon
- Trout
- Herring
- Canola Oil

### **Saturated Fats:**

- Coconut Oil
- Higher Fat Meats
- Grass Fed Butter
- Whole Milk
- Cream
- Higher Fat Cheese
- Egg Yolks



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### Reduce Stress Levels

Your body releases large amounts of cortisol when you're under a lot of stress. Cortisol blocks the positive effects of testosterone.

If your body continues to have high levels of cortisol over a prolonged period of time, then your testosterone levels can seriously be hampered and you will experience many other negative side effects of cortisol.

To prevent your cortisol levels from being too high for too long, you're going to reduce your stress levels and avoid chronic stress.

Of course, that is easier said than done. So here is a short list of certain activities that have been proven to reduce stress and some of them I personally do myself:

- Regular Exercise
- Hit a Punching Bag (*My personal favorite*)
- Laughter
- Meditation
- Deep Breathing
- Listening To Music
- Getting a Message
- Going For a Walk
- Sex
- Visualizing Happy Moments

Each one of these examples can do wonders for your stress and there are many more activities that you can do to help with any type of stress you may be experiencing.

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### Avoid Too Much Sugar



If you have a sweet tooth then this might be a bit challenging for you to take in.

Unfortunately studies have shown that right after having a high sugar meal, meaning no fats, protein, or complex carbs, your testosterone levels will drop.

Now, don't be alarmed it isn't a "permanent" thing, but too much sugar on a frequent basis can eventually do more harm to your T levels than you think.

When you consume large amounts of sugar, your insulin levels increase and when your insulin levels are high, your testosterone levels are low.

Now, just to point something out, foods like fruits and other sources of natural foods are completely fine. Especially when you add them to a balanced diet.

The real culprit to consuming too much sugar usually comes from food additives like High Fructose Corn Syrup and other added sugars.

Soda can also spike up your insulin levels, which will in turn decrease your testosterone levels.

If you're someone who has pop at every meal, dropping that unnecessary source



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of sugar can have a great positive affect on your testosterone levels alone.

You should also limit your sources of grains like bread and pasta to avoid the constant spike in your insulin levels.

I'm not saying that you should completely eliminate any type of bad sugars from your diet. We all need to enjoy ourselves every now and then.

However, if you're someone who has a good amount of foods that contain a lot of added sugar on a daily basis or if you drink sugary drinks all the time, then we definitely need to do something about that.

A great way to stop a sugar addiction is to have an "award system".

Here's what you do... instead of having your favorite high sugar foods whenever you like, specifically schedule when you can consume your high sugar food. And the only way you can consume this food is by "earning" it through an accomplishment.

Here's an example: "If I exercise 3 times this week, I get to eat INSERT FAVORITE FOOD HERE after the third workout".

Limiting your sugar intake goes hand in hand with exercise. So I definitely recommend using exercising as your "award system".

Also, a great way to cut back on soda and pop is to add some natural flavoring to your water like a lemon or an orange.

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Keeping yourself properly hydrated also has great benefits to your testosterone levels.

Try your best to replace your pop intake with water.

Another great way to limit your consumption of “bad” sugars is to replace them with whole foods like fruits and vegetables.

If you have a sweet tooth, start by replacing processed high sugar foods with your favorite fruits. This makes for a great step in the right direction.



Speaking of fruits of vegetables, this leads me to my next point.

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# Eat Your Vegetables

Cruciferous vegetables like broccoli, cauliflower, kale, etc. and green leafy vegetables contain different testosterone helping components.

For example, the herb Parsley contains the compound apigenin that lowers aromatase, which is an enzyme in your body that converts testosterone into estrogen. Apigenin has also been shown to boost testosterone levels as well.

There's a whole list of vegetables and culinary herbs that you can easily add to your plate and have a positive affect on your testosterone levels. Some of them include:

- Oregano
- Celery
- Artichoke
- Cilantro
- Beets

Add herbs and vegetables like these with other leafy greens and cruciferous vegetables to your meals and your T levels will thank you for it.



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### Get Some Sleep

This is something that I personally need to improve on as well. So if you're someone who doesn't get much sleep, trust me when I say this, I'm in the same boat.

One study stated, "Men who slept less than 4 hours in a 24-hour period had about 60 percent less total testosterone and 55 percent less bioavailable testosterone than men who slept longer than 8 hours."

Now, comparing 4 hours to 8 hours is a pretty big difference, however skipping sleep can be very detrimental to your testosterone levels.

However, I don't think that I need to convince you how important sleep is.

Instead I'll give you some tips for a better nights rest that I am starting to employ myself.

- Shut off ALL electronics 1-2 hours prior to bedtime.
- Block out all light sources including alarm clocks, phone, windows, etc.
- Sleep in a "cool" environment. Not too hot and not too cold.
- Try exercising in the morning rather than in the evening.
- Avoid too much alcohol before sleeping.
- Cut out caffeine 8 hours before going to bed.



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Not only will some of these tips help you go to bed, they will also help you get a deeper more productive sleep.

On top of the tips, try going to bed a little earlier than usually. I know that seems pretty obvious, but your testosterone levels are on the line here.

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# The Language Of Your Body

Believe it or not, your **body language** can actually affect your testosterone levels.

There was a unique study done on college students who held a “power position” for 2 minutes and they found that on average, the group that held this “power position” presented an **increase in testosterone levels by 20% and reduced cortisol by 25%.**

The group that didn’t hold this power position actually presented a 10% decrease in testosterone and a 15% increase in cortisol.

A “power position” is where you are “open” and you don’t have your arms or legs crossed.

Here is an example of a Power Position:





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And here is an example of a “low” Power Position:



As you can see, your body language can have a pretty big impact on your testosterone levels. Be more “open” and “tall” in your body language and in certain positions rather than “closed” off or hunched over.

Pay more attention to your body language and you’ll see not only an increase in your T levels, but also your confidence.

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# Are You a Winner?

Here's another cool interesting fact about your testosterone levels, the feeling of winning actually has been shown to increase your testosterone levels.

It doesn't just have to be you winning in some type of a sports match... it can even be your favorite sports team winning or even a feel good accomplishment.

When a situation like this happens, your body produces endorphins which lowers your cortisol levels and in turn gives you a nice boost for your T levels.



Your body doesn't know the difference between a "win" that you may think is small or one that you may think is big. If you feel good about it, you will experience this positive hormonal effect.

Therefore, it is important to appreciate the small things that happen in our lives and not just our big accomplishments.

Take some time out of your day to be appreciative and grateful for something in your life right now. Don't just wait until Thanksgiving, do this EVERYDAY!

In result, your testosterone levels will be higher and you'll also live a happier life.