



TESTOSTERONE HACKER

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LESS STRESS

Life gets stressful at times. There's no doubt about it. But if you constantly feel like you're riding the stress roller coaster then it may be time to start taking some serious initiatives to live with less of it. Listen. Stress is destroying your testosterone levels. Not to mention it's causing you to secrete cortisol – the hormone that primes your body for muscle loss and fat gain. Especially in the abdominals.

Truth is. The more you stress the harder it will be to build muscle and get the shredded physique you're here for. Unfortunately, it's that simple and presents a challenge for us men trying to function biologically like men.

Take a look at [this publication](#) in *Neuropsychopharmacology* about how the inverse relationship between the stress hormone, cortisol and testosterone.



MORE SLEEP

There's few things more important to natural testosterone release than your sleep. Sleep is the primary time the body restores itself and "recharges", putting your body at an optimal energy balance. Not to mention, the deep REM sleep is critical for testosterone boosting.

During this time, your pineal glands are sending signals to your testes to produce more testosterone. You'll never miss an 8-hour night again will you?

Truth is, longer sleeps chronically produce more testosterone levels than those who only sleep for 4 hours each night. Check out this study. Get to bed early, have more testosterone... or let another re-run of Sports Center keep you up and cut you short.



MORE EGG YOLKS

Egg yolks are crucial for testosterone formation. This male sex hormone is formed out of cholesterol, which is why it's important to get these into your daily diet. I personally recommend the cage-free egg yolks because they are packed with healthy omega-3 fatty acids.

Keep your saturated fat intake between 15-25% of your total daily fat intake to keep testosterone levels cranking. And before you jump on me and say egg yolks are bad for your heart. THESE fats actually produce the good cholesterol (HDL). Don't skip out on this heart healthy and testosterone friendly food for breakfast.



KICK THE SUGAR

Want to know what's bad for your testosterone? Sugar. Not only does it cause weight gain, it also inhibits natural testosterone release. Research shows that high levels of insulin, the hormone primarily secreted after eating, is related to low testosterone levels. Sugar intake causes blood glucose (sugar) to rise, which then directly effects the production of testosterone.

If you're a guy who's on a high sugar diet, you may want to cut back. If you haven't grabbed your copy of *Anabolic Eating* then do so now. It'll have all a complete *Anabolic Grub* grocery list packed with foods that are low in sugar and are proven to increase testosterone levels. We'll get into more of these *Anabolic Foods* in this handbook.



SHORT INTENSE WORKOUTS

There's a method behind the Anabolic Running madness. Short and intense workouts are more anabolic than long, dragged out workouts running or lifting weights at the gym.

Beyond a certain point of training, your cortisol levels will begin to rise and your testosterone levels will shrink. You're no longer anabolic. At this point, you've reached a threshold counterproductive of your goals.

Stay away from catabolic (muscle eating) workouts by cutting your time working out and upping the intensity. Take advantage of your hormones. Time is not a primary muscle builder... testosterone, however, is.



BURN BELLY FAT

Excess fat around your midsection is going to result in added estrogen secretion. Estrogen counteracts the effects of testosterone in your body. If you are 20+ pounds overweight, especially around the midsection you'll already begin dragging in the testosterone department. This does not mean go "low-fat" with your diet. You can keep the fat high and drop the carbs a bit more. Moderate protein levels will do just fine.

Again, check out Anabolic Eating if you need a full blown nutrition program to help you cut this estrogen hormone out of your body. As for your workouts. Anabolic Running is the perfect belly-fat burner.

So you're in good hands with this program –even if you are 20+ pounds overweight. As long as you don't quit, the results are all yours man.



REST MORE

Most guys, especially when they first start working out, are under the impression that rest days are wasted days. They think there is no muscle growth happening on rest days. Truth is, guys who neglect rest days are damaging their testosterone levels. And the workouts being done on rest days are more “wasted” than a rest day itself.

Again, muscle building is not a “how-much” your workout thing. It’s a hormone thing. The more testosterone, growth hormone, and nitric oxide you have flowing through your veins, the more success you will have with building muscle and burning fat.

Don’t put yourself in a state of overtraining. This will shift your hormones for the worst. For those of you who hate wasting time working out. Overtraining is a HUGE waste of time and results



EAT MORE NUTS

Want an easy to carry, testosterone packed snack you can sneak into the office? Nuts are the way to go. But not just a jar of planters peanuts. You need macadamia nuts, walnuts, and pecans.

The kinds of fats in these nuts have been linked to increased T production. Why? Because they are loaded with saturated fat (the same fat we spoke about with the egg yolks) and monounsaturated fat. Most other nuts on the other hand (like peanuts and almonds) contain polyunsaturated fats –these fats have been shown to lower testosterone levels.



SEE YA! TO SOY

Stay away from the soy. Selecting soy protein is a big “oops” for guys who want to keep their testosterone levels high. Sure, it’s fine for women. However, somewhere down the road soy protein has been masked as a product guys should be consuming as well.

Truth is, soy tends to promote estrogen formation in the body which is not going to get you anywhere with your testosterone levels. Check out this reference if you’re curious. If you were wondering, the blacklist for dudes who want more testosterone also includes soy milk, protein bars packed with soy, and soy beans.



AVOID EXCESS ALCOHOL

If you are really serious about building muscle, burning fat, and increasing your testosterone levels, keep off the excess alcohol. In fact, you're best off avoiding alcohol altogether. But if you must get a glass of "something" in then make it anything but beer.

Beer contains hops, which forms estrogen in the body and can suppress testosterone levels. Beer will also increase insulin, which we said earlier, counteracts testosterone.



MORE STEAK FOR DINNER

Here's a delicious way to boost your testosterone. And it gives you more reason to eat red meat. Grass-fed beef (yes, you should stick with the grass-fed on this one too), contains a healthy fat profile that will give you CLA and Omega-3 fatty acids, both very important for maximizing hormone levels.

In addition, steak also contains the coenzyme CoQ10 and carnitine. Both of which will help you sustain natural testosterone levels.



ANABOLIC RUNNING PAL

When you have a workout partner, you go harder. This most likely links back to our male egos from the beginning of existence. Which isn't a bad thing. When you train with a partner, you automatically "up your game".

Whether it's sprinting just 5 more seconds or doing just one more rep, your workout partner gives you the extra motivation to hit a 10/10 level of intensity. The more intensity (again, keeping the workouts short), the more human growth hormone and testosterone will be released.



VITAMIN D

Unless you're a construction worker, out in the sun all day, chances are you're low on vitamin D –also known as the “sunshine vitamin”.

Most men are not getting enough of this critical nutrient into their diet, so supplementation becomes vital for the testosterone seeker.

Similar to Zinc, Vitamin D also regulates testosterone levels. Year round supplementation of 3000 IU of Vitamin D can increase testosterone levels by keeping serum Vitamin D above 30nmol/l and increases up to 50nmol/l.



TIME YOUR CARBS

Best time to eat carbs? Pre and post workout. During and after your workout is when you have the highest anabolic potential. For this reason, you should supply your body with a large amount of carbs before your Anabolic Running workout so you can be fueled for 10/10 intensity.

Post workout, consume plenty of carbs to help you recover and rebuild torn muscle tissue. The rest of the day, focus on healthy fat consumption. This type of carbohydrate timing will give you amazing results for keeping testosterone levels high, building muscle, and recovering post-workout.



EAT OYSTERS

One of the most powerful foods a man can eat to boost testosterone levels are oysters. Oysters are filled with zinc, an important nutrient which assists in producing testosterone naturally in the body. Eating zinc rich foods – or supplementing if necessary – will help you bring testosterone levels back up.

If you're not an oyster guy, there's other foods which are loaded with zinc like spinach, avocado, nuts, and pistachios. Try and get at least one of these foods in your diet daily. If not, consider supplementing.



GET YOUR GARLIC IN

Garlic is packed with flavor and easy to add into your daily meal plan. Top off a juicy steak with some garlic and you've got a testosterone boosting platter for dinner.

Here's the deal with garlic. Those who consume garlic on a regular basis will improve heart health and increase testosterone levels. Unless you're a vampire, get this in. If for some reason you despise garlic, you can always shop around for a capsuled garlic supplement at your grocery store or local nutrition shop.



VITAMIN C

What's so big about vitamin C? Well, it's critically important for lowering overall cortisol levels, which ultimately keeps your testosterone levels higher. And of course, vitamin C increases your immune system which gives you better ability to workout at a high intensity and recover well, post workout.

Want a quick way to get some vitamin C in? Throw a quick orange in for breakfast or add some orange slices in as a post workout carbohydrate source.



HERBAL TEA

Too much coffee can lead to increased cortisol levels, thus decreasing our natural testosterone levels. A great substitute to replace coffee so you can keep testosterone levels up is herbal tea.

Don't get me wrong. There's nothing wrong with a couple of cups of black coffee but if you find yourself throwing back a cup every couple of hours, then it's time to find a beneficial substitute.

Also, ditching coffee by noon will help you sleep better and thus increase testosterone while resting. See Hack #2 for more insight on sleep and testosterone production.



DITCH LONG CARDIO

You want to build muscle, you want to burn fat, you want your testosterone... with Anabolic Running you can have your cake, and your pie, and eat it too. However, long distance cardio is the absolute worst type of cardio you can be doing for any 3 of the above objectives.

Good news is, you're here. You've discovered the truth. Now you're building muscle, torching fat, and increasing HGH, testosterone and nitric oxide all with running. You just don't need the long cardio non-sense anymore.

Case in point –take a look at a marathoner body compared to a sprinter's body. Notice the difference?



CELERY AND BLUE CHEESE SNACK

Not only is blue cheese a testosterone boosting fat, but celery also has its proven testosterone enhancing benefits. This nearly tasteless vegetable contains two very powerful androgens; androstenone and adrostenol. Both which assist in the production of natural testosterone.



EAT MORE SALMON

Fatty fish provide a serious dose of protein and assist with increasing your body's testosterone levels. It's packed with Omega-3 fatty acids which increase insulin sensitivity, lower blood pressure, and increase natural T levels in dudes.

How? By ramping up the production of luteinizing hormone, which is the hormone in men that triggers testosterone production. You could supplement with fish oil, but why when you can have the real deal? Throw some salmon fillets on the grill, season it up and squeeze some lemon on top. You'll be in for a delicious testosterone boosting meal. Add salmon into your weekly diet 2-5 times per week.



OATS AND BERRIES

Berries are one of the best fruits to eat. They contain less sugar than other fruit like banana and pineapple but are chalk full of anti-oxidants which help protect your body from dangerous free radicals.

Berries also have the ability to reduce estrogen in your body, giving your testosterone levels more predominance in your body.



BROCCOLI, BRO

One of the best vegetables you can eat to increase your testosterone is broccoli. This green vegetable helps lower the amount of estrogen produced in the body, again, giving your testosterone levels the dominant standing.

Whatever you have to do to get it down, do it. We all know broccoli isn't a top choice. But it will become your favorite vegetable after you experience the benefits of adding it into your everyday diet.



2 CUPS OF JOE

Coffee is awesome for stimulating your nervous system, which jolts you up while boosting cAMP levels, leading to increased testosterone levels.

As mentioned in testosterone hack #18, too much coffee can increase cortisol levels. But it only increases cortisol levels for a short term. If you want to avoid the cortisol (as you should), just get a couple of cups of black coffee in for the day. Then switch to herbal tea or just have water.



JUST ENOUGH FIBER

Although fiber has many healthy benefits, like acting as a natural fat burner, increasing weight loss, managing blood sugar, and combatting diabetes, too much can be awful for your testosterone levels.

Too much fiber will cause a decrease in overall testosterone levels, making it a challenge to build lean muscle mass. Don't avoid it entirely. 30g per day is the perfect amount for fat burning without damaging your testosterone levels.

Some high fiber foods? Stick to the dark, leafy vegetables. Just enough fiber and packed with plenty of testosterone boosting vitamins and minerals. It's a win-win.



EXTRA VIRGIN OLIVE OIL

Want to increase your testosterone levels in only 2 weeks? You found your golden ticket. One study had young Moroccan men switch to extra virgin olive oil as their main fat source for 2 weeks and their testosterone increased by 17%. Not bad for a liquid you can just dump over a salad.

Extra virgin olive oil is packed with monounsaturated and saturated fats which really make this one of the BIG 3 in testosterone boosting oils.

Just be sure to get the real deal Extra Virgin olive oil. Most cheaper oils have been heated and processed which take away from the natural strength of this thick, testosterone boosting liquid.



DON'T GO VEGETARIAN

Unless this is an incredibly strong conviction of yours, realize that vegetarianism is not a testosterone friendly form of eating.

Not only is the vegetarian diet high in fiber (take a look at hack #25), but it's also rich in soy. Two signature components you need to avoid as a man who wants to increase his testosterone levels. If it's not a strong personal belief – ditch the vegetarian lifestyle and start consuming a ton more meat!



AVOID TRANS FATS

I may just be Captain Obvious on this one. But trans fats are not only bad for you but they are not a form of testosterone boosting fat. Trans fats are those deep fried, processed, and frozen foods that should be avoided at all costs.

But how can you tell if your food is loaded with trans fats? Check the label. If one of the main ingredients is “partially hydrogenated vegetable oil” then you’re screwed. Throw it out or put it back on the grocery isle chef no matter how good the food looks. It’s only going to jack with your testosterone levels.



DARK CHOCOLATE

If you're going to go for chocolate, go for the dark stuff. We're talking the 70% or high cocoa, dark chocolate. Cocoa is a proven ingredient for increasing testosterone levels and is typically very bitter. However when mixed in a dark chocolate bar, the sweetness from the sugar does help.

Although a food is packed with antioxidants and compounds important for testosterone production, don't get too loose with your dark chocolate consumption. For sweet tooth's only. You want to keep your sugar intake low, remember? But hey, that doesn't mean you can't live a little!



SLOW AND STEADY DIETING

Yes, fat around the midsection is a testosterone killer, but crunching down on your diet where you are losing 20 lbs. in a month is NO GOOD for your testosterone levels. In fact, it will send them plummeting.

Slower weight loss helps you preserve muscle tissue and preserve testosterone levels when dieting. Without testosterone, fat loss will be more challenging and continuing to build a rock hard, muscular physique may feel impossible.



GRAPEFRUIT

If you're looking for a food to kick start your day or a dessert to top off dinner, go with a grapefruit. Adding this citrus fruit to your day can help lower estrogen levels. It's also low in sugar and carbs – preventing spikes in insulin levels and is also loaded with vitamin C. A powerful antioxidant which most likely is the key role player in lowering estrogen levels in this zingy fruit.



AVOCADO AND VITAMIN E

Not only is avocado one of the best sources for healthy fat, but it's also a great source of Vitamin E. Vitamin E has been linked to increasing testosterone levels naturally while simultaneously decreasing estrogen levels. Avocado is the perfect fat to scramble in with your morning eggs or throw into your salsa chicken.



AVOID PLASTICS

If you're currently storing food in plastic containers, or filling and re-filling your plastic bottle with water throughout the day, you've got to stop. Plastic products contain phthalates, which can increase the level of estrogen in your body. Instead, buy yourself some glass containers for food storage and one of those BPA free water bottles.



RAISINS

The perfect testosterone boosting, post-workout or pre-workout carbohydrate. Raisins are an anti-inflammatory packed with antioxidants like resveratrol which is linked to increased testosterone levels and lower estrogen levels. This dried up grape also contains boron. A mineral not well-known but has been proven to significantly improve testosterone levels in a few scientific studies.



PRAYER/REFLECTION

Going all the way back to testosterone hack #1, stress is one of the biggest testosterone killers a man has to battle with. Something you can do to reduce stress is take time out of your day and pray or write in a gratitude journal about the things you appreciate in your life. Really think upon the positive things and allow this to ease your mind and free you from stress.

Remove all distractions and commit anywhere from 10 minutes to a half-hour to this routine each day and you'll notice a physical, hormonal and mental change. It's quite the powerful addition to your life if it's not something you are currently doing.



GET OFF SOCIAL MEDIA

Yea, I went there. To be honest, most of social media is riddled with negativity. Just like watching the nightly news, every other story is another murder, scandal, or tragedy. While I don't think these things should go ignored, it would be beneficial not to dwell on these things.

It may be a status update on a friend's timeline, a video that automatically starts playing on your Instagram account. Whatever. It's not worth any stress. If you do find yourself getting "worked-up" over social media I highly suggest removing some of the apps from your smart phone and spending less time on your computer and more time participating in activities that relieve stress.



COLD SHOWERS

Clock 5-minutes of cold showers in each day and you're on your way to a massive testosterone and energy surge each morning. As you know, when you're cold, your testicles shrink up. During this time, testosterone produced in the testicles is released throughout your body.

You may be shiveled for a good 5-minutes or so but hey, it'll all be worth it when you're riding high on testosterone.



GINGER

This common household spice is used to flavor up some of your favorite foods. Ginger has been shown to increase testosterone production by 17% with daily ginger root supplementation. This spice is a powerful androgenic and anti-inflammatory.



COCONUT OIL

A study in the Journal of Endocrinology proved that coconut oil raises muscle-strengthening growth hormones for four hours, making it an ideal pre-workout boost 2 hours before a workout. Coconut oil is also rich in testosterone boosting fats.