



Welcome Affiliates

Very happy to have you here!

So you're interested in promoting the Man Diet?

It's an awesome program that will *really* help the guys on your list create the baseline, optimal testosterone levels that will help every other goal become much more realistic.

It's also more than a diet, but a routine for their lives that focus around their workouts.

They get results, you look awesome, and you make some dollar bills in the process. It's a good gig.

Now, the clients are the focus. They've taken action and I don't bombard them with sales pitches as soon as they buy, we bring them through a month-long AR series that gives them a ton of free info and only adds to the value of the program.

Again, results guys get with the Diet are awesome, and that's what we want, right?

So, does it convert?

If you have a primarily male list, it can do big things. We've had guys with guys lists convert at 8% and 9%, and overall it's hanging steady at 3% (that's even with split lists and women clicking).



The upsells are converting as follows:

- #1. The Man Workout 40%
- #2. Epic Sex Drive 30%
- #3. Cookbook 34%

Make no mistake, this is a program for guys. It helps them naturally increase their T levels, something that helps A LOT with fat loss, as well as gaining muscle.

As such, we have two sets of swipes below. The muscle building swipes and the fat loss swipes. Both have been tested and proven to work. They're packed with real value and honest info. And they show guys that this diet is a necessity if they want to be at their best.

Before you check out the swipes make sure that you take a look at the landers. We're adding to them often, and there just might be a lander that suits your list better than the swipes laid out.

With that said, EMAIL ME before you promote, we can talk strategy and I can help you with any questions you may have.

My email: chad@chadhowsefitness.com

Subject in the email: Promoting the Man Diet
I'll answer ASAP.

If you have any questions or requests, give me a shout.

Also, if there's anything you have that you think would fit my list, give me a shout, I'd love to help you out as well.

Take care,

Chad

Main Page Affiliate Link

The Main Sales Page: <http://XXXXX.chadhowse.hop.clickbank.net/>

(Replace XXXXX with your affiliate ID)

High Converting Article Landers

Each of these landers are proven to convert, but not only that, along with the sale page they give your clients GREAT info that will leave them appreciative even if the Man Diet or naturally increasing testosterone isn't right for them.

I highly recommend you send to the lander that fits your list best. You know your guys, so whatever you think would work, fire it there way and watch them dollar bills come it (and the thank you emails).

5 signs you're suffering from low T

The reader will go through 5 very common signs of low testosterone and given the option to keep reading in order to figure out what they can do about it.

<http://XXXXX.chadhowse.hop.clickbank.net/?rd=5signs>

How bulking ruins your gains

This article reveals why "bulking up" won't help you build your ideal physique, and why bodybuilders can adhere to a different set of rules, has to do with your hormones, namely testosterone.

<http://XXXXX.chadhowse.hop.clickbank.net/?rd=bulking>



5 Foods that boost testosterone

Discover 5 little-known foods that will skyrocket testosterone levels, and double and sometimes even triple your muscle building and fat loss results!

<http://XXXXXX.chadhowse.hop.clickbank.net/?rd=5foods>

4 Ways to Naturally Increase Testosterone

A short but extremely informative article that reveals 4 easy-to-implement techniques for increasing testosterone levels naturally.

<http://XXXXXX.chadhowse.hop.clickbank.net/?rd=4ways>

Night Time Testosterone-boosting Routine

This article shows a simple pre-bedtime stack that you should consume every night that will give you a jolt in testosterone in the morning.

<http://XXXXXX.chadhowse.hop.clickbank.net/?rd=night>

Never Ask your Doctor About Low T

Find out why you asking your doctor about low t could actually worsen your condition.

<http://XXXXXX.chadhowse.hop.clickbank.net/?rd=doctor>

How to Be 10 Years Younger

This article reveals 3 ways to slow, or even reverse the aging process in men.

<http://XXXXXX.chadhowse.hop.clickbank.net/?rd=aging>

How to get rid of man boobs

In this article the reader will find out the 2 biggest mistakes they're making when trying to cure their man boobs and what they should be doing instead.

<http://XXXXXX.chadhowse.hop.clickbank.net/?rd=moobs>



8 Lessons in Manhood from the Vikings

A motivating and manly piece that goes over 8 important lessons in manhood we can take from the Vikings.

<http://XXXXXX.chadhowse.hop.clickbank.net/?rd=vikings>



We've set up a **high converting autoresponder series** for you if you'd like to give your readers some high value content. Within the first email we pitch, then again on email 3, all the while giving high value content and encouraging clicks within a storyboard that gets them the info they need to make the right decision.

Want to Build More Muscle, Burn More Fat, & Increase Your Sex Drive?

Men Are Producing Less Testosterone With Each Decade. Start with This Free, 28-page Report & Discover How to Naturally Increase Your Testosterone Levels, Immediately!



Where should I send the report?

Get Instant Access!

No spam. I can't stand that stuff. Plus, I'm a real human who you can email with any questions you may have.

<http://XXXXXX.chadhowse.hop.clickbank.net/?rd=testosterone>



The Man Diet Swipes (Muscle)

Email #1 Option 1 - The 5 Signs Lander

URL: <http://xxxxx.chadhowse.hop.clickbank.net/?rd=5signs>

Subject: 5 Signs You're Suffering from Low Testosterone

Hey there,

Did you know that low testosterone (low T) makes your body more "resistant" to fat loss?

Or that men are producing less and less testosterone with each decade?!

Fixing your lack of natural testosterone can be your road to your new body, enabling you to build more muscle and burn a lot more fat.

==> 5 Signs You're Suffering from Low T (article)

If you're suffering from low testosterone you *can* fix it with some simple changes to your diet.

We'll get into that tomorrow...

For now, check out that article.

Talk tomorrow,
Sign Off





Email #1 Option 2 - Great for muscle-building lists

URL: <http://xxxxx.chadhowse.hop.clickbank.net/?rd=bulking>

Subject: How 'Bulking' is Ruining Your Lean Muscle Gains

How can bulking *ruin* gains?

Isn't bulking the act of eating enough calories to *gain weight*?

Conventional bulking actually hurts your body's ability to recover and build lean muscle by destroying your most important muscle-building hormone.

[=== >>> How Bulking Ruins Your Muscle Gains \(article\)](#)

In that article you'll discover the 'fix' to your muscle-resistance.

Enjoy,
Sign Off

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Email #2 – Straight To the Sales Page

URL: <http://xxxxx.chadhowse.hop.clickbank.net/>

Subject: Is your diet right for YOU? (if you're a guy, probably not)

I was at the book store the other day searching for a new read when I happened upon the nutrition section.

Not surprisingly, the *vast* majority of the nutrition books are made for women. Their books that are based upon "fad diets" and plans that aren't sustainable especially, for men who like beer, red meat, and maintaining high, natural testosterone levels.



And it makes sense. Women typically care more about their weight and health than men do.

That's what my good buddy Chad Howse noticed as well. He saw all these diets that are actually KILLING the most important male hormone: testosterone.

Here's the problem:

Women and men should have different diets.

We need different nutrients because we have different dominant hormones that are GREATLY affected by what we eat.

Check out this article that Chad has for us, he'll show you how your current diet isn't made for a man, and he'll give you the solution:

=====> [Bro, You're Eating Like a Woman!](#)

Why is this important for your body composition (fat loss or burning muscle)?

Testosterone, that hormone that men need in order to be referred to *as men*, is the most important factor in your fight to both burn fat and build muscle.

If your T levels are high, it's going to be a *hell of a lot easier* to get ripped.

To naturally produce MORE testosterone, read this article:

=====>> [How to Eat Like a Man \(men only\)](#)

Sign off

P.S. At the end Chad will talk about the solution to these fad female diets, *the Man Diet*.

It's the diet that's made specifically for men, to help you build more muscle, burn more fat, live a healthier, more energetic life, all by showing you how to eat like a man's supposed to.

It's the best diet around for guys because it's sustainable, it isn't actually a diet (more on this tomorrow), and it'll help you produce higher, natural levels of testosterone.

I highly recommend that you pick up *the Man Diet*, and discover how to finally eat like a man!

==== >>> [the Man Diet Limited Time Sale \(\\$50 OFF\)](#)



Email #3 Option 1 - Straight To the Sales Page

URL: <http://xxxxx.chadhowse.hop.clickbank.net/>

Subject: 3 Myths That Are KILLING Your TESTOSTERONE Levels (making you weaker and fatter in the process)

So yesterday we covered how your diet is killing the most important hormone in your body: testosterone.

What is it about that hormone that's so important?

A few facts about men and testosterone...

1. If you're having trouble burning fat or building muscle, there's a good chance you're experiencing "low testosterone" (low T).
2. If you have a low sex drive, you're likely experiencing low T.
3. Testosterone is the most important hormone for men.
4. Men are producing less and less of it with each decade (you have less than your dad did at your age, and FAR LESS than your grandfather did when *he* was your age).
5. Most diets are made for women and don't help men enhance their testosterone levels. So while you're trying to burn fat, you may be lowering your testosterone levels, which makes you store *more fat*.
6. If you have healthy testosterone levels you're going to have low body fat and more muscle.

====> [3 Myths That Are KILLING Your TESTOSTERONE Levels](#)

7. Testosterone leads to a lower likelihood of depression - it's not just a hormone that helps you physically, it helps you mentally as well.

Men need testosterone, but we're producing less of it. Why?

There are a few factors, each of them are tackled in this article:



=====> [How to Naturally Enhance Your Testosterone Levels](#)

If you're having trouble building your ideal body, you CAN TURN THINGS AROUND, *if* you get your testosterone levels under control.

Sign off

If you're a guy and you're frustrated with a lack of results, even though you're holding pretty true to your diet, and you've been training hard for a while, lower than optimal testosterone levels may be the cause.

The Man Diet is a great, sustainable solution to your muscle or fat loss-resistant genetics.

Fix your hormones. Fix your physique:

=====> [The Man diet](#)

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Email #3 Option 2 - Straight To the Sales Page

URL: <http://xxxxx.chadhowse.hop.clickbank.net/>

Subject: 4 Signs You're Suffering From Low Testosterone

Testosterone is the most important hormone for men to maintain healthy, high levels of. But how do you know if you're experiencing "low T", or if it's something you should test?

Chad has hooked us up with a quick article. Make sure you run down the list and see if you're showing any signs of Low T.

Enter, Chad.

Alright fellas, it's Chad here.

Low T is a pandemic that's being seen across the world, but most of the causes of low testosterone are actually under our control.



Your diet, training, and even the environment you surround yourself with, has an effect on your testosterone levels.

Run through these '5 signs' to see if you're suffering from lower than optimal testosterone...

If any of these sound like you, go to your doctor and get tested, but **DON'T opt for testosterone injections**, even if your doctor recommends them ([here's why](#)).

1. You're not waking up with the soldier standing at attention/low sex drive.

Low sex drive or erectile dysfunction is a sure-fire sign you're experiencing low T. If you're having either of these problems, get your T levels tested.

2. You're storing more body fat.

Increases in body fat can be a sign of low T, as can a increased difficulty in burning it. If you're finding it exceptionally hard to burn fat, you may be suffering from low T.

The first step is to fix your diet to increase your natural T levels (more on this in a bit).

3. You have low energy or fatigue.

Finding your energy levels getting lower? Or, have you always just had low energy levels? A lack of testosterone could be the cause.

High, natural testosterone levels decrease the likelihood of depression in men, but it'll also enhance our energy levels. It's important to have high natural T levels for physical, *and* mental health.

[Discover How to Naturally Enhance Your Testosterone Levels Here](#)

4. Experiencing muscle loss.

Testosterone, in its nature, repairs tissue. Some of that tissue is the muscle tissue you're breaking down during a workout.

If you're experiencing low T, you're not going to recover from your workouts as effectively as you would if you have high, natural testosterone levels. You're also not going to be able to build as much muscle or burn as much fat.

Testosterone, if at optimal levels (which is relatively easy to accomplish with the right exercise and nutrition program) will help you perform more efficiently, not just in the gym, but at work, at home, and in the sack.



If you want to learn how to bring your testosterone levels back to "optimal levels", I highly recommend you check out this article:

====>> [How you may be Eating Like a WOMAN!](#)

Sign Off

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Email #4 - Straight To the Sales Page

URL: <http://xxxxx.chadhowse.hop.clickbank.net/>

Subject: 5 Reasons Why You Need the Man Diet

Hey fellas,

Over the past few days I've been telling you about that "man hormone" known as testosterone, and how to produce more of it through a diet known as *the Man Diet*.

To be at your best you need optimal levels of testosterone.

To burn fat you need optimal levels of testosterone and the same goes with building muscle. The problem is that most diets HURT your body's ability to naturally produce testosterone, thus, you're making your physical transformation that much tougher.

The *Man Diet* is the solution, and it's on sale until TONIGHT when it goes back up to \$67 (from \$19.95).

==> [The Man Diet Special Sale \(\\$50 OFF\)](#)

Here are 5 reasons why you need to buy the Man Diet TODAY:

1. It isn't a diet.

The Man Diet actually doesn't require that you cut calories – which is detrimental for optimal fat loss.



Instead, Chad Howse, the author of the Man Diet, takes a unique approach, where he shows you how to eat certain foods at certain times, never dieting, and never bingeing as a result.

2. It's sustainable.

Because of the fact that Chad didn't create a conventional diet, it's a way of eating that you're going to be able to enjoy and stick to for the rest of your life.

It isn't a fad. It's the long-term solution you've been looking for.

3. You get to eat tasty foods.

You're going to be eating a ton of steak and eggs and bison. But you're also going to be *encouraged* to eat the tasty CARBS that you enjoy as well.

==> The Man Diet Special Sale (\$50 OFF)

4. It works.

It works because it addresses the ROOT CAUSE of your lack of success in training thus far. Or maybe you've *had success*, but now you want to take your results to the next level.

The Man Diet is the solution that'll help you get there.

5. It fits YOUR schedule.

This isn't a mode of eating that you're going to have to painstakingly adjust to. There are 4 options for scheduling that are designed to fit YOUR schedule and YOUR lifestyle.

There's literally nothing left to chance when it comes to you building your best, optimal body with *the Man Diet*.

I highly recommend it. I know Chad, he's a good dude who actually cares about helping you achieve your results. And he's right there to help you along the way.

Take advantage of this ridiculous sale of an incredible product.

Take action, become an early adopter of the diet solution that's going to change the way men eat!

==== >>> Take Action Today. Get The Man Diet (Final Day)

Sign Off



Email #5 – Last Chance Email

Affiliate url: <http://xxxxx.chadhowse.hop.clickbank.net/>

Subject: Last Chance! (time sensitive)

Hey,

Time is almost running out!

That awesome – man-only – nutrition revolution I’ve been telling you about over the past few days is about to go back up to full price (it’s on sale NOW for \$19.95, but it’ll go back up to \$67 in a few hours).

This is a MUST HAVE for any guy trying to build his ideal body, but also forge an epic existence.

Testosterone is more than just a muscle-building hormone. It’s VITAL for both fat loss and having more energy in your day to day life, as well as mental health!

This diet will you fix the ROOT cause of your lack of results. It’s an incredible program, and don’t forget about the BONUS cookbook that only you guys are getting if you buy the Man Diet today.

[Click Here for the Man Diet Sale < =====](#)

BEFORE it runs out and goes back up to full price in a few hours.

You’re going to love the Man Diet!

Take action today and join the revolution!

Sign Off

The Man Diet Swipes (Fat Loss)

Email #1 - Education

Subject: Ever wonder why you can't get ripped? (controversial answer inside)

Ever feel like you're running in a hamster wheel, exerting yourself, staying disciplined, but not actually going anywhere?

I was there. Almost all of us have been there. We work hard but we can't quite yield the results we want.

The solution to this problem isn't found in a pill, powder, or potion, nor in a magic workout.

The thing that may be holding you back from building that awesome, lean, ripped body, is your hormones.

No matter how hard you work or how strict you are, if the right hormones aren't at optimal levels, it's nearly impossible to create the results you want to create in the gym.

Think of your hormones like a dam.

When the right hormones are optimized and the wrong ones are minimized, the floodgates open and the barriers holding you back from burning fat are removed.

Most of us, however, are unknowingly optimizing our bad hormones and minimizing our good ones.

First, the good ones, and where the 'good hormones' are concerned, there's only one king, and that's testosterone.

There's a lot of myth surrounding this hormone. When we say testosterone we immediately think of massive muscles and zit-covered backs.



Testosterone, though, is the most important hormone for FAT LOSS. It has also been shown to:

- Decrease the likelihood of depression
- Increase energy
- Lower the likelihood of cancer and disease

Where fat loss is concerned, testosterone wields possibly its most power. While the mechanisms still aren't completely understood, researches have found that the higher the testosterone levels, the leaner subjects were.

And conversely, the lower the testosterone levels, the fatter they were. When researchers decreased certain subjects' testosterone levels from the baseline average of 600 ng/dl to around 300 ng/dl, they saw a dramatic 36% increase in fat mass.

Research shows that testosterone directly inhibits the creation of fat cells (study 1 link: <http://www.ncbi.nlm.nih.gov/pubmed/16210377>), and that low testosterone is a contributing factor to obesity (study two link: <http://www.ncbi.nlm.nih.gov/pubmed/20807333>).

So if testosterone is such an important piece of the puzzle, how do guys like you and me begin to produce optimal levels, and naturally?

How do you even know if you're suffering from low testosterone?

We'll cover that tomorrow.

For one, if you want optimal T levels, you shouldn't look to steroids or the testosterone replacement therapy that your doctor might prescribe.

The problems with both are glaring:

- a. You become dependent on external hormonal injections.
- b. Your body stops producing its own hormones that are also of a much higher quality.
- c. You can naturally increase your testosterone levels through minor tweaks in your diet and daily routine.

You need high, optimal testosterone levels to build your best body, and tomorrow I'll show you a few tactics to do this completely naturally, without supplements or those magic pills, powders, or potions that marketers are trying to cram down your throat.

SIGN OFF



P.S. Did you know that testosterone comes from cholesterol? So things like eggs and steak and bacon actually *feed* your body's ability to produce testosterone?

Something to think about ☺

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Email #2: 5 Signs You're Suffering from Low T

Affiliate Link (replace XXXX with your CB ID)

URL: <http://XXXXXX.chadhowse.hop.clickbank.net/?rd=5signs>

Subject: 5 Signs you're Suffering from Low Testosterone

Think about that hamster wheel we mentioned the other day...

Where you're working your butt off but producing little results.

It's time to get off it and to start seeing the progress you want. It's time to start going places!

It's time to fix your broken hormones...

FACT #1: By the age of 25, a man's testosterone levels (the stuff that helps you burn fat and build muscle, begin to decline, and continue to do so as you age! Check out what Dr. Thomas Trivison and colleagues from the New England Research Institute in Watertown, Massachusetts, found:

"The average levels of the male testosterone hormone dropped by 1 percent a year. This means that, for example, a 65-year-old man in 2002 would have testosterone levels 15 percent lower than those of a 65-year-old in 1987. This also means that a greater proportion of men in 2002 would have had below-normal testosterone levels than in 1987. The entire population is shifting somewhat downward we think. We're counting on other studies to confirm this."

FACT #2: Studies show that men with low testosterone have a higher incidence of the following health problems:



- Type 2 diabetes
- Infertility and poor reproductive health
- More belly fat and total body fat, and less muscle mass
- Less muscle growth from strength training
- Poorer athletic performance
- Slower recovery from intense training
- Greater risk of prostate cancer

FACT #3: A LOT of men turn to a number of synthetic and bioidentical testosterone products on the market, but this will require you to stick a needle in your ass for the rest of your life and easily a few thousand dollars a year. And you'll become dependent on said needle.

Fixing your lack of natural testosterone WILL be your #1 step to a new body enabling you to build more muscle, strip off fat and attack life with unstoppable confidence! If this is what want, check out this startling article:

==> [5 Signs You're Suffer from Low Testosterone \[Article\]](#)

The best news — if you're a victim of any of these 5 signs on the next page, you can fix it with some super simple changes you'll discover at the link below.

For now, find out if you're suffering from low testosterone:

==> [5 Signs You're Suffer from Low Testosterone \[Article\]](#)

SIGN OFF

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EMAIL #3: 2 Diet Mistakes That Will Give You MAN BOOBS

URL: <http://XXXX.chadhowse.hop.clickbank.net/?rd=moobs>

Subject: 2 Diet Mistakes That Will Give You Man Boobs (moobs)

I've had this question come into my inbox a lot lately:

I'm starting to develop man boobs, is there any way I can get rid of them?

Man, is there anything more emasculating that a pair of man boobs?



No!

The problem: Most of us make 2 dietary mistakes that lead to man boobs:

2 Mistakes That Will Give You Man Boobs [article] < =====

When you gain body fat, many of us get man boobs. It's just a part of getting fatter.

Needless to say, it's also a part of having the wrong hormones thriving in your body.

Don't make these two mistakes!

2 Mistakes That Will Give You Man Boobs [article] < =====

SIGN OFF

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EMAIL #4: STRAIGHT TO SALES PAGE

URL: <http://XXXXXX.chadhowse.hop.clickbank.net/>

Subject:

Option #1: 3 NATURAL Ways to Increase T (and burn more fat)

Option #2: Are You Eating Like a Woman?

Low testosterone can lead to increased body fat, a decrease in muscle mass and energy, and LOW SEX DRIVE.

How do we naturally increase this hormone that will help us live better, more awesome lives with a heck of a better body?

That's where **the Man Diet** comes in.

Most diets and workouts and fitness products and programs are bought by women. Women actually make up 80% of the industry!

So it makes sense that the VAST majority of diets and workouts are created for the opposite sex. But where does that leave men?!



Well, it leaves men without a diet to help them create optimal testosterone levels that will help *US* build *our best body*.

Men and women have different needs, and it's no different with nutrition and supplementation. When women start to diet they typically cut out fats, eat salads and quinoa and vegetables. Which is great, FOR THEM.

Men, however, NEED those fats. They're the building blocks of testosterone and by cutting them out of our diet, we're crippling our ability to burn fat and increase our testosterone levels.

And so, my buddy Chad Howse went to work, researching methods and tactics that will help men naturally increase their testosterone levels. He eventually created an awesome diet called the Man Diet...

... But it's MUCH more than a diet. Check out this article:

3 Ways to NATURALLY Increase Your Testosterone Levels < =====

Almost every diet on the market is made for WOMEN, not men. Supplements are made for women (are you taking enough zinc or D3? Find out why they're so important in the article).

I'm not a conspiracy theorist by any stretch of the imagination, but industry feeds the market. And women ARE THE MARKET when it comes to fat loss and nutrition.

Check out this article...

Are You Eating Like a Woman?

You'll learn 3 myths that are preventing you from developing optimal testosterone levels, as well as for STRANGE ways to naturally increase your testosterone levels.

For example, did you know that a cold shower at night and again in the morning will help you naturally increase your testosterone levels? Weird huh? You'll find out why in the article.

I also highly recommend you check out Chad's Diet. He's put it on sale for 50% off just of us for a couple of days.

It's a diet I've gone through, and it's something that you can follow forever. No more cutting calories or eating foods you don't like.



If you like steak and bacon and eggs and all that awesome goodness, you'll love this diet and you'll be able to stick to it forever.

And that's maybe the most important thing about it...

... Most diets fail guys like you and me because they're just not easy to follow. They're full of foods that taste bland and boring, and they force us to cut calories so much that we lose energy and can't function like we want to function.

That's not the route of the Man Diet. It's made for MEN. And you'll get to eat the foods you love so very dearly ;)

Are You Eating Like a Woman?

SIGN OFF

P.S. Chad shows you how to make small lifestyle changes that will help you naturally increase your testosterone levels as well. The Diet is awesome, it's so much more than a mere diet, I can't believe the sale he's put it on for.

Check it out. If you're a guy, you'll not only NEED IT, but you'll love it.

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EMAIL #5: STRAIGHT TO SALES PAGE

URL: <http://XXXXXX.chadhowse.hop.clickbank.net/>

Subject: How to Eat Like a Man (last day)

Wouldn't it be great to follow a diet that was aimed at men, and men only?

Wouldn't it be awesome to follow a diet specifically for athletes and sportsmen and GUYS that want to get in great shape that made you feel good, look good and get good things?

You know, what our society calls The Good Life... But even more than that, imagine living life as a WARRIOR who has the power and courage to be good and do good so that your life matters in history. Isn't that what every man desires deep down?



You're not an accident so don't live your life like it's an accident. Want to know your MISSION in life? It's to positively influence people who don't have influence! (I'll talk about this more in another newsletter) And to be able to influence, you need to look your best and feel your best so people view your life as a trade-up!

When people look at YOU, do they consider your life a "trade-up" or a "trade-down"? That's a powerful question my father begged of me...

Regardless, of your answer, it's never too late to TURNAROUND and I believe this all starts with how you eat (and train and think). Once you make a few changes with your diet and training, as Chad Howse will teach you in his epic guide, [The Man Diet](#), you'll experience huge effects on your training, fat loss, muscle building, energy levels, looks, confidence and bedroom skills.

Incorporating the eating strategies in The Man Diet could be the one thing you do this year that makes the biggest effect on your life. And until tonight at midnight you can grab yourself a copy for less than a trip to the movies, it's a great resource:

==> [The Man Diet + Boost Your Testosterone + 50% Off \(ends tonight\)](#)

The Man Diet is revolved around not only maximizing your body's ability to boost testosterone but to uptake the testosterone you currently have. That's the key.

If you want to burn fat faster, you need optimal test levels.

If you want to build muscle quickly, you need optimal test levels.

If you want to kick some tail, get shit down and make a name for yourself, your test levels better be surging through your veins!

You see: **Testosterone is an essential part of EVERY area of success in your life. It impacts EVERYTHING.**

And The Man Diet has everything to do with testosterone, plain and simple. Sure, you can research this topic until you're blue in the face but the reason I'm recommending this e-system to you today is because Chad has already spent dozens of dedicated hours researching this topic and you can have it nicely organized and served to you on a silver platter in a matter of minutes.

==> [Get an eye-popping, jaw-dropping body with The Man Diet \(discount ending\)](#)

I think you'll enjoy The Man Diet, a lot. It delivers on exactly what it promises and then some. I will say, the only thing in the program I'm not a huge fan of is the intermittent fasting strategies but other than that, it's bang on.



What I REALLY loved was the customized eating schedules based on what time you train — this was worth the small price of the program alone.

WARNING: If you're not into eating "man food" (i.e. red meat) to maximally experience the benefits of dropping off excess fat, maxing your strength, gaining lean muscle, ramping up your mood to unbreakable levels and enjoying a healthy sex drive, then this is not for you.

[To get more information about The Man Diet, click here.](#)

I actually consulted with Chad when he designed the system and made sure that it was not missing anything essential. He did a great job eliminating all the BS. You'll learn everything you need in order to eat in a fashion that makes you tick loud and strong... and so that others around you take notice:

==> [Last chance to Eat Like a Real Man & Skyrocket Your Test Levels \(50% off\)](#)

Remember, the results from The Man Diet will not only help you look good, feel good and get good things but it'll inspire you to BE good and DO good — they keys to being remembered in history and leaving a positive legacy! This is what matters.

Sign Off

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BONUS EMAIL:

OPTIONAL to LANDER

URL: <http://XXXXX.chadhowse.hop.clickbank.net/?rd=aging>

Note: If your list is older, this lander could be a great fit.

ANTI-AGING Article

Subject: How to BE 10 years younger (anti-aging secret)

Is it a coincidence that aging coincides with a decrease in testosterone?

From the age of 30, men start producing 1% less testosterone every year.



That's huge!

When we produce less testosterone we recover slower and we gain more fat.

Starting to feel slugging? Unable to workout as long or as intensely as you once did? Getting FATTER?

The *problem* isn't your age, it's your declining testosterone levels. The best part about this is that new research is confirming that this is COMPLETELY under your control.

You can stop the aging process in its tracks and *BE* 10 years younger simply by following the steps in this article:

How to BE 10 Years Younger [ARTICLE] < =====

Make sure you pay close attention to step #3, I've started making this adjustment and it's done wonders to my recovery and my body's ability to recruit fat at fuel, rather than storing it.

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Bonus Article Landers

I've built an organic business in that my opt-ins come from youtube or my site and they buy automatically, articles like this, using the affiliate tagged link I'll give you, provide a ton of value and lead into the sale as good, if not better, than any of the other landers.

The bonus, if they sign up for the newsletter they'll still be tagged by the link, so if they buy you get credit for the sale.

The article, if you have a list that's dominated by men, will kill it with men. I converted a bunch of guys to the Man Diet who'd been with my list for a long time, this article is what finally convinced them they need help.

URL: <http://XXXXXX.chadhowse.hop.clickbank.net/?rd=boner>

THE **MAN** DIET