



Chad Howse Presents...

The Testosterone Cheat Sheet: Why You Need More Testosterone in Your Life!

So here I stand...

...half way up a volcano in Maui. The lush greenery is like nothing I've ever seen – which is saying a lot coming from Vancouver. It's cold and its wet. Goosebumps cover my skin like spots on a cheetah. But the smile on my face has never been wider.

Due to some wonderful ingenuity, and a fair amount of free time, the owner of the property – the one on the side of the mountain that I'm standing on – has dug a trench down the mountain that winds like a snake as it slithers. He then lined it with a thick, slippery plastic material, and has created one of the coolest water slides I've ever seen.

Here I am, about to go on my 4th or 5th run, each time going faster and faster, and I make a decision; “no holding back this time”, I say to myself... Or maybe I yell it out loud as I pound my chest like a silverback Gorilla... who knows, I can't remember.

I'm there with a group of 10 or so people. All of whom have done numerous runs down the side of this mountain. Some face first.

Others on their back. Others going in groups. All of which is being photographed.

I've had some close calls with one of the turns on my previous runs. But this time I decide to let nothing but my heels and my shoulders touch the surface of the waterside. I *also* decide not to slow down no matter what happens – big mistake.

I obviously take a running start, slide right on to my back, elevate my hips so my heels and shoulders are the only things touching the surface, and *I'm off!*

Holy shit I'm going fast. Turn one was a little iffy, turn two was a close call, and then comes the final turn, the last turn before the small circular pool at the end of the water slide; a pool that's surrounded by lava rock, which might have sounded like a great idea when they built it, but it's not the nicest thing to slide across bare chested.

Approaching the final turn going full speed with the pact I made to myself not to slow down fresh in my mind, and I fly over it. I launch over the 2 foot rise (no guard), slide down the grass, twisting and turning as I propel down the 20 feet between me and the small, circular pool.

I then meet the lava rock. By now I'm no longer on my shoulders and heels. I'm not on me arse, coming full circle, sliding face first into those pesky little rocks that act as a guard around this little pool against people who go too fast, slide off the edge, sliding to their own unbeaten path.



The result: my stomach looked like a raspberry.

It looked like I was skinned. Bleeding profusely, I walked back up to the top off the hill, everyone else half in shock that this happened, half laughing because of the sight of me launching from that edge, and half (yes, 3 halves) concerned about the blood starting to drip from my chest, stomach, and knees.

Luckily, I was eating in a way that brought my testosterone levels to all-time highs.

During this trip, I was paying special attention to my diet. I was using the tricks you'll discover in this report, and avoiding many of the pitfalls that keep most of our testosterone levels *below* optimal levels.

What ended up happening was an incredible look into the *true* power of testosterone.

Let's get that image of a raspberry back into our head's. I was bloody. I had exposed skin and little cuts all over my chest, and I thought I'd be taking the plane back to Vancouver with bandages on my chest, and band-aids on my knees and elbows...

But this wasn't so...

Due to my elevated levels of testosterone (testosterone aids in tissue repair) I began to heal immediately. After my first night's sleep, the scabbing not only started, but had already begun to heal. By day two the scabs were shrinking even more, and by day 3 I was better. I had some scarring, but the scabs were gone. To say the least, I was shocked.

Another thing I noticed on this trip, that brought more attention to the elevated testosterone levels, was the attention I was getting from my girlfriend at the time. Not that I wouldn't get attention on a regular basis, but she was *a lot more* hands on than usual.

She even mentioned this fact to me, a fact that I would've brushed off as me being a little more awesome than usual, had I not witnessed the cuts healing, and one other thing: the wandering eyes. Every time we'd hit the pool, or head out for a meal, I'd get triple the looks from ladies that would normally occur.

I didn't notice it at first, but she did. Then I began to notice it. *Then* I put the pieces of the puzzle together – yay Chad!

Not only do raised testosterone levels result in greater tissue repair (how fast my skin healed, and how much faster our

muscles recover with higher test levels), but it also results in pheromones being released that attract women to men with no real explanation as to why they're feeling this strong attraction.

Especially if these women are 'ready for love', i.e. ovulating – which we'll not get in to because I have no knowledge on the topic of women and how they work. They, my friends, are very much a mystery.

Nevertheless, higher testosterone levels help us lose fat, build muscle, heal faster, and attract women.

Muscle = Confidence.

Fat Loss = Confidence.

Attracting women = Confidence

Testosterone is a powerful hormone, one that we *don't* need to abuse. Steroids result in a long term inability to produce this awesome 'man hormone'. But the strategies I'm going to give you in each of the following pages will help you raise them naturally, and *keep them* raised for a lifetime.

If you're an older fellow, you're probably experiencing a lack of testosterone production. Actually, newer evidence is showing "low T" being experienced by young men in their early *twenties*!

Note: *a large contributor to low T is an increasingly sedentary lifestyle. So get active, and make sure you pick up [the Man Workout](#).*

How to NATURALLY Enhance Testosterone

Testosterone has been the focus, or scapegoat, for all things *wrong* with men. It's been turned into our enemy. The media, in movies, TV shows, and in magazines, portrays it as a rage-inducing hormone that makes men wild, and untamed.

I rather like being wild and untamed and un-domesticated, but that's for another discussion. For now, let's look at testosterone as *it is*, not as how it's portrayed.

The hormone that makes men, *men*. A hormone that helps us grow stronger, have more energy, and yes, have better sex. But testosterone does far more than merely helping us build muscle and burn fat and bed babes.

Dr. Christina Wang of the University of California at Los Angeles, in studying the effects of testosterone treatment on men with testosterone deficiency, found that men expressed feelings of edginess, anger, irritability, and aggression prior to treatment. After treatment, their anger and agitation decreased, their sense of optimism and friendliness heightened.

Testosterone is not only *not* the rage-inducing hormone that it was (and is) believed to be, it's also vital to the *mental* health of a men. It'll help you gain confidence by improving your body composition, but it'll also help you ward off depression.

Yes, high natural levels of testosterone help prevent depression.

Having healthy *natural* T levels has been shown to increase energy levels, reduce the risk of cancer and type 2 diabetes, not to mention the fact that T helps repair muscle tissue, and contributes to fat loss.

In this report you'll learn why men across the world, possibly including yourself, are experiencing lower T levels than ever before, and how this is effecting your everyday life, including your ability to build muscle, burn fat, and avoid cancer.

You'll discover how the medical community is dealing with this problem by giving men an expensive, and *temporary* solution, and how you can get your body producing *more* testosterone with natural, healthy changes to your diet and your environment.

First, How Your Body Produces Testosterone

To understand how you can naturally *raise* your testosterone levels, you first have to understand how your body produces it.

Testosterone is produced by the body, primarily in the testes, and is derived from cholesterol, which is given to you from fat. Most testosterone is supplied to the tissues of the body - including muscle - through your blood, with most of it being bound to a plasma protein called sex hormone binding globulin, or SHBG.

A study published by the Journal of Clinical Endocrinology & Metabolism, studied the effect of dietary lipid consumption (animal fats) on levels of sex-hormone binding globulin (SHBG), free testosterone, and cholesterol in men.

In short, they looked at how eating more dietary fats can influence levels of SHBG, *free* testosterone (I'll tell you about this in a bit), and cholesterol.

After consuming a diet with a high fat content (greater than 100 g fat/day) for two weeks, the mean plasma cholesterol level increased (p less than 0.02) while the mean SHBG level decreased (p less than 0.02).

Why are these stats important?

About 2/3 of your body's testosterone is bound to SHBG, and not "free". Many in the scientific community believe that "free" testosterone is the only form of the hormone that counts, as it's the only form of T that is actually ready to work on your tissue.

Free T is the testosterone that will help you recover from a workout, helping you build more muscle, and burn more fat.

The study above found that by consuming more saturated and monounsaturated fats - animal fats - the subjects levels of T that was bound to a protein, lowered, "freeing" up the remainder of the testosterone in the body to work on repairing the tissues of the body (muscle included, of course).

... This is very important, as you'll learn later on in the report.

How the Fitness Industry Has Lowered Your Testosterone Levels

The fitness industry goes in ebbs and flows. The popular diet of today may not be so popular tomorrow.

For years now the fitness industry, the health and nutrition industries, even your doctor, have all been feeding you information that has led to a mass lowering of testosterone levels in men, worldwide (along with environmental factors we'll discuss next chapter).

When the common method to burn fat became to *not eat fat* in the 70's, a method that has continued to the present day, all those concerned with fat loss flocked to the slow carbs section of the supermarket, and stopped buying fatty fishes, red meats, and anything containing saturated fats.

Science has, for the most part, continually held the notion that *fast* carbohydrates like sugars, and man made fats like trans fats, contribute to body fat, and that a diet consisting primarily of saturated and monounsaturated fats, with low fast, high glycemic carbohydrates actually keeps your body fat *low*, not high.

The fitness industry and it's fad diets, thought differently, and men haven't been getting the building blocks of testosterone ever since.

A fad spikes sales. The truth doesn't benefit an industry that preys on peoples emotions like fat loss nutrition can. The truth is a constant. It doesn't change. To increase sales and to manufacture a movement you need something new and exciting. Thus, the fat loss industry constantly creates something new and exciting, whether it's true or not, they'll pump it.

Diet, however, isn't the only thing that has contributed to the lowering of testosterone in the modern man. Environment may be playing and even *bigger* role.

I was in the midst of training for a fight that I first experienced low T. I'd been sparring 4 days a week, lifting 4 days a week, running 7, and was feeling the stress that can come from knowing you're about to do battle with another well-trained combatant.

I began to feel lethargic, my energy levels in sparring just wasn't there, nor was is during the day. I was feeling run down. The 'soldier' wasn't standing at attention in the morning like it normally did.

... I was lost, confused. I figured I was just being a baby, but what was really going on, was that my cortisol levels were too high due to over training, a lack of sleep, and stress. I wasn't consuming fats, rather focusing purely on lean proteins and carbs.

At the time I didn't have a solution, nor did the doctor I saw. I'll tell you how I could have turned things around a bit later...

Environmental Factors That Lower Testosterone Levels

While your body produces testosterone by converting cholesterol, there are still other factors that can lower testosterone levels.

Your Environment

Environmental factors have been one of the greatest contributors to low testosterone levels in men - easily as much so as the dietary factors already mentioned, most likely more.

The main culprit: plastics.

BPA is a chemical found in plastics and other products. Not only is it toxic for humans, but BPA is also estrogenic, meaning it mimics estrogen in the body and binds to estrogen hormone receptors. Exposure to BPA can be especially dangerous for infants.

BPA is used in most food containers, such as water bottles and

tupperware. It can also be used in plastic chairs, and other hard plastics.

The problem: chemical estrogens are nearly everywhere, because plastics are nearly everywhere.

What you *can do*: Avoid plastics as much as possible, whether that's storing your food in plastic tupperware, or drinking from plastic cups. Get rid of them.

You should also take care of how you clean yourself, as there can be a high amount of chemical estrogen in your shampoo, soap, and deodorants.

Look for these chemicals: look for BDP, DEP, BzBP, DEHP, DMP. For deodorant, this typically means using a natural deodorant rather than an antiperspirant.

The goal of this report isn't to freak you out, but to make you aware of the factors in your life that are leading you to have low T levels. Another one of these factors is heat.

The constant wearing of tight underwear and boxers also contributes to low T in men, as your testicles need to be cooled to produce T and sperm. A solution is to wear loose boxers. Having a cold shower upon rising and again before bed has also been shown to naturally raise testosterone levels in men - something we'll cover in more detail soon.

Other Dietary T Inhibitors

Foods that are estrogenic.

Soy

Soy naturally raises estrogen levels in men and women. The problem with soy, is that it's in almost everything – from cereals, to sauces, to supplements, soy is an ingredient that you most likely consume all the time.

Get in the habit of reading food labels. If you see “soy” in the ingredients, avoid it. If it says it “may be package in environments containing soy and other nuts”, don't worry about it, it's fine to consume. As you become aware of which foods contain soy, you'll no longer have to continually read food labels.

Alcohol

Alcohol is estrogenic, especially beer. I'm not one to cut alcohol out of my life, so I don't expect you to either. Instead, I in moderation.

Red wine is one of the few sources of alcohol that's actually good for you. Where you run into big trouble are those binge nights where 2 glasses of wine turns into shots, beers, and a wicked hang-over. Keep those nights minimal.

Packaged Foods

Eat foods that you can either kill, pick, or harvest, and always choose organic. Packed, frozen, and canned foods are riddled with chemicals that can raise estrogen levels. Exceptions are there, but are rare – oats, brown rice etc...

Stay away from the frozen isle in the grocery store, unless you're buying frozen berries.

Meat isn't what it used to be either...

The meat bought in supermarkets is far from what it used to be. Today, the cattle, turkey, chicken, and pork that is sold there is filled with chemicals that raise estrogen in men. I've long been on the fence with regards to grass fed, organic meat and poultry because of cost, but not any longer.

Buy grass-fed, organic meat. If you have access to it, buy wild game.

Keep your produce organic as well...

Pesticides are testicle-killers. Stay away from them. Organic produce is more expensive, but compensate by buying less. Eat less – 10-15% if you really need to – but at a higher quality. Organic oats, fruits, and vegetables should be the only option as they aren't sprayed with the chemicals that most produce has on it.

There's no need to become paranoid, but become educated about the things in your diet and in your environment that can lower your testosterone levels.

Odds Are You Have Low T

We've talked about the myths surrounding testosterone, and how society, the nutrition and fitness industries have contributed to the lowering of testosterone levels in men, but why is this such an issue?

It seems like a no-brainer that a man would like to have an abundance of the hormone that makes him *a man*, but what are the *real* benefits of high, natural T levels, and who needs to be worried if their T levels are low?

Doesn't this only effect older men, or is this effecting both the young *and* the old?

Well...

T levels start to decrease by about 1% around the age of 30, and every year thereafter. As they decrease, a hormone called lipoprotein lipase (LPL) increases.

Raised LPL levels result in more fat being stored as body fat, with less being used for energy. Lower T levels result in more body fat being stored, and higher body fat results in lower levels of testosterone - it's a double-edged sword.

As I mentioned earlier, sufficient testosterone levels have also been connected to a reduced risk of cancer and type 2 diabetes compared to men who are T-deficient.

Not only that, the problem of low testosterone levels isn't something that's relegated to men after the age of 30, it's an epidemic that's spreading across all generations and decades.

According to a study published by the *Journal of Clinical Endocrinology and Metabolism*, five percent of *all men* experience clinically low testosterone. It isn't merely a problem for aging men, either. One study found that low testosterone was a factor in 20 percent of men younger than 30 with erectile problems!

Low T isn't something that only men above 30 have to worry about, it's something that every man needs to be cognizant of, and proactive in protecting.

If you're worried that you have low T, see a doctor and get your T

levels checked.

If, however, they mention *Testosterone Replacement Therapy* (TRT), hold off, first try the natural solution I've provided for you towards the end of this report.

Enemies of Testosterone

Testosterone has two primary enemies:

Cortisol and Estrogen.

One of the ways you can measure T in the body, is in relation to cortisol levels in the body. Therefore, the greater the levels of cortisol, the lower the levels of T in the body.

Estrogen is a hormone that also opposes testosterone. Men with higher than normal estrogen levels, experience low testosterone levels. Estrogen levels rise with increased bodyfat %, and T levels lower. So it's not only good for your heart to drop a few extra pounds of fat, but it's also good for your T health.

I already mentioned dietary and environmental factors that raise estrogen levels in men, lowering testosterone levels. I'll further discuss how to combat high estrogen levels as well as high cortisol levels later on in the report.

Cortisol opposes testosterone just like estrogen does. One method of measuring testosterone levels in men is to look at the testosterone to cortisol ratio. A body high in cortisol is lower in testosterone, thus we must lower levels to see elevations in T.

Cortisol is a stress hormone. The more stressed we are in our daily lives, the higher our cortisol levels are. This also creates a toxic environment of testosterone and fat loss or muscle gains.

How to Lower Cortisol Levels

One way to lower cortisol is to simply put things into perspective. One of the best books written on eliminating stress (more specifically worry) is Dale Carnegie's classic, *How to Stop Worrying and Start Living*.

It's a great book that not only helps you put things into perspective, but gives you tools to focus on what you should be focusing on, and enjoy life through all of its ups and downs, ebs and flows.

Sleep

Getting sufficient sleep has also been shown to lower cortisol levels. For myself, however, I prefer a 6-7 hour sleeping schedule that allows me to get more work done and spend more time on the things I love to do. For those of you that either have trouble sleeping, or don't want to get the prescribed 8 hours a night, try these two tactics:

1. Set a firm sleeping schedule.

This, more than anything, has allowed me more energy during the day, and has dramatically improved my quality of sleep. Where I once slept in on the weekends, I now wake up at 5 am 7 days a week. Routine is the friend of focus. Having a strict work and sleep routine will allow you a greater capacity to focus, and result in more energy.

2. Nap.

If you don't get your 8 hours at night, take naps. Short, 20-30 minute naps help release growth hormone (gh). GH helps reduce body fat and repair muscle tissue. Short naps also allow me to experience longer, more energetic days.

Temporary Solution (TRT/Steroids)

Oddly enough, the medical community isn't helping this *Low T Epidemic*, instead opting for a temporary solution that, yes, makes them money.

TRT, or Testosterone Replacement Therapy, does nothing to help the body naturally *produce* T on it's own, instead raising the body's T levels from the outside with low dose steroids.

All that TRT does is provide the male body with an external source of T. As the body is flooded with this external source of T, it sees no need to produce T on its own. Thus, when you come *out of* TRT, your body is *less* adept to producing its own T levels.

TRT is expensive, unsustainable, and it does nothing to cure the problem at its source:

If you're experiencing Low T, your testicles aren't doing their job, your body is being flooded with external estrogens, your diet is destructive, and you're not making it easy on your body to produce T.

T from an external source does nothing but provide a fake, external solution, to an internal problem.

Long Term Solution: Diet (THE GOODS)

To summarize what I've told you thus far...

Testosterone is produced in the testes, and it originates from cholesterol, which you get from dietary fats.

Low T is an epidemic effecting men all over the world. It shows itself in low sex drive, low energy, and even depression.

Causes of Low T include high cortisol levels, high estrogen levels, and a lack of dietary fats. Everything from your diet to your environment can effect your T levels.

TRT and steroids are a temporary external solution, that doesn't fix the internal problem of Low T.

So, what's the *long term* solution?

First, I'll tell you what I do to naturally raise my T levels, and *keep them* high by helping my body naturally produce more testosterone.

Here's what my day looks like and how I structure it to produce high T levels.

Important Note: *T levels are highest from 4 - 6 am in the morning. This is important because we want to take advantage of this time with protocol's done before bed and upon rising.*

My day starts with a cold showing in the morning. Cold showers have been shown to help the body produce higher T levels.

I then start my day with "testosterone protocol #1". It includes:

3,000 IU Vitamin D3

15-50 mg zinc

3 fish oil pills

3 Brazil nuts + a handful of raw, organic almonds

My first meal is eggs with a meat source, both are high in omega-3 fatty acids, and saturated fats. I also have vegetables and assorted berries, both of which contain fiber, which has been shown to aid in the production of T.

My day will continue with a diet existing of high fats and proteins, and low glycemic carbohydrates.

3 times a week I'll also include the following "testosterone-boosting shake", that's filled with omega-3 fatty acids, and saturated fats that help naturally raise your T levels.

a glass of raw, organic whole milk (the pasteurization process can dilute the nutrients in milk, as well as add estrogenic hormones through the feed of the cattle. Having raw, organic milk ensures you're receiving all of the fats and nutrients that milk should include).

1 tablespoon of chia seeds (extremely high in omega 3's).

2 whole, raw eggs (buy organic, free range eggs. I have this shake 3 times weekly. Much of what's made about salmonella is exaggerated, but if you're worried about salmonella, lightly cook the eggs and eat them on the side).

At night I will repeat the process of protocol #1, having 2 whole eggs, with the same protocol (minus the zinc).

Now, why do I take D3, zinc, and omega-3 fatty acids?

Vitamin D

A study by researchers at the Medical University of Graz, Austria, showed that vitamin D raises "free" T levels in men. Start your day, have 3,000-5,000 IU. What D3 does is it unbinds the testosterone hormone, from the protein its bound to, allowing T to do what it's meant to do: repair tissue and improve your sex drive.

As with all vitamins, quality is important with your D3, I highly recommend you use this D3 supplement:

Athletic Greens D3

Zinc

A study by researchers at the University of Tehran, Tehran, Iran found the same correlation with zinc. A nutrient that also promotes healthy sperm counts in men. The researchers found that zinc increases T levels in men through a different avenue: by blocking the production of estrogen through it's limitation of aromatase, an enzyme involved in the creation of estrogen.

Fats

A study in the American Journal of Clinical Nutrition found that when comparing vegetarian Seventh-Day Adventists, to non-vegetarians, the vegetarians had significantly lower levels of testosterone in their system.

Another study published by the Journal of Andrology found that food containing 20% to 50% dietary fat produced testosterone levels at or above the upper range of adult men and testosterone levels trended higher as dietary fat content increased.

By limiting your fats, you're limiting your body's ability to produce testosterone. It's important you bring them back into your diet through foods like eggs, meats, and supplements like omega-3 fatty acids and fish oil pills.

Nuts

Nuts are high in testosterone elevating omega-3 fatty acids. Have a

handful of almonds, walnuts, or Brazil nuts with your first meal of the day.

Meat/Eggs

Eggs are one of the best sources of nutrients and healthy fats that we can find. Eat the whole egg, not just the egg whites that your wife is trying to force-feed you. Add in ground beef (ideally grass fed), or accompany your eggs with salmon, to increase the amount of omega-3's and healthy animal fats you're receiving to start your day off on the right foot, and to ensure you're producing T at healthy, high levels.

Conclusion

Much of what's lowering your testosterone levels is under your control.

First, get your diet under control. If you're consuming the right foods at the right time, you should not only lose fat, but enhance your testosterone levels. This, of course, can be tricky.

Learn how to eat to naturally enhance your testosterone levels here:

[How to Eat Like a Man](#)

If you're eating effectively, and training effectively, you're setting yourself up to perform as efficiently and as optimally as possible.

Studies:

Vitamin D:

Pilz, S., Frisch, S., et al. Effect of Vitamin D Supplementation on Testosterone Levels in Men. Hormone and Metabolic Research. 2011. 43, 223-225.

Omega-3s (supplementation & diet – add avocado + fish oils to ‘the man breakfast’). Smith, G., Atherton, P., Reeds, D., Mohammed, B., Rankin, D., Rennie, M., Mittendorfer, B. Dietary Omega-3 Fatty Acid Supplementation Increases the Rate of Muscle Protein Synthesis in Older Adults: A Randomized Controlled Trial. 2010. American Journal of Clinical Nutrition. 93(2), 402-412.

Zinc Effect of zinc and selenium supplementation on serum testosterone and plasma lactate in cyclist after an exhaustive exercise bout. Shafiei Neek L, Gaeini AA, Choobineh S.

Diet

The purpose of each diet study is to back up the notion that fats – whether monounsaturated or saturated increase levels of testosterone in men.

Testosterone and cortisol in relationship to dietary nutrients and resistance exercise. Jeff S. Volek, William J. Kraemer, Jill A. Bush, Thomas Incledon, and Mark Boetes

Howie, B., Shultz, T. Dietary and Hormonal Interrelationships Among Vegetarian Seventh-Day Adventists and nonvegetarian Men. American Journal of Clinical Nutrition. July 1985. 42(1), 127-134.

Dietary Fat Modulates the Testosterone Pharmacokinetics of a New Self-Emulsifying Formulation of Oral Testosterone Undecanoate in Hypogonadal Men. Yin A, Alfadhli E, Htun M, Dudley R, Faulkner S, Hull L, Leung A, Bross R, Longstreth J, Swerdloff RS, Wang C.