

Achieving Optimum Hormonal Health



You should know by now that your testosterone level is inextricably linked to your overall health, longevity, and vitality. And that your entire hormonal chain is only as strong as its weakest link. One of the most important things this program can do for you is to provide you with the knowledge and direction you need to identify and strengthen your hormonal weak links. Many of the simplest decisions you consciously and unconsciously make each day can have a powerful effect on

either strengthening or weakening your male hormone system.

The **Quick Start** guide on the next page will provide you with a series of action steps you can take to maximize your cellular health and restore your hormonal health. Most of the action steps require no real explanation. (Please print the guide for easy reference). Specifics on these action steps and more are provided in the **Step-by-Step Program** section.

While many of the recommendations may require some habit changes, none of them should be overly taxing. But don't try to tackle them all at once. Pick a few of the easier ones to get started. Challenge yourself by tackling one or two more after an initial adjustment period at regular intervals.

Keep in mind that this is not a race. Achieving optimal hormonal health is a progressive process that will take some time. Know that each and every step you take forward will be contributing to your cumulative, long-term health. You will begin to look, feel, and perform a little better each day as you begin to take charge of your hormonal health—once and for all. By the time you have reached the end of your action item list (whether that's in six weeks, six months, or even six years) your life will be changed—for the best.

Remember, there's no such thing as a quick fix or easy way out. As the old saying goes, "Rome wasn't built in a day." Stay the course and stick with the program. Be patient with yourself and with your body; give it time to adapt and respond to the health-enhancing changes you are implementing. When you reach the finish line, here's a partial list of the things you can look forward to:



- Improved athletic performance
- Decreased workout recovery time—less joint pain, stiffness and muscle soreness
- Increased lean muscle mass and decreased body fat
- Enhanced libido and sexual function
- Feeling calmer, more stress-proof, and more positive about your life

One brief reminder: The goal of the program is optimal cellular health—the essential requirement for maximal manhood.

Be All the Man You Can Be: Quick Start Guide

Sleep and recover fully.

- *Get eight solid hours of sleep every night. Block out all light (even clocks) to create total darkness.
- *Turn off all electronics one hour before bedtime.
- *Slowly take ten, deep nose breaths twice daily. Inhale for a count of six, hold for four, exhale for eight)
- *Get up from your chair at least once every hour during the day.
- *Take walks barefoot on the grass or sand.
- *Lie in the sun for 15 minutes without sunscreen, with your legs, arms, and torso exposed.

Avoid toxins.

- *Replace your conventional toiletries with organic, paraben-free versions.
- *Eat only organic varieties of the “dirty dozen” foods.
- *Strictly avoid eating soy and all GMO products—especially corn, soy and canola.
- *Avoid hard liquor.
- *Limit your wine and/or beer intake to four servings weekly, and no more than two per day.
- *Keep your powered cellphone out of your pants pocket.
- *Wear boxer shorts, not briefs.

Practice pleasure.

- *Have sex at least twice a week.

Move like your primitive ancestors—lift heavy things, move fast, or walk slow

- *Perform at least four minutes of high-intensity cardiovascular intervals every four to five days.
- *Perform at least four minutes of high-intensity squats or pushups every four to five days.
- *In the weight room, lift heavier weights fewer times.
- *Take a longer walk, hike, swim or easy bike ride a few times weekly.
- *Limit any medium-intensity cardiovascular workouts to 30 minutes twice weekly.

Challenge your dopamine.

- *Find something you love to do and do it almost every day (even if it’s only for 15 minutes).
- *Take some safe risks on a regular basis.
- *Compete in a sport, play a game, or accept a new challenge.

Nourish your body.

- *Replace your synthetic multivitamin with an organic, whole-food concentrate.
- *Get 20 minutes of mid-day sun and/or take 4000 iu of vitamin D3 daily
- *Take 2400 mg of EPA/DHA from a pure, triglyceride fish oil source.
- *Have one “power drink” daily (look for the recipe in the **Complete Program** section).
- *Have one tablespoon of coconut oil and one tablespoon of olive oil every day.

Get lean by eating real food .

- *Eliminate all processed sugars or artificial sweeteners including corn syrup, fructose or fruit juices.
- *Stop eating wheat.
- *Eat broccoli, cabbage, cauliflower, Brussels sprouts, and/or button mushrooms every day.
- *Eat beets, kale, chard, spinach, pomegranate, blueberries, and/or dark chocolate (over 75%) every day.