

# NATURAL TESTOSTERONE BOOSTERS

BANANAS

WHEAT GERM

**CRUCIFEROUS VEGETABLES:** BROCCOLI, CABBAGE, CAULIFLOWER, BRUSSELS SPROUTS

**NUTS:** RAW PECANS, BRAZIL NUTS, ALMONDS, ALMOND BUTTER

**SEEDS AND LEGUMES:** SUNFLOWER SEEDS; PUMPKIN SEEDS; LENTILS; AND WHITE, KIDNEY AND BLACK BEANS (ALSO GOOD SOURCES OF VITAMIN D)

**HERBS:** FENUGREEK, GARLIC

**HEALTHY FATS AND OILS:** OLIVES, OLIVE OIL, AVOCADO AND GUACAMOLE, WHOLE DAIRY PRODUCTS LIKE ORGANIC BUTTER, COCONUTS AND COCONUT OIL, PALM OIL, GRASS-FED MEATS, ORGANIC PASTURIZED EGG YOLKS

**ZINC SUPPLEMENTS (LESS THAN 40 MG DAILY) AS WELL AS DIETARY SOURCES:** PROTEIN-RICH FOODS LIKE MEAT AND FISH, AND OTHER GOOD DIETARY SOURCES OF ZINC INCLUDING RAW MILK, RAW CHEESE, BEANS, YOGURT, OR KEFIR MADE FROM RAW MILK

**VITAMIN D SUPPLEMENTS AND SOURCES:** PLENTY OF SUNSHINE AND/OR AT LEAST 4000 UNITS OF VITAMIN D3 DAILY, TUNA, SALMON, SARDINES

**BCAA SUPPLEMENTS (BRANCHED CHAIN AMINO ACIDS):** LIKE LEUCINE, ISOLEUCINE OR VALINE FOUND IN CHICKEN, FISH, EGG, DAIRY, AND WHEY PROTEIN

**LIMIT FRUCTOSE:** CONSUME LESS THAN 25 GRAMS PER DAY (WATCH FRUIT CONSUMPTION)

LIMIT GRAINS

LOSING WEIGHT IN GENERAL

HIGH INTENSITY INTERVAL TRAINING

STRENGTH TRAINING

**REDUCE SUGAR IN DIET:** CUT OUT SODAS & FRUIT JUICES, AND LIMIT FRUITS & REFINED CARBOHYDRATES (THAT ARE METABOLIZED TO SUGAR)

**REDUCE AND/OR ELIMINATE STRESS/STRESSORS IN YOUR LIFE:** CAN ALSO TAKE OMEGA-3 FATTY ACIDS SUPPLEMENTS IN THE FORM OF FISH OILS, GRASS-FED MEATS, WALNUTS, OMEGA-3 ENRICHED ORGANIC EGGS, FLAX SEEDS, OR FLAX SEED OIL (ALL LOWER CORTISOL, THE STRESS HORMONE)