

Forum:[Hack Forums](#)

Thread: [How To Massively Increase Your Testosterone Naturally](#)

Anonymality - January 26, 2017, 6:28 am

How To Massively Increase Your Testosterone Naturally

Things to know first about Testosterone:

- Testosterone is a male sex hormone that is important for sexual and reproductive development.
- Testosterone is responsible for greater muscle size and strength in men.
- Testosterone decreases as we age.
- Testosterone reaches its optimum levels around the age 20.
- Testosterone starts taking a dip from around the age 30.

Causes of Low Testosterone:

- Aging
- Certain Medications (Opioid Medications, Steroids, etc..)
- Obesity
- Type 2 Diabetes
- Concurrent Illness (Severe emotional/physical stress from an illness or surgery can cause the reproductive system to shut down)

Signs of Low Testosterone:

- Low sex drive
- Erectile dysfunction
- Osteoporosis and bone fracture
- Depression
- Lethargy
- Insomnia
- Heart disease
- Diabetes
- Weight gain
- Muscle loss
- Decreased physical performance

Benefits of High Testosterone:

- Improves the mood
- Improves memory and concentration
- Sense of well-being
- Low cholesterol
- Increased libido
- Increases energy
- Strengthens the heart
- Increases bone density

- Increases Basal Metabolic Rate
- Improves sleep
- Improves circulation

How To Increase Testosterone

1) Eat a lot of healthy fats.

Healthy Monounsaturated fats: Olive Oil, Almonds, Avocados & Peanut Butter.

Healthy Saturated fats: Coconut Oil, Cheese, Egg Yolks & Red Meat.

2) Take care of your sleep.

*Aim for 7-9 hours of sleep time (Depends on each person).

- If you don't know how much hours of sleep is suitable for you, then you should sleep without an alarm and calculate how many hours you've slept.

*If you wake up feeling refreshed after 8 hours of sleep then aim to get 8 hours of sleep daily and do the same if you feel refreshed after 7 or 9 hours -

*Sleep Quality > Sleep Quantity. Stick to a sleep schedule.

Don't go to bed hungry/stuffed.

Limit amount of water you drink before bed.

Stay away from Nicotine/Caffeine/Alcohol before bed.

Stay comfortable. Make sure your room is quiet, dark and slightly cold.

*Aim to sleep from 8:00PM-12:00AM (Experiment with this also to see which suits you the best and makes you feel refreshed after waking up).

3) Lower your body fat.

As body fat increases, testosterone production decreases.

*Aim to lower your body fat percentage to 12-13% maximum so testosterone production increases.

4) Lift Heavy.

*Start a strength training phase for about 6 weeks (Recommended ICF 5x5 for Beginners or Madcows 5x5 for Intermediates).

*After 6 weeks, switch to a building muscle phase for another 6 weeks.

What this will do is: It will create a lot of lactic acid due to effort done, which will increase Testosterone.

5) Train legs twice a week.

Legs are a large muscle group so training them will really boost your testosterone production. Believe it or not, training your legs will help build other muscle groups.

*Train your quads in a day and train your glutes, hams & calves in a different day. (For example: Train your quads on Sunday and Glutes, Hams& Calves on Tuesday/Wednesday).

*NEVER EVER SKIP LEG DAY.

6) Eliminate sugar from your diet

A lot of studies have been confirming this. SUGAR decreases your Testosterone.

Quote:The study involved 42 men with normal blood sugar levels, 23 men who had “pre-diabetic” blood sugar levels, and 9 men who were newly diagnosed with type 2 diabetes. Each was given a sugary solution to drink and then had their testosterone levels tested. Regardless of blood sugar status, blood levels of testosterone dropped by as much as 25 percent and remained low even after a period of two hours.

Other benefits of eliminating sugar:

- No More Energy Slumps
- Reduced Risk Of Illness
- Weight Loss
- Slow Down The Aging Process
- Strengthening your willpower.

6) Consume Vitamin D & Zinc

If you aren't able to get 10-20 minutes of sunlight daily then you should supplement with Vitamin D. Vitamin D increases Testosterone significantly for anyone who has a Vitamin D deficiency.

A lot of people also have Zinc deficiency. Zinc is important for testosterone production. Supplementing with Zinc has shown a significant testosterone increase in Zinc deficit people.

7) Reduce Stress

There are a lot of ways to reduce stress. Almost everyone has his own way of dealing with stress. Here's what I recommend.

- Meditation (I use Headspace, Calm, Buddhify)
- Listening to your favorite music.
- Praying and performing religious rituals.
- Laugh out loud.
- Doing breathing exercises.
- Socializing.

8) Supplement with Ashwagandha

Ashwagandha has been proven to increase Testosterone, reduce body fat, increase muscle strength & reduce muscle damage.

Emperador - January 26, 2017, 6:39 am

Did you just write all of this for us? Im on phone JW..

Even though I really don't care about it much, it was an interesting read

Coen - January 26, 2017, 6:42 am

Or you can take steroids

I dont really recommend that though. Nice guide OP, Thanks :) Bookmarked

Agent Raigar - January 26, 2017, 6:43 am

Nice write up OP. Appreciate it.

Ni??c??k - January 26, 2017, 6:46 am

I like how you said work legs twice a day.

You know the rules. All chest no legs.

Anonymality - January 26, 2017, 6:54 am

(Jan 26, 2017 07:39 AM)Andoks Wrote: [\[CITE\]](#) Did you just write all of this for us? Im on phone JW..

Even though I really don't care about it much, it was an interesting read

Yes I've just written it all but I've borrowed some information from other sources to stay accurate as possible .

(Jan 26, 2017 07:46 AM)Ni??c??k Wrote: [\[CITE\]](#) I like how you said work legs twice a day.

You know the rules. All chest no legs.

I think you've seen it wrong.. I was saying train your legs twice a week not twice a day.

(Jan 26, 2017 07:42 AM)Coen Wrote: [\[CITE\]](#) Or you can take steroids

I dont really recommend that though. Nice guide OP, Thanks :) Bookmarked

I have nothing against steroids personally but I know a lot of people do not know how to increase their testosterone normally while it is really easy.

(Jan 26, 2017 07:43 AM)Agent Raigar Wrote: [\[CITE\]](#) Nice write up OP. Appreciate it.

I'm very glad that you've enjoyed the thread. Thank you very much.

Captain Steve Rogers - January 26, 2017, 8:27 am

I have heard if one does not masturbate for more then 6 days then it increases your Testosterone.

Grimzyy - January 26, 2017, 9:16 am

Number 8 is an interesting one.

I did some research on examine.com and they state that 5g of ashwaggandha daily increased sperm mobility and quality for INFERTILE men.

However, there was a study that was carried out in which untrained men were put on a strength program and were given 300mg twice a day and they improved their bench press by 20kg, their muscle recovery, muscle size and serum testosterone increased too.

Check [here](#)?

Anonymality - January 26, 2017, 11:24 am

(Jan 26, 2017 09:27 AM)#Programmer Wrote: [\[CITE\]](#) I have heard if one does not masturbate for more then 6 days then it increases your Testosterone.

It is true actually but if you refrain from masturbation for sometime your testosterone levels start

dropping again.

(Jan 26, 2017 10:16 AM)Blackness Wrote: [\[CITE\]](#) Number 8 is an interesting one.

I did some research on examine.com and they state that 5g of ashwagandha daily increased sperm mobility and quality for INFERTILE men.

However, there was a study that was carried out in which untrained men were put on a strength program and were given 300mg twice a day and they improved their bench press by 20kg, their muscle recovery, muscle size and serum testosterone increased too.

It is quite interesting in my opinion. I use Ashwagandha myself and I can feel the benefits. I've only came across Ashwagandha about a month ago and I was surprised by its benefits.

Pow3r - January 27, 2017, 2:28 pm

Drop the simple zinc supplement and add in actual ZMA. You can also consider DAA and a selection of other natural test boosters and systemic maintenance supplements. Personally I think that test boosting supplements have a much higher impact on older athletes than you will find at HF.

Anonymality - January 28, 2017, 4:23 am

(Jan 27, 2017 03:28 PM)Pow3r Wrote: [\[CITE\]](#) Drop the simple zinc supplement and add in actual ZMA. You can also consider DAA and a selection of other natural test boosters and systemic maintenance supplements. Personally I think that test boosting supplements have a much higher impact on older athletes than you will find at HF.

ZMA won't be of an advantage if you already get enough of zinc, magnesium and vitamin B6 from your diet. I supplemented with ZMA myself and I didn't feel anything because I was already getting enough zinc magnesium and vitamin b6 from my diet. However, I agree with supplementing with ZMA but only if you are not getting enough of Zinc, Magnesium and Vitamin B6.

The Axe - February 4, 2017, 8:07 am

Great guide! Very nice work..

Couple of tidbits I've found:

- *Sugar also reduces acne which can boost confidence
- *Nootropics such as LongJak can also boost testosterone
- *Compound lifting is a huge boon to testosterone production

Cheers ?

Mr. Fantastic - February 4, 2017, 8:17 am

HQ thread man !!!! keep it up

Dylan. - February 4, 2017, 10:34 am

(Jan 26, 2017 10:16 AM)Blackness Wrote: [\[CITE\]](#) Number 8 is an interesting one.

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Check [here](#)?Ashwagandha works.. Reduces cortisol massively, high cortisol = low test, i'm on quite

a big dose, 5000mg/day.

Anonymality - February 5, 2017, 3:30 pm

(Feb 4, 2017 09:07 AM)Captain Jack Sparrow Wrote: [\[CITE\]](#) Great guide! Very nice work..

Couple of tidbits I've found:

- *Sugar also reduces acne which can boost confidence
- *Nootropics such as LongJak can also boost testosterone
- *Compound lifting is a huge boon to testosterone production

Cheers ?

Thank you very much and I'm glad that you've liked my guide!

?eptic - February 5, 2017, 3:55 pm

Nice guide buddy, I actually learned a few things by reading it. Oh and I also bookmarked it.?

Anonymality - February 5, 2017, 4:18 pm

(Feb 5, 2017 05:01 PM)M.D. Wrote: [\[CITE\]](#)

<https://techmantraservices.com/how-to-massively-increase-your-testosterone-naturally.html>

Mhm... Nice one op.

I actually wrote the whole article by myself. That was stolen from here.

As you can see here in the picture "Hack Forums - All Forums "

Weird that it says that and I'm the one who stole it from that website right?

THC - February 5, 2017, 4:19 pm

(Feb 5, 2017 05:18 PM)Anonymality Wrote: [\[CITE\]](#) I actually wrote the whole article by myself. That was stolen from here.

Ah right. My mistake, cheers.

Anonymality - February 8, 2017, 4:32 am

(Feb 4, 2017 11:34 AM)Dylan. Wrote: [\[CITE\]](#) Ashwagandha works.. Reduces cortisol massively, high cortisol = low test, i'm on quite a big dose, 5000mg/day.

Yeah it is amazing. How did you know about it?