

Forum:[Hack Forums](#)

Thread: [How To Boost Your Testosterone NATURALLY !](#)

Eran - September 29, 2024, 1:13 pm

p r e s e n t s

B O O S T . T E S T O S T E R O N E . N A T U R A L L Y

In my opinion, men in today's modern world with all the distraction, social stigma, processed food, sedentary lifestyle and constant dopamine triggers have had their testosterone levels and confidence plummeting. With some life changes and healthier habits you can naturally rebuild your testosterone over time, ultimately increasing your confidence and building your character as a man. Please first confirm with a medical professional that your T levels are low.

Low testosterone can wreck your mental and physical health in multiple ways without you being aware of the issue. Only some of the many reasons why low T levels can be so devastating are low energy and fatigue, decreased muscle mass and overall physical performance, lack of confidence, impaired cognitive functions, reduced sexual performance and libido, increased body fat and more. I know several people who have had these issues through years and it turns out that their testosterone levels were below average and it was time to bring some changes into their lifestyle and eating habits.

If you apply my advice and actually put in the work, I guarantee you that over time your testosterone levels will rise and rise until you feel that masculine energy and re-gain confidence once again.

Exercise Regularly

This is, paired with a healthy and balanced diet, without doubt the best way to attack low testosterone levels. It is a fact backed by science that strength and endurance training, and also High-Intensity Interval Training (HIIT) will significantly boost your T levels.

There are plenty of helpful threads on HF regarding this topic, and to save you the time I have compiled the best threads that you should read in order to get started:

<https://hackforums.net/showthread.php?tid=6210439>

<https://hackforums.net/showthread.php?tid=6266707>

<https://hackforums.net/showthread.php?tid=5745632>

Optimize Your Diet

As I said before, your diet and eating habits, along with regular exercise, are essential for building your T levels. In the current stress-filled world we live in, it's easy to give in and order garbage fast food, drink sodas, consume alcohol and so, however you should practice meal prepping and tracking your calorie & macronutrients intake depending on your goal. A balanced diet with a good ratio of healthy fats, carbs and high protein are detrimental to your success. I have compiled a list of foods that are the most effective in building your T levels, and you should add them to your diet. These foods are rich in all the nutrients, such as zinc, magnesium, vitamin D and more.

Onions and garlic - great way to boost your T levels due to the presence of a chemical called diallyl disulfide that triggers your body to make more testosterone. Onions are good antioxidants and garlic can lower your body's production of cortisol.

Broccoli - contain anti-cancer compounds that indirectly boost testosterone production by breaking down and flushing the system of excess estrogen. They are also nutritious.

Eggs - cholesterol is one of the building blocks of testosterone, and the egg's yolk is high in cholesterol and other nutrients while the egg white packs in lots of protein.

Tuna and fatty fish - high in vitamin D and omega 3 which is linked to testosterone production and better sperm health.

Brazilian nuts - has traces of selenium that plays a role in hormone health. Selenium supplements may be beneficial as they improve sperm motility which is often caused by a testosterone deficiency.

Meat - you should consume more lean meat as your source of protein, which helps build muscle and strength. Red meat is one of the best foods on the planet, and it is a great source of zinc.

Oysters - great source of zinc.

Spinach - one of the best natural sources of magnesium, a mineral that is involved in muscle development.

Establish a healthy sleep routine

A healthy sleep routine is vital for many aspects of your life. If you don't have good sleep hygiene, your sleep routine will be all over the place, you will not get enough of it (7-9 hours being optimal), you will not achieve enough REM sleep which is very important because testosterone is produced in those phases of deep sleep.

Avoid any screens about an hour before bed, keep your room cool, do not lay in your bed during daytime because your brain associates your bed with sleep, which may cause you to give in to napping, do not use your phone first thing in the morning, and limit your alcohol and cannabis intake because this directly affects your deep sleep phases.

Manage stress

Long exposure to stress will increase your cortisol levels, it is a hormone that inhibits testosterone production. Finish your tasks on time, show up everyday, eat healthy, get enough sleep and exercise, and you will feel less stressed. Procrastination also leads to stress. You need to take care of your mental health! Try practicing meditation, yoga, mindfulness and often walks in the nature to lower your cortisol levels.

Minimize alcohol and drug use

Alcohol, especially beer, can reduce your T levels. As I said before, alcohol can disrupt your sleep and you will not get enough of the REM sleep phase, which plays a big role in T production. Recreational drugs, but also steroids, can negatively impact your T levels.

Consider taking testosterone-boosting herbs

There are many herbs out there that mother nature has given us. We can use them to our advantage and to help us with our goal. I have compiled a list of the most effective herbs you can use to boost your T levels.

Ashwagandha - this is an adaptogen which may reduce cortisol levels and boost testosterone levels. Please note that positive effects begin after taking it for a few months.

Ginger - although research on this is limited, some studies suggest that it may boost your T levels. It also has many other health benefits.

Malaysian Ginseng - may improve testosterone levels by alleviating symptoms such as anger, stress, tension, overthinking and confusion.

Fenugreek - some studies shown that it may have a positive impact on your T levels and that it improves your sexual function.

Have a healthy sex life

Having a healthy sex life is directly linked to increased testosterone levels. Having an understanding and open-minded partner helps. Spicing things up in the bed-room can have a positive impact.

Avoid porn at all costs, it is destroying you. If you are single, consider going no-fap.

That is all I have to say on this topic. If you are showing any of the negative signs I have listed in the beginning of the thread, please go test your T levels and work hard on fixing your problem. If you have any questions, shoot me a message.

jellyhat - September 29, 2024, 2:47 pm

perfectly written by following these suggestions and putting hard work in is a key to success, health is wealth, thanks for great write up, take notes

Eran - October 3, 2024, 5:14 am

(Sep 29, 2024 02:47 PM)jellyhat Wrote: [\[CITE\]](#) perfectly written by following these suggestions and putting hard work in is a key to success, health is wealth, thanks for great write up, take notes
Thanks for the words! :)

kinnu543 - November 2, 2024, 1:01 am

Sleep well, excercise, reduce fat in your body. Eat fruits.

Eran - November 2, 2024, 1:43 am

(Nov 2, 2024 01:01 AM)kinnu543 Wrote: [\[CITE\]](#) Sleep well, excercise, reduce fat in your body. Eat fruits.

Basically a very short tldr for my thread. lol

Stanley - January 12, 2025, 3:04 pm

I'm Stanley HF's helper bot. The OP (original poster) of this thread wants everyone to see this page and has elected to bump it to the top of the showthread listing. Since HF doesn't want a ton of LQP (Low Quality Posts) this is the best method of bumping your content. There is a small ?yte fee for each bump. Any OP can bump any of their threads on HF from the linked icon on the top of their first post.

If you haven't already read the first post of this thread we encourage you to do so.

Thanks,
Stanley

dannyswindle - February 5, 2025, 8:13 am

I'm doing TRT. Life changer really. Hit personal bests on everything in time and put on the muscle fast.

7 - February 5, 2025, 8:33 am

Nice thread design.

Each thing you mention does make a difference.

I'd rather just use 21g pin a 20ml a month.

Elguardigo - February 5, 2025, 8:02 pm

Well said. Treat your body right and you will mentally get well too. It's a slow process, don't expect results to come in 1-2 months, think about that: you cannot fix 10 years of bad habits in less than 1 year. Don't lose motivation, result is behind the corner

Eran - February 12, 2025, 12:13 pm

(Feb 5, 2025 09:33 AM)7 Wrote: [\[CITE\]](#) Nice thread design.

Each thing you mention does make a difference.

I'd rather just use 21g pin a 20ml a month.

Thanks.

Natural is the way for me :D

(Feb 5, 2025 09:02 PM)Elguardigo Wrote: [\[CITE\]](#) Well said. Treat your body right and you will mentally get well too. It's a slow process, don't expect results to come in 1-2 months, think about that: you cannot fix 10 years of bad habits in less than 1 year. Don't lose motivation, result is behind the corner

Screw motivation, discipline is needed.

Chill - February 13, 2025, 4:50 am

I have actually noticed alot of positive results from ashwagandha, take it before sleeping and feeling youthful again. Maybe it will not last for long as I have heard that the effects slow down with time but

man it was a game changer.