

Why Should I Care About Testosterone?

Testosterone is the chemical that forms the basis for many things that go on in our bodies. Higher testosterone (but not excessive amounts) can be beneficial for anyone, even women. The chemicals known as testosterone help regulate our moods, help us build muscle, get fit, concentrate and focus, and make us feel better overall. With this in mind, how do we go about getting more testosterone without resorting to dangerous supplements. Testosterone production gradually starts to decrease when you hit your thirties. It tapers off until you pass away, so now is a good time to get on it and do something about it.

Is there a natural way to increase testosterone? There certainly is, and the checklist is long and extensive enough that if you do these things right, you'll optimize your body's testosterone production and circulation.

10 Ways to Increase Testosterone Naturally

1. Are You Getting Enough Sleep?

This is the easiest one that you can do to increase testosterone in your body. 6 to 8 hours of restful, uninterrupted sleep was best for testosterone. Beware if you have a condition like sleep apnea, because the quality of sleep, the length of steady sleep, all contribute to testosterone production. The body produces and distributes testosterone throughout when it's in deep sleep.

2. Are You Stressed Out?

Excessive stress puts a major strain on the body and its systems, leading to a decrease in testosterone. This could be from having a very busy schedule, unresolved conflict, or even a medical condition like depression, OCD, or PTSD. If your mind is very stressed out, you may benefit from seeing a doctor to help you.

Some natural ways to relax include meditation and deep-breathing. You don't need to be an expert to get some results quick. Long, deep, slow breaths taken for a minute or so can really clear your mind and body and make you feel better. Next time you're stressed, "take a breather". Also, sex is actually a testosterone booster, and testosterone levels rise before and even after sex.

3. The Benefits of Intense Physical Exercise like Resistance Training

By doing heavy resistance training, your body will produce more testosterone whether you are 23 years old or 65 years old. This is great news, because you can continue to benefit from working out well into the golden years, and this is something that you can control.

*An example of heavy resistance training would be to do bench press, 3 sets of 4 to 6 repetitions per set, with about a 1 to 2 minute break in between sets.

*Make sure to do compound exercises to increase testosterone. Examples are exercises which work your largest muscle groups (legs, back, and chest), like squats, rows, and bench press.

For a complete resistance training program designed to increase testosterone and build muscle mass, visit <http://www.nononsensemusclebuildingxx.com/nononsensemusclebuilding>.

4. Are You Eating Enough Protein?

Many people don't get enough protein in their diet. While people who are exercising to gain muscle mass already know the importance of getting enough protein, it turns out protein is essential to maintaining healthy levels of testosterone. And a decrease in available testosterone can mean a decline in sexual function, red cell mass, and bone density.

A great way to get enough protein is to supplement your diet with protein and meal replacement shakes. I highly recommend the Herbalife line of products. Developed by a team of scientists from UCLA including a Nobel laureate, the Herbalife product line delivers real results and complete nutrition solutions. Visit <https://www.goherbalife.com/mynewbody4life/en-US/Catalog/>

5. Green Super Vegetables like Kale, Broccoli, Collard Greens, and Cabbage

We've all heard it a million times- we should eat more vegetables. I would like to clarify for the sake of testosterone production and say that we should eat more green, leafy vegetables. Cruciferous vegetables like Kale, Cabbage, and Collard Greens, especially when eaten as close to raw as possible, are a supercharger for testosterone in the body (and have anti-cancer properties). The essential anti-oxidants, vitamins, and minerals in these green plants give your body what it needs to produce testosterone.

6. Being Overweight is Dangerous to Your Health, and Decreases Testosterone

It turns out that being overweight doesn't just make you look bad, it is actually very harmful to your body. Obesity can shorten one's lifespan by an estimated 10 years, and the quality of life and productivity for an obese person during their last 20 years of life can be dramatically lower than a fit counterpart. For the sake of this report, it dramatically lowers testosterone in the body. Fatty tissues increase estrogen, contribute to erectile dysfunction, and an insulin reaction from excess fat causes free testosterone to be converted into estrogen. Contact me at info@nononsensemusclebuildingxx.com for a wellness profile to determine how you can start eating better today.

It really is a vicious cycle, which is why taking control of your health and well-being now is so important. For more information about how to get rid of the fat, watch this video about fat loss made by certified personal trainer Mike Geary: <http://www.nononsensemusclebuildingxx.com/6packabs>

7. Engage in Competition

It has been found by engaging in competition, you can increase your testosterone levels. This is why it's so good to find a sport to play in, play some chess or other game, or even participate as an audience member in a sporting event of some type. The excitement, the rush, and winning- all increase testosterone. Conversely, losing has been found to temporarily decrease testosterone levels. Refusing to compete can lead to lower testosterone levels. Get out there and push yourself, take some risks, and win.

8. Think, Be, and Do Like a Winner

It may sound cliché, and even easier said than done, but thinking positively about yourself, your life, having goals, dreams, ambitions, desires, and recognizing the good will help you stay in higher spirits. Focusing on the good and being thankful for what you have is an effective way to be cheerful. This cheer is energy which helps you feel better. Staying active physically, mentally, socially, and emotionally will also stimulate testosterone-increasing chemicals in your body. Set goals and work towards them. Sedentary lifestyles are major causes of decreases in testosterone.

9. Don't Do Too Much Cardio

Wait, but you just told me being overweight or having too much body fat is bad for testosterone. True, you shouldn't be overweight and you should try to get rid of excess body fat, but doing too much cardio actually causes your body to use glucose as fuel during a long cardio session, so your body actually goes more into fat-storing mode. Getting rid of the body fat is best accomplished by circuit and interval training.

10. Avoid Eating Foods With Preservatives, Hormones, and Chemicals

Preservatives, hormones, and chemicals in food products are all going to take a toll on your health, only the harm will happen so gradually you may not notice. Always eat fresh foods, it's best to eat organic foods if you can afford to, and always avoid products treated with hormones or chemicals that cause estrogen increasing behavior in your body. From now on, when you shop at the grocery store, make sure to check the label of whatever you buy for preservatives like sodium benzoate. Buy organic milk and grass-fed beef.

There you have it, the 10 ways to increase testosterone naturally. It really is a lifestyle choice, and by being consistent with the above, you'll develop a body that ages more slowly and is healthier and happier. Good luck to you. For more info on working out, eating right, and testosterone, visit: <http://www.nononsensemusclebuildingxx.com>