

# **Optimizing Testosterone: A Comprehensive Course for Restoring Mental and Physical Health**

# 1. Introduction

## 1.1. Welcome and course overview

If you have purchased this course. You are no longer an average man, you have climbed in the hierarchy from being an internet jerk to being the one who takes action and does what it takes to restore health both mentally and physically.

In this course, I will take you through everything, and I mean everything you need to know. Exactly what recipes to eat, how to live, how to sleep, how to work, how to think, everything just to maximize your testosterone.

## 1.2. Importance of testosterone for overall health and well-being

Health is what moves us forward and determines our destiny at the end of the day. Let's imagine you are an unhealthy man with multiple bad habits. How do you think that person's day turned out? Pretend this is a million-dollar question.

**Option 1:** He worked his usual job and when he got home he sat down in front of the TV, ordered pizza, and then fell asleep.

**Option 2:** He came home from his job but he didn't feel quite done and continued working for 3 hours at his own business and then he ate a healthy dinner.

Most people would have chosen the first option because that is often what it looks like if you don't handle your health.

The difference between mental health and physical health is huge. Mental health is about your feelings and your thoughts, if your goal is to start your own business and make a lot of money, then mental health is most important. But if you want to look good and gain respect, physical health is most important. This varies from person to person so you need to explore the options and find your own custom balance.

The reason why testosterone is so important in this balance is that it helps both sides. Testosterone will make you build muscle, make your skull more masculine, make your voice deeper, and make your appearance masculine in

any other way you can think of. At the same time, making you happier and more motivated. A one-of-a-kind opportunity.

## 2. Understanding Testosterone

### 2.1. What is testosterone and its role in the body?

Testosterone is the heart of being a man. Many people probably say that the difference between a man and a woman is appearance, and yes of course. But then what affects the appearance, the hormones! Testosterone is a vital hormone in a man's body, influencing sexual development, fertility, muscle/bone health, fat distribution, red blood cell production, mood, and cognitive function. Its complex role extends beyond reproductive functions, impacting overall well-being in men.

Testosterone is the hormone that determines whether you are male or female. If this hormone does not work as it should or if there is a lack of it, it will result in the affected person developing more like a woman instead. Gynecomastia is a very common which low-testosterone men suffer from. The disease is an increased amount of breast gland tissue. Man boobs in simple terms.

### 2.2. Benefits of optimal testosterone levels

If the testosterone levels are at the level they should be. You will discover a feeling that you probably haven't felt for many years, "blissful" a feeling that is very rare these days. This term captures the wonder and pure joy a man should experience. I'm not saying this is the only feeling you will feel 100% of the time, but you will feel it more and more.

If you have trouble concentrating an optimal hormone balance will help you tremendously. Most people don't notice when they've gotten better at concentrating because the people who strive to be able to concentrate always focus only on when they can't and get caught up in those times and forget when they actually managed to stay focused for several hours. This maybe sounds cloudy but you will understand after you have implemented the things I'm gonna teach you.

Motivation will also be a factor that will skyrocket. Wanting to do something stressful or difficult, for example, training or working towards your goals is something you probably now are struggling with. But that feeling will completely disappear and you will almost feel a magnetic force towards the things that you used to find troublesome.

Physically, you will find it so much easier to put on muscle. Testosterone is what some bodybuilders use to get as big as they are. Testosterone is the reason you see a big difference in muscle mass between a man and a woman. Your bones will also be less fragile and you won't injure yourself as easily. The same goes for your skin, it will become rougher and thicker.

### 2.3. Factors that can negatively impact testosterone production

So now you are probably wondering, what can I do to increase my testosterone to the level it should be at? I also want to have the motivation to work and train for hours on end! Well, this course will be specialized in things to improve but not common things, you already know alcohol is bad and you shouldn't eat Mc Donalds.

Through this course, you will get a head start on everyone else, cause this will be the main topic on the news in a couple of years due to the infertility wave which will hit us because of the low testosterone we are already experiencing.

The more specific subjects I will cover are: Plastic, Diet, Mindset, Placebo, Chemicals, Exploring Nature, Supplements, Water Quality, and Saunas. If you feel comfortable changing your habits in these categories, congratulations!

You can continue reading without worrying if you're gonna be able to apply everything im gonna explain to you. If you feel like some of these sectors will be hard to influence considering you maybe still live with your parents or something similar. Please do your best and try to work your way through the problems you encounter, all parts are necessary for a reasonable result.

Now we'll move on to optimizing your life

## 3. Optimizing Lifestyle Choices

### 3.1. Minimizing Exposure to EMF

#### 3.1.1. The impact of the phone electromagnetic field on testosterone

EMF has become more and more common in our lives and that is no good because it has been shown to reduce testosterone levels. The smartphone is a big testosterone thief and radiation emitter. The reason is that we have our phones in our pockets next to our testicles every day for several hours.

Research on EMF and its connection with testosterone has been done on rats. They had a group of rats that lived their normal lives in cages then they had another group of rats that were in the same habitat but with a small level of EMF exposure, a replica of the EMF our phones that our cell phones emit. After 12 weeks of this experiment, the results were as follows: "In conclusion, long-term low-frequency EMFs exposure may lead to structural and functional changes of the male testes and may impair male fertility.", "In this study, long-term exposure to low-frequency electromagnetic field decreased testosterone levels". [[Study](#)]

This should worry you a bit. Never put your phone in your pocket again, always keep it in your hand wherever you go. Holding it in your hand will quickly become a habit and you will thank this course for that habit afterward.

#### 3.1.2. Tips for reducing phone radiation exposure

I've already told you that you shouldn't keep your cell phone in your pocket so that they don't affect the organs between your legs, this might sound like the only change you can implement. But it isn't. Furthermore, you may consider activating airplane mode on your phone at this juncture, thereby deactivating all signals. If you use a pc for long periods each day, check if the computer has an ethernet socket. If it has it, fix a cable from your computer to the WI-FI router which makes the connection goes through the cable and does not pass through the air just to disrupt your hormone balance.

The final piece of advice within the EMF category I would like you to carry with you is to create an EMF-free zone in your home where you often spend time, for example in a chair where you read your books. It doesn't have to be exactly that but you get my point. Make sure no electronics are near the zone such as bluetooth speakers, laptops, phones, etc.

## 3.2. Diet for Testosterone Enhancement

### 3.2.1. Importance of a balanced and nutrient-rich diet

Please for your own sake stop dirty bulking. This has only become an illusion from modern influencers. A healthy diet is the only right thing to eat. First of all, a dirty bulk will result in your muscles looking completely deformed, but that's not the worst part, you increase the risk of all the diseases that exist, your immune system will be shit, you'll get acne, you'll feel depressed, you will feel tired... I could go on forever eating junk and enjoying it, is not worth it.

For optimal testosterone production, your body requires macronutrients such as magnesium, zinc, B vitamins, vitamin D, vitamin C, and selenium. If you have the opportunity to take a blood test that determines the necessary supplementation. This will dramatically remove unnecessary stress when you wonder, have I eaten healthy today, maybe I need to eat some more, and so on. Instead, you get on paper "This is what you need and this you have enough of" Later in the day you can go to your nearest pharmacy and buy the supplements for the minerals and vitamins you were lacking on. Of course, you can't just eat pills all day long, but you also have to eat healthy and nutritious food.

### 3.2.2. Recommended foods for boosting testosterone (meat, nuts, greens, berries)

So probably all you eat now is McDonalds, maybe not all but you eat it sometimes and it's not worth it. After the "Fast Food Boom" in the 1980s McDonald's and other similar fast food chains have expanded and there are said to be approximately 541 642 fast food restaurants in the world and approximately half are located in the United States, which also makes the United States one of the countries that topped the list of obesity. The food

from these kinds of restaurants contains nothing we need except energy, no vitamins, minerals, or other nutrients.

Therefore, I thought to introduce a perfect diet to increase your testosterone. The diet consists of 4 components: meat, nuts, berries, and vegetables. This is all you need. But since there are not super many calories in e.g. meat, you have to eat a lot of nuts, you simply have to optimize the diet for your needs and calorie intake.

Why is this diet so optimal then? Well, all these components have their important task, which I wanted to show you by listing the special minerals and vitamins these components contain.

**Meat (Protein Source)**

Protein, Vitamin B12, Selenium, Phosphorus

**Nuts (Energy source)**

Fibers, Calcium, Zinc, Copper, Manganese, Healthy Fats

**Berries/Vegetables (Vitamin Source)**

Vitamin C, Vitamin A, Vitamin K, Vitamin E, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9

As you can see, vegetables and berries are an incredibly important part of this diet, many people I've helped in the past have neglected that part because they think it's cringe/pathetic to eat vegetables. But it is so important, if you use this diet you **MUST** eat from all of these sectors. I won't go through every vitamin and tell you exactly what it does and why it is important but just think that anything with the word "Vitamin" in it is good and you should consume it.

3.2.3. The role of macronutrients and protein in testosterone production

Some macronutrients are especially important for testosterone production. Such as Vitamin D, Zinc, Magnesium, Vitamin B6 and Vitamin C. Focus extra on getting enough of these vitamins and minerals.

**Vitamin D**

You simply get it just by being out in the sun. So in the winter, you have to take a supplement for Vitamin D, there is no other option unless you live in a country that has sun all year round, which is very few countries.

### **Zinc**

Zinc is found mostly in meat and fish and is easy to consume enough if you follow the diet I suggested.

### **Magnesium**

Magnesium is found in seeds and nuts. Mainly pumpkin seeds, almonds, and cashews.

### **Vitamin B6**

Vitamin B6 is a more difficult vitamin to get. Organs such as beef liver, or regular salmon / tuna have vitamin B6 to some extent, but spinach and banana also contain vitamin B6. According to the research I have done, the easiest way to get Vitamin B6 is through the banana, 300 grams of banana is enough. If you don't like bananas or for some other reason can't eat bananas, 200 grams of liver is an alternative or 300 grams of tuna. Supplements are also an option but eating is better as you also get other important nutrients along the way.

### **Vitamin C**

This is the simplest vitamin and it only takes half an orange a day to reach the recommended dose per day.

#### 3.2.4. The significance of avoiding processed seed oils and consuming real butter

The difference between seed oils and real butter is so much bigger than you think. Many people don't know the difference and get confused about how bad seed oils are. First, real butter contains vitamins A, E, D, and K, which seed oils don't.

But this difference is just a drop in the ocean when compared to the process they both go through. Seed oils go through an extraction process with

chemicals to separate the oil from the seed. This extraction leaves traces. Anything hyper-processed is useless and you should avoid it. Real butter is much more natural and the process contains no chemicals.

### 3.2.5. Exploring vegetables and berries with rich content of vitamins and minerals

Here are the most nutritious vegetables and berries to eat if you want to have the highest testosterone possible.

#### **Vegetables**

**Spinach:** Vitamin A, Vitamin C, Vitamin K, Vitamin E, Vitamin B2, Vitamin B6, Vitamin B9

**Kale:** Vitamin A, Vitamin C, Vitamin K, Vitamin E, Vitamin B2, Vitamin B6, Vitamin B9

**Broccoli:** Vitamin A, Vitamin C, Vitamin K, Vitamin E, Vitamin B2, Vitamin B6, Vitamin B9

**Bell Peppers:** Vitamin A, Vitamin C, Vitamin E, Vitamin B2, Vitamin B6, Vitamin B9

**Brussels Sprouts:** Vitamin A, Vitamin C, Vitamin K, Vitamin E, Vitamin B2, Vitamin B6, Vitamin B9, Vitamin B1, Vitamin B2

**Sweet Potatoes:** Vitamin A, Vitamin C, Vitamin K, Vitamin E, Vitamin B2, Vitamin B6, Vitamin B9, Vitamin B1, Vitamin B2

#### **Berries**

**Strawberries:** Vitamin C, Vitamin K, Vitamin E, Vitamin B9, Vitamin A

**Blueberries:** Vitamin C, Vitamin K, Vitamin E, Vitamin B9, Vitamin B6

**Raspberries:** Vitamin C, Vitamin K, Vitamin E, Vitamin B9

**Blackberries:** Vitamin C, Vitamin K, Vitamin E, Vitamin B9

**Cranberries:** Vitamin C, Vitamin K, Vitamin E

### 3.3. Mindset and Placebo Effect

#### 3.3.1. The Power of Mindset on hormone production

A placebo is an inert substance or treatment that has no therapeutic effect but still may act as an improvement in a patient's condition due to the power of psychological factors. A common example is an experiment done a dozen times, which is when let's say that 10 people have headaches. They give 5 of the patient's real medicine to counteract the headache. But the others get a pill that looks the same but is just sugar but the patients don't know that. They then wait approx 1 hour and when they ask the patients how they are. It has been shown that the people who received the sugar pill became as healthy as those who received real medicine.

Placebo is something all doctors know works for most conditions, but hormone production in particular has yet to be proven. But since it has worked on diseases such as cancer and migraines, it might just as well work on hormone production. One person who tested this and got incredible results is Hamza Ahmed, he has a YouTube channel where he explains how he managed to do it. Hamza's video: [How I Increased My Testosterone](#)

The idea behind this is that you should simply just think that you have high testosterone. Just by thinking, Hamza increased his testosterone from 444 ng/dl to 734 ng/dl. This increase makes a huge difference in mental health but also muscle growth.

#### 3.3.2. Techniques for cultivating a positive and confident mindset to support testosterone levels

All it takes to complete this way of thinking is to every time you get a flash that has something to do with testosterone, you're guaranteed to get this kind of flash after this course because you'll be obsessed with increasing it. You should immediately get the image of 1000 ng/dl in your head while thinking "That's how much testosterone I have".

That's all! This may have the most impact out of anything from this course.

## 4. Lifestyle Choices for Testosterone Optimization

### 4.1. Living Like Ancestors

#### 4.1.1. Understanding the influence of ancestral habits

Another significant aspect involves engaging in activities and diets like our ancestors. The reason is that our body is developed to live like the habits they used back then. When we start to change that foundation, the body responds with diseases, obesity, and other evils.

This part will be fuzzy at first, but the more you develop as a person, the more your periphery will expand and you will see new perspectives that you have never seen before. These perspectives are very difficult to explain so it's your responsibility to develop and understand our ancestors in their depths.

#### 4.1.2. Ignore modern food and accept traditional food

This is what I found an average teenager eats in a day:

Breakfast: Two slices of white bread with butter and strawberry jam, a cereal bar, a banana, and 400ml of fruit juice.

Morning snack: A chocolate chip cookie.

Lunch: A peanut butter and jelly sandwich, a bag of potato chips, and a chocolate-coated granola bar.

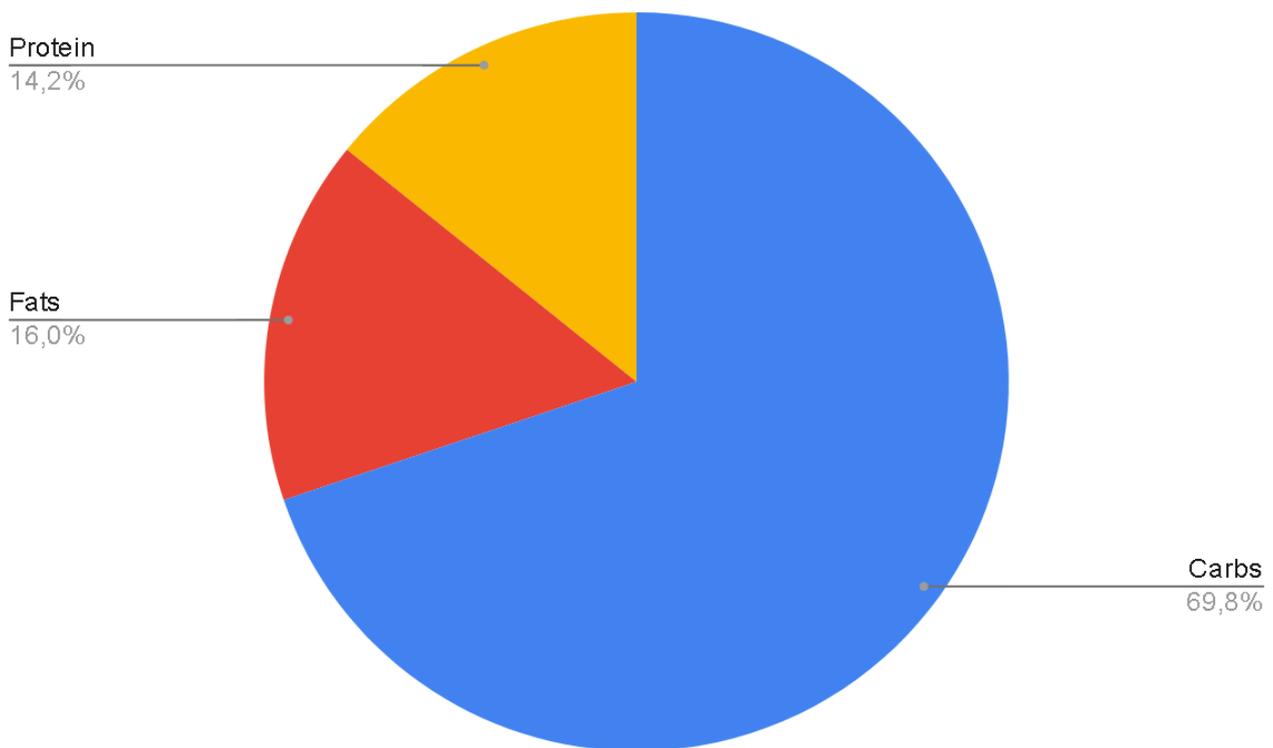
Afternoon snack: Another chocolate bar.

Dinner: A serving of white rice, breaded chicken nuggets, a side of canned vegetables, and a sugary dessert like a fudge brownie.

Night snack: Two Reese's cups

(This is based on my own experiences, own old habits, and some research)

So this day would contain the following nutrients:



#### Fast Carbohydrates

This is a high-carb diet which is not healthy at all. Especially not when the carbohydrates you get through this diet are fast carbohydrates that raise your blood sugar to its extreme followed by a fast drop to minimal levels. Whereas slow carbs take your blood sugar up slowly and then stays at that level for a while before slowly dropping back down which is much healthier and makes you feel more energized.

#### Balance Elements

All these different types of energy sources need to be balanced, therefore a good tip is to divide them into third parts. So protein is 33%, fat is 33% and carbohydrates are 33%. The benefits of this are many for example Macronutrient balance: The ratio provides a balanced distribution of macronutrients, ensuring you get adequate amounts of each essential nutrient. Protein supports muscle growth and repairs cells, fats provide energy and help hormone production, and carbohydrates is the primary source of energy for the body.

Sustained energy levels: The ratio also helps to maintain stable blood sugar levels as said before, this leads to sustained energy throughout the whole day. This can help prevent energy crashes and promote consistent focus/productivity.

## 4.2. Eliminating Harmful Chemicals

### 4.2.1. The impact of plastics and BPA on testosterone

Plastic has only been used widely ranged for about 60 years, therefore we have not yet understood the damage from it. BPA is one of the chemicals used in the production of plastic and it has just been discovered to be dangerous (2010) just imagine how many chemicals we have not discovered to be dangerous yet.

The effect the researchers have found in BPA is that it hurts the hormonal balance in the body because it has a similar effect to estrogen. This reduces testosterone in the body considerably. Of course, disturbing the hormonal balance is not only bad for men but also for women, fetuses, and children. Due to your parents' exposure to plastic during their lives, plastic's influence has become embedded in your DNA and has potentially resulted in lower testosterone production.

Hand sanitizer is the worst possible thing you can put on your hands nowadays. This is because of the fact that hand sanitizer exacerbates the impact of BPA 185 times, which is an exponential increase. To put this into perspective, imagine a scenario when you are grocery shopping. You purchase 34 items wrapped in plastic containing BPA, which is a realistic situation in today's world. After shopping, you decide to clean your hands using hand sanitizer from your bag.

Now, when you use hand sanitizer after handling those 34 plastic-wrapped products, the effect multiplies by 185 times:

$$34 \times 185 = 6290$$

Using hand sanitizer in this case is equivalent to coming into contact with 6290 plastic products instead of just 34. What's even more concerning is that

our exposure to plastics doesn't stop at touching them; we inadvertently consume them as well. Research indicates that the average person unknowingly ingests about 5 grams of microplastics per week. To put it in perspective, that's roughly the weight of a credit card.

**So, in a way, bon appétit!**

[\[Handsanitizer effect\]](#) [\[BPA affects Estrogen\]](#)

#### 4.2.2. Recommendations for reducing plastic exposure and alternatives

There are thousands of things you could swap out to plastic-free and that's what you should try to achieve. But I will only go through a couple of things that I think are the most important to consider in your everyday life. First is soap, in general it is something that we use daily and are stored in plastic bottles. These plastic bottles then inject bpa and other of these chemicals straight into the soap, which you then cover your whole body with.

Therefore, you should replace these with soaps with soap that doesn't contain any plastic and with completely natural ingredients. A common occurrence is that soap-producing companies use a lot of unnecessary and dangerous substances that damage and deteriorate your health unknowingly. Therefore, it is very important that you check for words like "organic" when you buy your soap next time. Below I link the soaps that I recommend using.

[Hand Soap](#), [Body Wash](#), [Shampoo](#)

Toothbrush and toothpaste is very important to not leave behind in this \*plastic-free\* race I am walking you through. I can say with 100% certainty that your toothbrush is made of plastic and if you have a bamboo toothbrush congratulations you are smart. Same thing with your toothpaste, I can say with 100% certainty that your toothpaste is in a plastic tube. We don't want plastic in our mouths that we constantly accidentally swallow. We can replace this with a bamboo toothbrush and toothpaste tablets in an aluminum can (Link Below). It is much healthier and will benefit you in the long run.

[Toothbrush](#), [Toothpaste Tablets](#)

## 4.3. Overcoming Food Cravings

### 4.3.1. Strategies for managing cravings and resisting unhealthy food choices

There exist several diverse approaches to address the addiction to junk food. One of the ways I'm going to mention is for those people who aren't strong mentally and want the slightly milder version. The other way to go is significantly more demanding both mentally and physically. Physically I mean for example you have to go to the store where you buy your junk food and buy the 3 things you love the most, why!?! More on that later.

#### **Method 1**

Method one is the difficult method that will require a lot from you. The first step is for you to think of the candy or other junk that you eat a lot of right now that you know is not good for your health. An example could be a chocolate cake you love. Go to the store and buy it, but don't get too excited because you won't get to eat it. Buy it and then put it in a place in your home where you will always see it. E.g. on your desk, the reason is that you should practice resisting. Every time you see it, it will be one rep for your brain to withstand. After a while it won't even be hard to withstand anymore, it will become a habit and soon you will notice that you'll have drastically reduced your junk food and candy intake.

#### **Method 2**

This method is more for the people who can't bear to go to the store and do all the steps I mentioned above. But if you do this method, you're a fool. This one is easy and it's just don't buy the things your thoughts demand. Things that you think would be good but not useful, thoughts like "Now I deserve this" just ignore them and try to resist.

### 4.3.2. The importance of finding healthier alternatives to satisfy cravings

After removing all the sweets that you liked, life probably feels a lot more boring and you might want something to look forward to, for example, snacks when you get home from a long day at work. Of course, we have to solve this, I won't leave you without something that you like. Here are some healthy options for snacks that are also incredibly tasty. First is Mango, just eating

mango can be as good as anything but you can also make things like a mango smoothie. Here's what you need: Ripe mango peeled and diced, Greek yogurt, Spinach leaves (optional for added nutrition), Honey (optional for natural sweetness), Ice cubes, and Water or almond milk.

Instructions: In a blender combine the mango, yogurt, spinach, honey, ice cubes, and water or almond milk. Blend until smooth and creamy. Pour into a glass and enjoy a nutritious mango smoothie.

There are a lot of other similar options I just wanted to show an example of how tasty healthy foods really are. The important thing here is not to slowly go back to the bad habits you had before consisting of chocolate and other sweets because you feel like you are not eating anything you think is tasty or sweet anymore.

#### 4.4. Exploring Nature and Physical Activity

##### 4.4.1. Benefits of outdoor activities and connecting with nature

Out in nature, humans have always been. Our entire evolution of 2.4 million years has happened in nature and what do you think will happen if we suddenly just remove that part of our life? Well, it collapse and that is exactly what we have also done, taking nature out of our lives. According to a survey by APM Research Lab 51% of Americans spend only once a month of their time in nature of which 16% answered never. These results are absurd and must be changed. Your own task is to now try to think through how many times a month you spend time in nature, preferably also approx how many hours. If you have determined that it is under 8 hours a month, you need to change the way you spend time.

Research done by (Mathew P. White, Ian Alcock, James Grellier, Benedict W. Wheeler, Terry Hartig, Sara L. Warber, Angie Bone, Michael H. Depledge & Lora E. Fleming) has shown that spending between 120 minutes and 180 minutes a week in nature causes a significant positive difference in your mental health. It helps us to calm and comfort ourselves when we're upset, to cope with the losses, changes, fears, and uncertainties in life, to make and keep good relationships with other people, and to learn. Just in general makes life easier.

[\[At least 120 minutes in nature\]](#) [\[Americans in Nature\]](#)

#### 4.4.2. How exploration can positively impact testosterone levels

Your mental health actually replicates your level of testosterone. Men with depression tend to have lower levels of total testosterone in their bodies. It doesn't have to be very severe depression, just being a little down can have a worsening effect.

[\[Depression affects Testosterone\]](#)

## 5. Specific Recommendations for Testosterone Enhancement

### 5.1. Avoiding Estrogenic Foods

#### 5.1.1. The potential negative effects of dairy on testosterone

Now we've come to an incredibly important part of this course, if you're smart you'll now pick up a piece of paper and a pen. On this paper, you should write down the food that I'm gonna tell you to no longer eat, if you can easily remember it yourself you can skip this part. Estrogen is the antidote to testosterone and is found in a lot of different foods. Milk and butter are the two worst food products you can eat when it comes to consuming as little steroid hormones as possible.

Those two in particular contain large amounts of progesterone, which is a female hormone that even transgender people use to change gender. The hormone is one of the worst if you are aiming to increase your testosterone. Remember or write on a piece of paper in capital letters "AVOID BUTTER AND MILK".

[\[Statistics on steroid hormones in Food\]](#)

#### 5.1.2. The Claims About Soy and Flaxseeds Correlation to Hormone Levels

A mystery surrounding phytoestrogen has long prevailed. Phytoestrogen is a substance that is produced in plants and you can say that it is the plant's substitute to human estrogen. According to many researchers, phytoestrogen does not affect the body and it does not feminize men, while others say that the substance does. After my research at over 50 different online institutes, I have come to the conclusion that it affects us to some extent. The substance

binds estrogen receptors but to a very small quantity and because of that researchers believe that it does not have a real noticeable effect. You will therefore only experience the effect if you consume a very large amount making this heading mostly relevant for vegans/vegetarians as they often eat a lot of soy. Soy contains a very large amount of phytoestrogen, about 20 milligrams per 100 grams which is an absurdly large amount. When you eat soy you are basically injecting estrogen. If women have low estrogen levels for some reason they are recommended by doctors to take "Phytoestrogen Pills" The supplements they often hand out contain approximately 50 mg of phytoestrogen, which is equivalent to 250 grams of soy. For a vegetarian, 250 grams of soy per day is completely normal.

A counterargument many vegetarians probably have is "But Asians have been eating soy for 4000 years" This is true but it does not mean that Asians have high testosterone. If we take the average testosterone value with the three countries that eat the most soy in the world (India 474 ng/dl, Japan 520 ng/dl, Vietnam 503 ng/dl) which is 499 ng/dl and then we equate it with the three countries that eat the least soy in the world (Saudi Arabia 605 ng/dl, Egypt 623 ng/dl, Russia 619 ng/dl) which is 615.6 ng/dl. We see a clear difference between these countries and their testosterone. Of course, these numbers do not only depend on soy but also on other factors, but we clearly see that a lifestyle that contains soy doesn't benefit testosterone.

[\[Average Testosterone by Country\]](#) [\[Foods with High Phytoestrogen\]](#)

## 5.2. Water Quality and Hormonal Health

### 5.2.1. The impact of toxic chemicals in tap water

Hormones and chemicals are actually in your tap water, this may sound strange and you may not believe it but unfortunately, it is true. I'm not going to go through like "This chemical is found in Denmark while this one is only found in Italy" and beyond, just google "Chemicals in tap water" and you'll get over 750 million articles about the topic. Dangerous chemicals are of course not good for anything in your body, it affects all your organs for the worse and your hormone balance no longer works as it should. One metallic element that is very dangerous to us humans is found in about 33% of all US taps. Just to make you a little more worried you are also drinking chlorine,

chloramines, mercury, VOCs, pharmaceuticals, herbicides, pesticides, cysts, and MTBE.

You need a filter to remove all these chemicals and parasites in your water, there are a lot of different price ranges in water filters you can install at home but I have found the one that is the most affordable compared to its effectiveness "Waterdrop G2". It is a reverse osmosis water filter system which is the only filter that can filter out unwanted hormones for example birth control pills containing estrogen which girls pee out in the toilet and which we then drink. Waterdrop G2 costs \$499 but I have arranged a discount code together with [waterdropfilter.com](http://waterdropfilter.com) that gives you 10% off your purchase above \$150. Below is a link to their website which will also automatically enter the discount code at your checkout.

[Waterdropfilter.com](http://Waterdropfilter.com) [Chemicals in your Tap-Water]

### 5.3. Occupational Considerations

#### 5.3.1. Identifying job-related factors that can impact testosterone

There are some jobs that don't favor people who want to increase their testosterone. These professions are mainly cash handling, it can be anything from small to large companies. The reason those professions are so vulnerable is that they often handle receipts. Receipts are well known to researchers as it is an item containing a hyperamount of BPA which you read about in section 4.2. The BPA in receipts is 250 to 1,000 times greater than the amount in a can of food and that's exactly why receipts are so deadly to your testosterone.

Let's say you are sitting at the checkout counter of a large grocery store in your area and handling 30 customers an hour for 6 hours. This will then be a total of 180 customers and then of course each customer must have their receipt, i.e. 180 receipts per day. Then we say you work 25 days a month, which is a completely normal month for a full-time employee.  $25 \times 180 = 4500$ , so you handle approximately 4500 receipts a month. As these toxic receipts accumulate in your living and working spaces, each touch, each innocent interaction, stealthily chips away at your testosterone, contributing to a cascade of health concerns ranging from reduced muscle mass and energy levels to mood disturbances and even fertility issues. It's not just a receipt; it's a silent assassin of your masculinity.

### 5.3.2. Strategies for managing exposure to BPA in certain occupations

There really isn't much you can do to reduce your exposure to BPA at your work. But there is one thing that you could do, many people probably won't do this because they think it looks cringe or similar. Wearing gloves when sitting at the cash register, not regular plastic gloves because they will give exactly the same effect because they are made of plastic but cotton gloves. Cotton gloves are a perfect alternative as they are 100% organic. I will link the ones I recommend below (6-pack which is machine washable)

[Cotton Gloves](#)

## 5.4. Omega-3 Supplementation

### 5.4.1. The role of omega-3 fatty acids in testosterone production

This may come as a surprise but omega 3 is not needed for testosterone production or increases testosterone in any way. It only improves your overall health, after perusing articles indicating that over 95% of children and 65% of adults suffer from inadequate omega-3 intake, I needed to include this in the course because you are most likely one of them. What you can do to counteract and get more omega-3 is to eat more fat fish, about 160 grams a week of e.g. salmon, or buy supplements to get enough. This headline was short but just wanted to inform you that you probably don't eat enough omega 3. Please continue on to the "real" stuff.

[\[Omega 3 Studies\]](#)

## 5.5. Saunas and Detoxification

### 5.5.1. How saunas can aid in toxin elimination

The process by which a sauna can help you remove toxins from your body is very complex, so I will try to keep it short and simple. There are 3 steps in saunas that will help you remove toxins and balance your hormones to a normal level.

1. **Increased Sweating:** Sweating leads to the elimination of certain substances from the body, such as small amounts of heavy metals like lead and mercury, through the sweat glands.

2. **Decreased Cortisol:** Immediately after the sauna, your testosterone does not increase. But it affects you positively, in that it reduces your cortisol significantly, which then has a positive effect on your testosterone. Down below you can see some statistics on how different hormones were affected after a sauna. [[Hormones before and after Sauna](#)]

3. **BPA release:** The body stores BPA in fat cells, but when you are in a sauna, the body releases these chemicals as it wants to get rid of them.

I hope you understand how important it is to sauna and how it affects the body. I know it can be hard to understand but trust me or look up your own information. In "Additional Resources" I will link a book from Amazon that tells all about sauna healing.

#### 5.5.2. Incorporating sauna sessions into a testosterone-boosting routine

Believe it or not, saunas can be very challenging. Therefore, you should adapt your body to take more and longer sauna sessions. During the first weeks, you start taking saunas more seriously you should take 2-4 sauna sessions per week, which are about 20 minutes each. If you feel you can handle it, you can slowly increase it to 30, 40, and finally 50 minutes. This way to acclimate the body is mainly if your sauna is really hot which generally is above 90°C (194 Fahrenheit).

According to my perceptions when I did my research, you seem to get more positive effects if you take very hot sessions that may not have to be very long, instead of long sessions that are not very hot.

## 6. Additional Resources

### 6.1. Websites for plastic-free everyday products

[Earthhero.com](#) - Everything from Bamboo Pens to Natural Soaps (US)

[Zerowastestore.com](#) - Testosterone-friendly hygiene and household products (US, Canada)

[Packagefreeshop.com](https://packagefreeshop.com) - Plastic-free and organic hygiene and household articles (International Shipping)

## 6.2. Recommended reading materials, studies, and further learning opportunities

Here I will link the most important books you need to read to develop your understanding further:

[Estrogeneration](#): How Estrogenics Are Making You Fat, Sick, and Infertile

[The Estrogen Effect](#): How Chemical Pollution Is Threatening Our Survival

[The Testosterone Optimization Therapy Bible](#): The Ultimate Guide to Living a Fully Optimized Life

[Paleo Solution](#): The Original Human Diet

[Deep Nutrition](#): Why Your Genes Need Traditional Food

[The Sauna](#): A Complete Guide to the Construction, Use, and Benefits of the Finnish Bath, 2nd Edition

# 7. Conclusion

## 7.1. Final Thoughts and a Message to you

So you have read through my entire course now, I just want to say thank you and wish you good luck implementing the strategies and facts I taught. This course has taken many nights and days for me to complete, from the beginning of June to the end of August 2023. If I come up with any new important components to make this course more inspiring and useful, I will add them and because you have forever access to this course you can check in now and then and look for new information, I will highlight the information I add.

I have faith in you!