

**7**

**Weird  
Tips to**

**BOOST YOUR  
TESTOSTERONE**



**BY LOGAN CHRISTOPHER**

## **DISCLAIMER**

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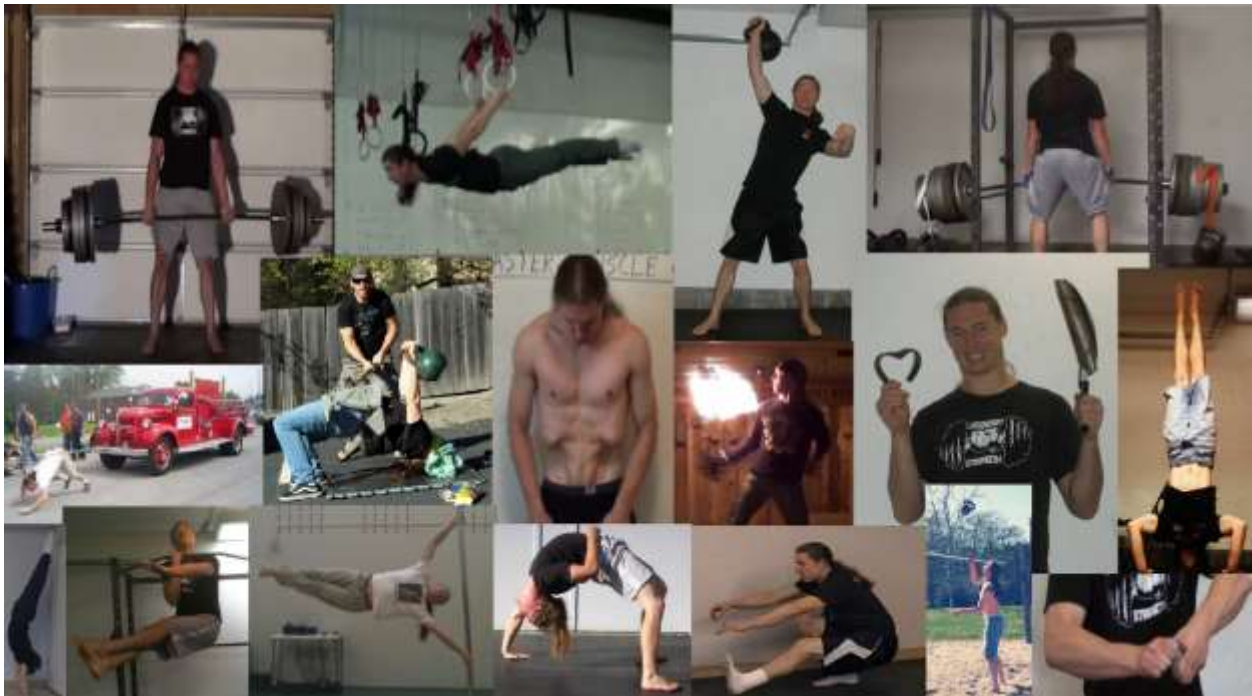
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## Welcome to 7 Weird Tricks to Boost Your Testosterone

My name is Logan Christopher and I've been interested in testosterone for quite some time. My main business is in strength training. Being a personal trainer, an online coach, and a strongman it's been my life's mission to be strong.

I do a lot of odd things, from pulling an antique fire truck by my hair, to lighting a kettlebell on fire and juggling it. I've deadlifted 505 lbs., won a strongman competition, throw back flips anywhere, anytime, snatched a 53 lb. kettlebell 300 times in ten minutes and much more.



Beyond the pictures here you can see proof of all this and more on Youtube. I've been quoted in Men's Health and am a best-selling author.

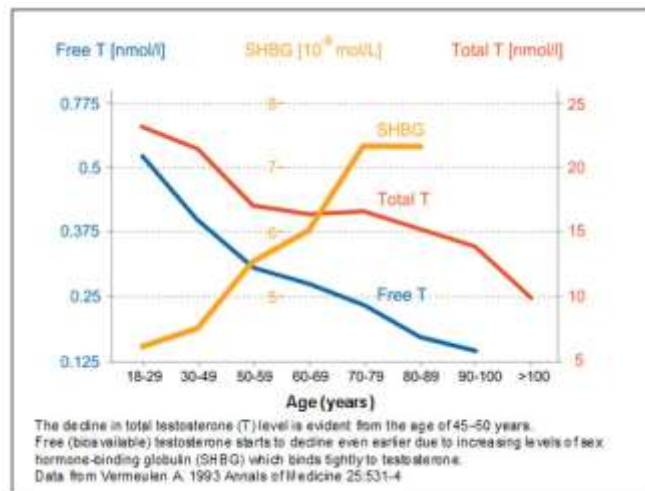
I don't say this to brag, but to impress upon you why testosterone is important to me. And it's not just about strength. Testosterone is about SUCCESS. It's been the driver behind running multiple businesses.

I'm 30 right now, and while I've helped many older guys people to say...

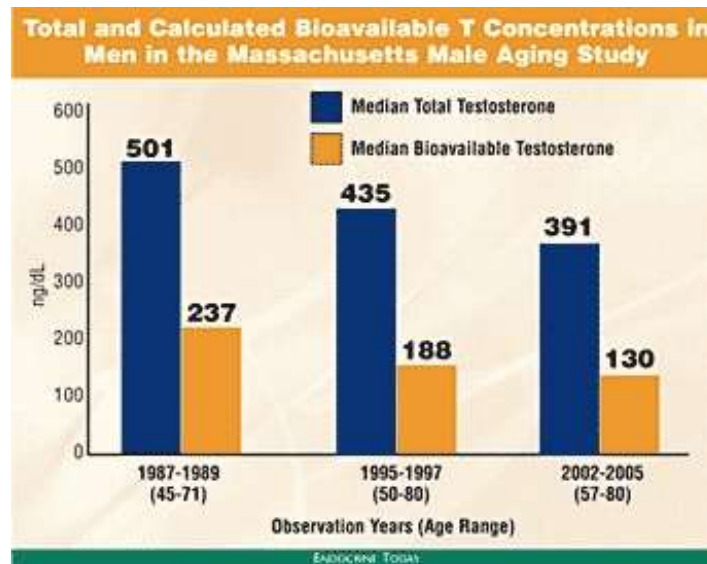
## “I Feel Like I’m 18 Again”

...the truth is I’m much better off hormonally NOW than when I was 18. Due to a variety of factors I didn’t have as much testosterone as other people did. And it has been a lot of work to get up to optimal numbers.

The problem is we’re f\*cked. Not only is age related decline a big issue, if you’re trying to have great health and vitality in older age...



But that’s not all (and that rising SHBG is something we’ll touch on later in tip #7). Overall, EVERY MAN has less testosterone than men from the previous generations.



You see this chart is from almost 10 years ago. It's even worse today!

We'll get to why that is in just a second in Tip #1, and more importantly what you can do about it, but first why is testosterone so important. Without it here are a few symptoms you might suffer from:

- Depression
- Inability to Focus, Concentrate and Remember
- Anxiety
- Increased Fat especially in the Abdomen
- Decreased Libido
- Erectile Dysfunction
- Reduced Muscle Mass and Strength
- Balding
- Osteoporosis
- Dry Skin
- Increased Risk of Cardiovascular Disease, Stroke and Heart Attacks
- Accelerated Aging
- Aches and Pains
- Excessive Sweating
- Irritability or Anger
- Fatigue

Basically **without testosterone we're F\*CKED**. But the good news is you can do something about it. In fact, there are LOTS of things you can do. So let's get to them...

## **Tip #1 - The "Real Alien Invasion" that's Feminizing Men...and What You Can Do About It**

One of the main reasons for the overall decline of testosterone in men through the years, regardless of age, is that our environment has become overly estrogenic in many different ways. This contributes to estrogen dominance. The extra bad part about that is that this sets up a vicious cycle. When estrogen is elevated, testosterone goes lower.

Sir Charles Dodds was the first to describe xeno-estrogens in a paper from 1938 titled 'The Estrogenic Activity of Certain Synthetic Compounds.' Xeno means alien, meaning they're alien to nature and our bodies, but the truth is the human race is largely responsible.

Yet it's only fairly recently that most of us have heard of these things. Sadly, in the 76+ years since they were first identified the problem has gotten far worse and much more pervasive.

It's important to note that there is currently no blood or saliva test for these estrogen mimics in our body. When estrogen levels are tested in men it's typically just a single form called Estradiol, and while that's helpful it's important to note that even scientific testing doesn't necessarily give you the whole picture

Xeno-estrogens are unavoidable in modern day living, unless you live in a faraway cave, remote from any civilization. And the truth is they're probably in those remote locations because we've spread them around so much and they don't disappear easily.

Xeno-estrogens are man-made and include pesticides, chemicals, plastics and more. Heavy metals are often put into this class as well.

Common sources include:

- Bovine Growth Hormone
- Tap water
- Laundry detergents
- Chemicals in sunscreens

- BPA, Phthalates and other chemicals found in most plastic
- PCB's
- Food coloring like Red 3 aka Erythrosine
- Parabens found in cosmetics and shampoos
- Pesticides like vinclozolin
- Insecticides like DDT, DDE, indane (banned in Europe but still in use in the USA), methoxychlor, etc.
- Fungicides like propiconazole (which happens to be so strong scientists have investigated it as male contraceptive)
- Fish (farmed fish is even higher in heavy metals than wild caught)
- Most tap water supplies
- Household cleaning agents
- Cookware
- White Flour
- Deodorants
- Pharmaceuticals
- And much more

That's stuff that most people are getting access to several times a day. Thus the first step, in boosting testosterone, is to limit the amount of estrogen mimics we get. In this day and age it is hard to completely eliminate them. But you can certainly limit your exposure. Some of the simplest and biggest steps include:

1. Avoid conventional and heavily processed food and eat organic instead.
2. Drink clean water.
3. Switch out synthetic skin care products for all natural. The best rule to follow is if you wouldn't eat it, it shouldn't go on your skin. Note that a lot of organic skin care products still aren't the best ever.
4. Avoid plastic as much as possible. Don't use it to eat with or drink from plastic bottles.

There's another group of estrogenic compounds, called phyto-estrogens that are probably best avoided, or at least minimized. These include things like soy, flax seeds, hops in beer and more. But that actually brings us to our next point...



## **Tip #2 - An Actual Source of Testosterone Provided by Nature?**

As previously mentioned, phyto-estrogens are plant compounds that act like estrogen in our body. In some ways, and more often for females, these can be helpful. But with the overload of other estrogens, in many cases these will not help men.

But there is something that can. Phyto-androgens are the opposite. They are plant compounds that have androgenic effects. And there is also a unique plant source that even has testosterone, DHEA and other human hormones.

### **Pine Pollen**



Yes, the male sport of the pine tree may be one of the best allies in supporting your testosterone. Pine pollen has a number of androgenic compounds inside, in addition to its wide range of vitamins, minerals and antioxidants.

Some of these compounds are brassinosteroids, which have been shown to be powerful growth stimulators in plants. At least two of these have been shown to help remove estrogens and other toxins from the body. This is further helped by other compounds known as glutathione transferases. These also happen to be involved in the synthesis of progesterone and testosterone.

There are also gibberellins which are structurally similar to testosterone. They've been found to bind to androgen receptors and increase androgen production in the body.



A species of black pine pollen was measured to have in 10 grams, 0.7-0.8 mcg of androstenedione, 0.7mcg testosterone, 0.1 mcg DHEA, and 0.2 mcg androsterone. These are small amounts but remember that it doesn't take much. So this isn't like getting a shot of testosterone. But with these small amounts, and all the other nutrition pine pollen provides, you can get powerful hormonal effects.

<https://lostempireherbs.com/pine-pollen/>

I've taken to calling it "The Superfood of the 21<sup>st</sup> Century" because so many people need this support.

And despite woman being scared off at the word testosterone, many find that pine pollen is very helpful for regulating their hormones too.

Not only does pine pollen provide androgens but it appears to help the body get rid of those excess estrogens too.

In the powdered form you're getting all the nutrition that pine pollen provides in addition to the phyto-androgens. It has been shown to be safe for women and even children like this.

And there's also the alcohol extract or tincture form. This draws out the phyto-androgens specifically and makes them available directly to your bloodstream. Generally, this is only recommended for men 30 years and older as it is significantly more anabolic in this form.

<https://lostempireherbs.com/pine-pollen/>

But testosterone isn't just about what you do consume or don't consume. It has a lot to do with what you do...

### **Tip #3 - Forget the Commercial Gym, or even Crossfit...If You Want Testosterone Lift These Instead**

If you want testosterone just think about what it means to be a man. While lifting weights is great, an even more manly form of training involves lifting objects that aren't necessarily designed to be lifted.

My favorite along this line is stones or rocks. Other odd objects like barrels, sandbags and logs are great for lifting too. But to me, the rock is the best. There is something more primal and manlier about lifting an object that isn't made to be lifted. It becomes more of a competition.

When I was training for a recent strongman competition I found a few rocks I could lift in my yard. When I first approached them they felt very heavy. But I knew I'd be able to get the smaller of the two overhead in a short amount of time. I could only get it to the shoulders in the first workout, but got it overhead the following one. From there I started repping out with it.

There was also a second, significantly heavier rock. This one I deadlifted and carried. I was also able to shoulder it. My future goal with this would be to put it overhead eventually.

Since you can't easily add or subtract weight, the progression is more about what you can do with them. You compete with the object to be able to handle it better and more so. The same is true with any of the other odd objects.

The basics, applicable to pretty much all odd objects, include just four exercises:

- Deadlift
- Shoulder
- Overhead
- Carry

The deadlift involves picking the object off the ground, standing up with it, to hip level, and you're done. Note that with many objects you cannot do the classic deadlift form. In fact, with odd object lifting, you often have to take on a round back posture. And that's one of the benefits!

Shouldering an odd object is just like it sounds. You lift it up to the shoulders like in a clean, or on top of top of a single shoulder. Sometimes you can clean the weight. But with logs or rocks you often have to set it in your lap, then roll it up. Or do some form of continental. With stones you can roll it over one shoulder, let it drop, and then repeat.

Getting it overhead involves first shouldering then putting it overhead. For something light this can be a military press, but more often than not, you'll be push pressing or jerking it into position.

Carrying can be done in a few different ways. You can carry it by your hips as in the top of the deadlift. You can carry it at your chest or on top of one shoulder. And you can also carry it overhead. So it's just a matter of doing any of the previous three exercises and then starting to walk around with it. Carrying taxes the whole body, including the grip most of the time, as well as engaging your cardiovascular system.



One of the other great things about rocks is that you're typically going to be lifting them out doors. That means you can get fresh air, get grounded and get sunshine which brings me to my next point...

## **Tip #4 - Yes, you read that right, get Sunlight on your Balls**

Vitamin D is not really a vitamin at all. It's actually a hormone, or a hormone precursor. It's also unusual, from other vitamins, in that the main way to attain it is from the sun, rather than diet. It is known as the "sunshine vitamin" as we synthesize it in our bodies from sunlight on the skin. Like plants we do our own form of photosynthesis.

The problem is very few people get sunlight anymore for two reasons. One we've been taught that sunlight is bad and causes cancer. Secondly, our civilization has moved just about everything in doors.

Sunlight ought to be thought of as necessary for health. Would you go without food? Would you go without water? Would you go without breathing? But do you go without sunlight?

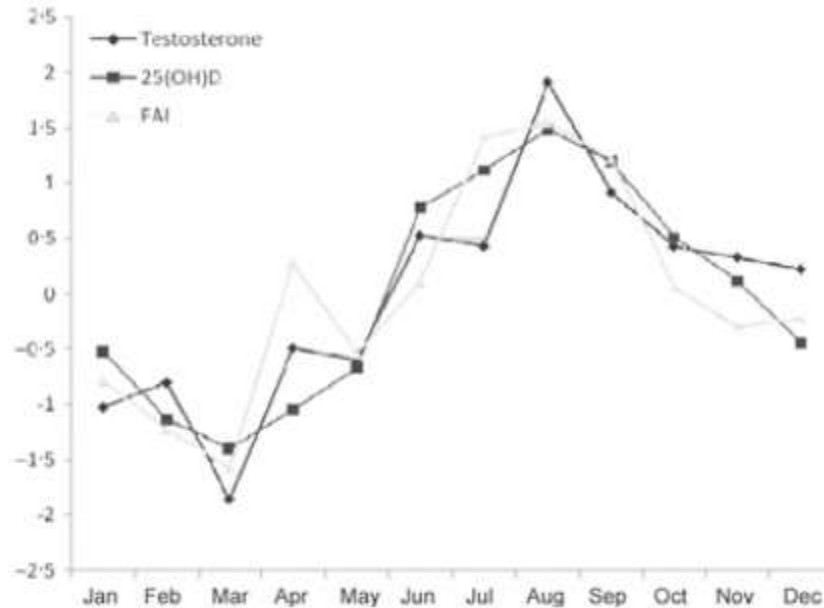
When getting sunlight, the body synthesizes D from cholesterol and sulfur creating vitamin D3 sulfate. It doesn't take long to generate your own vitamin D, only half the time it generally takes your skin to turn pink. Of course, this does depend on the darkness of your skin, the intensity of the sun and what part of the earth you're on.

But this process can be stopped. First of all, most sunscreens block this from happening (in addition to having xeno-estrogenic chemicals in them). Secondly, this form of D is water soluble and stays on the surface of the skin for about 36-48 hours. If you use soaps on your body during this time you can wash off any of the D you've created.

While you can supplement with D, it's important to note that this isn't the only thing you get from sunlight. Another molecule created is cholesterol sulfate. More and more research is coming out on the other benefits of sunlight beyond D, and likely will continue to be revealed in the future.

By all means supplement with D as it is critical for health, including hormones, but the best bet is to transform your lifestyle into a way you can get some daily sun.

So now let's look deeper at why vitamin D is important for hormone health, specifically. One study looked at the correlations of sufficient, insufficient and deficient vitamin D levels in men and how this correlated with androgens. This showed a statistically significant association between the two.



First of all, as you look at the chart above, when does vitamin D naturally go up? In the summer months, with the seasonally longer days. One mechanism of action may be that more light lowers melatonin, triggering the pituitary to produce more LH and FSH, in these seasons. This would provide for an association between the two. However, in deficient men, as looked at in another study, more D lead to direct increases. Another study looked at the direct effect of vitamin D supplementation on testosterone levels. Participants were given 3332 IU's of D3 daily for a year or a placebo. In the supplemental group there were significant raises in both the vitamin D levels in blood and in testosterone (both total and free forms).

More details at:

<http://www.fertstert.org/article/S0015-0282%2808%2903935-6/fulltext>

<http://www.ncbi.nlm.nih.gov/pubmed/20050857>

It's not known the exact way in which vitamin D interacts with testosterone. Seeing that vitamin D works on so many different things it not surprising. But its interaction with cholesterol, which is the starter molecule for all androgens, is one of the possibilities. Get sun if you can. If not, this is one thing most people should be supplementing with.

But I'm not just telling you to get sun. I want you to get sun on your balls. Yes, I'm telling you to go tan your nuts!

As beneficial as sunlight is to the body, think about when the last time you ever got sunshine in the places where the sun doesn't shine. If you're like most people

it probably wasn't since you were a tiny child and your parents let you walk around naked outside.

As was found in *Naked at Noon*, by Krispin Sullivan, direct sunlight on the scrotum, including the rest of the body, led to significant testosterone increases.

A study at Boston State Hospital showed that people exposed to UV light on their chest and back saw an increase of 120% to testosterone. That's pretty good. But when the genitals were exposed to the same like testosterone production increased 200%!

And as we saw, vitamin D has a connection to testosterone. Getting vitamin D production directly in that area appears to be even more powerful. This just takes it one step further.

Of course, for many people this may not be feasible, but if you could find a way, even to do it once in a while, how would you?



## **Tip #5 - It's Not Just for Decoration. This Common Throwaway Item and its Friends Pack a Powerful Punch**

Parsley is typically used as a garnish for foods. What I'm suggesting is that you eat this garnish, and use it even more often, and in bigger amounts like you see here.



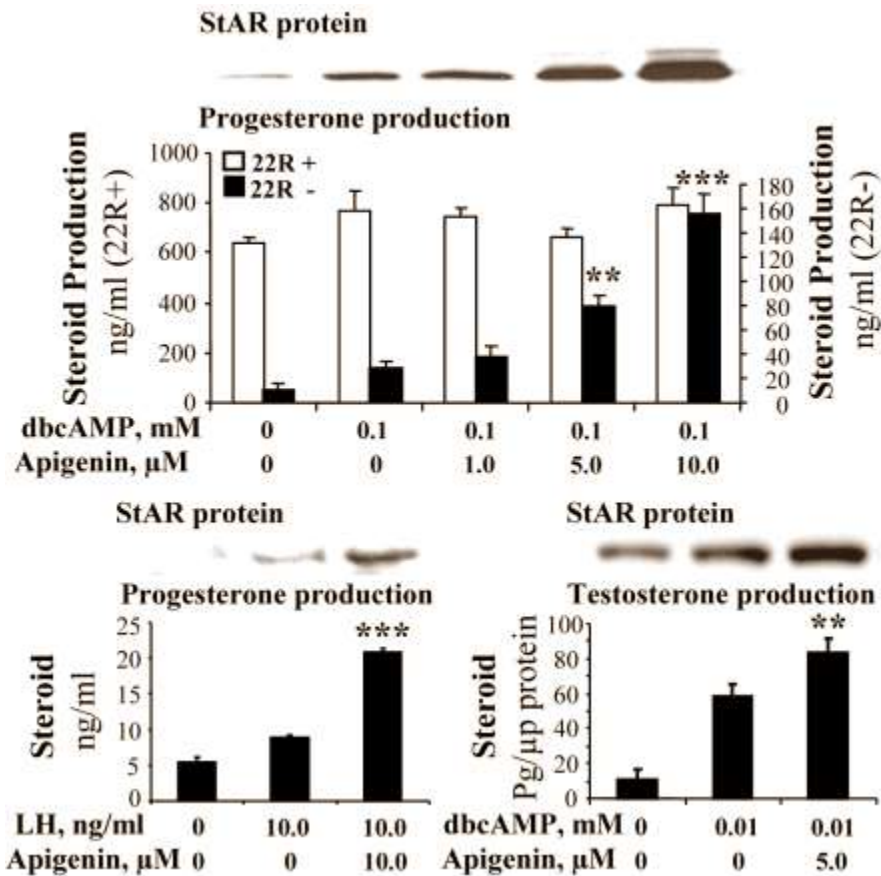
Parsley is rich in apigenin. This compound is great for lowering aromatase which is an enzyme in your body that converts testosterone into estrogen. While we need these process, men typically have too much of it going on.

In addition in a rat study, apigenin also helped boost testosterone and progesterone levels as you can see on the next page.

Link to the study:

<http://www.ncbi.nlm.nih.gov/pubmed/20537519>





Parsley isn't the only food like this. Most green leafy vegetables and green herbs have various different hormonal helping components. Some other favorites include:

- Cruciferous vegetables like broccoli, cauliflower, kale, etc.
- Beets and beet greens
- Artichokes
- Celery
- Oregano
- Tarragon
- Cilantro

So load up on your veggies and your culinary herbs to support your testosterone.

**Tip #6 - The 2 Second Trick to Increasing Your Testosterone up to 50%.  
You've got to see this to believe it...**

A recent study looked at body language and testosterone and found that by taking more “dominant” poses testosterone immediately increased, and cortisol went down. And the opposite occurred in “non-dominant” poses.

Just what are those poses? See for yourself. And then take a look at how you are right now reading this...

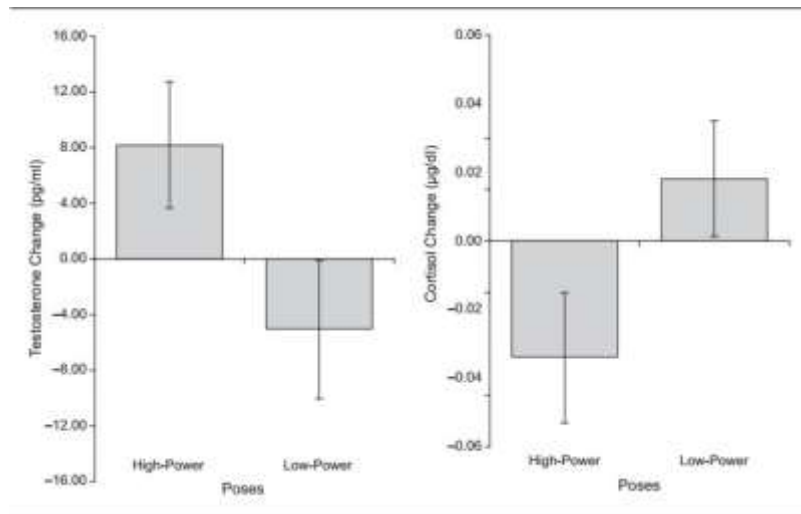


**Fig. 1.** The two high-power poses used in the study. Participants in the high-power-pose condition were posed in expansive positions with open limbs.



**Fig. 2.** The two low-power poses used in the study. Participants in the low-power-pose condition were posed in contractive positions with closed limbs.

These poses resulted in the following changes:



Basically, if you sit and stand like a man you'll hormonally be more of one!

If you'd like more detail on this, you can download the PDF of the research report at this link:

<http://www.people.hbs.edu/acuddy/in%20press,%20carney,%20cuddy,%20&%20yap,%20psych%20science.pdf>

In neuro-linguistic programming (NLP) it's commonly pointed out that your physiology, that is your posture, determines your state and internal representations, which basically means how you think and feel. How you think and feel impacts and is impacted by chemical messengers. This works in the reverse direction as well. If you change your state, or how you think, your body will change in relation.

Of course, this applies to all areas of life. "Dominant behavior" includes having or taking control of your life in many different ways. This is important. Being dominant doesn't mean being a dick, but it certainly means not being a wuss.

When I advise a positive attitude, it's not some "Pollyannaish" idea, but instead about self-responsibility.

Take control of your own life. Only you can do it. If you leave things up to others that means you're not being an "alpha". If you blame external circumstances for your woes than you have abdicated control.

Once again, this isn't about being an asshole. It's about being confident and courageous. While high T levels help you to do this, the other way around works just as well.

## **Tip #7 - How a Horrible Tasting Root can Increase Your Testosterone AND Keeps it Freely Available through 3 Pathways**

If you've ever had your testosterone levels tested you may have seen the different numbers of total testosterone and free testosterone. Both are important because if only one of those numbers is good, you won't be getting the benefits of optimal levels of testosterone.

Even if you have a high total testosterone, it can be converted into estrogen, as we talked about earlier with the aromatase enzyme, or it can be bound up and rendered inert by something called SHBG (sex hormone binding globulin).

Fortunately, there seems to be something that takes care of all three of these things, making it what just be the most effect male herb on the planet.

### **Tongkat Ali**



Tongkat Ali, also known as Longjack, is a tree root that comes from deep in the forests of Indonesia or Malaysia.

Tongkat Ali is theorized to trigger an enzyme in the testes to produce more testosterone by converting pregnenolone precursors into androgens, possibly through the effects of luteinizing hormone. It's also been said to stop the negative feedback loop that would normally shut down this increased production.

What's highly significant is that Tongkat Ali works through three of the mechanisms needed to ensure hormonal health in men.

1. Restore testosterone levels
2. Anti-estrogenic by lowering aromatase
3. Lowers SHBG

These are three of the main difficulties in hormones and Tongkat Ali does it all. In addition, this root has been shown to:

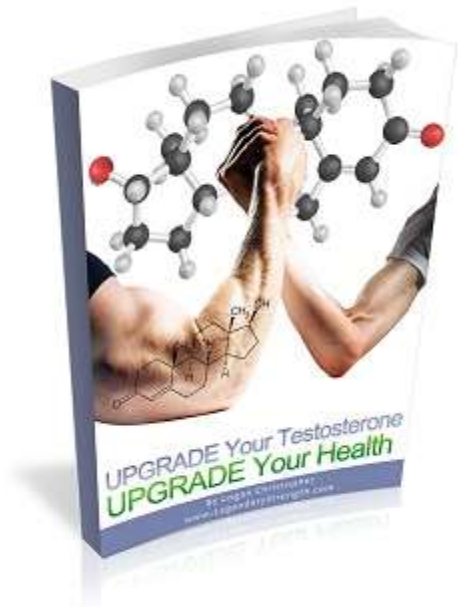
- Boost several parameters of sexual performance, including erectile function, hardness, performance, and satisfaction
- Increases Sperm Production and Motility
- Enhance strength and muscle
- Enhance mood and quality of life
- Increased muscle mass and strength, decreased fat
- Inhibit NF-kB

You can find out much more about it here and try it for yourself.

<https://lostempireherbs.com/tongkat-ali/>

## Get Even More?

This is just the tip of the iceberg. I put together an entire book on the subject of increasing testosterone. The previous seven tips are just a small fraction of what's inside.



You'll get a whole lot more including:

- **6 Steps to Battling Anti-Androgens**
- **6 More Steps to Increasing Testosterone and Its Allies**
- **Two 100% Free Ways to Test Your Testosterone**
- **A Peak into the Very Nature of Testosterone Itself...**
- **Bonus: T-Boosting Workouts**
- **Bonus: The Testosterone Action Plan and Checklist**
- **And More**

Find Upgrade Your Testosterone at:

<https://lostempireherbs.com/upgrade-your-testosterone/>