

**matinggrounds.co**

PRESENTS

**HOW TO  
NATURALLY  
INCREASE  
TESTOSTERONE**

**BY TUCKER MAX**

**WANT TO GET**  
**matinggrounds.co**  
**EBOOKS LIKE THIS ONE**  
**FOR FREE?**

**GO HERE TO SEE OUR**  
**OTHER FREE GUIDES**



# TABLE OF CONTENTS

- 1.** *Disclaimer* [↗](#)
- 2.** *Why Did I Learn So Much About Testosterone That I Wrote A Book About It?* [↗](#)
- 3.** *A Brief Introduction To This Book* [↗](#)
  - 3.1** *The Point Of This Book* [↗](#)
  - 3.2** *What Will Not Help You* [↗](#)
  - 3.3** *Quick, Easy, Simple & Fun Work* [↗](#)
  - 3.4** *How To Use This Book* [↗](#)
- 4.** *The 3 Crucial Steps To Naturally Increase Your Testosterone* [↗](#)
  - 4.1** *Eat Better* [↗](#)
  - 4.2** *Exercise Better* [↗](#)
  - 4.3** *Sleep Better* [↗](#)
- 5.** *Tracking Your Progress: Optional, But Recommended* [↗](#)
- 6.** *Where Beginners Should Start: The Minimum Effective Dose Plan* [↗](#)
- 7.** *One Advanced Plan: Tucker's Current Plan* [↗](#)
- 8.** *Advanced Testosterone Concepts* [↗](#)
  - 8.1** *Micronutrient Testing* [↗](#)
  - 8.2** *Vitamin Megadosing* [↗](#)
  - 8.3** *Intermittent Fasting* [↗](#)
  - 8.4** *Cold Submersion* [↗](#)
  - 8.5** *Plastics* [↗](#)
  - 8.6** *Sexual Activity* [↗](#)
  - 8.7** *Fighting and Competing* [↗](#)
- 9.** *Emotion And Thought* [↗](#)
- A.1** *Appendix* [↗](#)
- A.2** *Appendix* [↗](#)



**DISCLAIMER**

# 1. DISCLAIMER

This is the legal bullshit I have to get out of the way. But I'm putting it in my terms, instead of stupid legalese, so you can actually understand what it says:

## WHY YOU MIGHT NOT WANT TO LISTEN TO ME, THE DISCLAIMER:

I'm not a doctor. I don't even play a doctor on TV. I have no formal medical training. I hold no certifications in any sort of hormone therapy. What you are about to read is NOT officially sanctioned medical advice from any recognized medical body, nor should you take it that way.

What you are about to read is a catalog of what I've learned about testosterone, where I learned it, and what I've found that worked for me (and a few other people) to increase testosterone levels. Nothing else.

I did three things to learn all this information:

1. I consulted with everyone I could find who had expertise in this area (some of whom were medical professionals, many of whom were not)
2. I read everything I could find about testosterone and

hormones (some of it from the established medical community, some not)

3. I tested on myself (and a few others) over and over until I found things that worked repeatedly

I was very thorough in my research and experimentation. My findings led me to a series of choices, both general and specific, which then developed into a plan that worked...on me. It was a process, not a pill. That is why I strongly advise you NOT to take my words as gospel, my process as method, or my specific plan as your own.

Instead, take what I say as a truthful and honest account of my experience, then use it only as a starting point for yourself. Be skeptical of it. Think for yourself. Test my information and procedures, measure the results, see how it works with your body, learn from your own experiments and from other sources you research. Treat this information I am presenting you not as inviolate fact, not as the dictates of authority to be blindly followed, but as one person's findings, to be scrutinized and evaluated.

In fact, you should treat ALL information from ALL sources this way...but that's a different discussion.

2

**WHY DID I LEARN  
SO MUCH ABOUT  
TESTOSTERONE  
THAT I WROTE A  
BOOK ABOUT IT?**

## 2. WHY DID I LEARN SO MUCH ABOUT TESTOSTERONE THAT I WROTE A BOOK ABOUT IT?

This section is only backstory on me and why I wrote this book. You can skip it and miss none of the important information about about testosterone, but it is a pretty funny account of what an idiot I can be.

### WHY I LEARNED ABOUT TESTOSTERONE

If you are familiar with my books, I am sure the first question was the obvious one, “Why the fuck is Tucker Max writing about testosterone?”

A good question. The fact is, I HAD to learn about testosterone, for my own health.

I did something very stupid and reckless that ended up drastically reducing my natural testosterone count. I found no help from the established medical community, nor any other alternative sources, so I ended up learning and testing all the best methods for naturally increasing testosterone myself, and

figured out what actually worked.

What did I do that was so stupid and reckless? I shot x-rays across my balls. On purpose.

It was incredibly stupid. And really, really funny (see below). I even have it on video (see that below too).

Predictably, this had a negative effect on my health. I ended up feeling awful, and I figured out it was because radiation has a negative effect on testosterone levels. Mine specifically.

The first doctor I went to about my problem was Dr. Drew. Like, radio/TV famous Dr. Drew. On the air. I was a guest on his show. You can guess his reaction. In fact, you can read about it below. Then I went to a hormone doctor, which was an event itself. Of course, she was absolutely no help, nor was anyone else from the medical establishment that I had contact with.

I had to figure something out, so I took it upon myself to learn about the field and see what I could do to help my own situation.

I ended up figuring out quite a bit, and realized that most of the conventional information about testosterone is either driven by crass commercial intent, or total bullshit. But that's why I learned so much about testosterone, NOT actually why I

wrote a book about it. This book is a result of something else, a total accident actually.

## WHY I WROTE A BOOK ABOUT TESTOSTERONE

At the end of the last story in this tragically comical series, I wrote this throwaway line:

*“I can happily report that my testosterone is now better than ever, because with the help of a few very smart people (not doctors), I figured out a way to fix it naturally using megadosing of certain vitamins and certain specific dietary and lifestyle changes. But that is a long, long story, and definitely not one that is entertaining enough to tell in this book.”*

I was going to cut that from the book, because quite honestly, not only is information about testosterone not funny, but even me mentioning that its not funny is well...not funny. And that was the point of my previous books, to be funny. I ended up leaving it in by accident, forgetting to cut it out because of a mistake in the copy-editing process.

Lo and behold, that insignificant paragraph has generated at least 5000 emails from guys asking what I did that worked. Or from women asking for their men.

I promised all of them that I'd write it up eventually, and now

here we are.

But it is more than that though. I spent my valuable time compiling this information because I remember what it was like when I started down the path to learning about testosterone and hormones. At first I was just confused—there was so much contradictory information floating out there. But that confusion quickly turned to anger when I figured out the problem: no one was telling the objective truth, because almost all of them had either hidden or explicit agendas.

That's why this book exists. To solve that problem: **I wrote the book I wished had existed when I started this journey.** I hope it helps you as much as it helped me.

## **THE WHOLE, FUNNY BACKSTORY OF HOW MY TESTOSTERONE GOT FUCKED UP**

This is not by any means an integral part of this book, but I am including the stories I wrote in my other books that led to this book in the [🔗 Appendix.1](#) just in case you want to read them.



**A BRIEF  
INTRODUCTION  
TO THIS BOOK**

# 3. A BRIEF INTRODUCTION TO THIS BOOK

## 3.1 THE POINT OF THIS BOOK

The point of this book is a simple one:

**To explain how men can easily, safely and naturally increase their testosterone.**

That's it. This is a short ebook, and that's the only goal I set out to accomplish with it. I will walk you through exactly what to do to safely and naturally increase your testosterone, with clear, easy, actionable instructions. If you do a half decent job following the Minimum Effective Dose plan, you will see good results. Usually, really good results. If you go one step further, and really absorb and practice all the things I recommend, you'll eventually experience great results. I know, because I have done it, and I did it with the information in this book.

Just so you're aware and don't look for these things, here what I'm NOT going to do in this book:

I'm not going to explain why you should care about increasing your testosterone. There are great reasons that explain this, but the fact is, you are reading a book about how to increase your testosterone, so you should already know *why*. If you

don't, find the book called "WHY You Should Increase Your Testosterone" and read that first.

I'm not going to spend much time on defending or explaining my recommendations. This book tells you exactly what to do, but very little time explaining why. But know that everything I recommend has not only been extensively tested by me and other people, all my advice is also firmly backed by the latest, best empirical research. If you want more explanation or a better understanding of any topic, please feel free to read all of my sources. Most of you will never do further research into the science behind all of these recommendations—and that's fine—but the references are there if you ever have the urge to dive deeper.

I'm not going to sell you anything. I don't even have anything to sell that's related to this book. This is not a way for me to peddle supplements or a diet plan or a new gym or anything like that. All the info you need to naturally raise your testosterone is in this book.

I'm not going to inspire, motivate or coddle you. I'm not a life coach. I'm not your father. I'm not going to hold your dick for you when you piss. Either you'll take my advice or not. The only way to get results is with actions, and the actions are up to you.

## 3.2 WHAT WILL NOT HELP YOU INCREASE YOUR TESTOSTERONE

First the bad news:

**Your hormones cannot be fixed with pills<sup>1</sup>, tricks, small changes or supplements.**

If you expected that this guide would tell you to pop a few pills, or do some weird type of ab crunch, or jump in a cold shower once a week, then you'll be disappointed.

All the things you see advertised and talked about as promoting testosterone—from deer antler spray to andro to stinging nettles to all sorts of weird pills or ointments like that—are usually complete frauds that exist just to scam you out of your money.

But even if they do actually work (for example, deer antler spray has some decent empirical evidence behind it), those sorts of supplements only increase testosterone a very small

---

<sup>1</sup> The exception to this “pills don't work” rule are people with legit biological hormonal issues that can only be addressed by testosterone replacement therapy. So yes, a pill can work. Except that TRT is horrendously damaging to a healthy male body, and should be avoided if at all possible, and used only in those cases where there is no other possible option.

amount, and even then, only at the margins. What that means is that these pills are useful to a very select set of people: professional or high level athletes who need every single tiny, 1% advantage they can get. That is probably not you.

Why is this? Because of the way that the human endocrine (hormone) system works. Your testosterone, like all endocrine systems, stays in dynamic balance (homeostasis) through a complicated system of hormonal checks and balances. If you just try to trick it with things like hormone supplements, it will quickly fight back to reduce sensitivity to those supplements (e.g. by down-regulating testosterone production). This means you can't outsmart your body. The only sustainable way to boost testosterone is to build a healthy biochemical foundation so that your body feels, in effect, that's safe to spend energy on boosting testosterone levels.

This means that the **ONLY** safe, natural and effective way to address hormone imbalances for 99% of men is a focus on the core fundamentals of human existence: food, movement, sleep, thought, sex. Fix those first, and your hormones will follow. **Especially** testosterone.

That's the bad news. Sounds boring and tedious right? Not so fast. Here comes the good news.

### 3.3 QUICK, EASY & FUN ACTUALLY WORK

If you're looking for a quick fix, that's perfectly fine. You'll see substantial results with the Minimum Effective Dose (MED) plan in only 3 weeks (maybe less). Remember, "quick" is not the same as "tricks." Quick—if done right—can work.

And if you're kinda lazy and don't want to do a lot, that's OK too. The MED plan is really easy to implement and, for the most part, really enjoyable too.

I'm basically going to tell you to eat bacon, sleep late, lift heavy things, and be happy (and have more sex too, if you can swing it). Who doesn't want to do that?

Quick, easy and fun fixes can work. Pills don't.

### 3.4 HOW TO USE THIS BOOK

To see results, you don't have to understand everything in this book. Just like you don't have to understand electrical engineering to use a computer, you don't need to understand the neurobiology of hormones to increase your testosterone.

In fact, you don't really even need to read the book. If all you care about is immediate results and you're willing to just take my recommendations, then skip to section [🔗](#) ***"The Minimum Effective Dose Plan,"*** and start it today. You can read the rest

of the book at your leisure, if you ever do. [I'd also recommend doing blood testing and basic baseline measurements, which I cover fully in Chapter 5, [🔗 \*Tracking Your Progress.\*](#)

That being said, if you're going to start messing with your hormones, it's usually better to have a decent idea of what you are doing, and why. If you want that, you gotta read.

4

**THE 3 CRUCIAL  
STEPS TO  
NATURALLY  
INCREASE YOUR  
TESTOSTERONE**

## 4. THE 3 CRUCIAL STEPS TO NATURALLY INCREASE YOUR TESTOSTERONE

There are three fundamental aspects to naturally increasing your testosterone:

1. **Eating**
2. **Exercising**
3. **Sleeping**

In this book, I briefly explain why each area is important. Then I walk you through the basics of the behavioral and biological science at the foundation of each category, and explain their (crucial) relevance to testosterone. From there I give you a set of proven, tested plans to improve each area that you can immediately implement. For each area, I outline the Minimum Effective Dose plan, which is a great place to start and will be more than enough for most guys to see incredible results.

But I go beyond the Minimum Effective Dose within each category, if you want or need greater results. There is quite a bit of tinkering and specialization you can do to craft a plan that might work even better than the minimum, if you so choose. The specifics can vary widely, and some things only work with some people. If you want to get that last 20% of the

possible results, you'll have to do some work, and I explain how you can do that.

At this point, it's important to for you to understand that the ideal plan does not exist within the pages of this book. The ideal plan is not the Minimum Effective Dose plan, nor is it even my current plan (which I put in the back as well). That plan is very different from the MED plan and very well suited for me, but wouldn't be great for a lot of people.

Rather, the ideal plan is one that you have tested and iterated and is specific to YOU. My goal is to make you understand there are many paths to success in this area, and that you can use this book as a starting point and guide to find the right one for you, if that's what you choose to do.

As I always tell my employees: Perfect is the enemy of good, and good actions always beat perfect plans that have no action. Just worry about doing a good job following any version of the plans laid out in here, and you'll be fine.

## **4.1 EAT BETTER**

### **Why Food Matters To Testosterone**

The foundational building blocks of testosterone production are the stuff you put in your body; i.e., the food you eat.

🔗 **Testosterone is made out of dietary cholesterol.** The steps your body takes to produce that testosterone require several hormonal interactions and different biological feedback mechanisms, each of which involves different vitamins or nutrients, all of which are acquired through diet. If this is complicated to you, the thing you need to understand is this:

*If you don't eat right, nothing else you do will matter to testosterone production.*

You don't have to be perfect, you just have to be good, and I'm going to show you how.

## **MOST OF WHAT YOU THINK ABOUT FOOD IS PROBABLY WRONG**

Unless your nutritional knowledge is fairly current, most of what you think about food and eating is probably wrong. I won't get too far into this topic as there are whole books about it that do a much better job of explaining the current state of nutrition science, popularization, and how we got here (they're in the Appendix). The key takeaway: a high fiber, low fat diet is NOT healthy. This idea is VERY wrong, especially for men and testosterone.

## **THE PRINCIPLE OF PROPER EATING**

I have tried nearly every diet and food program there is. Most don't work. The ones that do work, all abide by one simple principle:

**Eat mostly unprocessed, natural, fresh foods that humans are biologically designed to eat.**

Here's what you should eat:

1. Vegetables (mostly green, pretty much anything that you can find in the produce department)
2. Good starches (that means things like legumes [beans], sweet potatoes, etc)
3. A LOT of animal protein, animal fat, and other animal parts (like organs such as liver and hearts)

Here's what you should NOT eat:

1. Sugar (this means anything with sugar as an ingredient, like soda, candy, fruit juice, pudding, etc)
2. Wheat and grains (this means anything made from grain, like pasta, bread, cereal, most chips, etc)
3. Soy (again, nothing made with soy, like tofu or soy based oils in salad dressings or fryers)

The eating plans that adhere to the tenets of this basic principle accomplish a few key goals:

- They cut out the foods that inhibit testosterone production (like sugar, soy, and grain)
- They increase the amount of clean fat you eat (which is essential for building testosterone)
- They increase the amount of clean protein you eat (which builds muscle, which helps increase testosterone)
- They cut your body fat (excessive body fat inhibits testosterone production)

## WHY THIS PRINCIPLE WORKS

In the most basic terms, this basic principle works because it gets you to eat the food that your body was designed to eat, which in turn gets your body to produce the optimal amount of hormones.

Think about it like this: Tigers are animals, evolved to live in a certain biological niche. They are evolved to eat certain foods—basically, other animals smaller than themselves—and when they eat those, they are healthy. Ask any zookeeper, and she'll tell you if feed a vegetarian diet to a carnivorous apex predator like a tiger, it literally dies from malnutrition.

Humans are the exact same way. We are animals and, like all animals, we evolved in a certain ecological niche and are adapted to eat a specific set of foods commensurate with our place in that niche (the only difference between us and

tigers is that we have a much broader range of things we can eat and be healthy, because we are omnivores and they are carnivores). If we eat industrial, chemical-laden foods that have never existed in nature and our bodies can't process, we get sick. If we mainly eat the natural foods our bodies are designed to eat, we are healthy.

For men, one of the main benefits of this dietary truism comes in the form of our testosterone production. There is nothing more important to having lots of testosterone than following these dietary principles.

### **Fat = Good for Testosterone (and overall health)**

This is not a guess or a half-baked personal theory. The research is very clear:

*Eating lots of fat is crucial for healthy testosterone levels.*

Everything you have heard about fat being bad for you is wrong. The empirical, scientific evidence is very clear: good fat is very good for your overall health, and most relevant to you, fat is the building block for creating testosterone. This means if you want more testosterone, you **MUST** eat more animal fat (this means bacon too, so yes, this is great news).

**General Research:** A diet in which over 40% of calories come from fat (particularly saturated animal fat) *has been proven to generate higher testosterone levels*

compared to an equivalent diet where only 25% of calories from fat. Once again, the results were reversed when dieters switched back to the high-fat diet. In another study, saturated fat, monosaturated fat, and cholesterol intakes were all *☞ strongly correlated with higher levels of T*. Eating meat is not the only way to get these good fats, however.

**Coconut Oil:** Rats who were fed coconut oil daily for 60 days had lower stress levels in their testes than those who consumed olive oil, soybean oil, grapeseed oil, or no oil, resulting in *☞ significantly higher levels of testosterone*.

**Butter:** One of the main reasons that coconut oil raises testosterone is its high content of saturated fat. High-fat diets with a focus on saturated fat *☞ lead to 15% higher Testosterone levels* than low-fat diets with an emphasis on poly-unsaturated fats. Butter is a great way to increase your intake of healthy saturated fats.

### **Sugar, Wheat & Soy = Bad**

The other side of the research is also very clear:

*Processed sugar, grains and soy destroy your ability to produce testosterone (mainly because they are poison to human beings).*

Without going into intricate detail, this is how these things impair your testosterone:

**Sugar:** Consuming sugar skyrockets your insulin levels and decreases your body's insulin sensitivity. This causes a whole host of health problems, including obesity and diabetes (learn more here), and is [🔗 \*strongly correlated with lower levels\*](#) of testosterone. NOTE: remember that most sugar in the American diet comes through other sources like soda, juices, sauces, etc.

**Grain:** Grains and other high-glycemic index carbs are immediately converted into sugar in your body. This means that consuming grains causes all the same problems related to consuming sugar, and then some ([🔗 \*learn more here\*](#)). And more to this point, a “healthy” low-fat, high-fiber diet has been [🔗 \*shown to decrease T levels\*](#). Gluten destroys proper hormone balance. For example, high grain diets have been shown to [🔗 \*reduce your body's ability to synthesize\*](#) Vitamin D which, as we'll discuss later, is crucial to testosterone production.

I could list the research here for pages—the research on the interaction between thyroid hormones (crucial to T production) and grain alone is a book itself—suffice it to say it's hard to find a hormone in the human body that grain or gluten doesn't screw up.

**Soy:** The relationship between soy and hormones is very complex, but the evidence is clear: consistent ingestion of soy substantially [🔗 \*decreases testosterone levels\*](#) in healthy men.

The good news? Cutting soy out almost immediately reverses the problem.

### **QUICK ASIDE: What about heart disease?**

Some of you are almost certainly thinking, “Maybe a high-fat diet raises testosterone, but what good is that if I die of a heart attack?” There’s a lot more to explain on this subject than we have room for here, but that idea is totally wrong. The concept that dietary fat is a risk factor for heart disease is called the “lipid hypothesis” of heart disease and it’s now resoundingly rejected by the best researchers and scientists. To be clear:

*The idea that dietary fat (i.e., the fat that you eat) is a cause of heart disease is totally, completely wrong.*

Basically, for the past 50 years, we’ve been fed the message that grains are healthy and fats are evil. This grain-centric message was all based on bullshit research that is now resoundingly dismissed in scientific circles, but it’s contributed to huge public health problems. This might seem counterintuitive, but it’s only because people who didn’t know any better (the media) were fed the wrong story by people who should know better (doctors) but don’t actually know anything about nutrition (seriously, doctors are not taught nutrition in med school).

[As a side note, it actually appears that grains and sugars, in their interactions with fat in the body, that are responsible

for heart disease. The empirical evidence on this is still developing, but to me at least, it is extremely persuasive. The developing research in this field is covered well in the book *Good Calories, Bad Calories*, among other sources.]

### **BASIC RESEARCH:**

- 🔗 *Eating fat won't make you fat*
- 🔗 *Eating saturated fat is completely uncorrelated with heart disease*
- 🔗 *Eating cholesterol actually lowers your cholesterol*

There are entire books about this (see the Appendix). If you want a good beginner's overview of the science and why conventional wisdom is so messed up without having to read, watch the documentary 🔗 *Fat Head* (free on YouTube). It's kind of silly and unprofessional, but the facts are right and it explains the issue really simply.

## **THE THREE DIETS**

I am going to introduce you to the three best diets I know of, both for overall health and for maximizing testosterone in men. I have used all three, they each work very well, they are easy to understand and use, and most importantly, all three of them adhere to and incorporate the principles I list above.

**But before I do: A Quick Word On Diets and Eating**

- 1. Don't think of them as diets, they are lifestyles:** I don't like using the word "diet" because I am not on a diet, but I use it because it's so common. To many people, the word "diet" implies something you are doing for a period of time that involves restricting you from everything good that you like. This is not the case for me, nor should it be for you. I eat a certain way because it's healthy, enjoyable, easy and gives me the physical results that I want. This "diet" is my lifestyle; it's the way I have eaten for years, and will eat forever. The diets I am about to share with you are ways to fundamentally change your life. They will (if you do the work) become part of who you are and how you create the results you are looking for the rest of your life.
- 2. Eating should always be enjoyable and easy:** You aren't going to do something you don't like, or that makes you miserable, even if it gets you amazing testosterone results. Each of these ways to eat are very enjoyable. You'll never be hungry eating this way. Don't look at this like a chore; see it as an opportunity to change your life for the better, while you do something that's also fun (seriously, I'm going to tell you to eat more bacon). Now—don't get me wrong, some of the changes might be hard at first. If they're hard to you, then go slow, do a little a time and make slow progress. Which leads to the next point:
- 3. Perfect Is The Enemy; Aim For Good:** In many things in life, it's either all or nothing. You hit the shot or you miss it.

You get the girl or you don't. FOOD IS NOT LIKE THAT. You don't need to eat perfectly to see results. Even if you only make small changes—for example, you only reduce your sugar and wheat intake by 80%, not eliminate it—you'll still see results. Good results. Of course the more you do, the better results you'll get, but the point is that you should not see this as an “all-or-nothing” type deal. Do the best you can, and you'll be better off than you were. And remember: You can start small and then move big. I know plenty of people who started with one change, added one per month, and in a year were doing all the right things and had amazing results.

[Oh yeah, as you read this, as you read the diets below, just know that this is how the *LA Lakers* eat. As well as *Ray Allen, Derrick Rose and Blake Griffin*, who eat mostly paleo, and a TON of other pro athletes (all linked in the Appendix). Mark my words, in a few years, some variation on the diets listed below will be the only way any serious professional athletes eat, and will be standard societal knowledge.]

## THE MINIMUM EFFECTIVE DOSE:

### The Slow Carb Diet

This is by far the easiest of the three diets. And this is going to sound counter-intuitive, but for most people, the easiest option is also actually the best option. The Slow Carb Diet will

get you 80% of the results of the paleo/primal diet, and 70% of the results of an ancestral diet—which is more than enough for most people—with way less effort than either of those diets require.

That’s what makes the Slow Carb Diet great—it is SO EASY to understand and follow, so enjoyable to execute, and the results happen so fast that compliance rates are really high.

I was introduced to the Slow Carb Diet by the guy who invented it, Tim Ferriss. This was long before his #1 best seller *The 4 Hour Body* introduced this diet to the world. He explained it to me then, and it hasn’t really changed much since. It’s very simple. Here’s the basic diet plan:

**1. Avoid white carbohydrates** (or any carbohydrate that can be white): Tim likes to phrase this as “white carbs” because it’s easier for people to remember, but he’s telling you the same thing I said above. This list is all the things I mentioned above, and more:

- No bread
- No sugar (or anything with sugar in it, like soda, candy, pudding, ice cream, etc)
- No rice
- No cereal
- No pasta
- No potatoes

- No soy products (tofu, etc)
- Nothing breaded
- No noodles (they are made from rice or flour usually)

Yes, I know those foods can be delicious. They also make you disastrously sick, and impair your body's ability to make testosterone. Cut them out.

**2. Eat the same few meals over and over:** Most people are much more likely to stick with a diet plan if it doesn't involve a lot of decision making. One way to do that is to eat same few meals repeatedly. I'll give you some guidelines for creating these meals further down. Personally, I don't think this is that important, but a lot of the people on Slow Carb love this idea. It removes a decision they have to make, which makes their life easier, especially at the beginning when people have problems figuring out what to eat.

**3. Don't drink calories:** Do not drink ANYTHING that has calories. No milk, fruit juices, regular soda, etc. You can drink massive quantities of water, and as much unsweetened iced tea, tea, diet drinks, coffee (without cream), or other no-calorie drinks as you want.

[I've talked to Tim about this, and the prohibition against drinking calories is really just an easy way to get people to stop drinking fruit juices and sodas. They have SO MUCH sugar.]

- 4. Don't eat fruit:** A lot of people think that because fruit has vitamins and nutrients, they can eat as much as they want. Fruit is also loaded with sugar and, therefore, off limits.
- 5. Take one day off per week:** This is most everyone's favorite part of this diet: The off day. Tim says to go absolutely wild. Eat anything and everything that you want. This is useful both psychologically (because it makes the rest of the week easier) and physically (because spiking caloric intake increases fat loss by keeping your metabolism from downregulating). So if you feel like you are going to miss ice cream or pasta too much, just save it all for one day a week, and pig out then. Problem solved.

I will tell you this: The first few months when I was on the Slow Carb, I would go nuts on off days, and feel like shit afterwards, and gain a ton of weight (which admittedly, all fell off within a day or two). I realized that I was eating more than I even wanted to, and eating things I didn't even like, just because it was an off day. So I added a personal rule that my off days were limited to one meal and "gluten free." This way I could get lots of sugary and carby treats, like ice cream and french fries, but not have the awful wheat impact on my body and my hormones. I felt like it improved the diet a lot, at least for me.

### **What Can You Eat?**

A lot. This is SUCH an easy way to eat, I promise. In fact, this

is basically the way humans ate for, oh, 100,000 years or so before the advent of agriculture.

What does an average meal on the Slow Carb Diet look like? The easiest way to create a meal plan is to mix and match together one food from each of the following categories:

- Proteins:** Eggs, chicken, steak, beef, pork, lamb, fish.  
Pretty much any animal flesh.
- Legumes:** Lentils, Black beans, Pinto beans
- Vegetables:** Spinach, Asparagus, Peas, Mixed vegetables, Broccoli, Green beans, Sauerkraut (or any pickled or fermented vegetable).

NOTE: If there is one thing you really need to pay attention to, its that you need to make sure you add enough legumes (or good starches like sweet potatoes) to your meals to make up for the lost grains and sugars. A big problem people on the Slow Carb Diet face is being hungry a lot at first, but that's because they aren't eating enough fat and legumes to replace the caloric load of the lost sugars and grains. Don't be hungry. Eat enough.

### **Meal Frequency**

I know you've heard all kinds of shit about when the best times to eat are, and how many meals you should eat a day, etc, etc. I'll make it easy for you: **Ignore it all.** For the most part, it's ALL irrelevant bullshit, it makes things more

complicated than they need to be, and it distracts from the most important issue: WHAT you are eating. This applies to all three diets, but I'm putting it here. Follow this single rule and you'll be fine:

*As long as you're only eating the right things, and only eating when you're hungry, then meal timing and meal frequency don't matter at all.*

### **MORE RESOURCES:**

That's it. Easy, right? It really is. I know it will take some of you time to get used to cutting wheat and sugar and rice and potatoes out, but it will get you the results you want. If you need more information or more ideas, feel free to use any of the free resources below:

### **MORE INFORMATION:**

- [\*The original post that started this diet\*](#)
- [\*The Four Hour Body \(the chapter on the Slow Carb Diet is probably the definitive thing on it\)\*](#)
- [\*Sample Slow Carb Meal Plan\*](#)
- [\*Success Stories\*](#)
- [\*The Slow Carb Subreddit\*](#)

### **RECIPES:**

- [\*The Slow Carb Cookbook\*](#)
- [\*Four Hour Body Recipes\*](#)
- [\*Slow Carb Diet on Pinterest\*](#)

**TOOLS:**[🔗 Can I Eat It?](#)**What Else Works?:**

## The Paleo Diet, also called The Primal or Caveman Diet

I started Paleo after being on the Slow Carb Diet for about 6 months. I did this not because the Slow Carb Diet wasn't working, but because I'm an information junkie, and the amazing results I was seeing on the Slow Carb Diet made me want to understand how and why it worked, and why it seemed that everything I thought I knew about diet was wrong. I studied the work of Loren Cordain, Robb Wolf, Art DeVany, Mark Sisson and many others and realized that the Slow Carb Diet was working because it was basically a simplified version of the Paleo Diet, so I started doing the more advanced diet.

Here are the basics of the Paleo Diet, according to Robb Wolf [\(full article here\)](#):

*In simple terms the paleo diet is built from modern foods that (to the best of our ability) emulate the foods available to our pre-agricultural ancestors: Meat, fish, fowl, vegetables, fruits, roots, tubers and nuts. On the flip-side we see an omission of grains, legumes and dairy. As this is directed to folks new to the paleo*

*diet idea we need to address the “What Abouts.” This is the seemingly endless list of ingredients that folks ask: “What about artificial sweeteners, agave nectar, red wine...” In simple terms, if it’s not meat, fish, fowl, vegetables, fruits, roots, tubers or nuts... it’s a “no-go.”*

Notice that this is just a slightly more complex version of the Slow Carb Diet (or, really, the Slow Carb Diet is a slightly simpler version of the Paleo diet). The main difference: Paleo isn’t big on legumes, but it does allow fruits and tubers (potatoes) in moderation.

Now, notice those words: in moderation. Those didn’t exist in the last section. This is because the Paleo diet is slightly more nuanced than the Slow Carb Diet. It isn’t all black and white. There’s some thinking involved. Slow Carb is designed to eliminate any complex decisions (which is what makes it so easy), Paleo puts some of those back in.

What does an average meal on the Paleo Diet look like? Honestly, pretty similar to the Slow Carb Diet, with the limitless legumes being replaced by more vegetables, as well as occasional fruit and starchy vegetables.

**Proteins:** Eggs, Chicken breast or thigh, Grass-fed beef, Pork, Lamb, Venison

**Starchy**

**Vegetables:** Sweet potatoes, yams, squash

- Fruits:** Apples, Bananas, Berries
- Vegetables:** Spinach, Asparagus, Peas, Mixed vegetables, Carrots, Broccoli, Green beans, Sauerkraut (or any pickled or fermented vegetable)

### **MORE INFORMATION:**

- [\*Robb Wolf's What is the Paleo Diet?\*](#)
- [\*Mark Sisson's Definitive Guide to Primal Eating\*](#)
- [\*The Paleo Subreddit\*](#)

### **RECIPES:**

- [\*PaleOMG\*](#)
- [\*NomNom Paleo\*](#)
- [\*Primal Cravings Cookbook\*](#)

## The Ancestral Health Diet

I came to the Ancestral Health Diet after about 2-3 years being Paleo. This evolution came from testing the Paleo Diet on myself, realizing its limitations, then reading more and more about food and evolution and biology and starting to put all the pieces together. For example, I can process dairy easily, and I think some of the things the paleo people focus on are wrong. But realize that all of these things are just discussions

on the margins. None of the fundamentals really change.

My shift to the Ancestral Diet was not a result of looking to improve my testosterone scores. I was already feeling great, and though my testosterone went up on this diet, it wasn't by much. For most of you, if the only goal is testosterone, don't worry about going this far. This is much more about going from good health to optimal health. I went Ancestral as I began to focus on other things, like longevity, appearance, recovery, and joint mobility (for mixed martial arts).

Remember: the Ancestral Diet isn't a set, defined, never changing diet. It's a set of principles, and changes at the margins along with the leading edge science, so it's constantly evolving. My personal diet and meal examples are outlined later in this book, but the basic premises are as follows:

**Eat:**

- All the meat and vegetables emphasized in the Paleo diet
- Organ meats (like liver, kidney, heart)
- Bone broth
- Fermented, probiotic-rich foods (like yogurt and sauerkraut)
- Full-fat products (like butter, eggs, cheese, and whole milk)

**Avoid:**

- Carbs (keep them under 100g per day)
- Vegetable oils (like Canola, Corn, Cottonseed, Soy,

Sunflower, Safflower)

- Low-fat products

### **Other Notes:**

- Eat vegetables with fat, salt and acid (to optimize your body's ability to absorb its nutrients)
- Dairy is great, as long as it's either grassfed raw dairy, fermented, or both
- Legumes work great too, as long as they are properly soaked and cooked
- Certain starchy carbs like potatoes, can be good for you (either after really intense workouts, or as prebiotics to help with gut biome issues)
- Special attention should be paid to WHERE your food came from, and also with meat, what your food ate when it was alive. The more natural the source, the better. This stuff can get very complicated, but it's pretty simple: You want your meat to eat what it meant to eat; cows eat grass, chickens eat bugs and grubs, etc. Most animals are fed grain, which makes them just as sick as humans when they eat grain.

You'll notice a lot of overlap between all three of these diets. The biggest differences are that while the Slow Carb and Paleo diets focus on what NOT to eat, the Ancestral Diet also focuses on foods you SHOULD be eating but probably aren't. Thus, the emphasis on organ meats, fermented foods, and bone broths. Now, you can absolutely eat a Slow Carb Diet and emphasize these things, so applying Ancestral principles

to that diet is easy and advisable.

The other difference is that in the Ancestral Diet, you pay a LOT of attention to where your food came from and how it's made. I never mentioned organics or anything like that with the Slow Carb or Paleo/Primal diets not because that stuff doesn't matter (it does...a lot), it just matters far less than the bigger principles of being grain, sugar and soy free. One step at a time. I won't go into the various complications that can arise from sourcing food, but I spend quite a bit of time thinking about where my meat comes from, what it ate, how it was processed before it got to me, etc, etc.

**NOTE: Please, do NOT start with the Ancestral Diet.** It is far too complicated, you'll get overwhelmed and quit. Start with Slow Carb, it is really easy to understand and effectuate. Then move to Paleo and, if you are really interested, read more about the Ancestral Diet, and do that. Only when you're comfortable with the concepts should you start incorporating those principles into your primary way of eating, and evolve into that diet. Start with these resources:

#### **MORE INFORMATION:**

- 🔗 [\*Deep Nutrition\* and \*Food Rules\* by Catherine Shanahan](#)
- 🔗 [\*Catherine Shanahan's Blog\*](#)
- 🔗 [\*The Weston A. Price Dietary Guidelines\*](#)

## RECIPES:

- Some of the best places for Ancestral recipes are the cookbooks your Grandmother might have used...
- 🔗 *The Professional Chef by the Culinary Institute of America*
- 🔗 *Le Cordon Bleu at Home by Le Cordon Bleu*
- 🔗 *The Joy of Cooking by Irma Rombauer* (only buy editions published before 1960)
- 🔗 *Mastering the Art of French Cooking Volume I and Volume II by Julia Child* (buy the first edition, the new reprintings substitute healthy fats with vegetable oils)

## A Note On Organic/Grass-fed Food:

A lot of people ask me about this: “How important is organic/grass-fed/local/heritage breed/pasture raised/etc?”

The answer is not a simple one, for any of these categories. I use the Ancestral Diet (my personal eating habits are covered later), and I find that paying attention to the source and quality of the food I eat is very important to me. But I’ve seen people on the Slow Carb Diet that don’t even know what organic means, and they do great as well. Here’s probably the easiest way to think about it:

At the beginning, don’t worry about the source of your food. It’s hard enough to make these changes, don’t make it over complicated for yourself. Start with the Slow Carb or Paleo Diet, and see what results you get. If you get great results and you’re happy, then don’t sweat it.

If you're getting good results but want more, or if you feel like you really want to dive into the specifics and learn more and get the very best results possible, that's when you should start paying attention to the source and quality of your food. Organic does matter with some things (like leafy vegetables), and grass-fed does matter with some things (like lamb and beef), and sourcing your food can be very, very beneficial for your health. But these things aren't the most important things in eating, so get to them later, and then, only if you want to.

### **Alcohol:**

Each of these diets says different things about alcohol. I'll tell you what I think:

*If you enjoy alcohol, especially in moderation, then you should drink. The key is to drink the things that are best for you, and avoid the things that are bad.*

Drink In Moderation: Studies show that chronic alcohol consumption damages the Leydig cells in the testes, decreasing ↻ **testosterone production in the long term**. Any alcohol consumption ↻ **decreases testosterone in the short term**. However, there is no evidence that moderate alcohol consumption hurts testosterone levels in the long term.

### **Which Ones To Drink:**

**The Best: Red Wine.** As far as alcohol goes, red wine is your best bet. It contains a substance called resveratrol which actually [boosts testosterone](#), decreases the risk of [heart disease](#) and [cancer](#), as well as [reduces signs of aging](#).

**The Okay: White Wine, Champagne, & Unflavored Distilled Spirits like Vodka, Gin, Tequila, and Rum.** These drinks provide all the negatives of alcohol, but at least they don't do any further damage.

**The Worst: Beer.** A substance called 8-PN in the hops in beer boosts estrogen, which [decreases testosterone](#). Beer is also made from grain (wheat or barley) and is therefore packed with bad carbs, so it includes all the negatives that come along with eating grains and sugar. Avoid it if you can help it at all. If you MUST drink something out of a bottle, drink hard cider. It has no grain in it, though it is pretty sugary. You're better off with wine.

## EATING SUBSECTION: SUPPLEMENTS

This is the MOST important thing you can know about supplements:

*Supplements are NOT a substitute for real food, and supplements alone are not the solution to testosterone issues.*

Supplements should only be used as a way to fortify and, well, *supplement* your diet with specific nutrients that, for whatever reason, you are having trouble getting in your normal, daily eating process. If you can get all your nutrients from your food, then do it. Some of the common problems with supplements:

- 1. Real food is (almost) always better:** Supplements are almost never as good as legitimate food sources in getting bioavailable nutrients into the human system. There are many reasons for this and much research to support this fact, but the reality is, we still have a very poor understanding of nutrients, hormones, and the physical and genetic relationships between food and health. As a result, ANY supplement advice must be considered tenuous at best.
- 2. Behavioral changes:** A lot of times when people focus on supplements, it's a way of buying themselves the feeling that they're doing something, without actually having to do the work. Or they think they can eat crappy because they're taking vitamins and supplements. And far too many people think one or two small changes with supplements will get them the results they are looking for. It doesn't work like that. Know this: The solution to your problems — any problems — is not coming from a pill.

- 3. Little regulation:** Some supplement companies are fantastically run and have amazing products. Other companies are terrible, and it's often hard to tell who is who. Don't even get me started on all the charlatans out there who are pitching and selling all sorts of scammy bullshit. Yes, food has issues with quality too, but its much easier to tell if food is good than if supplements are (this is a big problem (both politically and health-wise) and too deep to get into here. If you want to peek down the rabbit hole, start with [🔗 this essay](#)).
- 4. Taking the wrong ones or forms:** There are so many different supplements out there, with so little reliable information on what works and what doesn't, it's hard to even know what you should or should not take. There are many vitamins that exist in multiple forms, and only some are bioavailable to humans. And this doesn't even get to the issue of knowing how much you need.
- 5. Creates a negative homeostasis:** This is a very complicated subject, but I'll try to explain it simply: Your body is a massively complicated set of different biological systems, that all give feedback to each other and regulate each other. And they all have one big goal: homeostasis. That means it wants all it's biological systems to regulated so that internal conditions remain stable and relatively constant. It wants things to stay the same.

Taking supplements that are divorced from the states our bodies are biologically designed to process them can in effect cause our body to change it's systems so that homeostasis is preserved. Here's a simple example: Guys who take steroids have all kinds of hormonal problems when they stop. Why? Well, one of the main reasons is that putting loads of powerful external hormones into your body causes your body to stop making it's own, and sometimes it will even INCREASE estrogen production to compensate for such a huge uptick in external testosterone. That's why so many roid-heads have bitch tits. Whoops. ([🔗 Seth Roberts talks about how this causes drug overdoses here](#)).

All that you need to know is this: The more you try to fuck with your bodies natural systems, the more the body fights back. You're better off doing things the way your body is designed to do them—slow, methodical, and as close to natural as possible.

## **WHICH SUPPLEMENTS DO YOU NEED?**

All that being said, there are some broad patterns that almost all men need, especially those who are Testosterone deficient. If you feel like you must supplement, start below. If you still want more results, then move to micronutrient testing and specific supplements (covered in the Advanced Topics section)

## Supplements For (Almost) Everyone:

- 1. Fish Oil:** The vast majority of people have an omega 3/omega 6 imbalance from eating too many carbs and from eating animals that were fed only carbs, like corn. Why does this matter? Not having the right O3/O6 balance leads to inflammation and causes issues with several hormones. Also, having the proper amounts of fats, especially the fats in fish oil, can help with testosterone. Fish oil supplements are the best and easiest way to get your omega 3s.

**Research:** A diet high in omega 3s [↗](#) **decreases SHBG** (which turns free testosterone into useless testosterone), and also increases Luteinizing Hormone, which [↗](#) **triggers testosterone production.**

**Food Sources of Omega 3s:** Omega 3s are fats, and are thus found in healthy, fatty foods like salmon, flax seeds, walnuts, sardines, grass-fed beef, and halibut. This is one supplement where you should use the pill, even if you eat a lot of fish (mainly because the pill is basically real food, it's not a single nutrient divorced from its natural context).

**Supplements (not the only ones, just the ones I have used and like):**

- [↗](#) ***Nature's Bounty Fish Oil***
- [↗](#) ***Carlson Labs Very Finest Fish Oil***

- 🔗 [\*Green Pastures Royal Butter Oil / Fermented Cod Liver Oil Blend\*](#)
- 🔗 [\*Vital Choice Wild Salmon Oil\*](#)
- 🔗 [\*If you want a more detailed guide to buying Fish Oil supplements, read this.\*](#)

My Recommendation: Take 3-5 grams per day of any of the fish oil capsules I list, that should be enough.

- 2. Vitamin D:** The ranges for Vitamin D on most blood tests are not right, I think. On most blood tests, it begins the vitamin D range at 30 ng/dl. For a man with testosterone issues, your minimum needs to be about 55 ng/dl. I try to be in the 60's or 70's to be safe. This can lead to some incredible megadosing. The FDA recommended daily allowance is 600 IUs. I take between 4000 and 10000 IUs a day. NOTE: Be careful, you can overdose with Vitamin D. 100 ng/dl is getting into the overdose range.

**Research:** Supplementing daily with 3,332 IUs of Vitamin D has been shown to 🔗 *significantly increase total testosterone*, bioactive testosterone and free testosterone.

**Other sources of Vitamin D:** Actually, sunlight is best. If you can spend like 30 minutes to an hour a day in the sunlight, you'll be good on D. If not, there are also small amounts in portabella mushrooms and some fatty fish like salmon, catfish, mackerel, sardines, tuna and eel, but for

the most part, food sources won't cover you on this. Sucks, I know.

**Supplements (not the only ones, just the ones I have used and like):**

- 🔗 *Carlson, 4000 IU drops*
- 🔗 *Nature's Bounty High Potency Softgels*
- 🔗 *Trader Joe's Vitamin D Softgels*

**My Recommendation:** Take 1-2 drops of the Carlson 4000IU drops per day, in the morning (NOTE: Do NOT do this if you are getting 2 hours or more of direct sunlight every day. Just because some is good, more is NOT always better).

- 3. Branched-Chain Amino Acids (BCAAs):** It's hard to get enough protein, so I usually recommend that guys who are doing heavy lifting also supplement with BCAA's. Furthermore, it's not just about protein, BCAA's are the only amino acids that our body can't make itself. Without getting too far into the science, they are important, and produce excellent anabolic effects if taken before your workout especially.

**Research:** Athletes who consumed BCAAs displayed significantly 🔗 *higher testosterone levels*, as well as lower cortisol levels. As we'll discuss in the chapter on stress,

high cortisol levels are not only bad for testosterone production, they cause a ton of other problems too.

**Supplements (not the only ones, just the ones I have used and like):**

- [\*Beverly Nutrition Glutamine + BCAAs\*](#)
- [\*Beverly Nutrition Mass Aminos\*](#)
- [\*BSN Amino X\*](#)

**My Recommendation:** Take 5-10 grams of BCAA's right before a workout.

### **Supplements That Don't Work:**

Pretty much everything else. If you have a deficiency in a certain vitamin or mineral that is important to testosterone production, supplementing can help. But all the rest of the supposed testosterone boosting herbs and potions are not effective.

### **What doesn't work?**

- [\*Stinging nettles\*](#)
- [\*Tribulus\*](#)
- [\*Naltrexone\*](#) (which only successfully boosts T in heroin addicts)

...and all the other "Testosterone Boosters" with sleazy sounding names, should be avoided, too. Like so much of the supplementation industry, they're inconsistent and riddled with

side-effects because they're trying to accomplish unnaturally what should be achieved through diet, exercise and sleep.

### **TO SUM UP:**

There was a lot of information in this section. All of it was important and useful for increasing testosterone levels as well as living a healthier life. But if you walk away from this section with just these four things planted in your memory, I'll be happy:

- 1.** Eat mostly unprocessed, natural, fresh foods that our bodies are evolved to eat, like meat, vegetables, etc.
- 2.** Avoid anything with sugar, wheat and grain, and soy
- 3.** Start with the Slow Carb Diet
- 4.** Supplement with fish oil, Vitamin D and BCAAs

## 4.2 EXERCISE PROPERLY

I hope I don't have to explain why exercise is so important for testosterone. If you don't already get that, [🔗 \*this study explains things well.\*](#)

Here's the single, fundamental truth about exercise and testosterone: you need to be STRONG.

I'm not talking about bodybuilder, beach muscle bullshit or being "in shape"; neither do much for you. What I mean is real, actual functional strength. Can you pick up heavy things, and put them above your head? Can you move something large from a still position? That sort of strength.

Why does strength matter to testosterone? Because testosterone is not only a very important hormone to men, but it's also the canary in the coal mine of your overall health. And there is literally nothing better a man can do for both his hormonal and overall health than to be physically strong.

Now, this is a tad off topic for the focused subject of this ebook, but consider this: Two recent studies by the British Medical Journal show that "muscular strength is inversely... associated with [🔗 \*death from all causes and cancer in men,\*](#) even after adjusting for cardiorespiratory fitness and other potential confounders", and that physical capability is strongly

[🔗 correlated with longevity](#). If you want to learn more, read [🔗 this article](#) by Mark Sisson, but I'll make it simple for you:

Strength = life

Get strong and increased testosterone will follow. Get it? As an added benefit, you're probably live longer too.

## THE FOUR BASIC PRINCIPLES OF ANY EFFECTIVE STRENGTH WORKOUT

There are so many great workout programs that will get you fantastic strength results, it's impossible for me to cover even a small fraction of them. What I will do instead is give you the most important principles for any program you choose, then go over the programs that I've tested, know work, and enjoy doing.

- 1. GO HEAVY:** move heavy loads, not light weights
- 2. GO FAST:** if you can't heavy loads, move with very high intensity (if you can do both, even better)
- 3. COMPOUND MOVEMENTS:** all exercises should be natural, compound movements. Compound means more than one joint moving at once, not isolation movements. So instead of doing leg presses, which isolate a few muscles in your legs, you should do barbell squats, which recruit hundreds of muscles all over your body.

**4. NO CARDIO:** it's not only a waste of time for your health, it's counterproductive to testosterone production. [Men who consistently run long distances have [🔗 lower long-term Testosterone levels](#) than even the non-athletic control group].

## **FOUR EASY, EFFECTIVE STRENGTH PROGRAMS:**

I am going to list four programs I know work, that are also easy and enjoyable. I divide these up into three basic categories based on access to equipment, and give you the relevant information—cost, time commitment, and Minimum Effective Dose (MED)—to pick the best workout for you.

And note, because ANY of these will work, I am only going to go over the MED for each type. If you start one and love it and want to know more about the refinements or extensions of any of these approaches, just read the reference notes, I point you in the direction to learn more, all from the experts who taught me. These should be starting points, not the one program you use the rest of your life.

### **1. LITTLE TIME AND OR NO GYM ACCESS**

#### **Body weight exercises**

**Cost:** Free

**Time commitment:** 3-4x a week, 15-20 mins per workout

**Minimum Effective Dose:** If you're doing this workout exclusively, I assume it means you literally can't afford to buy any equipment or a gym membership, or you don't have access to anything like that where you live. No problem. Just do this, 3 or 4x/week.

## Exercises

Sprints 10 sets x 50 yards (about the length of a basketball court, down & back)

Push-ups 10 sets x 10

[🔗 \*How To Sprint Properly\*](#)

[🔗 \*How To Do A Proper Push-up\*](#)

## Routine Notes

Alternate the sprints and push-ups. That means you run 50 yards, knock out 10 push-ups, run 50 more yards, etc, until you are done. The rest between sets should only be as much as you absolutely need to do the next set, and no more: 10-15 seconds, 30 max.

Here's the key to this workout: INTENSITY. You can't fucking jog. You have to do a full SPRINT. That means you run as fast as you possibly can. Like you're being chased by a rabid dog. Absolute speed is irrelevant. I don't care how fast you run, I only care that you *run as fast as you can EVERY TIME*.

You also can't rest too much. The longer time you rest

between sets, the less effective it is. It doesn't matter how fast you finish, it matters that you're going as fast as you can the ENTIRE time, with both the sprints and push-ups. If you're gasping for air between sets, great, that means you're doing it right. Ideally, you should finish every workout completely exhausted, both because of the volume of work and intensity.

It should never take you less than 10 minutes to do this. If it does, increase the sprint distances and push-up reps. And, it should never take you more than 25 minutes to do this workout. If it does, shorten the sprint distances and push-up reps. **Full intensity** for 10-25 minutes, that's it, you're done.

As you get stronger, you should increase the distances of the sprints, and/or the push-up reps, or the number of sets. An advanced version of this workout is 20 sets of 100 yard sprints, and 20 sets of 20 push-ups. Do that in under 20 minutes, and you're a really good athlete.

NOTE: Above and beyond the health benefits that will increase your testosterone, all-out sprinting for short periods of time has been shown to immediately [\*increase your short-term testosterone levels.\*](#)

### **LEARN MORE:**

If you love body weight exercises, but want to add variation, there are a TON of ways to do that. Just remember that intensity is the key.

## FURTHER READING:

- 🔗 ***Al Kavadlo:*** A good introduction to the concept of progressive calisthenics and the functional basics.
- 🔗 ***Convict Conditioning:*** Paul Wade spent over two decades in the California prison system mastering exercises to provide his muscles with progressive loads without using weights.
- 🔗 ***The Naked Warrior***
- 🔗 ***Pushing Yourself to Power***

## Kettlebells

**Cost:** ~\$50

**Time commitment:** 3x/week, 5-15 mins per workout

**Minimum Effective Dose:** Kettlebells are incredibly versatile and effective workout equipment. You only need about 5 square feet to use it, and possibly the best part is that you only need to buy one thing, so it's cheap. A very good kettlebell costs about the same as one month at the average gym.

There are an almost infinite number of kettlebell exercises, but really, you only need to do one thing to get great results. I know it sounds too good to be true, but it is: The two-armed kettlebell swing. That's it. I'm serious, this is the whole fucking exercise routine:

## Exercises

Two-armed kettlebell swing, 100 reps to completion

- 🔗 ***How To Swing a Kettlebell Properly***

## Routine Notes

I'm sure you won't be able to do 100 swings in a row, especially when you first start (if you can, the weight is too light), so break it up any way you want. The point is to get them done as fast as possible with correct form. 4 sets x 25 swings, 10x10, even 20x5—they are all valid, as long as you take only the minimum amount of rest you need between sets. Again, intensity is key here.

**Picking Your Weight:** Most men should start with in the range of 30 to 35 pounds. I wouldn't go any lower in weight unless you are really small or have very little muscle. But make sure you try out different weights before you buy one. Basically, you should pick a weight that you can do at least 10, but no more than 25 perfect swings with when you first start out. This lets you grow into your kettlebell. I emphasize: make sure you test it before you buy it though. Newbies ALWAYS overestimate their ability to use a kettlebell.

To give you a comparison point, I use a 24kg (53lb) kettlebell for most extended rep swing routines I do and can get 100 (or close) in a row on that, but go up to a 32kg (70lb) kettlebell for lower rep work, and can probably only do about 40-50 in a row on that.

Note: This can (and ideally should) be combined with the body weight exercises above very easily. Just workout 3-4x/week and rotate the two exercises. For example, Monday is sprints

and push-ups, Wednesday is kettlebells, Friday is sprints and push-ups, Saturday is kettlebells. Tuesday, Thursday and Sunday are rest days. That's only about 70 minutes a week—TOTAL—and the results for your testosterone (and body) will be stunning.

### LEARN MORE:

The kettlebell is an amazing workout tool that's really underused by most routines. If you like the kettlebell and want to add variation or learn about different kettlebell exercises, read below.

### FURTHER READING:

- 🔗 **Mike Mahler:** A good overview of how to use a kettlebell to target every part of your body and build an entire strength routine around it.
- 🔗 **Enter the Kettlebell:** Pavel Tsatsouline was a Russian special forces physical trainer who popularized the Russian kettlebell in the West.
- 🔗 **Greg Brookes:** A free, beginner's kettlebell routine to help you transition into more complex kettlebell training.

## 2. CONVENTIONAL GYM, NORMAL EQUIPMENT, E.G. GOLDS GYM, ETC.

### Basic Strength Training

**Cost:** ~\$50 a month (for gym membership)  
**Time commitment:** 2x/week, 45-60 mins per workout  
**Minimum Effective Dose:** Once you get into a gym, there are so many programs you can do that are very effective, it's hard to single out any. I'm not telling you that the program I picked below is the best possible program. What I'm telling you is that it is a very good program that works very well. I know because I have used this exact program at points in my life, and it made me very strong.

### Exercises – Day 1:

- 5 min warm-up (jump rope, exercise bike, sprints, etc)
- Squat, 5 sets x 4-6 reps
- Overhead Press (barbell is preferable, but dumbbells are okay) press, 5 sets x 4-6 reps
- Bent Over Row (barbell is preferable, but dumbbells are okay), 5 sets x 4-6 reps

### Exercises – Day 2:

- 5 min warm-up (jump rope, exercise bike, sprints, etc)
- Deadlift, 5 sets x 4-6 reps
- Bench Press, 5 sets x 4-6 reps
- Pull-ups, 5 sets x AMAP (as many as possible)

[\*🔗 How To Squat Properly\*](#)

[\*🔗 How To Overhead Press Properly\*](#)

[\*🔗 How To Bent Over Row Properly\*](#)

[\*🔗 How To Deadlift Properly\*](#)

- [🔗 \*How To Bench Press Properly\*](#)
- [🔗 \*How To Do Pull-ups Properly\*](#)

### **Routine Notes**

This seems simple, and it is. But there's a little more subtlety here than you realize.

Here's the key to this workout: FORM. You need to pay a lot of attention to your form, especially on the squat and deadlift. They both look like very simple exercises, and in some ways they are, but if you do them wrong, they are much less effective. And if you use heavy weights and do them WAY wrong, you can get hurt. Don't do them wrong. If you can't get help from anyone, then film yourself with your smartphone, and compare it to the videos you see here.

As with all exercise routines, make sure you warm up first. Five minutes on the exercise bike is fine. And then do a very light set one or two times with each exercise before you start the heavy loads. So for example, if my working weight on the bench press is in the 225lbs range, I'll do 135lbs like 10 times, then 185lbs maybe 8 times, before I put 225 on and start doing 5 sets of 5 reps (for example).

The reps are set at 4-6 for very good, very important neurological reasons. I won't get too deep into it here, but basically this is the rep range to optimize strength (if you're looking for big, puffy, bodybuilder muscles, 8-10 is the rep

range you want). All sets should be with a weight you can do at least 4 times, but not more than 6. If you can do more than 6 reps, add weight. If you can't do 4 reps, take weight off. This forces you to constantly get stronger, without being too heavy or dangerous or require you to get constant help from a spotter.

Definitely give yourself rest between sets, but not more than 90 seconds. I would usually take the full 90 seconds between sets, because if you're lifting heavy, you'll need the rest.

This program does require you to keep track of your weights a little bit. You don't have to go crazy with tracking apps or anything like that. Use a notepad if you need it. Just remember where your weight was last time you did that exercise, and start there.

NOTE: If you are young and super energetic, 2x a week with this program may not be enough of a workload for you. If that's the case, go 3 or maybe even 4x a week. Or, combine this workout with the sprint/push-up workout, and do this twice and that twice a week.

If you see results and you want to learn more, there are a ton of places you can go from this basic program to something more advanced that will produce even better results. Here are a few places to get started:

## FURTHER READING:

- 🔗 **Starting Strength:** This is the bible when it comes to understanding your muscles and how to strength train effectively.
- 🔗 **StrongLifts 5x5 Program:** One of the most successful strength-based lifting programs on the market.
- 🔗 **Pavel T's Foundations of Strength:** A beginner's program aimed at laying the foundations for proper strength training using kettlebells, barbells, dumbbells, and sandbags.

## 3. SPECIALTY GYMS, TRAINING INCLUDED

### Cross-fit (or similar High Intensity Interval Training [HIIT] programs)

**Cost:** ~\$120 month (varies widely depending on location)

**Time commitment:** 2-3x/week, 60 mins per workout

**Minimum Effective Dose:** Crossfit is basically just the name for a specific exercise program that incorporates all the best practices of HIIT and functional strength training.

### Exercises

There is no one Crossfit workout. The point is that every workout is different. Ideally—with the exception of the benchmark workouts I show you below—you'll never do the exact same workout twice. Here are some famous crossfit benchmark workouts:

**Fran**—*21/15/9 for time*

- Barbell thrusters
- Pull-ups

**What this means in English:** Complete 21 thrusters followed by 21 pullups, 15 thrusters followed by 15 pullups, and 9 thrusters followed by 9 pullups. [If you don't know what barbell thrusters are, [here's a video](#).]

A good time is 5 minutes. The record is 1:53 (I think, that specific time may be in dispute, the record is close to that though). For reference, my personal record is 3:52.

**Cindy**—*20 minutes, AMRAP*

- 5 pullups
- 10 pushups
- 15 squats

**What this means in English:** In 20 minutes, you have to complete as many reps as possible of 5 pull-ups, 10 push-ups, and 15 air squats, each full circuit counting as 1 rep.

A good score is 20 reps. The record is 38. For reference, my best score is 28.

**Helen**—3 rounds for time

- 400m sprint
- 21 kettlebell swings (24kg)
- 12 pullups

**What this means in English:** Complete three rounds of a 400 meter sprint, 21 kettlebell swings, and 12 pull-ups as quickly as possible.

A good time is 10 minutes. The record is 6:59 (I think that's right, it might be a tad lower). For reference, my best time is 7:58.

**Routine Notes**

The difference between Crossfit and other programs, and what makes it so popular and effective, is that you do this program with 1) a trainer and 2) a group of other people.

Having a certified Crossfit trainer there means that you get expert level instruction, so you are doing all your exercises the right way, with the right form. Crossfit instructors are (usually) very knowledgeable and skilled in exercise and proper form, and can teach and instruct you very well.

And the social aspect cannot be overlooked. Having other people—usually the same people over and over—working out with you creates two things: 1) competition over the workout, which is fun and pushes you harder, and 2) a social aspect

that increases your workout compliance and enjoyment. Some of my best friends now are people I met doing Crossfit. It attracts and retains a type of person that is generally positive, hard working, and fun to be around.

Plus, if you're a guy, there is the added benefit that Crossfit is an AWESOME way to meet girls. And not just any girls; girls who are in shape, that care about themselves and their bodies, and are cool and social. I met my current girlfriend, who is an amazing girl in all ways, through Crossfit.

If you can afford it, I HIGHLY recommend Crossfit. It really, really works.

### **Conclusion**

There is no way around the fact that putting stress on your muscles and making them stronger is a key element to naturally increasing your testosterone. You have to move heavy things with a measure of intensity. But workouts don't have to be boring or annoying. I gave you four great options, feel free to pick something else if you really like it; there is no one special workout that is the key to testosterone, it's just ANY decent workout that includes heavy weight and intensity that is important.

## 4.3 SLEEP PROPERLY

I put this section third, but many would argue it should go first in importance. This is because if you do everything else right, but don't get enough quality sleep, you'll severely limit your testosterone results. The fact is, there is no single thing you can do that is *more* crucial to testosterone production than getting as much quality sleep as your body needs.

There are several reasons for this, most of which I personally think science does not quite fully understand yet. Regardless, what we do know is that sleep is super crucial to testosterone because virtually all of the body's testosterone is produced **🔗 while you sleep**, and a lack of sleep **🔗 inhibits its production**. And beyond that, quality sleep is incredibly important for a whole host of **🔗 other health issues**.

Not only does the quantity of your sleep impact T, but quality matters too. REM sleep episodes are when the quantity of T in your bloodstream peaks, and fitful sleep that misses these episodes leads to **🔗 lower long-term testosterone levels**.

I feel like this shouldn't be hard to persuade you about though. I mean, who doesn't like sleeping? Now you can justify sleeping late and spending 9 hours in bed: it's necessary for your health and your hormones.

## HOW TO SLEEP PROPERLY:

Writing a section about sleep is a little weird, simply because you've been doing it your whole life. And except for insomniacs (who have a whole different set of issues to worry about) everyone thinks they're perfectly fine at it.

And they're all perfectly wrong. The fact is, most Americans are sleep deprived.

Beyond that, most Americans don't get quality sleep. The human body is designed for a very different environment than the one most people sleep in. There are 8 key areas to focus on, and I'll tell you what the ideal situation is for each one. The closer you get to following all of these suggestions, the better.

But again, like with food: Don't worry about being perfect. Just be good, and that'll be fine.

### **Bedroom:**

You really, really should find a way to sleep in a pitch black room. And by pitch black, I mean no light at all. Not a single photon if you can swing it. This makes a huge difference. I recently moved my bed into my walk-in closet (which is big enough for my bed) that has no windows, and now that I sleep in pitch black, I easily fall asleep, stay asleep for 8 to 9 hours a night, and wake up every morning feeling refreshed and energized. That was VERY hard for me before. Blackout

curtains also work really well if you can't move into your closet (those are the type most hotels have).

If you can't swing a truly pitch black room, at the very least use a sleep mask over your eyes. Or anything that limits the amount of ambient light when you sleep. That means your alarm clock with the red light. That means your iPhone light. That means ALL LIGHT. This is the single most important factor to getting good, healthy sleep: **eliminating (or limiting) ambient light.**

### **Night time light exposure:**

This is the other way your body gets the wrong kind of light at night: screens. Electronic devices—like the computer you are reading this on right now—produce a blue light that has a similar effect on our melatonin as high-intensity light like sunlight. This makes it much harder to fall asleep. I thought it was bullshit, until I tested it and was amazed by the results. I found myself falling asleep much quicker when I figured out how to eliminate the blue of electronic screens (see below).

Ideally, avoid screens for 1.5-2 hours before going to sleep. I know that's unrealistic for most people, even me; it's 10pm as I type this book.

The easier solution is what I use: [f.lux software](#). It's free, and it converts your computers blue light to soft candle light, which doesn't inhibit sleep.

Or, you can buy [🔗 Blue Light Blocking Shades](#). Yes, they're kinda goofy, but they really, really work.

### **Consistency:**

Our bodies work on a very consistent day-night cycle (called a circadian rhythm). The simplistic explanation is that humans are designed to wake up when the sun comes up, and go to sleep when it goes down. This is genetically programmed. We do it even when [🔗 locked into places where we can't see the sun](#). If you can set your sleep schedule like this, it's ideal for your hormonal health.

Now, of course, this is utterly unrealistic for most people. I don't even do this. Only old retired people and people without electricity can live a sunup-to-sundown existence.

So here's the next best thing: Create a consistent time you go to bed every night. If you can establish a consistent bedtime, say midnight, then your body will inevitably adjust and you'll wake up at the same time every day too, in that case 8 or 9am. If you can do that, it's almost as good as living a true day/night circadian rhythm.

### **Temperature:**

Humans sleep best at cooler temperatures, mainly because it lowers our body temperature, which occurs naturally during sleep anyway. Most people sleep best between 65-

70 degrees. I keep my walk-in closet at 65 degrees. It's awesome.

### **Sleep Environment:**

The conventional wisdom is to not engage in any other activities in bed besides sleeping and sex. The science suggests that it helps to teach your brain that the bed is a place for sleep.

I see the logic in this, but I have to be honest: I read every night before I go to bed, and I read in my bed. It doesn't seem to bother me. I grew up reading in my bed before I went to sleep, and at this point, it feels weird not to do it. But again, most evidence indicates that this inhibits sleep for some people.

You should test this on yourself, and see how it works for you. My guess is that if you're one of the people who have problems falling asleep, this is important for you. If you don't have that issue, this isn't a big deal.

### **Consumption:**

What you eat has a huge impact on how you sleep. I'll cover the big things here, most of them should be obvious:

- **Stimulants:** Minimize all stimulants past 4pm, especially caffeine, as it is one of the biggest. This includes chocolate, which has a lot of caffeine, though not as much as coffee.

- **Alcohol:** Limit your alcohol to 1-2 drinks, make sure the last drink is about 2 hours before bed (because it's a stimulant before it's a depressant). Alcohol suppresses deep and REM sleep, and it can cause dehydration, so drink lots of water before you go to sleep.
- **Eating:** Be careful eating too much right before you go to bed. It's never easy to sleep on a super full stomach.

### **Napping:**

Yes, napping during the day is fine. If you're tired, sleep. The ideal time is the natural slump in circadian rhythm that occurs 6-8 hours after waking up, which usually coincides with 2-4pm in the afternoon. Make sure you don't nap too late or too much; it might mess up your sleep schedule. It seems that the maximum nap time is about 45 minutes or less. Anything more starts to mess with your sleep.

### **If You Have Problems Falling Asleep:**

Aside from actual, neurological sleep disorders—which should be addressed by doctors, not ebooks—the vast majority of insomnia is the result of unaddressed anxiety. Basically, the emotions you won't face during the day are keeping you up at night. That is why you're tossing and turning in your bed.

I address this in more depth in the Advanced Concepts section (under Emotion & Thought), or you can read more about it [🔗 here](#) and [🔗 here](#). But I'll tell you my two go-to strategies when I can't sleep:

## 1. A 5-10 minute ice cold shower.

I know, it sounds fucking crazy, but I do it for two reasons:

1. **It spikes your testosterone:** Seriously, the research on this is very clear (I cover this in depth in the Advanced Topics section as well).
2. **Nothing puts me out faster.** If I can make it through five minutes of freezing cold water, 99% of the time I am completely out within 10 minutes. It's like taking an Ambien, but you don't wake up naked walking around on the freeway.

## 2. Cheese and honey

Yes, honey has sugar, but it's the "best" type of sugar for your body. Combined with cheese, it knocks me out. This is very common in other people as well. Cheese alone works OK, and honey alone doesn't do much, but together—with nothing else—I am out in about 20 minutes.

No one is precisely sure why this is, but there is research validating the idea [🔗 here](#) and [🔗 here](#), and Seth Roberts has some idea why, you can [🔗 check his blog out](#).

There are plenty of other solutions for sleeping, but I try to avoid them because most of them fuck with your hormonal balance. For example, lots of people use melatonin as a sleep

aid. It works great, but here's the problem: melatonin is a hormone, and extended use of it can cause all sorts of other hormonal issues, especially in men. If you can avoid using sleeping pills, avoid it.

### **What's The MED?:**

The Minimum Effective Dose for sleep could not be simpler or clearer, so I won't mince words:

**8-9 hours of sleep, in a completely dark room, every single night.**

That's the minimum effective dose. You can't cheat it.

NOTE: If you are one of the about 15-20% of people who can function very well on less than 8 hours of sleep, that's great. That's the cool thing about sleeping properly: It's pretty much impossible to oversleep. When your body is done sleeping, it wakes up refreshed (unless you are depressed, but that's a different issue altogether). And if you're one of the 15-20% of people who need more than 9 hours of sleep, don't feel guilty about taking that time. There is not always correct amount of time you must sleep. Listen to your body, sleep until you feel refreshed, and you'll be good.

### **What Else Works?:**

Nothing. There is literally NO alternative—at least currently known to me—that replicates sleep. And yes, I've looked at

all the sleep hacking plans out there, and yes, I tested some of them, and yes, I think they are all bullshit. And no, none are shown to actually work or be consistently safe long term. At least not yet.

There may be alternatives out there, and if they are discovered and shown to work, then I'll happily change my mind. But sleep is one of those physiological processes that is both totally crucial to health and criminally misunderstood by science. So until I see and experience the proof, I'm not buying any recommendation that includes anything less than a full night's sleep.

If you're still skeptical about this—especially as it relates to testosterone—think of it this way: Just about every living thing has to sleep properly, or it dies. We don't really understand why this is, and I won't bore you with my theories or ideas, because they aren't relevant to why you're reading this book. What is relevant is what increases your testosterone, and there is no way around this simple fact:

Proper sleep is crucial to naturally increasing your testosterone levels.

5

**TRACKING YOUR  
PROGRESS:  
OPTIONAL, BUT  
RECOMMENDED**

## 5. TRACKING YOUR PROGRESS: OPTIONAL, BUT RECOMMENDED

### Testing & Measuring

I split this section out, because though I think getting regular blood tests is very important, and doing other baseline measurements is really beneficial, it's not truly required for the Minimum Effective Dose (which is supposed to be just the MINIMUM). Again, if you only care about the MED plan and nothing else, you can skip this section.

### What Are Blood Tests?

I am going to assume that most of the readers of this book are familiar with a conventional blood test. If you are not—if you've literally never had a blood test or even blood drawn—read [🔗 this](#) and it'll explain everything.

### Why Worry About Blood Tests?

Here are the reasons blood testing is important and should be some part of your personal testosterone plan:

1. To measure any progress in terms of testosterone, you need to know where you started, where you are going, and what got you there. The most important part of experimentation is measuring results over time to see what works. If you

plan to do anything beyond the MED plan—to do your own experiments—then you’ll need a baseline and a way to see the impact of changes.

2. You need to make sure you actually have low testosterone. Most men think they need to increase their testosterone because they feel “off,” but if that feeling isn’t coming from low testosterone, you need to look at other causes. God forbid you have some awful illness, don’t know it and just self-diagnose with low testosterone, then miss a window to get treatment for a real disease. Of course, this is rarely the case, but I mention it because it’s not unheard of.

### **How & Where To Get Your Blood Work Done:**

Now, what’s going to be different about this section, at least for some of you, is that I’m going to recommend that you not only get blood tests, but that you get them yourself, you track your own changes, and you take charge of your own health (at least in this arena). This is as opposed to what most people do, which is run everything through their doctor.

Why do it yourself instead of running it through your doctor? The first and biggest reason is cost. It’s usually 80% cheaper to do it this way. And what’s funny is that you’d be using the EXACT same labs the doctors send your blood to. Often times, it’s even drawn by the same phlebotomist (blood nurse).

But the bigger reason is that, to be honest, I don’t think there

are many doctors in America right now who have any idea what they are talking about in terms of hormones. The doctors who specialize in hormones know how to do one thing: Sell you hormone replacement therapy. This is after the medical establishment has spent decades telling you to eat things that destroy your body and endocrine system. It's like when the Chinese shoot political prisoners, then send the family a bill for the bullet. And this is assuming your doctor will even give you your test results. You'd be shocked by how many doctors seem to think they are the only ones who are allowed to look at a lab report.

I don't want to go on a tangent here about all the problems with Western medicine; that's not what this book is about, nor is it really even on point. The point is simple: For basic baseline testing and measurement, you don't need doctors. For this at least.\* In fact, there are several options to get your blood work done. Here are some of the easiest, best and cheapest:

**1. Private MD Labs:**

[Lipid Panel](#) (\$51) and [Testosterone](#) (\$48)

**2. Any Lab Test Now:**

[Lipid Panel](#) (\$49) and [Testosterone](#) (\$79)

**3. Health Testing Centers:**

[Lipid Panel](#) (\$39) and [Testosterone](#) (\$129)

**4. Request a Test:**

[Lipid Panel](#) (\$29) and [Testosterone](#) (\$129)

Your other option is to get your blood work done with a company that does tracking as well, like [WellnessFX](#) or [Inside Tracker](#). This is significantly more expensive, and you can actually use their tracking services without using them to do your blood work. We'll go over these options in the Tracking section.

[\*For other things like emergency medicine and surgeries, yes, of course you need doctors. They aren't all bad by any means, they just know way less than they think they know, especially about complicated subjects like hormones and nutrition.]

## What You Need To Know

Now, once you get your blood work done, you'll get a lab report back. The lab report may look a little intimidating at first, but it's not hard to understand. If you're struggling to understand all the acronyms and jargon, [just read this](#). The blood work that we recommend you get (Testosterone Test and Lipid Panel) looks at seven baseline numbers. Use the following information to judge where you stand:

### 1. Total Testosterone

**What to Shoot For:** 700+ ng/dL

**Danger Zone:** Under 500 ng/dL (which is probably where you are if you're reading this book)

## 2. Free Testosterone

**What to Shoot For:** 100+ ng/dL

**Danger Zone:** Under 60 ng/dL

## 3. HDL

**What to Shoot For:** 60+ mg/dL

**Danger Zone:** Under 40 mg/dL

## 4. VLDL

**What to Shoot For:** 20 or less mg/dL

**Danger Zone:** 40+ mg/dL

## 5. Triglycerides

**What to Shoot For:** Under 100 mg/dL

**Danger Zone:** 200+ mg/dL

## Tracking Blood Changes

The final thing you need to do is to track your changes on an ongoing basis. There are many ways to do this, here are a few of them:

### 1. Use a company like [WellnessFX](#) or [InsideTracker](#).

WellnessFX is completely free to use, and Inside Tracker charges \$49. In both cases, you input your own blood test results. They also can book blood tests for you, but check their prices against the places I list; I've never seen them cheaper.

If you really want a simple, A-Z solution and you aren't too concerned about money, your best bet is the [🔗 Performance Test](#) at WellnessFX. You'll get all the info you need, plus a whole bunch of other valuable data, expressed in a really easy to understand way.

- 2. Download an iPhone / Android App**, and use that. The two most popular are [🔗 BloodWork Lite](#) and [🔗 My Blood Test](#).
- 3. Use a spreadsheet.** There's nothing so complicated about the data you're tracking. It's as simple as opening up an Excel file and inputting your data manually.

NOTE: If your blood work identifies some major deficiency or problem, I'd recommend going to a doctor and having it checked out. Doctors don't really know how to optimize your health, but they do know how to fix most acute problems, and if you have an acute problem, don't just hope for the best. Get it fixed.

### Tracking Weight

I don't think it's super crucial to keep track of your weight. I do it, but it's not a necessary part of getting your testosterone up.

That being said, if paying attention and seeing results helps to keep you motivated, then do it. Tracking your weight is really easy. I use the [🔗 Withings scale](#), which I connected to my

WiFi and it automatically keeps precise records.

One note on this: Weight by itself is often not a great way to measure progress (of any sort), especially if you are doing serious strength training. This is because muscle is denser than fat, and if you're adding muscle while you lose fat, then your weight may not change drastically.

The ideal solution is weight + body fat testing, but precise body fat testing is a real pain in the ass to do. The Withings scale tracks body fat, but it's just using some bullshit BMI algorithm, there's not actual fat measurement. Even the BEI scales aren't that great. At best, they're good at tracking changes, not absolutes.

The easier solution is what Robb Wolf recommends: Pictures. Take a picture of yourself with your shirt off before you start training, then take one every week or so. Even if your weight doesn't change much, you'll see the difference in body composition—which is what really matters.

### **Tracking Strength**

Tracking your strength is again, very optional, but again, very motivating and fun to do.

The way most serious lifters do this, and most Crossfit gyms I know of, is by keeping track of your 1RM (one rep max). I do it simply because in the program I work out in (Strictly Strength

at [Travis County Strength](#) in Austin, TX), we often do 1RM testing to measure our gains. But if I was working out on my own, I would probably never do a 1RM.

The point is not to track your 1RM. If you pick a kettlebell workout, then this of course makes no sense. The point is to track your progress in whatever it is you're doing. If you're only doing push-ups and sprints, then pay attention to how many push-ups you can do in a row, and how much rest you have to take between sprints.

Progress is inspiring and compelling and tracking it makes this process enjoyable. Which is what life should be like, especially when you're trying to make improvements to critical areas of your health.



**THE MINIMUM  
EFFECTIVE  
DOSE PLAN**

## 6. THE MINIMUM EFFECTIVE DOSE PLAN

This section is nothing new—it's the same things I just talked about in the prior sections, except this is ONLY the minimum you can do and still get results. Everything else is cut out, just the essentials.

That's all this plan is: **the simplest set of actions that will get you results.**

That doesn't mean the results will be small. For most men, this plan will produce very good results. I've seen this plan double the free & total testosterone for a lot of guys (triple in some cases). No guarantees of course, but this plan is an easy and effective place to start if you want to naturally increase your testosterone.

If any of this is confusing or you want more info, just refer back to the sections on these subject, they are covered in depth.

### EATING

The Slow Carb Diet:

- 1. Avoid white carbohydrates** (or any carbohydrate that can

be white): If it is a carb, and it can be white, don't eat. This list is all of these things, in case you're confused:

- No bread
- No sugar
- No rice
- No cereal
- No pasta
- No potatoes
- Nothing breaded
- No noodles (that are made from rice or flour)

Yes, I know those foods can be delicious. They also make you disastrously sick, and impair your body's ability to make testosterone. Cut them out.

- 2. Eat the same few meals over and over:** Most people are much more likely to stick with a diet plan if it doesn't involve a lot of decision making. One way to do that is to eat same few meals repeatedly. I'll give you some guidelines for creating these meals further down.
- 3. Don't drink calories:** Do not drink ANYTHING that has calories. No milk, fruit juices, regular soda, etc. You can drink massive quantities of water, and as much unsweetened iced tea, tea, diet drinks, coffee (without cream), or other no-calorie drinks as you want.

- 4. Don't eat fruit:** A lot of people think that because fruit has vitamins and nutrients, they can eat as much as they want. Fruit is also loaded with sugar and, therefore, off limits.
- 5. Take one day off per week:** This is most everyone's favorite part of this diet: The off day. Eat anything and everything that you want. This is useful both psychologically (because it makes the rest of the week easier) and physically (because spiking caloric intake increases fat loss by keeping your metabolism from downregulating). So if you feel like you are going to miss bread and pasta too much, just save it all for one day a week, and pig out then. Problem solved.

I will tell you this: The first few months when I was on the Slow Carb, I would go nuts on off days, and feel like shit afterwards, and gain a ton of weight (which admittedly, all fell off within a day or two). I realized that I was eating more than I even wanted to, and eating things I didn't even like, just because it was an off day. So I added a personal rule that my off days were still "gluten free." This way I could get lots of sugary and carby treats, like ice cream and french fries, but not have the awful wheat impact on my body and my hormones. I felt like it improved the diet a lot, at least for me.

### **What Can You Eat?**

A lot. This is SUCH an easy way to eat. In fact, this is basically

the way humans ate for, oh, 100,000 years or so before the advent of agriculture.

What does an average meal on the Slow Carb Diet look like? The easiest way to create a meal plan is to mix and match together one food from each of the following categories:

- Proteins:** Eggs, chicken, steak, beef, pork, lamb, fish.  
Pretty much any animal flesh.
- Legumes:** Lentils, Black beans, Pinto beans
- Vegetables:** Spinach, sweet potatoes, Asparagus, Peas, Mixed vegetables, Broccoli, Green beans, Sauerkraut (or any pickled or fermented vegetable).

NOTE: If there is one thing you really need to pay attention to, its that you need to make sure you add enough legumes or good starches to your meals to make up for the lost grains and sugars. A big problem people on the Slow Carb Diet face it being hungry a lot at first, but that's because they aren't eating enough fat and legumes to replace the caloric load of the lost sugars and grains.

That's it. If you need more information or more ideas, use any of the free resources below:

## MORE INFORMATION:

- [🔗 \*The original post that started this diet\*](#)
- [🔗 \*The Four Hour Body \(the chapter on the Slow Carb Diet is probably the definitive thing on it\)\*](#)
- [🔗 \*Sample Slow Carb Meal Plan\*](#)
- [🔗 \*Success Stories\*](#)
- [🔗 \*The Slow Carb Subreddit\*](#)

## RECIPES:

- [🔗 \*The Slow Carb Cookbook\*](#)
- [🔗 \*Four Hour Body Recipes\*](#)
- [🔗 \*Slow Carb Diet on Pinterest\*](#)

## TOOLS:

- [🔗 \*Can I Eat It?\*](#)

## EXERCISE

### Basic Strength Training

**Time commitment:** 2x a week, 45-60 mins per workout

#### Day 1 (Monday):

- Short warm-up
- Squat, 5 sets x 4-6 reps
- Barbell Overhead press, 5 sets x 4-6 reps
- Bent Over Row (barbell is preferable, but can use dumbbells), 5 sets x 4-6 reps

## Day 2 (Thursday):

- Short warm-up
- Deadlift, 5 sets x 4-6 reps
- Bench Press, 5 sets x 4-6 reps
- Pull-ups, 5 sets x AMAP (as many as possible)

[\*🔗 How To Squat Properly\*](#)

[\*🔗 How To Overhead Press Properly\*](#)

[\*🔗 How To Bent Over Row Properly\*](#)

[\*🔗 How To Deadlift Properly\*](#)

[\*🔗 How To Bench Press Properly\*](#)

[\*🔗 How To Do Pull-ups Properly\*](#)

## Routine Notes

Here's the key to this workout: FORM. You need to pay a lot of attention to your form, especially on the squat and deadlift. They both look like very simple exercises, and in some ways they are, but if you do them wrong, they are much less effective. And if you use heavy weights and do them WAY wrong, you can get hurt. Don't do them wrong. If you can't get help from anyone, then film yourself with your smartphone, and compare it to the videos you see here.

The reps are set at 4-6 for very good, very important neurological reasons. All sets should be with a weight you can do at least 4 times, but not more than 6. If you can do more than 6 reps, add weight. If you can't do 4 reps, take weight off.

As with all exercise routines, make sure you warm up first. Five minutes on the exercise bike is fine. And then do a very light set one or two times with each exercise before you start the heavy loads. So for example, if my working weight on the bench press is in the 225lbs range, I'll do 135lbs like 10 times, then 185lbs maybe 8 times, before I put 225 on and start doing 5 sets of 5 reps (for example).

Definitely give yourself rest between sets, but not more than 90 seconds. I usually take the full 90 seconds between sets, because if you're lifting heavy, you'll need the rest.

This program does require you to keep track of your weights a little bit. You don't have to go crazy with tracking apps or anything like that. Use a notepad if you need it. Just remember where your weight was last time you did that exercise, and start there.

NOTE: If you are young and super energetic, 2x a week with this program may not be enough of a workload for you. If that's the case, go 3x or maybe even 4x a week.

## **SLEEP**

I'll try to be as clear as I can here:

**Get 8-9 hours of sleep, in a completely dark room, every single night.**



That's the minimum effective dose. You can't cheat this.

That's it. Do this simple plan for one month, and you'll get results. If you don't get results, or you want more results, go read through the book and start adding things.



**ONE TYPE OF  
ADVANCED PLAN:  
TUCKER'S PLAN**

## 7. ONE TYPE OF ADVANCED PLAN: TUCKER'S PLAN

The MED is where most people should start. But once you start there, and see results, you may be like me, and really want to go further into the whole space, to understand how to get stronger, healthier and happier. That's why I put several options in each category, and sourced a ton of it—so you know where to look if you want to learn more.

To give you an example of where you can eventually go, here is my current diet/exercise/sleep/thinking program I use (as of early 2014):

### How I Work Out:

I work out three times a week, with two basic types of activities; strength training and BJJ/MMA.

### Strength Training:

- I do a program called *Strictly Strength* (at [Travis County Strength Gym](#) in Austin, TX— [Facebook link](#)).
- It's basically just a type of Crossfit. Like Crossfit, we do mainly do heavily, compound lifts + high intensity training. The difference between us and Crossfit is that we focus more on high load slow lifts (squat, deadlift, etc), we do a

slightly higher volume, and we also combine these lifts with agility and explosive movements.

- I workout in the Monday & Thursday 5:30pm classes.
- Including warm-ups and stretch afterwards, these workouts are an hour. It's only about 30-40 minutes of actual lifting.

### This is a typical *Strictly Strength* workout:

#### 1. **Mobility** (stretching)

#### 2. **Dynamic Warm-up** (this is like jumping jacks, bear crawls, band walks, etc)

#### 3. **Warm-Up WOD** (Workout Of the Day)

*10 minute EMOM* (Every Minute On Minute, we do one round, so it's 10 rounds total)

- 5 sumo deadlifts @ 135
- 5 burpees over the bar
- 5 clean and press @ 135

#### 4. **Strength WOD** (Strength Workout Of the Day)

Back squats, AHAP (As Heavy As Possible)

- 10-8-6-4-2, your last set should be your 2 rep max weight
- 10 Box jumps between each set, 24 inches

#### 5. **Fun WOD** ("Fun" Workout Of the Day)

*5 rounds for time:*

- 200m sprint w/80lb sandbag

- 10 dumbbell push-ups
- 10 dumbbell curls
- 10 pull-ups

### **BJJ/MMA:**

- I roll on Sundays or Fridays, sometimes I'll go twice a week
- I usually do BJJ, sometimes I'll put on the gloves and actually spar MMA or Muay Thai
- These workouts are never more than 45-60 mins
- Sometimes I play basketball instead, when I'm injured or don't feel like fighting

### **How I Eat:**

Basically, I eat the Ancestral Diet that I talk about in the "Eat Properly" section. Here are my personal diet details:

### **What I Focus on Eating – Proteins:**

- Hormone and antibiotic free-range meats (steak & lamb especially, but also chicken and game meats)
- Lots of bone broths and organ meats
- Fresh shellfish (esp oysters and mussels)
- Fresh, wild caught fish (sardines and small fish mostly, the lower on the food chain the better, to reduce accumulation of toxins)

### **Carbs:**

- Any fresh, green vegetables
- Starchy, root vegetables (sweet potatoes, radishes, beets,

carrots, yucca, etc)

- Legumes (only if they are heavily soaked and drained prior to cooking, to remove phytates)
- Most fruit is OK in moderation, but NO straight juices. Must eat it with the fiber, this reduces the insulin spike.

### **Fats:**

- Lots of grass fed Irish butter
- Lots of coconut oil
- Lots of bone marrow
- Almost any properly fermented dairy (meaning it has live bacteria cultures in it): Greek yogurt, sour cream, kefir, cheese, etc
- Moderate olive oil, only as a salad dressing or drizzle (I rarely cook with it, b/c of oxidation)
- Moderate tree nuts, usually raw (almonds, brazil nuts, pecans, etc)

### **Alcohol:**

- Wine (3-4 times a week I will have a glass of wine or two with dinner)
- Vodka (2-3x a month, and mostly *Deep Eddy Sweet Tea* and *Ruby Red Grapefruit Vodkas*)

### **What I Avoid Eating:**

- No added or processed sugar
- No wheat or grain of any form
- No soy

- No vegetable/seed oils (canola, safflower, margarine, etc)
- No corn (this is a grain, but people forget sometimes)
- No beer
- Very little rice (only on intense workout days, once a week at most)
- Very little potatoes (only on intense workout days, once a week at most)

### **What I Supplement—Every day:**

- Vitamin D (8000 IU/s a day, in the morning)
- Fish Oil (5g a day, in the morning)
- Raw Almonds (I eat a handful, like 15-20, over the course of a normal day)

### **Some days:**

- Liver pills (on heavy lifting days only, 2x a week)
- ZMA (3g, right before bed, usually only on workout days)
- BCAA (only on intense workout days, right before the workout)
- Whey protein (usually only on workout days, sometimes as a light meal replacement)
- Vitamin K2 supplement (only on intense workout days)

### **Average Food Day—Breakfast:**

I usually skip breakfast. This is what I eat instead, and it works wonders. I use a Magic Bullet to blend it together:

- 12-16 ounces of coffee
- 2 tbls of coconut oil or 2 pats of grass-fed Irish butter

- 1 tbls of raw, organic cocoa powder
- 1 tsp of organic cinnamon
- 1 tsp of raw, organic vanilla bean powder
- 2-4 drops of stevia

If I'm hungry (which I usually am the morning after a heavy workout), then I'll go with the below breakfast:

- 2 cups of coffee or black tea
- 2-3 eggs (true free range, I buy them from a local farmer)
- venison sausage or lamb belly or thick bacon
- small serving of sauerkraut

### **Lunch:**

Usually a very light meal, like Greek Yogurt w/blueberries, or a fresh salad with some chicken, or some bone broth and vegetables. Sometimes I skip lunch. I eat when I'm hungry.

### **Pre-workout (I usually workout around 5pm):**

- 10 grams BCAAs
- Some sort of non-caffeine based stimulant, like [🔗 Power Shot Elite](#) (I do this to avoid caffeine at night; if I workout in the morning, I just use a normal caffeine based stimulant)

### **Post-workout meal (this and the pre-workout snack are skipped on off days):**

- Whey protein shake w/additives: raw cocoa, vanilla, cinnamon & stevia

**Dinner:**

- Some protein (steak, lamb, chicken, fish)
- Some starch (usually sweet potatoes, beans, lentils, etc)
- Some green vegetable or salad
- S glass of red wine (I use the Corvin to drink a glass without having to open a bottle, its awesome)

**Dessert (optional):**

- Dark chocolate (at least 70% cocoa)
- Vanilla creme fraiche (this is very low sugar, and its fermented)
- Sometimes I'll have Greek yogurt with honey, if I'm really sore and need more protein

**Sleep:**

I sleep 8-9 hours per night, in a pitch black room (actually a walk-in closet, like I said earlier). If I don't get this much sleep, I take naps during the day. I never cheat myself out of sleep.

**THE RESULTS OF MY PLAN**

My current relevant blood, weight and strength stats. The blood work are my baseline measurements, averaged over several tests during the past 3-4 years, using various testing facilities. The weight and body fat were tracked with the Withings scale and athlete BMI conversion. The strength measurements are my current 1RM, not my all-time personal records:

**Blood Work:**

- Total testosterone: 803ng/dl (I started at 317 ng/dl)
- Vitamin D: 73 mg/dl (I started at 42 ng/dl)
- Triglycerides: 37 mg/dl
- HDL: 86 mg/dl
- VLDL: 12
- Cholesterol: 205 mg/dl

[Yes, these lipid scores are right, and yes, they are that good. And no, not even my cardiologist believed them at first, he had me retake the blood tests. When I told him how I eat, he was shocked. Like I told you, most doctors don't learn about nutrition in med school.]

**Body:**

- Weight: ~180
- Body fat: ~8% (when I really want, I can easily cut this to 7% and even 6%. But getting that shredded, especially in my late thirties, is a hard and unfun thing to do. It's just too much caloric restriction. I'm happy with an easy 8%)

**Strength (1RM):**

- Bench press: 255lbs
- Back squat: ~300lbs
- Deadlift: 405lbs

These strength levels are decent, better than most men, but



nothing to brag about at all. Remember: the point isn't to be the strongest dude in your gym. The point is to be as strong as you need to be for what you want, and for me, that's basic health.



**ADVANCED  
TESTOSTERONE  
CONCEPTS**

## 8. ADVANCED TESTOSTERONE CONCEPTS

You do not need to read this section. If you pay attention to the fundamentals of diet, exercise and sleep that I laid out, you will probably see the testosterone results you want.

This section contains lots of information about other places you can look to optimize your testosterone once you have firmly established the fundamentals of diet, sleep and exercise.

Notice how I said OPTIMIZE. Nothing in this section is going to be able to make up for eating shitty food, not getting enough sleep, and not doing real strength training. The worst thing you can do is try the things in this section before you get your fundamentals straight. *I cannot emphasize that point enough.*

That being said, for some people—and I was one of them—the fundamentals are not enough. Those people have issues with their testosterone that the fundamentals alone do not fix, and thus have to figure out ways to optimize their lifestyle to really get to the heart of why their testosterone was messed up in the first place.

Understanding that, this section serves a few purposes:

- 1. Troubleshooting:** This section will also give people who don't see many results from these plans a way to start troubleshooting their hormones and see if possibly the problem exists elsewhere. If you are already eating right, sleeping well and doing good strength training exercise, then there may be another issue that can be quickly solved.
- 2. Jump start plateaus:** Some of you will see incredible results, and then settle into a routine and plateau below the level you want to get to. This section has a ton of ideas that will give those people a way to jump start their plans and being testing other things to see where they can optimize even further.
- 3. More research areas:** This section also gives the people who really want to learn more about testosterone a few places additional places to start their reading and research. The fact is, we still don't know shit about how hormones really interact with humans and their environment, and every month it seems brings more and more knowledge. If you want to be at the cutting edge of this info, this will help you get started here.

## 8.1 MICRONUTRIENT TESTING

If you're eating right and working out and sleeping, and your testosterone is still very low, the most likely problem is that you have some specific micronutrient hole in your diet. One of the key factors in low testosterone for most men is usually some sort of micronutrient deficiency. Most people can fix these deficiencies with a proper diet, which is why I emphasize fixing your diet first.

But not everyone. This was my precise problem. When I started really digging into testosterone research, I was already eating paleo and strength training was very good (my sleep patterns then were OK, not as good as they are now). But I was still in the 300-400s in total testosterone. This is not good. I had to look other places for my problem.

The first place I looked was for micronutrient deficiencies. Basically, I looked to see if my body was getting enough of what it needed from the foods I was eating. So I decided to do a micronutrient test. This can be expensive (~\$400), but worth it if you can afford it.

In my specific case, it was utterly crucial. I got tested and found out I was severely B12 and magnesium deficient, and slightly B5 deficient. This was important information for me, as I thought since I was already eating paleo at the time that I was getting more than enough of the animal products that

you get B vitamins from. Though I was eating lots of meat, it was kinda shitty, low quality meat, and especially low quality fats, and this quality issues was preventing me from getting the right nutrients, which was impacting my hormones. And both B12 and especially magnesium are super important to testosterone production.

From that finding, in the short term I started taking ZMA and desiccated liver pills, and saw immediate results; both in how I felt and my testosterone results in my blood tests. These two basic supplements filled my micronutrient needs perfectly. In the long term, I did a lot more research and started to understand the importance of food quality, and shifted to the Ancestral Diet.

Now that I am eating a more balanced diet with special attention paid to the source of my food, I don't really even need the supplements much anymore. I only take ZMA and liver pills on days I do heavy lifting.

### Where To Get Tested:

- 1. Med 2 You:** [🔗 \*Micronutrient Panel\*](#) (Click through for price. Note: I am an investor in Med 2 You, but I make no money on this panel. They set it up as a favor to me for my fans)
- 2. Direct Labs:** [🔗 \*Vitamins Panel\*](#) (\$329)
- 3. Any Lab Test Now:** [🔗 \*Micronutrient Test\*](#) (\$399)

The other option, as discussed in the Testosterone testing

section, is to go to one of the tracking companies, like WellnessFX or InsideTracker. For good micronutrient testing and tracking packaged together with the Testosterone testing recommended in that section, I recommend the Performance Test at WellnessFX.

## 8.2 VITAMIN MEGADOSING

Filling these micronutrient gaps increased my testosterone, but not to where it should have been. So I drilled down further, and realized that the “recommended” ranges for micronutrients are often way wrong, especially for young, healthy guys. For example, the recommended range for vitamin D is 40-50 ng/ml for men. I’ve found that I need to be above 60 ng/ml to see serious testosterone increases.

I ended up really diving in and testing a lot of things here. I am not going to get too far into what I did with vitamin and mineral megadosing, because some of it was not altogether safe, and this is the exact sort of area that people will try to use to “cheat” eating the right diet. I was guilty of that sort of behavior at first too, to be honest.

What I will do is tell you the various vitamin areas I believe have suspicious test ranges, and I’ll tell you real whole foods you can eat to help you supplement these areas, in addition to supplements.

Why real whole foods? Because if you can get your vitamins from food instead of supplements, you're almost always going to be better off.

- 1. Vitamin D:** Super important. Covered in the “Eat Right” section, read it all there.
- 2. Vitamin K2:** This is a super important vitamin, and it's often overlooked (I almost put this in the Eating section, but decided it is not crucial to beginners). Vitamin K2 was only discovered in the last few decades, and it's role in the human body is not fully understood. From what I've read and seen with tests in my body, I think it's very important to the body's ability to synthesize vitamins D & A, which are both crucial to testosterone production.

Weston Price is credited (or should be) with discovering Vitamin K2, and he found also thinks it works in concert with vitamins A and D to amplify their effects by allowing them to bind to calcium. In an experiment by Dr. Weston Price, turkeys fed a deficiency diet were partially helped by a cod liver oil supplementation, which provides vitamins A and D. However, when high-K2 butter was added to their supplementation, *🔗 its effectiveness doubled.*

Price has also shown that what we think of as vitamin D toxicity or overdose, is actually the *🔗 result of a relative deficiency* of vitamin K. This finding has been replicated by

many different researchers, like Chris Masterjohn, [here](#), and [others](#).

**More Research:** Supplementation with Vitamin K2 has been proven to significantly [raise testosterone levels](#) in rats. On a side note, it's also been shown to increase heart health, bone formation, and resorption. [This](#) is also a good piece about the combination of Vitamins A, D & K.

Food sources of Vitamin K2: The best source is a fermented Japanese dish called Natto, if you can find it, or other fermented foods like sauerkraut. Otherwise, pasteurized/organic egg yolks, butter, soft and hard cheeses are all good sources.

**Supplements:** [Super K with Advanced K2 Complex](#): I use this, and love it.

- 3. Vitamin A:** By itself, vitamin A is not all that big of a deal, but when you have testosterone issues, it acts in concert with vitamin K2 and D to help out. You can see some of the research above, and then more here:

**Research:** In a study done on 155 pairs of twins, vitamin A intake was found to be significantly [correlated with testosterone levels](#). Another experiment, done on guinea pigs, found that vitamin A deficiency [resulted in a decrease in testosterone](#).

The most convincing study, however, focused on 102 underdeveloped young men with short stature and delayed puberty. They found that vitamin A supplementation (along with iron) was as effective as direct testosterone supplements in [stimulating growth and puberty](#).

**Sources of Vitamin A:** You can get Vitamin A from beef liver or cod liver oil, red spices (like paprika, red pepper, cayenne, chili powder), bright orange vegetables (like sweet potatoes, carrots, and squash), and leafy greens (like broccoli, kale, and spinach).

**Supplements:** [Beverly Nutrition Desiccated Liver Pills](#) (the same things I take for B12 supplementation. See why organ meats are so important?)

- 4. Vitamin B12:** This was a specific problem I had, but also comes up with a lot of guys with a history of excessive alcohol consumption (or other digestive problems), whose stomach and intestines struggle to absorb the vitamin properly. It's also common in vegetarians and vegans, who aren't consuming the foods necessary to get the vitamin. As a result, almost 40% of Americans are [below the safe range of Vitamin B12](#). Which means that way more are below the optimal range, which I think is at least 700 ng/dl, maybe even 1000 ng/dl.

**Supplements:** [🔗 Beverly Nutrition Desiccated Liver Pills](#)

- 5. Carnitine:** I almost left this out, but the fact is I supplement carnitine, so it would be hypocritical to not talk about this. The problem is that the research in this area is super confusing, mainly because carnitine can come in like 4 different forms in the body, and no one really knows how they interact with your hormones and health. I will tell you this: In my experience, the supplement I take make me really fucking horny. But I know other people who used them and got nothing. The only correlation I can see is that it tends to be more effective in older men, and since I'm 38 now, I guess that includes me.

**Supplement:** [🔗 Beverly Nutrition Quadracarn Pills](#)

NOTE: I usually take these at night, I've found they work better that way, at least for me.

### 8.3 INTERMITTENT FASTING

Intermittent Fasting (IF) has become super popular in many diet and health circles, and the reason is simple: It really works well, especially at cutting fat. I use it and believe in it. I didn't really talk about this in my plan, simply because I feel like it is a little complicated for beginners, and most people can get the results they want without ever having to worry about it.

Besides, when you tell people to not eat a meal, most of them freak out. I'd rather start people slow, then let them figure out the most complicated things at their own pace.

There are many different takes on IF, but the most common one is to simply eat all of your meals within an 8 hour window. I use noon to 8pm. That means the other 16 hours of the day are spent fasting. It's that simple. Really, if you look at the meal distribution in my plan [part X], I say that my breakfast is often just coffee and coconut oil. Then I eat lunch at like 12 or 1, a snack at like 4 on non-workout days, or a protein shake after my workout, then a nice big dinner at like 7pm. Same amount of calories, same nutrients, just pressed into a short window.

IF is touted for its ability to pack on muscle while losing fat, but it works pretty well for increasing testosterone as well. A study done on a group of obese men found that the kind of overnight fasting prescribed by IF [\*increased their Testosterone\*](#) levels by 180%. In another study, rats fed a diet based on IF had [\*higher T than the normal high-fat high-glucose group\*](#), or the restricted calorie group.

I won't go too far into IF, simply because I don't consider myself an expert at it. I have tested most of the protocols though, and the basic ones seem to work really well.

**WHERE TO LEARN MORE:**

- 🔗 [The Leangains Guide](#)
- 🔗 [Beginner's Guide to Intermittent Fasting](#) on Nerd Fitness
- 🔗 [Benefits of Intermittent Fasting](#) on Mark's Daily Apple
- 🔗 [Man 2.0 Engineering the Alpha](#) by John Romaniello and Adam Bornstein

## 8.4 COLD SUBMERSION

I talked about this briefly in the “Sleep Well” section of the book. I tested using cold showers to boost my testosterone after Tim Ferriss told me about it when he was doing the 4HB, and though it worked, I just couldn't fucking deal with taking cold showers all the time. Why work hard and achieve things in life just so you can not use warm water? That being said, I do use it to fall asleep when nothing else is working, because goddamn does it work. Knocks me the fuck out.

There is a TON of research about how cold immersion has immune benefits, fat loss benefits, circulation benefits, skin benefits, and the big thing is the reduction in inflammation. It's clearly good for you.

The big benefit in rotating hot immersion and cold immersion after an intense workout is the impact it has on reducing inflammation and speeding recovery. I do that all the time at my local Four Seasons if I am sore—rotate between the hot tub and cold tub. And this is pretty basic recovery for all high level athletes. Ray Lewis claims that one of the reasons he

spent so long in the league is because *he spent a lot of time in the cold tub.*

That being said, the research on the link between cold showers and testosterone is a little shaky. A paper by the Thrombosis Research Institute in 1993 is said to have demonstrated a relationship between the two factors, but the research methods in that paper are suspect, and there is no other randomized, double blind evidence really out there.

That doesn't mean it's not important. I think a big reason there isn't any evidence here is because no research is done into this field. Why not? Because cold water is cheap and can't be patented, no one can make money on this research. Money drives science.

That's another thing to always remember about scientific research; people think lack of evidence means no relationship. That's wrong. It often means no studies have been done, which is not remotely the same thing. Anecdotal findings are very important, especially in fields that are complex and understudied, like hormone research.

For example, cold showers have been shown to help increase muscle mass and decrease fat, most likely due to their ability to increase brown adipose tissue. As discussed earlier in this book, increasing muscle mass and decreasing fat is good for testosterone (you can read more about this in Tim

Ferriss' [🔗 \*Four Hour Body\*](#)). And the basic fact that cold tubs increase hormesis is almost a certain way that they impact testosterone, but again, this has not been studied well at all.

What does this mean to you? I use cold tubs every chance I get, and I think they help with testosterone. This is one of those things that I think really matter if you're a high level athlete, or you just like cold water. If not, you can skip this and be fine.

### WHERE TO LEARN MORE:

- [🔗 \*The Benefits of Cold Showers\*](#) (Impossible HQ)
- [🔗 \*Ice Baths in the NFL\*](#) (SportsCenter)
- [🔗 \*The James Bond Shower\*](#) (Art of Manliness)
- [🔗 \*The Four Hour Body, Chapter: Ice Age\*](#) by Tim Ferriss

## 8.5 PLASTICS

This field is not my specialty at all, and I claim no expertise, but I will say this: After reading Ori Hofmekler's book, [🔗 \*The Anti-Estrogenic Diet\*](#), and then doing my own research into the studies behind his claims, I went around my house and got rid of as many plastics and harm chemical laden cleaners as possible. I only use all natural, sourced soaps, deodorants, shaving creams, cleaning products, detergents, etc, and I use glass as much as possible, as opposed to

plastics, for everything I can in my kitchen.

So here's the basic theory: We are exposed to a flood of unnatural chemicals that come from all sorts of sources in our house; cleaning products, detergents, soap, deodorant, etc. These chemicals have what are called "chemical disruptors" in them, and they cause all sorts of havoc in the human endocrine system. The largest class of these chemical disruptors are "xenoestrogens" which are petroleum based chemicals that act like estrogen in our body, causing testosterone [↗ levels to drop significantly](#).

This is a preposterously simple explanation, and if you care about this, I'd encourage you to read more from these sources:

- [↗ \*The Naked Truth about Xenoestrogens\*](#) (Interview with Dr. John K. Williams)
- [↗ \*Male Reproductive Health and Environmental Xenoestrogens\*](#)
- [↗ \*A List of Xenoestrogens\*](#)
- [↗ \*The Anti-Estrogenic Diet\*](#) by Ori Hofmekler
- [↗ \*The Estrogen Effect\*](#) (BBC Documentary)

### **What Can You Do?:**

The easiest way to avoid xenoestrogens is to use natural grooming products. Most of the crap you buy contains parabens, which is a xenoestrogen, among other harmful

chemicals. Believe it or not, the best places to buy grooming products are the hippy stores that sell overpriced crap—come to find out, it's not actually crap (though it is still expensive). Some examples:

- 🔗 [\*Jason Shampoo\*](#)
- 🔗 [\*Dr. Bronner's Organic Body Soap\*](#)
- 🔗 [\*Tom's of Maine Toothpaste\*](#)
- 🔗 [\*Tom's of Maine Long Lasting Deodorant\*](#)
- 🔗 Here is a list of *things to avoid in cleaners* and *in skincare products*

## 8.6 SEXUAL ACTIVITY

### Sex

If you can have more sex, do it. Aside from sex being awesome, it seems to increase testosterone.

In studying the relationship between testosterone and sex, researchers often find themselves in the middle of a chicken-and-the-egg problem. There is a 🔗 *clear correlation* between testosterone levels and the amount of sex men have. But is the increased testosterone causing more sex, or can we just attribute it to high-T men being hornier and more attractive to women?

The research suggests that the sex is, in fact, causing the testosterone levels. A recent study has shown that 🔗 *men*

*have higher testosterone levels* on nights after they have had sex than on nights they haven't. Furthermore, it seems that the mere anticipation of sex in rats is *enough to boost Testosterone.*

In fact, just talking to women *seems to increase testosterone itself.* I know anecdotally this is true; when I am single and pursuing women, I feel more “manly” for lack of a better term. If you wait to have high testosterone to go out to meet women, you may be in a chicken vs. egg situation— if you go out and talk to women, interact with them, that's a great way to actually increase your Testosterone.

Because of the correlation vs. causation problem, it's hard to be sure how much of an effect this really has. Worst case scenario, you have more sex and it has no impact on your testosterone. I fail to see any downside from that.

### **Masturbation**

There is a myth that too much masturbation lowers testosterone levels. This isn't the case. The most in-depth study on the topic tested men's testosterone levels through 16 days of abstinence and found *almost no relationship,* except for a spike on the 6th and 7th days (discussed below). Although the abstract of this study makes it sound like there's a difference in testosterone levels, it's poorly worded and misleading, and testosterone levels are actually unaffected. For a more in-depth explanation of this study, and more

evidence against the abstinence increases Testosterone myth, go down [↪ \*this rabbit hole\*](#). Suffice it to say, there are benefits to masturbating less, but increased testosterone levels isn't one of them.

Testosterone and masturbation do interact in two well-studied ways:

1. Ejaculation to satiety causes a temporary decrease (about 72 hours) in the [↪ \*receptors in your brain\*](#) that interact with Testosterone.
2. After 6 days of abstinence, [↪ \*Testosterone skyrockets\*](#) before reaching a peak on the 7th day, and falling back to baseline levels from the 8th day on.

So what does all of this mean? No one is precisely sure, and masturbation is a field that—again—has been poorly studied. No money in it. Here's what I think:

There is little doubt that masturbation is natural, as evidenced by the fact almost all mammals (and even reptiles) display some sort of masturbatory behavior. There is also a lot of evidence that regular masturbation in humans is generally beneficial to overall health. The problem comes not with masturbation overall, but the frequency. How much should you masturbate? No one has any idea what is the optimal level. Personally, I try to have as much sex as possible, and

then use masturbation to sort of fill the “gaps” when I am not having regular or enough sex. When I do that, it works well. The problems for me (and I haven’t had these problems since I was younger) come when I spend so much time masturbating that I don’t spend any time having sex. Masturbation can easily become a sort of drug, whereby you learn to satisfy yourself to the extent that you lose interest in going out and doing what the activity is meant to imitate: Sex. This is a deep rabbit hole to go down, and I could write a book on this alone I think, so let’s leave it at this takeaway:

Have as much sex as you can have (or want to have).  
Masturbation is fine, as long as you do not use masturbation not as a replacement for sex, but only as a supplement to it.

## **8.7 FIGHTING AND COMPETING**

This is not a core tenant of the book, and I think you can ignore this and do great with your Testosterone. That being said, I think I’d be remiss to not mention the relationship between fighting and Testosterone, if for no other reason than I consider my MMA training as really important to my life.

Here’s the basic thought about the relationship between Testosterone and aggression/fighting right now (and note that this is not fully accepted by everyone, it is a controversial hypothesis):

A lot of modern guys might have low Testosterone partly because they avoid conflict and can't handle challenges; they defer to their bosses, their girlfriends, everybody, which sends their bodies the signal to reduce Testosterone levels, and as a result they have no assertiveness or self-confidence.

IF this is true (and I tend to think it is), then finding a way to be aggressive and compete (in a productive manner) is a key aspect to Testosterone levels in men. One of the best researchers on testosterone, aggression, and evolution is John Archer. His "challenge hypothesis" explains why Testosterone levels in many studies spike after you experience social/dominance challenges from other people of your own sex — e.g. insults, arguments, or rolling at BJJ or MMA classes. The basic notion is that challenge or aggression creates a hormonal response in men, and in order to rise to meet that challenge, the body [🔗 produces more Testosterone](#).

Here's the thing: "being aggressive" does not mean be a brutish dickhead. It means find a way to channel and use your natural aggression productively and positively. Some guys play rugby. Some guys play golf. I choose MMA. It changed my life. Made me calmer, made me more spiritual, made me understand so much about myself. That discussion is too long for this book (I spoke about it [🔗 here](#), and wrote about it [🔗 here](#)), but the point is not to tell you to go start fighting people. The point is that being aggressive and competing is a good, healthy thing, especially for your Testosterone.



**EMOTION  
AND THOUGHT**

## 9. EMOTION AND THOUGHT

This is by far the hardest section to write in the book, and I seriously debated leaving it out. Here are the problems:

- 1.** There is an entire series of books possible just about the subject of how thought and emotions impact hormones and health. In fact, much smarter people than me have written many, many books on this subject (some referenced in the Appendix).
- 2.** It's hard to measure and quantify the impact of thought on hormones for most people. It's even hard for scientists who have MRI's and CT scans.
- 3.** It's hard to outline specific actions to take without going too far away from the topic at hand.
- 4.** The field is still developing, and though there is a lot of research on this subject, there is still quite a bit to be done, and things will unquestionably change.
- 5.** Some of the suggestions—even ones that have been empirically proven to work—quite frankly, sound totally fucking kooky.

I ultimately decided to put this section in, because of two reasons:

First, The knowledge is very counterintuitive, but the benefits are substantial: So what is the knowledge? It's pretty crazy:

*Hormones don't just cause behavior, hormones FOLLOW behavior.*

I know right, that sounds nuts, doesn't it? It goes against almost everything you've ever read and heard about hormones, especially testosterone. But it's true. Though some of the details may be fuzzy, the core evidence is very clear. It's not even a controversial finding anymore in hormone and behavior research.

I decided that if I was going to write the best possible book about testosterone, I had to at least address this issue for people, and start them on the path to understanding this. I have yet to see any book or article about testosterone even understand this basic point.

I won't spout bullshit and say you absolutely must do this in order to see benefits. In fact, I kept it out of the main part of the book and put it last here in the optional section. But my guess is that in 5-10 years, the applied science will have caught up and this will be a primary part of a good

testosterone plan (or any hormone).

Second, I found an easy way to apply this lesson: That was the key for me; how do I make this concept easy to understand and effective to execute? It took me quite a while but I eventually stumbled upon a clear and easy way for people to reap the benefits of this knowledge, without having to make any complicated or difficult changes. My idea may not be the best possible, but it is effective and it does work. What is the method?:

*Use the same posture, movements, actions and self-assessment as your hero, and you'll imitate his hormone levels.*

Basically, ask yourself “What Would [YOUR HERO] Do?,” and then do that.

If you're laughing at this right now, I don't blame you. I laughed at this when I first started reading the research. I'm not laughing anymore—because it's incredibly effective.

Think about who your hero is. Don't overthink this, the details are not important. What's important is how you see them. So for example, if your hero is Alexander the Great, that could spark a huge debate in another situation, because the guy was an awful narcissistic monster. But for this exercise, it works fine, because you're imagining how your conception of Alexander the Great, which is obviously positive, would act.

The reality of who he was in history is irrelevant.

So, imagine you're going into a situation that usually makes you nervous. Let's say you're going to a bar with friends, and they want to talk to girls. How would Alexander the Great act? He'd stand tall, he'd be calm, he'd be unafraid of anything that could happen, he's drink and enjoy the company of his friends, and he'd generally think very highly of himself. So do that. Don't think about what you feel at all. Think about what Alexander the Great would feel, what he would do, how he would act. And then imitate that.

These actions alone—regardless of how you feel about yourself—will change your hormone profile, which will then change your behavior. It basically creates a positive hormone loop that gets you feeling and acting the way you want. Your actions create the internal biological response that then reinforces those actions. You can think about this as “fake it till you make it.” It's sort of the same principle.

This seems nuts, and totally counterintuitive to the way most people think about biology. But it works. There is quite a bit more I could talk about with regards to why I think it works, and the mechanisms in play, but they are complicated and technical and will bog you down. Here's what you should take away from this:

**You can change how you feel, but first changing your**

actions to reflect how you want to feel. And the mental short-cut to get there is to imitate the actions, posture and attitude of the person who you most want to emulate or be like.

### Research:

There is a lot of different research on the various aspects of this, but none of it is put together in the form that I recommend. Here are some of the pieces though:

- If you don't want to read or examine scientific studies, just watch [🔗 Amy Cuddy's famous TED talk](#) about this subject. It's basic and lacks a lot of things, but it's a good intro.
- In one study, participants were instructed to pose in either a high-power posture (shoulders back, relaxed, taking up space) or a low-power posture (shoulders forward, tense, minimizing space) for two minutes. Those in the high-power group immediately displayed increased levels of Testosterone and decreased levels of cortisol, as well as feeling more powerful and having a higher tolerance for risk. The low-power group [🔗 displayed the opposite.](#)
- One of the main ways this power manifests itself is through poise under stress. Robert Sapolsky, one of the leading researchers in this field, found that response to stress predicted status among baboons. High-power baboons responded with an hour of increased Testosterone, while

low-power baboons Testosterone [↗](#) *levels immediately plummeted*. Stressful situations are a particularly important time to think: How would my hero act?

- Typical manly behaviors all fall into this area. One study found that men who played with a gun for 15 minutes [↗](#) *increased Testosterone levels substantially more* than a group who played with a child's toy. This change had a direct impact on behavior, as those who played with the gun were willing to drink a higher quantity of hot sauce than their toy-playing counterparts.
- Testosterone doesn't only cause aggression; aggression and Testosterone both seem to cause one another. It's a complicated relationship that can't be simplified the way scientists want. [↗](#) *More info from Sapolsky.*



# APPENDIX.1

# APPENDIX.1

## THE WHOLE, FUNNY BACKSTORY OF HOW MY TESTOSTERONE GOT FUCKED UP

This is not by any means an integral part of this book, but I am including the stories I wrote in my other books that led to this book below, just in case you want to read them. Please feel free to skip this:

### THE TUCKER MAX SEX-RAY

Occurred, August, 2009

When the movie based on my first book came out Nils, a crew of assorted miscreants and I rode around the country in a huge tour bus, attending premieres in various cities and causing all sorts of havoc. There were many, many hilarious incidents, but one incident stood above the rest, an incident that was so awesome that it shocked even Dr. Drew.

It all started the night of the premiere in Raleigh, North Carolina. I was sitting on the tour bus, exhausted from a long day, sipping a beer and talking to Jeff and Nils. These two girls I had talked to earlier came on the bus, and they were pretty,

but to be honest, I was fairly unenthusiastic about them. Still, they were girls, and they were there, and they wanted to fuck, so I tried to find something compelling about them:

**Tucker** “So what do you do?”

**Girl** “I’m an x-ray tech.”

OK, that is interesting. Jeff had hurt his shoulder the day before—because in a fit of rage, he tried to use it to dent an elevator door—and now he thought he might have a serious problem with it.

**Tucker** “Really? Jeff has a bad shoulder. Can you get it x-rayed it for him?”

**X-rayTech** “Of course. I can x-ray anything.”

**Tucker** “When can we go? Tomorrow morning maybe?”

**X-rayTech** “Right now, if you want.”

**X-rayFriend** “She has the keys to the place.”

Jeff and I perk up like meerkats and shared a conspiratorial glance.

**Tucker** “You have keys? To an x-ray clinic? How?”

**X-rayTech** “I am the head tech there, and the boss wants to fuck me, so he lets me do anything I want.”

**Tucker** “So we can go and get an x-ray, right now?”

**X-rayTech** “Yep.”

**Tucker** “What else can you x-ray?”

**X-rayTech** “I can x-ray anything you want.”

**Tucker** “So...can you get an x-ray of you and me fucking?”

X-rayTech and her friend flash their best 3am Cinemax grins.

**X-rayTech** “I can do you one better. I can get an x-ray video of us fucking.”

**Tucker** “You shut up! There is no such thing as x-ray video! That’s only in Total Recall!”

**X-rayFriend** “There is. We can go now.”

Jeff and I leap to our feet, I take X-rayTech by her hand, Jeff grabs the other one, and we sprint from the tour bus out to the van and race the clinic.

Once there, X-rayTech unlocks the door, disarms the alarm, and we get situated in front of the x-ray machine. We quickly figure out that an x-ray video of us having sex won’t work—its pretty much impossible to see things distinctly, because it’s just a mass of bones. I have another idea: I put the X-rayTech on her knees and have her fellate me in front of the x-ray machine. I can immediately hear Jeff and the other girl crack up laughing.

**Jeff** “That’s awesome, holy shit!”

He is laughing so much, I almost think he has to be playing it

up.

**Jeff** “OK, that’s good you got plenty of video, I want to go now!!”

We switch places, they get in front of the x-ray machine and start going, and X-rayTech turns it on.

I literally fell on the floor laughing. Legitimately the hardest I’ve ever laughed in my life. *The video is the best.*

## **I SHOCK DR. DREW**

**Occurred, September 2009**

That’s not all there is to this story. I went on Loveline a few weeks later, and I was really excited about it because I am a huge Dr. Drew fan, and have been for years. During a commercial, we were talking about things that shock him, and he said that after being a doctor for like 25 years, and doing Loveline for over 20, nothing shocked him anymore. So I showed him the SeX-ray video.

I will try to not overstate this, but there is no doubt, Dr. Drew was shocked. He was kinda stammering for a second, and then we came back on the air. This is the exact transcript from that point forward:

- Dr. Drew** “We’re back...I was just exposed to a video of, I guess oral sex...”
- Tucker** “I knew that was gonna throw you for a curve ball man.”
- Dr. Drew** “It’s oral sex on a Cinescope.”
- Tucker** “No no, on X-ray video.”
- Dr. Drew** “Yeah but a fluoroscope, it’s called. That’s a ton of x-ray exposure buddy, right to your nuts.”
- Tucker** “She had metal hoop earrings on too Dr. Drew! It was an x-ray tech who I hooked up with, who put me in front of that thing...”
- Dr. Drew** “Is she out of her mind?”
- Nils** “Yes.”
- Tucker** “Well...she said it was a lower level of exposure than...”
- Dr. Drew** “It is, but it’s still a—we doctors are a very cautious...”
- Tucker** “And after, a doctor emailed me after I posted this. He’s like ‘you cannot say who did that because they’ll lose their license.’ Like it’s a big deal or something.”
- Dr. Drew** “Yeah it’s a big deal! And especially shooting across your testes. I mean, that’s f-ed up, I’m sorry but that’s not a cool thing.”
- Nils** “She might actually get an award from the national organization for women.”
- Dr. Drew** “I guarantee that she was as narcissistic as you, or

a drug addict, to be able to want to take that kind of risk.”

**Tucker** “She’s a nice lady!”

**Dr. Drew** “I’m just saying.”

**Tucker** “It’s really that bad?”

**Dr. Drew** “Is it bad? You know, when we use fluoroscopes, you put them on for just a second and then take them off, because its such a high level of radiation. It’s continuous radiation exposure. It’s not just a single picture.”

**Tucker** “So I can go without a condom for a couple months?”

**Dr. Drew** [glares at me]

**Tucker** “I’m just kidding. No but it’s not permanent, is it really?”

**Nils** (laughs) “It’s not permanent.”

**Dr. Drew** “Well, risk of testicular cancers, risk of all kinds of stuff. That’ s why they wear those big lead shields when they’re working there!”

**Tucker** “So you’re saying that skeleton porn’s not going to catch on.”

**Dr. Drew** “I don’t think so. What they’ve done is MRIs and CT scans and things like that.”

**Tucker** “But have you ever seen x-ray porn like that?”

**Dr. Drew** “No.”

**Tucker** “The best part is that she had hoop earrings on, did you see that?”

**Dr. Drew** “Yeah so the x-ray was also firing into those and

going all over the place.”

**Nils** “That’s the best part. Not the infertility.”

**Dr. Drew** “Oh Tucker. This is not good. Not good at all.”

I’ll just say it: When you can shock Dr. Drew, you’ve really accomplished something. Whether it’s good or bad—or causes testicular cancer—is a different issue...but it’s definitely something.

## **TUCKER GOES TO DOCTOR, HILARITY ENSUES**

**Occurred, May 2010**

I wrote a story in Assholes Finish First called “The Tucker Max SeX-ray” about going on Loveline and shocking Dr. Drew with video of me getting a blowjob in a running x-ray machine. [If you didn’t read that story, just type “Tucker Max Sex Ray” into Google and the original video will come up]. I went back on Loveline in January 2010 to promote that book, actually, and the show went great as always, because Dr. Drew is awesome. During one of the breaks, we talked again about the SeX-ray video, and he asked me if I had gotten a check-up like he recommended during my previous appearance.

**Tucker** “What do you mean? Like seen a doctor? No.”

**Dr. Drew** “You really should.”

**Tucker** “I have felt a little, I don’t know—less like myself

recently.”

**Nils** “You sound like a fucking anti-depressant ad.”

**Dr. Drew** “You really should get checked out. Shooting that much radiation across your balls can affect testosterone, which would explain that.”

I ignore the vast majority of what people say to me, both good and bad, and I can't remember the last time I took advice from someone. But I respect the hell out of Dr. Drew, even more so now that I kinda know him in real life. When he tells me to do something, especially something medical, I pay attention.

I don't really trust most doctors though, so when I got back to Austin, I found a blood testing facility and got my own lab tests done. They came back and confirmed what Dr. Drew had suspected: I had really low testosterone. It was right at the lower bound of normal, which put it about half of what I was at the last time I got full blood work done. This is not good. I immediately found a highly recommended endocrinologist (a doctor that specializes in hormones), and made an appointment. She was supposed to be “the best” in central Texas.

It's funny—when doctors are considered “the best” it usually means one of two things: They really are awesome, or they are all hype and really fucking suck. It became immediately clear which one this was.

The doctor came into the exam room an hour late. She was about mid-forties, definitely pretty, but in a severe way. She carried herself with an air that immediately said, “I am such a delicate genius, you’re lucky to be in my presence.” That was the first bad sign. She started off by recapping what I’d told her receptionist when I made the appointment.

**DoctorUppity** “So, it says here you think you have low testosterone?”

**Tucker** Yeah, well I have been feeling kinda sluggish and tired and, it’s hard to describe, but just not myself recently. Like I am a step behind who I normally am. I’m pretty sure my low testosterone is the cause.”

**DoctorUppity** “Well, we don’t actually know if you have low testosterone, we’ll have to run some tests, and then...”

**Tucker** “Oh no, I do. I already did them.”

I handed her my blood test results, as well as some from two years ago that showed a baseline for me. I thought she’d be excited about this, that a patient had taken an interest in his health and done some of her work for her.

**DoctorUppity** “You ALREADY did blood tests? How? Where?”

She wasn’t asking me because she was confused. She was asking me, incredulous, like she was mad at me.

Tucker “At a place called Any Lab Test Now. They draw your blood and send it off for tests to the same labs the doctors do. Here are the results.”

She snatched the papers from my hand and started rifling through them, as if they were scientific poison. Now I know what Galileo felt like. She started lecturing me about patients thinking they know better than doctors, and about how I wasn’t qualified to read and interpret the results--even though these are the exact same results that get sent to doctors. Her “I am the sole expert here because I gave the University of Texas \$130k and 4 years of my life” attitude was a REALLY bad sign. Experts who think they hold a monopoly on knowledge within their subject or field are not only usually bad at their job, they can be dangerous (e.g., the cause of the 2008 financial crash). I could talk for hours about why this is the case, but you probably don’t care, because it’s not funny (if you do care, go read “The Black Swan” by Nassim Taleb).

**DoctorUppity** “Why did you do this?”

**Tucker** “Do what?”

**DoctorUppity** “Get your own blood tests done?”

**Tucker** “How else am I going to see if there’s a problem?”

**DoctorUppity** “Well, you can come to the doctor first, like everyone else.”

I probably should have just walked out at that point. This

woman was obviously a fucking disaster. But I didn't. I was desperate to fix my balls.

**Tucker** "I kinda did. I'm here because Dr. Drew told me to come."

**DoctorUppity** "Dr. Drew?"

**Tucker** "You know, from Loveline and Celebrity Rehab, and..."

**DoctorUppity** "Oh, I KNOW who Dr. Drew is. What does he have to do with why you're here?"

**Tucker** "Well, when I was on his show..."

**DoctorUppity** "You called into Loveline for medical advice?"

Her tone was about as condescending and rude as it could get for a service provider speaking to a paying client. She may have been questioning my intelligence for calling into a radio show for medical advice, which I guess I can understand. But in the moment, I took it like she was questioning Dr. Drew's credibility as a doctor. That was basically the tipping point for me. I turned combative and sarcastic.

**Tucker** "No, I did not. I was a guest on the show."

**DoctorUppity** "You were a guest on Loveline?"

**Tucker** "Yes, and when I told Dr. Drew what happened to me, he told me to get checked out."

**DoctorUppity** "What happened?"

**Tucker** "Well, I got a blowjob in front of an x-ray machine."

**DoctorUppity** "You're kidding right?"

**Tucker** “I think if you saw the video, it will clear everything up.”

**DoctorUppity** “The video?”

There wasn't a computer in the exam room, so I walked out to the reception area. This office had multiple doctors in it, so there was not just a solo receptionist sitting at the front desk., There was also a handful of nurses and techs milling around. Before the doctor could really figure out what was going on, I got in front of the computer, typed “Tucker Max Sex Ray” into Google, and clicked on the video.

I hadn't watched this video in a long time, and I'd forgotten that it had music to it. In fact, if you are at a computer, go bring up the video and make sure the sound is on. Well, that computer had the sound on too. Loud. Which made everything even more awesome.

**DoctorUppity** “Is that...are you...oh my god...”

Now it's time for the tables to turn on this doctor. The sound to the video, combined with her reaction, pretty much ensured everyone in the office came over to see what was going on. And of course, I am never one to not play to a crowd.

**Tucker** “The video is exactly what I told you it was--me getting a blowjob in front of an x-ray machine.”

**DoctorUppity** “WHY WOULD YOU DO THAT? DO YOU HAVE

ANY IDEA HOW DANGEROUS THAT IS??”

**Tucker** “Well, I wanted to invent a new genre of porn.”

**DoctorUppity** “You wanted to invent a new genre of porn???”

At this point, the whole thing turned into a fucking Abbott and Costello “Who’s on first” routine.

**DoctorUppity** “WHO ARE YOU??”

**Tucker** “Tucker Max.”

**Receptionist** “You’re Tucker Max? Really?”

**Nurse** “Hey, I read your book. You’re that buttsex guy!  
You’re so funny!”

**DoctorUppity** “You know who he is?”

**Receptionist** “Of course, he’s like, famous or something. Right?”

**Tucker** “Are you asking me if I’m famous?”

**DoctorUppity** “You’re famous? For blowjob videos?”

**Tech** “I’ve seen that. I remember when that video came out. Hey—you’re Tucker Max!”

**Tucker** “Hi, nice to meet you.”

**DoctorUppity** “I still don’t understand how you even did this.  
Using a fluoroscope like this is highly illegal.”

**Tucker** “Well, it was the x-ray tech who was the one giving me the blowjob.”

**Tech** “Yeah, I read that in your book. That was hilarious.”

**DoctorUppity** “This is in a book? You wrote a book?”

**Nurse** “Yeah, I read it. It was funny. This wasn’t in the book though, was it?”

**Tech** “Yeah, it was in his second book.”

- Nurse** “You have two books?!? How did I miss that? What’s it called?”
- Tucker** “*Assholes Finish First.*”
- Receptionist** “They sure do.”
- Nurse** “Oh my god, I have to go get a copy!”
- Tech** “Yo, can I get a picture with you? My friend is never going to believe this. You’re his hero.”
- Tucker** “Of course.”

It took like ten minutes to get back on track after that. I had to backtrack and explain everything again to the doctor, who was in such shock she almost couldn’t process it. I mean, in her defense—this video shocked Dr. Drew, so her being really fucked up over it is understandable.

There isn’t much else to talk about for this story, at least anything else that’s funny. Her medical advice was for me to go on hormone therapy. What a fucking quack—I’m a healthy 35 year old, I’m not taking synthetic hormones for the rest of my life. I never went back to her.

I can happily report that my testosterone is now better than ever, because with the help of a few very smart people (not doctors), I figured out a way to fix it naturally using megadosing of certain vitamins and certain specific dietary and lifestyle changes. But that is a long story, and definitely not one that is entertaining enough to tell in this book.



**APPENDIX.2**  
**BIBLIOGRAPHY**  
**FOR THE CONSTANTLY UPDATED**  
**BIBLIOGRAPHY, CLICK BELOW**



**WANT TO GET**  
**matinggrounds.co**  
**EBOOKS LIKE THIS ONE**  
**FOR FREE?**

**GO HERE TO SEE OUR**  
**OTHER FREE GUIDES**

