



alphagenix
BODY MIND SPIRIT
EXPERTS IN TESTOSTERONE REPLACEMENT THERAPY

Testosterone

9 Nine ways you can
boost your levels

Firstly, Why are testosterone levels are important.

By the time a man reaches his mid-20s his testosterone levels will start to decline. There is strong research that shows there is a link between obesity and low testosterone and that the likelihood of catching various diseases is greater, as is the risk of dying prematurely. Having adequate testosterone levels is also important for the female of the species in conjunction with other hormones that are key to health, such as progesterone and oestrogen. This is why more and more emphasis is being placed on ensuring that low testosterone levels are addressed in men and in women so that their health and well-being can both be optimised.



Although testosterone is primarily a male hormone, it also is produced, in smaller amounts in females. Testosterone itself is a steroid hormone and in men is produced in the testicles and in a woman, in her ovaries, although the adrenal glands do also produce small amounts of the hormone.

When a boy hits puberty it is testosterone that will drive the physical changes that will help him transition to make him into an adult by increasing his muscles, giving him a lower voice and promoting hair growth on his body. However, although this hormone may be associated with puberty in boys it is very important for both sexes to maintain healthy and optimal levels through their entire adult life and into old age as well.

Having healthy levels of testosterone, for both men and women, will give them a boost to their general health and will reduce the risk of them contracting

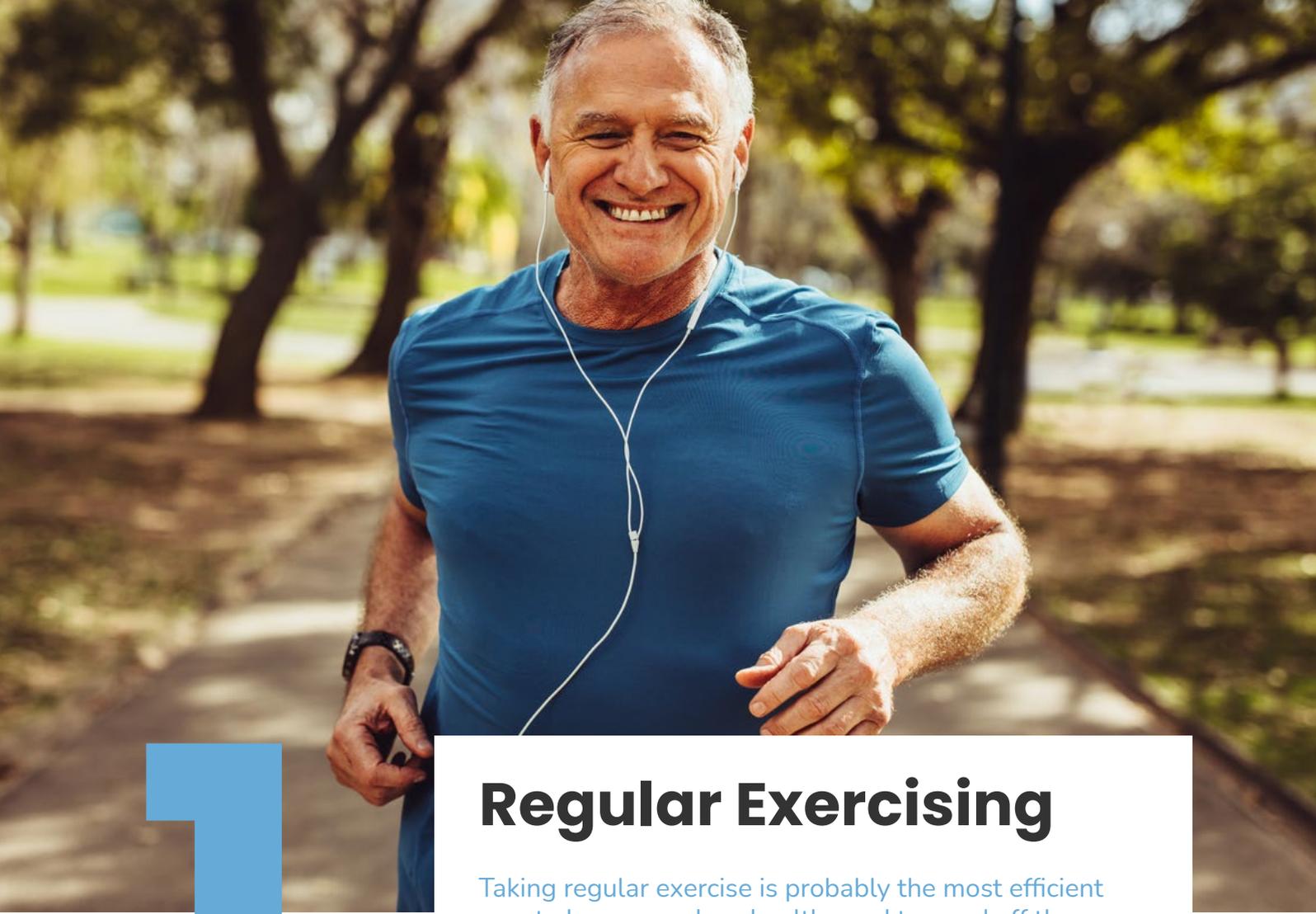
some diseases. It will also define their body composition and maintain their sexual function. In fact testosterone has an effect on almost everything.

Where testosterone levels are low, taking a testosterone supplement has been observed to lead to a rapidly developing muscles as well as in the vitality of the patient taking it. Testosterone will also play a very important part in the health of females with regard to their sexual health and their well-being.

A lot of research has been done into this subject, and it is pretty conclusive in that it recommends both genders ensure that their testosterone levels remain optimum, something that becomes even more important as we grow older.

Below are nine evidence-based ways in which testosterone levels can be increased naturally.





1

Regular Exercising

Taking regular exercise is probably the most efficient way to keep ourselves healthy and to ward off those diseases that are caused by lifestyle issues and can also boost our testosterone levels.

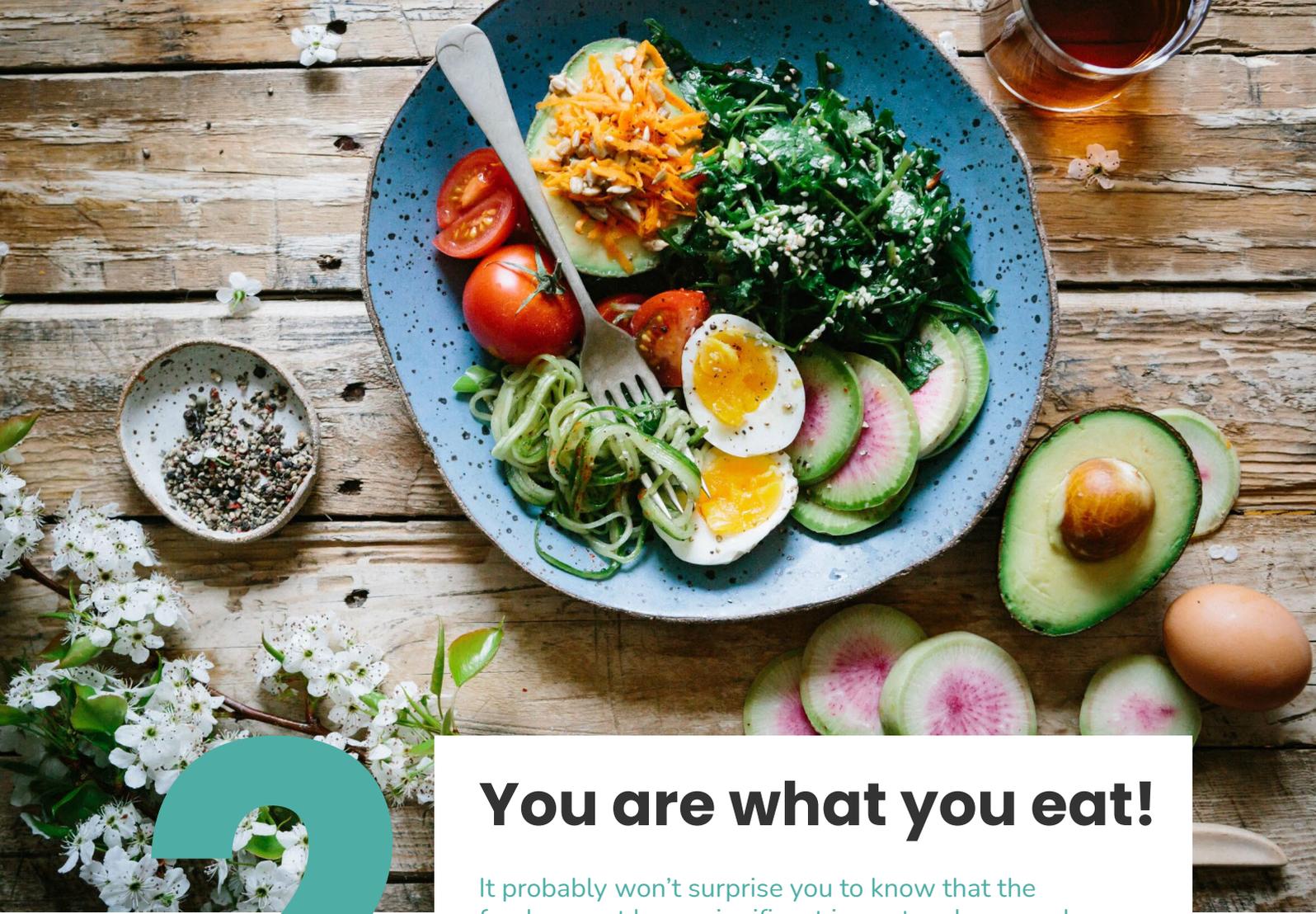
A study that looked up a large number of people's exercise habits showed that those who had a regular commitment to exercise were found to have testosterone at higher levels. For elderly people exercise was found to increase their fitness and their reaction time as well as their testosterone levels. Additionally, research on men who were overweight, in the obese category, suggested that if they took up a regular activity program they derived even more benefits than they would if they followed a weight loss diet, with respect to the increase in their testosterone levels.

Of the different types of exercise, it was found that what is called resistance training that includes activities such as weightlifting, was best for boosting testosterone. Interestingly this was true in the shorter and longer terms. Also found to be of great benefit was high intensity interval training (HIIT). Combining creatinine monohydrate and caffeine have also been seen to increase testosterone levels when they are combined with a program of exercise.



In summary – any kind of exercise is good when it comes to increasing levels of testosterone but high intensity interval training and weightlifting will be the most effective.





2

You are what you eat!

It probably won't surprise you to know that the food you eat has a significant impact on how much testosterone your body produces, and on the production of other hormones as well. In order to maintain everything at a healthy balance you need to look at the amount of calories you take in, long term. Having sufficient protein in your diet can go a long way to helping you maintain these healthy levels and can also help in reducing fat and of course maintaining your testosterone levels.

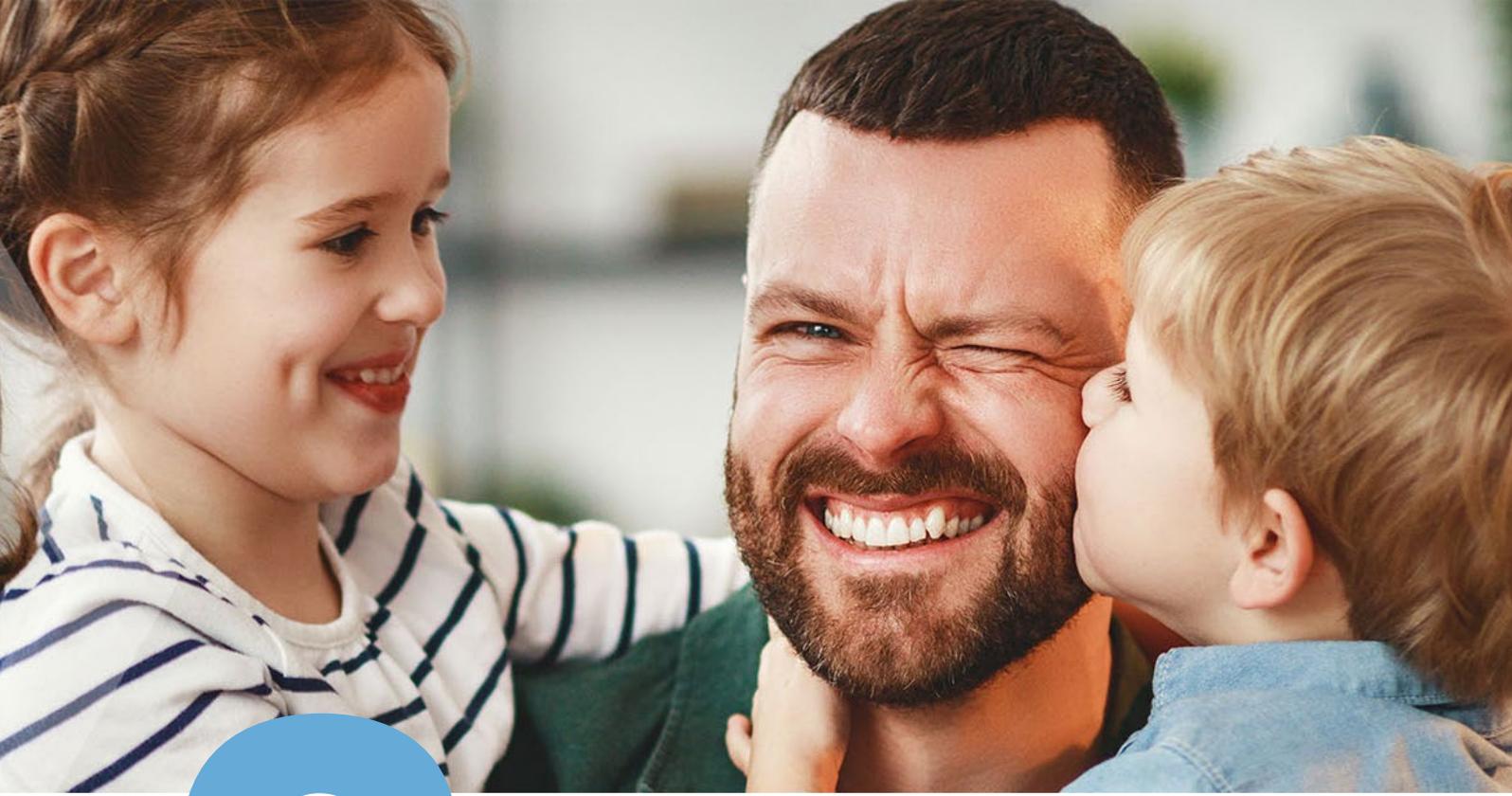
Carbohydrate intake also has its role to play and research has shown that carbohydrates can help to optimise those testosterone levels when you are undertaking resistance training. Other research shows that eating healthy fats can benefit our general health and to our testosterone levels.

The healthiest diet to follow will be one that is based mainly on whole foods and that includes a good balance of proteins, carbohydrates as well as fats. Eating this kind of diet will help to optimise your long-term health and also your hormone levels.



In summary - To maintain your health and healthy hormone levels the best advice is not to overeat but don't restrict your calorie intake for long periods of time, either. Eating a balance of fats proteins and carbohydrates is the best way to maintain both your hormones and your general health.





3

Keep stress levels and levels of cortisol under control

We have long known how bad stress long-term can be for us. Stress works by raising cortisol levels, and when cortisol is elevated in this way it can work to reduce testosterone levels. You could think of it like a seesaw, as one hormone level lifts the other drops.

Cortisol levels that are high along with stress will also increase appetite and food intake which leads to gaining weight and harmful layers of body fat being laid down around our organs. This may also have a negative impact on your levels of testosterone.

In today's hectic world it is not always easy to reduce our stress levels but for optimum hormone

levels and health, trying to reduce your exposure to stress will be extremely useful.

The best advice is to eat a diet heavy on whole foods, take regular exercise of some sort and ensure that you sleep well. Additionally you should laugh a lot and live a healthy lifestyle. Do this and you will be able to ensure that your overall health and testosterone levels benefit.



In summary – always remember that having high stress levels can negatively impact your health long-term and will also reduce your levels of testosterone.





4

Supplementing Vitamin D

Globally, vitamin D is one of the most talked about vitamins. Research has proved that vitamin D offers various benefits to overall health and can be a natural boost for our testosterone levels.

Despite the publicity for this super vitamin, the truth is that many people and many others have levels that are sub optimal. In a one-year study, those tested were given around 3000 IU of vitamin D three daily and as a result their testosterone levels rose by around a quarter. In older age groups,

when people were vitamin D as well as calcium, testosterone levels were found to be optimised, leading to greater health benefits. Safe exposure to sunlight, daily will boost vitamin D levels or about around 3000 IU of a vitamin D3 supplement.



In summary: Testosterone levels may be boosted by a daily intake of vitamin D3 supplements. This is especially important with older people and people who are identified as having low levels of vitamin D.





5

Boost your vitamins and minerals with supplements

There is always a lot of debate around what benefit can be derived from taking multivitamins.

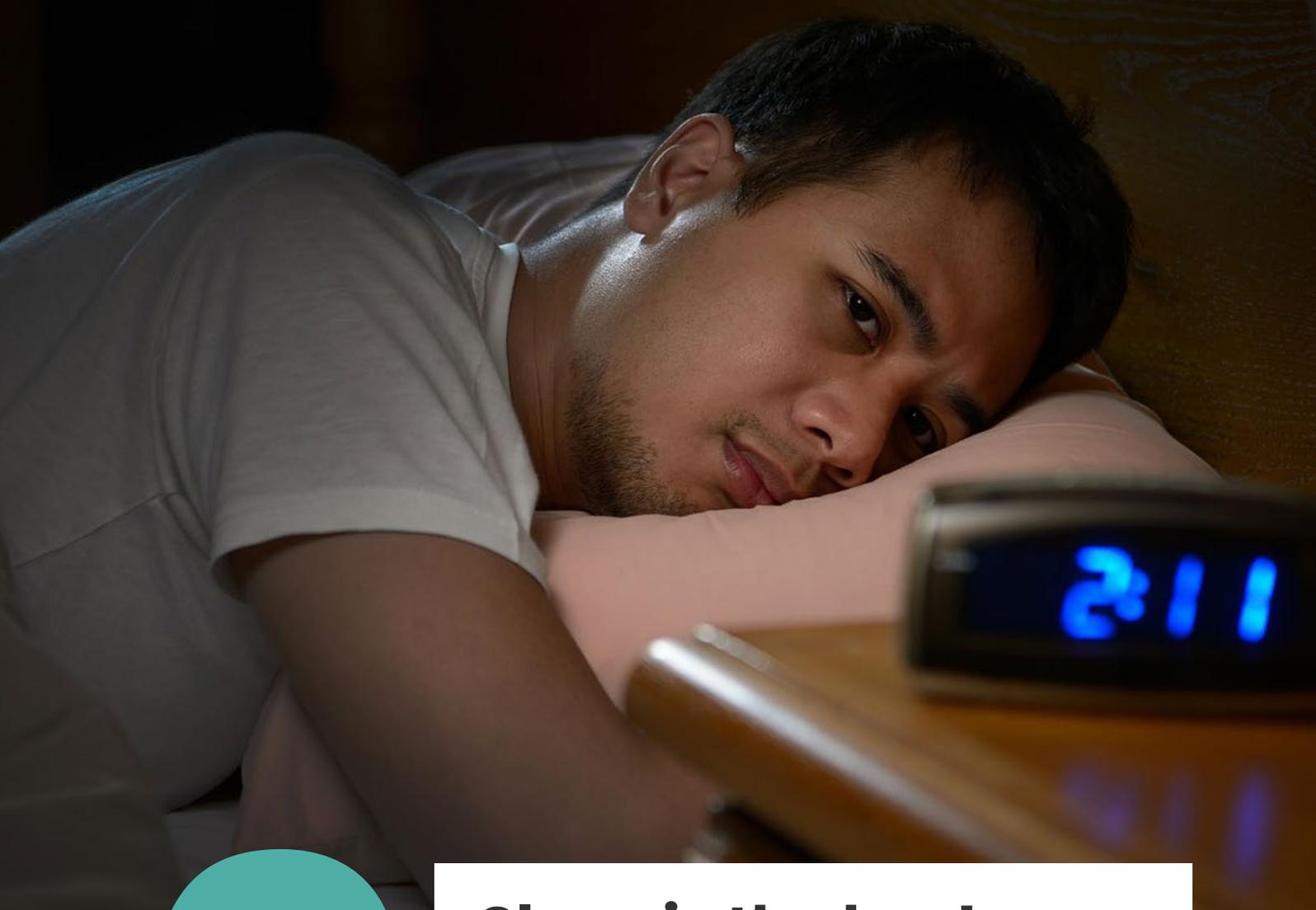
However, there is no doubt that specific and minerals and vitamins do have benefits. One study showed that vitamin B and zinc supplement intake increased the quality of sperm by some 74%. Zinc has also been shown to be boost testosterone levels in athletes and in those who have been found to be deficient in this mineral. There are other studies that suggest that

taking vitamins A, C and vitamin E might also influence the production levels of testosterone and sex hormone produced. This, however, is in an area that is currently undergoing more research. It is safe to say that research has suggested that zinc supplements as well as vitamin D supplements would be useful supplements to take to boost health.



In summary: zinc and vitamin D show the strongest potential in tests of being boosters of testosterone. Although other micronutrients are under review, more research needs to be done into them before definite recommendations can be made.





6

Sleep is the key!

There is always a lot of emphasis put on getting a good night's sleep and that is for very good reason.

As far as our health is concerned sleeping well and enough is just as important as exercise and diet. What may be less well-known is the fact that sleeping adequately can also have an effect on your testosterone levels. It is true to say that the ideal amount of sleep that a person requires varies, but in one study people who slept five hours per night rather than the recommended eight showed a 15% reduction in their levels of testosterone. People sleeping only four hours a night were borderline

deficient in their testosterone levels. More than that, other long-term studies have supported this idea with one calculating that for every extra hour of sleep that a person gets their testosterone level will rise on average around 15%. It is true that some people seem to do fine with very little sleep but research is fairly strong in recommending between 7 to 10 hours to keep testosterone levels optimum and keep us in very good health as well.



In summary – There is no substitute for a good nights sleep. Just about everything you are including your testosterone levels works better with proper rest.





7

Take natural testosterone boosters

There is always a lot of debate around what benefit can be derived from taking multivitamins.

One herb that has been researched a lot and it's called ashwagandha. In one study it was found that men who were infertile found a 17% testosterone level boost and an increase in sperm count around 167%. In men without fertility problems ashwagandha was found to increase their testosterone levels by 15%. Yet another study attributed a 25% reduction in cortisol from taking the herb. There is also some evidence that ginger might have a boosting effect on testosterone levels. Ginger, as

well as being a delicious addition to food is well known for other benefits to health. Another popular herb that has been studied both in animals and in humans is the horny goat weed. Research, however, is still in its infancy in this area and most of the research that has been conducted has been done on laboratory mice and on men who are infertile and who had low testosterone levels. There is little evidence that, in a normal healthy person, these supplements would be useful.



In summary - there are some herbal supplements that can be taken to boost testosterone naturally for those who have low levels or are suffering from infertility.





8

Avoid oestrogen type compounds and adopt a lifestyle that is healthy

As well as all the different vitamins and herbs and minerals that we have mentioned there are other things that can have an effect on your hormone levels.

Having a healthy sex life is important when it comes to regulating testosterone and sex hormone levels. Being exposed to oestrogen like chemicals can also affect levels so you should try to lessen any exposure you have to parabens, BPA and other chemicals that are found mostly in types of plastic. You probably wouldn't

be surprised to know that using alcohol to excess or using drugs whether those are recreational or medically prescribed can also affect your testosterone levels. The things you should be looking for if you want a healthy balanced life and healthy testosterone is happiness and laughter, success and contentment in your life.



In summary – Be sure that you have little or no exposure to any oestrogen like chemicals, to drugs and to alcohol all of which can have a negative effect on your health and your testosterone levels.





9

Ditch the excess weight

If nothing else convinces you to lose weight then maybe improving your testosterone levels might! The fat stored around the belly will secrete an enzyme that is called androlase. This will convert your testosterone into oestrogen. If you can lose that belly fat your confidence and your libido and critically your testosterone will thank you for it!



Thanks for downloading our free guide.

My name is Ross Tomkins and chances are if you're reading this you are feeling like I was back in 2010. Low energy, low mood and stuck in the body of someone far older than you?

With the benefit of hindsight, I can now see that the symptoms had been present for a couple of years before I first went to the doctors. At the time, I put my fatigue down to working long hours establishing my business, training to climb Mount Kilimanjaro and the fact I had two small children.

Unfortunately, neither my GP nor any of the NHS endocrinologists were able to help. In fact, one of them even told me the "symptoms were all in my head".

As a qualified physiotherapist, I attacked this 'feeling' and continue to do so with an inquisitive clinical mind and I have explored numerous healing modalities, diets, exercises and treatments over the years including Yoga, Pilates, Meditation, Mindfulness, HIIT training, Weight Training, Running, Cycling, Bio-resonance, Hypnosis, Sensory Deprivation, Hyperbaric Chambers, Wim Hof Breathwork and Cold

Immersion, Clarity Breathwork, Plant Medicines, Acupuncture, Massage, Reiki, Seichem, Halotherapy, Crystal Therapy, Red Light Therapy, Paleo, Ketosis, the Autoimmune Protocol and a whole host of plant based shakes and supplements.

I have seen doctors, coaches, personal trainers and shamans on 6 Continents but looking back I can see that that lethargy, joint pain and brain fog were actually symptoms of my low testosterone, and these gradually worsened until I was diagnosed by a private Men's Health Physician in London who helped me better understand my endocrine system and the importance of Testosterone.

I started my Hormone Replacement journey with a Testosterone Cream that I used to rub onto my wrists and elbows but over the years this became less effective and I switched to an injection which I still use today.



In fact, I inject Mondays and Thursdays and its now just part of my morning routine along with a green tea and my various supplements.

I started sharing my hormonal story back in 2021 as I know first hand how it can make you feel.

You might not be ready to start taking Testosterone Replacement Therapy so this guide will show you some of the tried and tested ways to 'naturally' boost your testosterone levels.

If you follow through with the advice in this guide, you will very soon feel more energetic, have more clarity and perform better in your day to day life.

If you would like to chat about more permanent long-term solutions you can schedule in a FREE Consultation with me today here >>>

[Schedule FREE Consultation](#)

