



BEN GREENFIELD FITNESS

The Ultimate Guide To Biohacking Your Testosterone

17 Ways To Maximize Muscle-Building,
Libido & Anti-Aging



Ben Greenfield

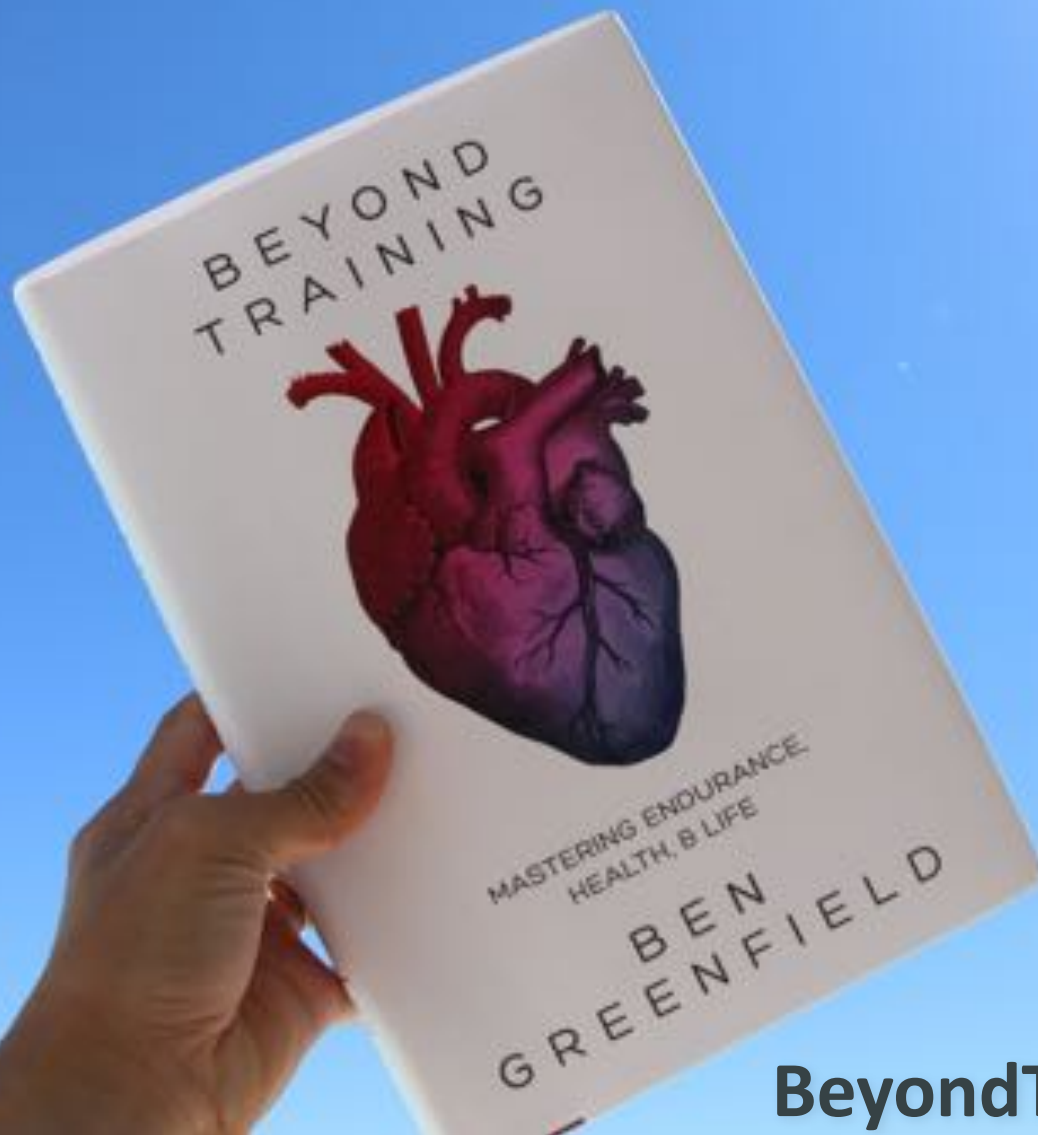
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BeyondTrainingBook.com



**Sleep enough – but
more is not better**

Sleep

- Fragmented sleep and obstructive sleep apnea are associated with reduced testosterone levels.
- A week of sleep restriction (5 hours of sleep per night) decreased testosterone production by 10–15%.
- Testosterone production increased with increasing sleep duration up to 10 hours after which it decreases.

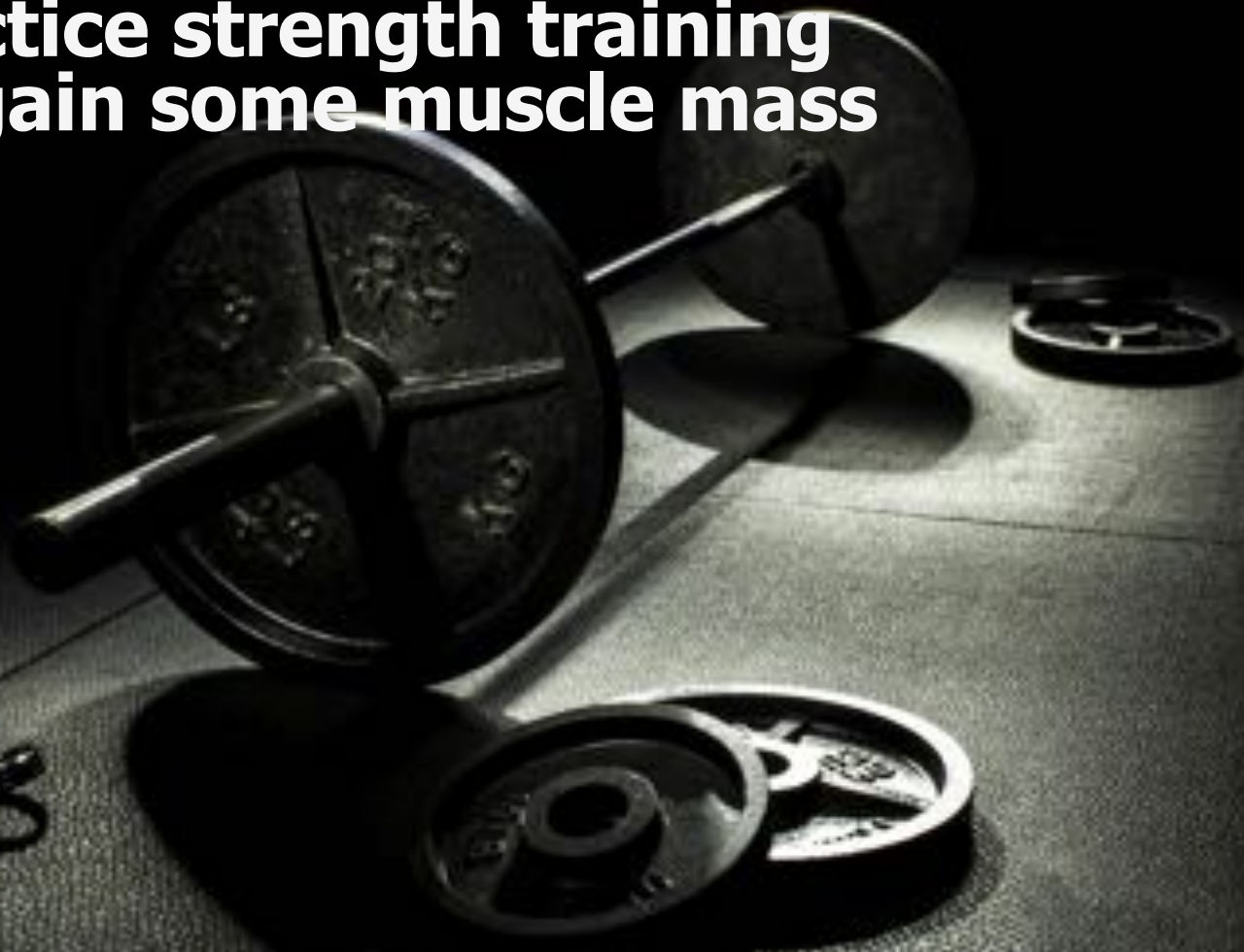
**Get rid of extra belly fat and
be lean...but not too lean.**



Belly Fat

- The higher your body fat percentage, the lower your testosterone.
- Being lean gives you high testosterone more than high testosterone makes you lean.
- A male body fat percentage between 8–14% is optimal for testosterone production.

**Practice strength training
and gain some muscle mass**



Strength Training

- Higher muscle mass is positively correlated with higher testosterone.
- Lifting medium-heavy weights explosively can stimulate short-term and long-term testosterone production.
- Training progressively causes your body to adapt to higher and higher testosterone.

**Control your stress levels,
decrease cortisol and meditate**



Stress

- Chronic stress leads to elevated stress hormone (cortisol) levels.
- One disadvantage is diminished testosterone secretion, as cortisol and testosterone compete for the same hormonal precursors.
- Tips to Lower Stress: Meditation (deep breathing). Spending cell-phone free time in the nature and walking. Eating enough whole-food carbohydrates. Adaptogenic herbs (ashwagandha). Vitamin C (the more stress the more vitamin C). Phosphatidylserine



**Eat nutrient dense whole
foods and get enough (but
not too many) calories**

Eating

- Micronutrients (zinc, magnesium, calcium, vitamin D, B vitamins, iodine, selenium, vitamin K2, vitamin A, vitamin E, manganese and boron) are crucial for testosterone production.
- Maintain a slight calorie surplus for optimal testosterone production.
- For optimal testosterone production you shouldn't go too low in calories (neither too high), shouldn't consume too much protein (under 2g/kg) or eat too little carbs and too little saturated and mono-unsaturated fats.

**Drink enough
water and
hydrate yourself**



Hydration

- Water is not only crucial for life, but also for optimal hormonal balance.
- Drinking too much water will also cause problems, such as diluting the blood and messing up with sodium balance in the body.
- The easiest way to estimate your hydration status is to analyze the color of your urine and the feeling of thirst.



**Have regular sex, but
don't ejaculate too
often**

Sex

- Having sex once a week with a real partner is the best way of elevating your testosterone production.



**Avoid exposure to
endocrine disruptors in
plastics, food & water**

Tips on avoiding endocrine disruptors

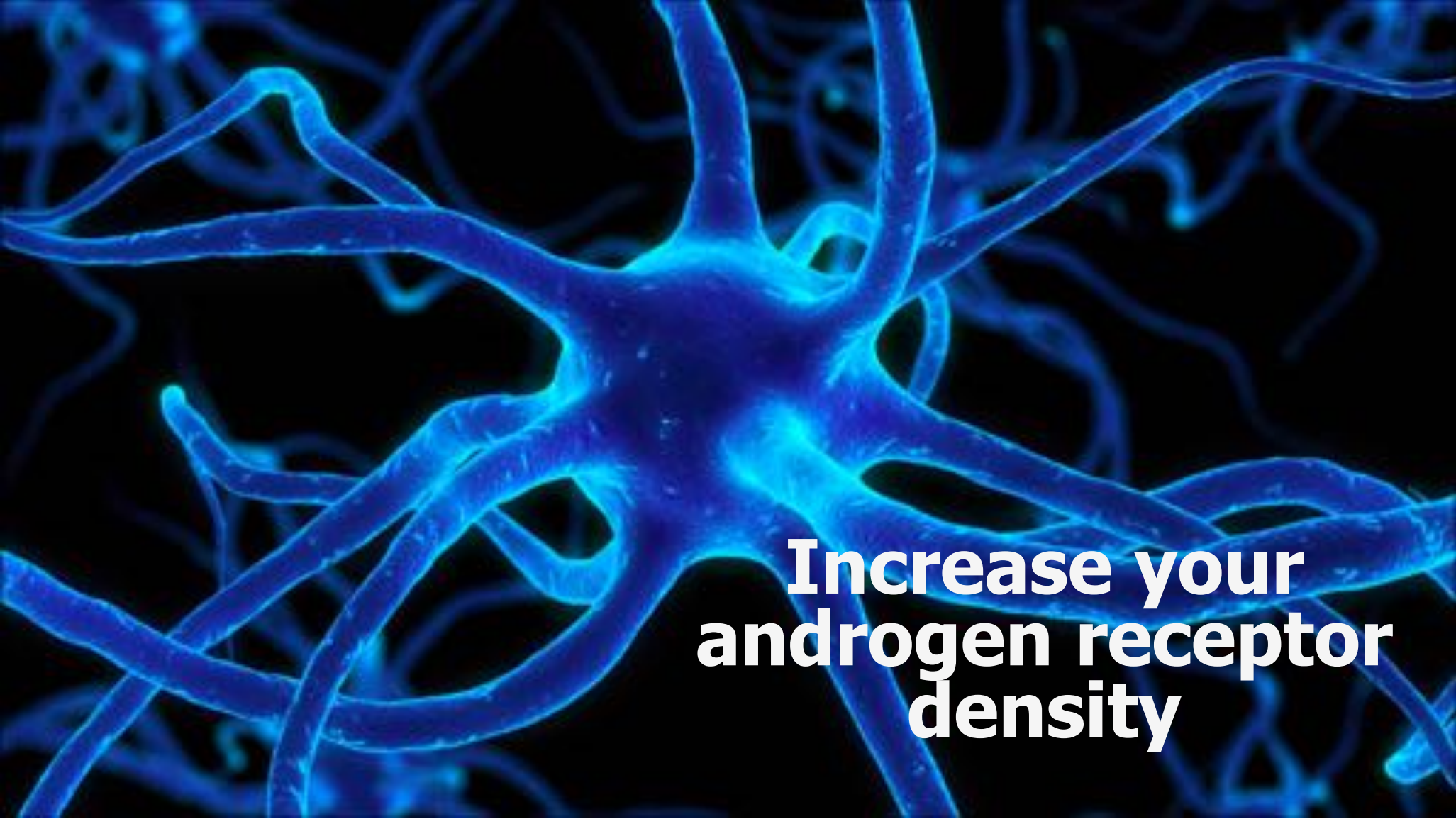
- Avoid these substances, period. BPA, BPS, Phtalates, Parabens, Triclosan & triclocarban, Benzophenones (BP-1, BP-2 & BP-3).
- Switch plastic to glass or steel.



**Raise your
basic aerobic
physical
activity (but
don't do too
much
endurance
training)**

Aerobic Activity

- Sedentary men who engage in regular physical activity instantly raise their testosterone levels and do it quite significantly.
- Basic low-level physical activity like walking is an independent testosterone boosting factor.
- Too much endurance training has been shown to lower testosterone levels significantly.

A glowing blue neuron with multiple branching processes against a black background. The neuron is the central focus, with its cell body and several long, thin processes extending outwards. The processes are interconnected, forming a complex network. The overall appearance is that of a highly branched, glowing structure.

**Increase your
androgen receptor
density**

Androgen Receptor Tips

- Intermittent fasting (IF) and longer fasts.
- Coffee (especially when fasting).
- Explosive resistance training.
- L-carnitine.
- Mucuna.
- Forskolin.



Use creatine every day

Creatine

- Creatine naturally occurs in red meat and in almost all vertebras.
- Increases strength, muscle mass and power and affects positively on body composition and sports performance.
- Longer term usage of creatine has not been shown to have any negative or adverse health effects.

11 BASIC LIFESTYLE HACKS FOR HIGH TESTOSTERONE

1

**SLEEP ENOUGH,
OFTEN MORE IS
BETTER**

2

**GET RID OF
EXTRA BELLY
FAT AND BE
LEAN**

3

**PRACTICE
STRENGTH
TRAINING AND
GAIN SOME
MUSCLE MASS**

4

**CONTROL YOUR
STRESS LEVELS
AND MEDITATE**

5

**EAT NUTRIENT
DENSE WHOLE
FOODS AND GET
ENOUGH**

6

**DRINK ENOUGH
WATER AND
HYDRATE
YOURSELF**

7

**HAVE
REGULAR SEX,
BUT DON'T
EJACULATE
TOO OFTEN**

8

**AVOID
EXPOSURE TO
ENDOCRINE
DISRUPTORS IN
PLASTICS, FOOD
& WATER**

9

**RAISE YOUR
BASIC AEROBIC
PHYSICAL
ACTIVITY**

10

**INCREASE YOUR
ANDROGEN
RECEPTOR
DENSITY**

11

**USE CREATINE
EVERY DAY**

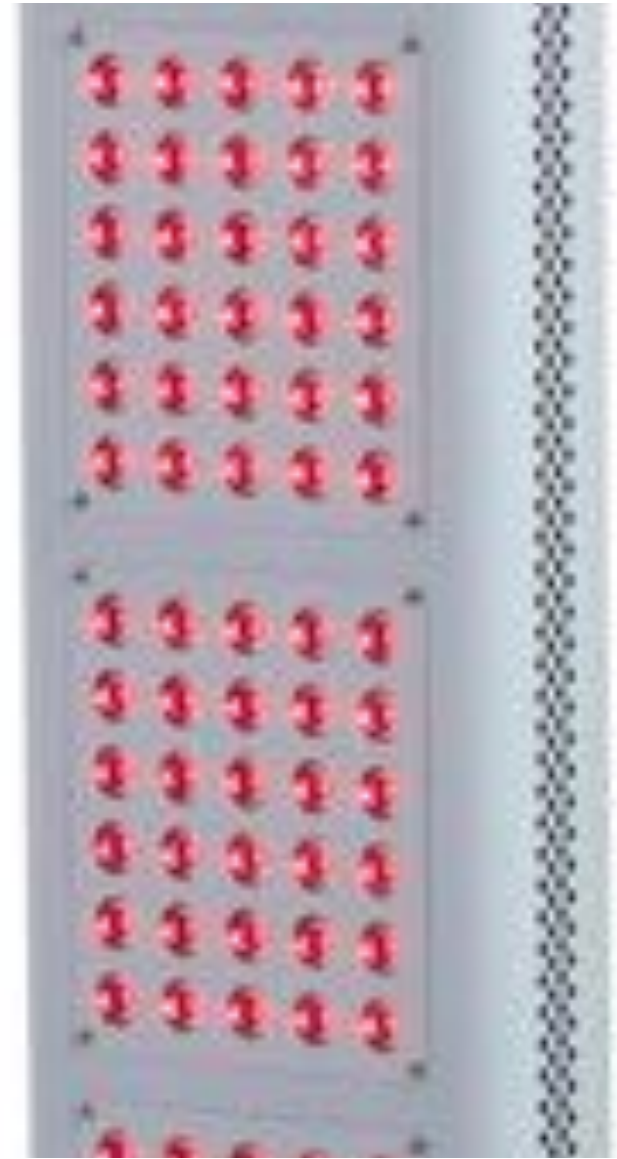
Electrical (muscle) stimulation



Electrical Stimulation

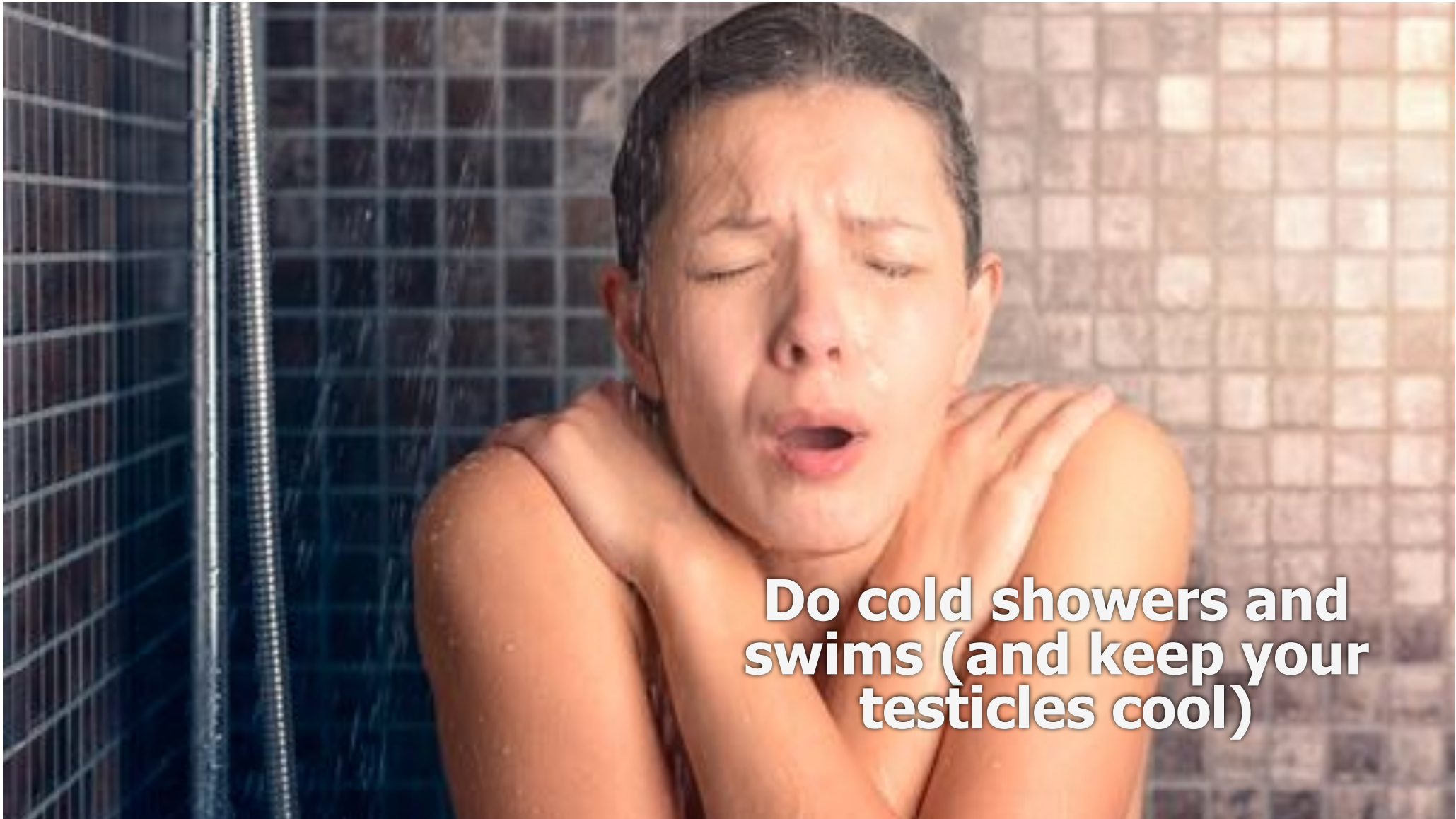
- Increase muscle mass by enhancing the muscle sensitivity to androgens.

**Red light or
low-level laser
therapy (on
your nuts)**



Red Light and Laser Therapy

- Stimulate testosterone production by shooting red light and near-infra red light on the testicles.
- Avoid heating the testicles, since the heat will destroy sperm cells and have a negative effect on the Leydig cells.
- Avoid blue light and UV light exposure on testicles.



Do cold showers and swims (and keep your testicles cool)

Cold Tips

- Take cold baths and showers.
- Wear loose boxers or go "commando" to keep optimal temperature for testicles and to avoid compression.
- Sleep naked or wear just loose pajamas (no undies).
- Sleep in a relatively cold room temperature.
- Don't sit unless it is absolutely necessary.

A clear glass petri dish is filled with a dark, granular substance. The substance has a fine, crystalline texture and is piled in the center of the dish. The word "Boron" is printed in white, bold, sans-serif font across the middle of the dish. The background is a plain, light-colored surface.

Boron

Boron

- Found in small amounts in the earth's soil.
- Well absorbed from the intestines, and the best food sources for boron are raisins, dried grapes and peaches, almonds, avocado and dried plums.
- Boron supplementation (10 mg per day) increased free testosterone (via reduction in SHBG) and DHT levels and decreased estrogen levels.

A close-up photograph of a pile of light brown, granular powder, likely iodine, resting on a white surface. The powder is piled in the center, with some smaller clumps scattered around it. The background is a plain, light-colored surface.

Iodine

Iodine

- Iodine is critical in your brain and central to the active thyroid hormones (T3 and T4).
- Iodine is most abundant in seaweed and seaweed based products such as nori wraps.
- Lack of iodine in the body (especially in the thyroid gland) can cause various health problems (hypothyroidism).
- Its critical to have enough iodine in your system to also optimize testosterone production.



**Pulsed
electromagnetic
fields**

Pulsed Electromagnetic Field

- Electromagnetic fields have been reported to have causative effects on biological systems.
- PEMF therapy has been used successfully to treat various health conditions.
- Use a small PEMF device to limit exposure to external microwaves, wi-fi's and cell phones.

6 MORE EXTREME & LESSER-KNOWN BIOHACKS FOR HIGH TESTOSTERONE

1

**ELECTRICAL
(MUSCLE)
STIMULATION**

2

**RED LIGHT OR
LOW-LEVEL
LASER
THERAPY**

3

**DO COLD
SHOWERS AND
SWIMS**

4

BORON

5

IODINE

6

**PULSED
ELECTROMAGNETI
C FIELDS**



BEN GREENFIELD FITNESS

Q & A

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