

# THE LEAN AND MEAN TIMES

ADDING YEARS TO YOUR LIFE BY GROWING YOUNGER, HEALTHIER, AND MORE FIT BY THE DAY



An Exclusive, Members – Only “XR TO GO” Publication

By Eddie Henry, XR Lifestyles

Special Edition, How to Optimize Your Testosterone Naturally

We live in a time when almost the entire universe, or at least the universe we surround ourselves with, is working against our hormones. I get dozens of labs from clients monthly, and the trends are pretty scary. Our hormones, or in other words, all the stuff that makes us able to kick more ass at everything, are dropping to deficient levels. I swear sometimes I get the lab panel of someone 20 years older than my client, but nope, their levels are that bad. I could make a long list of the specific hormones on the decline and maybe I will in future posts, but for the purpose of this article, let's discuss testosterone (I will refer to testosterone as “T” throughout this article). Not to insult your intelligence, but testosterone is a steroid hormone produced in the testes, as well as the ovaries and adrenal cortex, which is responsible for much of the good and fun stuff that happens in men and women. Testosterone helps increase muscle, strength, libido, metabolism, heart health, and much more. This hormone needs to be optimized to a healthy range for you to perform your best at life. Isn't that the goal?! I will explain in the next few pages how to naturally accomplish this healthy range to the best of your ability.

For the record, men's total testosterone ranges are between 280 and 1100 ng per dl, and women's are less than a tenth of that, between 15 to 70 ng per dl. Free testosterone, what's really important, in men averages 5 to 20 in ng or 40-200 in pg depending on how you measure. These ranges are pretty broad and being “in range” is kind of a joke. The bottom range can be very well close to death! Seriously! Remember, we want to optimize our lives, not just get by. You can test total testosterone as well as free testosterone, SHBG, FSH, LH, Estradiol, and plenty of other biomarkers to get a big picture of your hormonal health. You can order these tests online through companies such as Life Extension, Wellness FX, Precision Analytical (Dutch Test), Direct Labs, EverlyWell, and more. After testing, have a GOOD, functional medical practitioner look over the results with you to establish a baseline and strategy if needed.

When establishing a baseline, along with comprehensive lab results, simply being in touch with your health is key. Listening to your body and being mindful is a great way to assess your hormonal health. When your testosterone is in a good range for you (remember everybody is different), certain factors are constant: 1. Good energy, especially upon waking. You should feel excited and motivated to start your day. For men, “morning wood” is a great indicator too. 2. Favorable body composition is also a good indicator. Do you look strong and fit? Or in other words, how is your muscle mass relative to body fat? Men's body fat should be below 20% and women's below 30%. As we age, we do begin to lose muscle mass, but this loss should be a very slow process. 3. High sex drive. You should still have

the urge very often. I could go on and on with testosterone indicators, but let's stick with energy, muscle, and sex drive for now. Keep these three things high, and you should be good. However, if these three factors are not always constant, we may want to start digging a bit. Like I mentioned earlier, the world has changed some in the last 100 years.

Let's take a step back and understand why we even have testosterone in the first place...for survival. The human race is genetically programmed to do one thing, and that's to survive. This means not dying so we may reproduce and flourish, hence our fight or flight instinct. First, either fight for your life or get the hell out of there so you don't die. Second, eat so you don't die. Third, sleep so you don't die. Fourth, have children so if you do die, our race can continue. Fifth, raise them to the best of your ability without dying in the process, and when they can take over, we are suppose to die off to prevent overpopulation. This is where our primal urge comes from to survive. When you stop surviving or living, your hormones will stop producing, and you will age. Yes, we can hack this process. You have to trick your body into thinking you are still fighting and reproducing. We will talk about this later on in the article.

Unfortunately, we are losing or have lost our primal urge to survive. This primal urge is the desire that burns inside of you and makes you want to leap into action and perform. This desire tells your body you want to stick around for a while and not die. This desire is testosterone and gets a bump or hit or elevation every time you leap into action or at least get excited about the action (eating a doughnut is a poor example of an action). I am referring to full body, somewhat strenuous actions. **Optimal living will naturally get about 10 testosterone hits a day.** This number is your daily goal when trying to optimize your testosterone. When is the last time you wanted to scream out in excitement or beat your chest? Create a life around this desire, and you won't have to worry about optimizing your testosterone. Testosterone will be at your optimal level naturally. Drag through a miserable life fabricated on a screen, and you will have the testosterone of your great-grandmother. Get my drift?

What the hell has happened in the last 20 years that has silenced our primal urge to the point of affecting our testosterone? On average in men, testosterone has dropped 20% in the last 30 years. It is not really about comparing ourselves to the cavemen days so much as since the 90's. The main culprit is the increase in stress. Let me give you a brief overview of how stress has increased in the last 30 years, and then I will break them down. The rise of the cell phone and now 5G causes dramatic irreversible damage and radiation we are not quite equipped to deal with yet. Monsanto began dumping millions of tons of glyphosate into our country. We now have chemicals within our food that our body has yet to learn to excrete. GMO foods are the norm. The rise in population has caused polluted air and dirty water. I have recently read studies on a pretty high concentration of prescription drugs, specifically birth control pills, in our drinking water. That definitely isn't helping our testosterone. Due to all of these issues, the obesity rate has risen as well as the amount of people taking medications. Financial stress is at an all-time high, increasing the work week by over 7 hours while our sleep cycles have dropped from over 8 hours a night to just under 7. All of these factors are contributing to an increase in the divorce rate, which in turn ultimately effects testosterone as well as mortality rates. I literally can feel the tension of relationship stress in my profession daily. Let's touch on this type of stress and see how it has changed in the last 30 years.

How could a stressful relationship be changing your testosterone? I know I am going to get nailed on this point, but screw it. It's true. Historically, men would come home from work and be

greeted by his wife. “How was your day, honey?” “It was great!” The man would reply giving a quick rundown of his day, and the wife would give a rundown of her day. There was a mutual respect for one another. The man worked in his career making money, and the woman worked in her career caring for the family, home, etc. The POSITIVE greeting from the wife was an immediate testosterone booster. Remember the T hits discussed earlier? This positive interaction creates a good yin/yang balance from the wife (nurturer) and the husband (provider), and this boost helps set the stage for a nice evening, eventually ending in lovemaking and quality sleep...two more testosterone boosters. That’s 3 hits of testosterone!

Unfortunately, it looks a little different these days. This example may be extreme, but I want to get my point across. First off, both the men and women work. There is no balance. They often think they work equally as hard or harder than their partner. The husband gets home from work, and the kids are thrown at him because the wife needs a break. She has been juggling kids, job, housekeeping, yard work, and dinner. She not only doesn’t greet her husband genuinely, but also expects him to greet her and immediately help. He either accepts this reality because at the end of the day he just wants sex and knows that submission is the only way, or he avoids home with some excuse like a meeting or hobby to delay the inevitable. Either way, when he arrives home, there is no testosterone hit like the last scenario. If anything, the woman gets a testosterone hit from her empowerment, and the man gets a drop in his T from his lack of. This throws the balance way off and often leads to a disconnection between partners and very little sex. This change in home life could be one of the reasons for the rising divorce rate, or what I call the “end of the human race,” BUT IT IS A DEFINITIVE REASON FOR A DROP IN TESTOSTERONE.

The above scenario is a sleep predictor. Quality dinner with quality conversation leads to quality sex and then quality sleep. Sleep is the BIGGEST factor in natural testosterone production. Again, our universe is against us here so change it! On average we sleep an hour less than we did 10 years ago. Less sleep equals less testosterone...period. Optimize your sleep routine environment for the most quality sleep possible. Here is an article I wrote on optimizing your sleep:

<https://xrlifestyles.com/blogs/news/42014401-the-lean-and-mean-times>.

There are many factors contributing to less sleep, mainly the forms of stress mentioned earlier with the biggie being blue light. Everybody now stares at a screen before bed altering our circadian rhythm. Circadian rhythms are one in the same with quality sleep. When the sun rises, our hormones, like serotonin, change relative to the sunlight’s stimulation upon our bodies. Then when the sun sets, the decrease of sunlight stimulates other hormones, like melatonin, to prepare us for rest. Our bodies cannot distinguish between sunlight and blue light. These screens trick our senses into thinking the sun is still out. Less melatonin means less quality sleep, which leads to less testosterone. I swear I am seeing more teenage boys with “man boobs” lately because of this. They stay up late at night playing video games thus suppressing melatonin and testosterone. Not good! At the very least, wear some blue light blocking glasses. Here are the ones I wear every night while reading:

[https://www.amazon.com/Blue-Light-Blocking-Glasses-Artificial/dp/B010B5GUH0/ref=sr\\_1\\_3?tag=xrproducts-20&th=1](https://www.amazon.com/Blue-Light-Blocking-Glasses-Artificial/dp/B010B5GUH0/ref=sr_1_3?tag=xrproducts-20&th=1). It is worth mentioning the relationship between sperm count and cell phone use while on this topic. There have been numerous studies showing a decrease in sperm count with subjects who keep their cell phone in their front pocket. If something is affecting your sperm, it could definitely be affecting your testosterone. This low-grade radiation could be deleterious to the testes and prostate if constantly in range. Maybe consider a



radiation blocking case or setting your phone in airplane mode if your front pocket is your storage place. SafeSleeve and Defender Shield make pretty good radiation blocking cases for your electronics.



Swannies are not the best looking glasses I have put on. I actually have heard them referred to as “birth control for the face,” but man, do they work. I normally put them on in the late afternoon and literally start nodding off instantly. I can feel the lack of stimulation from blue light. Normally I can stay awake for a movie because the screen stimulates me, but with Swannies on, I am usually out in 30 minutes. They are awesome!



Exercise hasn't necessarily decreased over the years, just the quality. Gym memberships are actually on the rise, but I am not sure people are getting the T hit they used to from exercise. Let me explain some people's exercise regiment. Sit in a car for 20 minutes while driving to the gym, arrive at the gym with your cell phone, sit on machines and scroll on your phone. Then back home sitting in your car for another 20 minutes. Sitting is a fundamental fitness flaw. Stop freaking sitting! Unless you are injured, no freaking sitting unless you are trying to flatline your T and your ass. No seated machines, bikes, or rowers unless you are literally on your feet all day and need a break, such as a server. Everybody else stick with full-body movements or even better, mix in some full-body movements outdoors in the sun...there's another T hit. Below I touch on how to exercise effectively to boost your T.

Work life is kind of like gym life. Make it count. Work hard and smart and get on with your day. No wonder the work week has increased. Everybody is slouched over playing on their phones. WTF! Remember, you were not put on this earth to work. You are here to survive – sleep, eat, reproduce, raise the kiddos. Work is just filling in the gaps. Show up and own it...there's another T hit. You can't please everyone so get rid of all of those people in your life. Get off your phone and get productive. Figure out how to work and hang out with badass people so you actually look forward to your workday.

I could write all day about the new world issues, but on the other hand, we do live in it, and it can be a fun time to be alive. Technology is peaking, and we can pretty much do whatever we want whenever we want so let's take advantage of this time and peak our hormones all at the same. As always, the low hanging fruit is simply to live like a good, educated adult and not an A-hole. If you try to leave the world a little better every day by your actions, a lot of this will take care of itself. You're not a child...stop scrolling on your phone and eating processed foods! Boom, your testosterone just went up 100 points at least. Besides that, here is a list of things to help optimize your testosterone and probably your life in general. Here are 14 T hits! I know every day isn't perfect, and that is why I mention earlier that 10 T hits are fine.

1. Sleep as much as you can afford to. I got rid of my 6am clients some time ago, and my total testosterone increased 150 ng from that alone. Yes, I was testing a lot then. Everything got better instantly! When I do go into work early, I do use some of the supplement strategies mentioned below.
2. Eat like an educated adult! Maximize whole food consumption and minimize processed foods. There is not one perfect strategy for this plan, but in terms of testosterone, I would lean towards Paleo-based nutrition. With that said, here are a few guidelines: 1. Consume adequate protein, which is normally at least a half a gram per pound of weight. 2. Consume quality fat sources from grass finished beef and butter, wild caught fish, pastured eggs, quality olive oils and avocados, and occasional raw nuts and seeds. 3. Minimize grains and sprout them when consuming. Unsprouted grains can have a high phytate and lectin content which can have an anti-nutrient effect and cause inflammation decreasing testosterone when chronic. 4. Minimize polyunsaturated fatty acids from certain vegetable oils like sunflower, safflower, peanut, corn, canola, and cottonseed oil. These fats are hidden in just about every processed food. Check a label every now and then. Eliminating these fats from my diet has been the biggest game changer for me in the food world. I simply look and feel better without them. Again, freaking eat like an educated adult. Processed food is rarely doing anyone any favors. If you want to go on a "cleanse," here's the best one I know...don't eat anything processed.

3. Eat and supplement accordingly. Certain foods can have a favorable impact on testosterone, specifically cholesterol, zinc, selenium, vitamin D, creatine, magnesium, and boron. Testosterone is synthesized from cholesterol, so if your cholesterol is in check, mix in a few pastured eggs daily cooked in grass finished butter. A few cans a week of oysters should optimize your zinc. Here are the oysters I eat every day post workout, [https://www.amazon.com/Crown-Prince-Natural-Oysters-3-Ounce/dp/B00GJ0WW24/ref=sr\\_1\\_2\\_s\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Crown-Prince-Natural-Oysters-3-Ounce/dp/B00GJ0WW24/ref=sr_1_2_s_it?tag=xrproducts-20&th=1).
- If oysters aren't your thing, a supplement could work better. A good zinc supplement is, [https://www.amazon.com/dp/B0797NSHQX/ref=mp\\_s\\_a\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/dp/B0797NSHQX/ref=mp_s_a_1_3_a_it?tag=xrproducts-20). Pumpkin seeds and Brazil nuts are high in selenium, which I have with my breakfast daily, [https://www.amazon.com/Sunfood-Heirloom-Pumpkin-Seeds-Organic/dp/B005WX8BJW/ref=sr\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Sunfood-Heirloom-Pumpkin-Seeds-Organic/dp/B005WX8BJW/ref=sr_1_3_a_it?tag=xrproducts-20) and [https://www.amazon.com/Sunfood-Brazil-Nuts-8oz-Organic/dp/B01NBN7LJX/ref=sr\\_1\\_1\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Sunfood-Brazil-Nuts-8oz-Organic/dp/B01NBN7LJX/ref=sr_1_1_a_it?tag=xrproducts-20).
- Fatty fish are high in vitamin d as well as egg yolks. I also tend to have sardines daily. This source is the vitamin d I use when foods and sun are not convenient, [https://www.amazon.com/Wild-Planet-Sardines-Virgin-Lightly/dp/B003H7YHUW/ref=sr\\_1\\_2\\_s\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Wild-Planet-Sardines-Virgin-Lightly/dp/B003H7YHUW/ref=sr_1_2_s_it?tag=xrproducts-20&th=1).
- Creatine has been shown to indirectly increase testosterone levels, due probably through creatine's ability to increase strength and power. Increases in strength and power, and eventually muscle mass, will help testosterone production. Here is the creatine I take with breakfast every morning, [https://www.amazon.com/Thorne-Research-Production-Endurance-Certified/dp/B07978VPPH/ref=sr\\_1\\_4\\_s\\_it?tag=xrproducts-20](https://www.amazon.com/Thorne-Research-Production-Endurance-Certified/dp/B07978VPPH/ref=sr_1_4_s_it?tag=xrproducts-20).
- I stick with a low dosage creatine, 3-4 grams daily. Specific nutrients like magnesium and boron have a pretty big effect on testosterone production too. You can load up on these minerals from cacao nibs, [https://www.amazon.com/Viva-Naturals-Organic-Cacao-Nibs/dp/B00MGW81YM/ref=sr\\_1\\_3\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/Viva-Naturals-Organic-Cacao-Nibs/dp/B00MGW81YM/ref=sr_1_3_a_it?tag=xrproducts-20), Brazil nuts, and avocados. If this is all too much to think about, there is always the shotgun approach, which is finding a multivitamin and mineral complex that includes everything we are discussing here. I use this approach when traveling. This is the multivitamin I take when needed, [https://www.amazon.com/Thorne-Research-Multi-Vitamin-M-High-Performance/dp/B01M5JLXQG/ref=sr\\_1\\_1\\_s\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Thorne-Research-Multi-Vitamin-M-High-Performance/dp/B01M5JLXQG/ref=sr_1_1_s_it?tag=xrproducts-20&th=1). These are the basics that are tried and true. Then there are the more fringe supplements that are less studied, but could be your magic bullet. I am currently seeing a nice increase in my libido from a tbsp. of Maca daily in my shakes, [https://www.amazon.com/Sunfood-Maca-Powder-8oz-Organic/dp/B00APE0WBS/ref=sr\\_1\\_4\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Sunfood-Maca-Powder-8oz-Organic/dp/B00APE0WBS/ref=sr_1_4_a_it?tag=xrproducts-20&th=1). Other crowd favorites are tribulus, pine pollen, Tongkat Ali, forskolin, ashwagandha, macuna pruriens, bulbine natalensis, fenugreek, cistanchi, epimedium(horny goat weed)d aspartic acid, royal jelly, and black ant extract. There are supplement stacks that include different combinations of these and more. I have experimented with most of these and have felt pretty good on them in general. My favorite T supplement is, <https://www.amazon.com/Mahlers-Aggressive-Strength-Testosterone-capsules/dp/B01E38HMHI?tag=xrproducts-20>. This supplement is my go-to when I am lacking sleep or too stressed out. I include some of this stuff in my regiment off and on, but the biggest noticeable surge in T I get is from blending 2 tbsp. of grass fed butter into coffee and consuming

shirtless or with as little clothes on as possible, preferably naked, in the sun for about 20 minutes. The vitamin d from the sun along with the cholesterol from the butter turns me into Thor. The point of the story is your body will respond if something is working. Don't take a bunch of crap you read about online. You are supposed to feel a difference when you take supplements or eat correctly.

Here is a pic of some of the foods I eat daily to help optimize my testosterone:

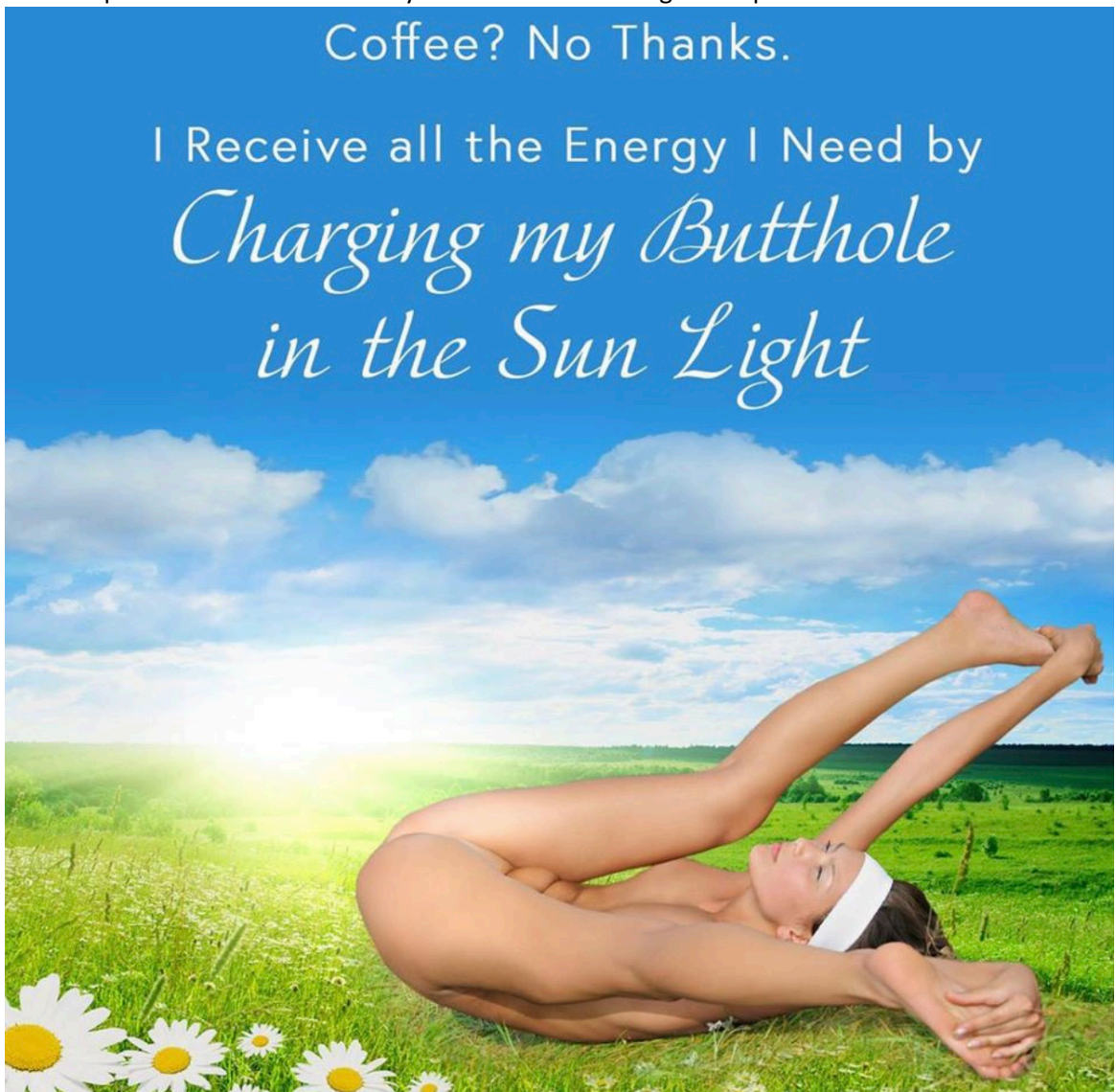


4. Avoid gender changing items. Though the data can be controversial, if my goal was to optimize my T, I am not sure soy products would be a daily food. Soy contains phytoestrogens that can mimic estrogen and can accumulate in our tissues. If you are in the soy camp, make it fermented. Xenoestrogens are chemical compounds that mimic estrogens. Plastics have a long list of chemicals, which can be hormone disruptors, as well as heavy metals, cleaning products, cosmetics, adhesives, lubricants, etc. Try to buy organic, and I hope you aren't still drinking out of plastic! Grow up! Also, if you are brewing your coffee through plastic K-Cups, then you obviously don't care about health. Use mineral-based sunscreens and think essential oils for most cleaning products. Here is an example of an effective and clean deodorant that works well and won't give you man boobs, [https://www.amazon.com/NORTH-COAST-ORGANICS-Revolver-Deodorant/dp/B00R9K2P7K/ref=sr\\_1\\_4\\_a\\_it?tag=xrproducts-20](https://www.amazon.com/NORTH-COAST-ORGANICS-Revolver-Deodorant/dp/B00R9K2P7K/ref=sr_1_4_a_it?tag=xrproducts-20). This is a great soap,



[https://www.amazon.com/Defense-Soap-Ounce-Pack-Pharmaceutical/dp/B00WY4LEW/ref=sr\\_1\\_3\\_a\\_it?tag=xrproducts-20&th=1](https://www.amazon.com/Defense-Soap-Ounce-Pack-Pharmaceutical/dp/B00WY4LEW/ref=sr_1_3_a_it?tag=xrproducts-20&th=1).

5. Keep your calories up most of the time, and don't get too lean or let your body fat drop too low. Again, we are trying not to die. Sometimes when we go too low calorie, our bodies actually think we are dying thus our metabolism drops as well as our testosterone. I find my testosterone levels are best around 10% body fat. I drop almost 100 points per percentage of body fat below 10%, seriously. Don't allow your body fat too high either, or you will have the same drop. With all of that said if you are going to keep your calories up, make sure it is all nutrient dense.
6. Optimize your sunlight. Low levels of vitamin d are associated with low levels of testosterone. 20 minutes a day of close to full exposure should do it. Sun exposure helps set your circadian rhythms, which regulates your sleep, and we now know that is a big T booster as well. Skin that is less exposed to sun has the ability to absorb more sunlight and produce more vitamin D.



7. Minimize stress. Stress can increase your SHBG, which can lock up all of your testosterone even when your total amount looks good. Low-grade exercise, hobbies, and mind-body work is a good start here.
8. Increase your sex frequency. This T hit is basically a continuation of number 7, stress reduction. Not only does frequent sex make the body think you are sticking around for a while and not going to die, sex is a great stress reliever and endorphin high. I believe we would have far fewer world problems if everybody had daily sex. Back to food for a second. Sex gives us a boost in T so if certain foods could help us in the sack, then they should be mentioned. Certain foods act as vasodilators, meaning these foods have the ability to increase blood flow to peripheral vascular area. Yes, that means your wang. You can google a good list of these foods, but my favorite 5 are: arugula, red wine, pickled beets (I get from Thrive Market), fennel seeds, and cacao nibs. I tend to put a few beets on my arugula salad with sprinkled fennel seeds and include the cacao nibs with dessert.
9. Exercise effectively! Lift heavy things. You get a surge in testosterone when the most muscles work together in a strenuous way. Lifting heavy things is the best way to accomplish this. I like to do heavy deadlifts for example multiple times a week to optimize this and so my ass doesn't go flat with age. Use primarily HIIT cardio! Very explosive, short duration, full-body movements can give your T a pretty big hit. Avoid chronic cardio! Long and drawn out cardio sessions may be effective at burning fat, but this style of exercise is also exhausting and depleting your hormones. Stick with mainly shorter bursts of full-body movements.
10. Create a will to live. What I mean is to create an endorphin high so big that your body thinks you are here to stay. This high can be accomplished multiple ways. My favorite is training for an event or active vacation or both. You can achieve this too through proper exercise. I like to end workouts with "all out" blasts for 2-4 minutes of a total body movement that isn't sustainable any longer. This blast creates an endorphin high unmatched and actually helps me sleep too. I prefer all types of sprints here. Sprints on a treadmill, or preferably outside, sprints on an elliptical, STANDING on a bike, etc.
11. Find some physical competition. Studies show a big surge in testosterone from competition. I try to play singles tennis and beach volleyball at least once a week. Adventure races are badass too. Although Crossfit is easy to pick on, they do a great job with the feeling of competition.
12. Work "as if." Show up to work as if you are the baddest MFer in your profession. Show up, own it, and get on with your day. And if you really aren't any version of badass, then either get more badass somehow or change professions. You definitely get a surge in T from being powerful at whatever you do. You cannot be powerful at Fortnite – sorry boys!
13. Have quality relationships and ditch the A-holes. Badass people will inspire you, interest you, lift you up, and enhance your day. Boom! T-hit! Work it out or walk away from people with bad energy. Going through life with poor relationships will flat line your T.
14. Drink responsibly. This goal falls somewhere between #4 (avoiding gender changing items) and #13 (hanging with badass people). When I look at this list, I see how alcohol can either enhance or sabotage these factors and possibly more. A drink or two for instance can enhance meals, relationships, sleep, sex, stress reduction, and excitement for almost anything, but over this amount can wreck your hormones. Not only are some forms of alcohol extremely estrogenic, but also all forms in excess will compromise sleep and exercise. You will sleep like shit and have a poor workout the next day, if at all, if you drink too much. That is gender changing at its best!

Moderation is not key with alcohol either. I hate that damn quote! Moderation is for the average “schmo” wanting average results. Nothing great was ever accomplished in moderation – I digress. Bottom line is, have a drink for the greater good, but make sure it is for the right reasons.

Here is a short and personal story on why I drink wine most nights. I leave the house most mornings before the family is awake. I get home at 5pm, and if the stars line up, the kids don't have sports to rush back out. If I open a bottle of wine and share time with my wife, Ami, we are able to tune things out and enjoy each other in almost a tunnel vision-way atmosphere. It is our ritual that allows everything else to slow down so we can connect. This connection almost always leads to intimacy and great sleep...huge T boost! Without this ritual, we get lost in kids and only see each other in passing. I honestly have a hard time settling down without this ritual. The wine is for the greater good. Never forget the goal is all about maximizing happiness. Why would I need to have a few drinks after work without this goal? I don't need to “unwind” from the day because I enjoy what I do. If alcohol is required because your day was so bad, then maybe think about changing directions. Or if a few drinks are the best part of your day, there may be other things to work on. Along with poor sleep, diet, etc. if your stress is so high from continuous bad days, your testosterone will remain in the gutter. Focus on the issue at hand, alleviating chronic stress.

Ultimately, be young again. Assuming you were pretty cool back in the day, what did your day consist of? When you graduated from college? Before marriage and kids? Let's say you just met your wife, and this time is probably the highest your T ever was. You played a lot, slept a lot, had sex a lot, wine and dined a lot (maybe on cheaper shit, but at least the food was cleaner then), and much more. You may have worked your ass off, but it was still new and exciting. I know things are different, and you would injure yourself if you trained like that now, but you can still go all out and release that primal scream that says, “I want to be here, and I am not going anywhere.” Figure it out. My body hurts like hell from years of abuse, so I built a pool. I can go 100% while exercising in the pool and get the biggest endorphin high ever with no inflammation. Hello, testosterone!

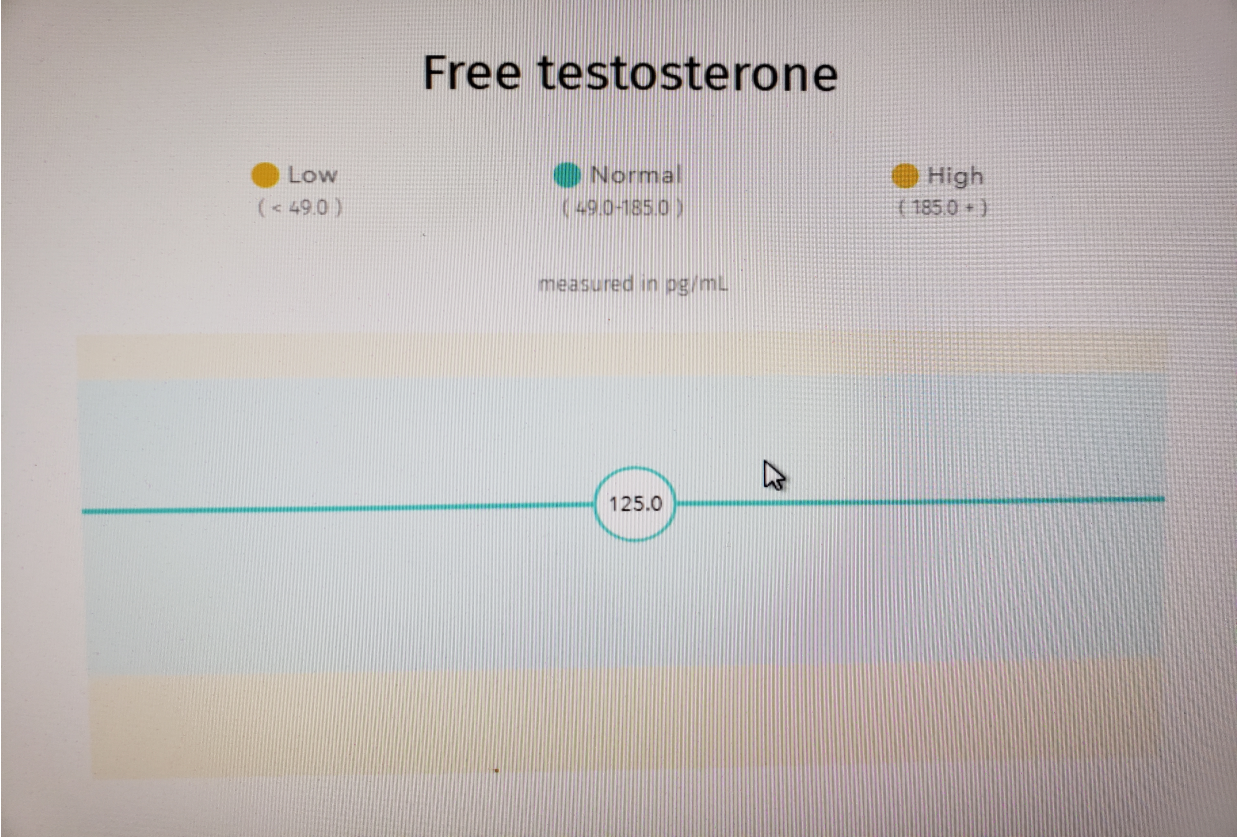
Ok, that all sounds good, right? But before you quite your job, buy a bunch of supplements, and act like a kid, start simple. I always like to minimize the bad stuff before adding too much new stuff. Reassess your daily actions and routines. Work it out with your spouse. Stop scrolling on your damn phone. Get outside and live a little. Find things that excite you and embrace them. Sexually active single men have much higher levels of testosterone than married men because they simply get excited more. So get excited with your wife and life. Don't resort to pharmaceuticals until you have checked all of these boxes. Then optimize however necessary. I am a fan of HRT and have plenty of friends using it. They have checked all of the boxes and supplemented HRT to be even better.

As always with everything in life, be mindful and listen to your body. Everybody's range is slightly different for hormones. There are many well-educated people with very low total testosterone (under 200) feeling like a superhero. They claim they are more efficient at utilizing the testosterone and have every sign of a man with a count in the thousand's. I tend to believe in this claim. Most healthy bodies are more efficient than sick bodies. So why wouldn't they be able to be more effective and efficient? Also, make sure your target range suits your goals in life. I am not sure maximizing testosterone is in every man's best interest. I really want to be a good dad, husband, and friend. I would like to end everyday thinking I made this world a better place. When my testosterone is around 600 ng dl, I can do



this easily. Everything comes naturally to me at this range, and from an exercise and body standpoint, I can keep my body fat around 10% with no problem and still compete at a high level at events. That is enough for me. When I fall below this range, I tend to get tired and lethargic. When I go over this range, and get into the higher ranges of 1000 ng dl, it is equally as hard. Even though some would recommend this range, I find it harder to be me. I get a bit edgy and overly motivated. I tend to want to work and exercise more frequently and intensely. And yes, I do think about sex more. None of these things are conducive to my current goals. I am not a porn star or a bodybuilder and definitely don't want "was good at working out" on my tombstone. I have other priorities in life. Excessive exercise and work wears me out and takes away from time with family and friends. Always thinking about sex can be a distraction too unless I am home with my wife all day. Maybe you would have different reactions at different levels. Again, be mindful and make sure it is what you want.

Obviously, I have fun geeking out on this stuff and will continue to do so until I find an obsession outside of health and fitness. I test my levels frequently and adjust things accordingly. If you fall into this hobby of optimization, make sure to understand the variables. It is difficult to know what is working if you add ten new things to your regiment at once. I am totally guilty of this. Based on my latest results from EverlyWell, my free testosterone has climbed over 25% in the last few months from middle of the rode around 90 pg/ml to 125 pg/ml. Here are my most recent results:



I expected this result for many reasons, but I can't quite pinpoint what was the most effective change. In the last six months, the season has obviously changed, which brings more opportunity to soak up the sun and vitamin d. I have focused on bodywork more strictly. I have been seeing a chiropractor and rolfing specialist every few weeks, and my body has felt amazing since these sessions.

If the body is operating better, you should naturally have better hormonal function. I have been including Maca into my daily regiment, as well as a liposomal B complex with boron; [https://www.amazon.com/Vitamin-Complex-Purathrive-electrolytes-performance/dp/B07CZ5JBBB/ref=mp\\_s\\_a\\_1\\_2?tag=xrproducts-20](https://www.amazon.com/Vitamin-Complex-Purathrive-electrolytes-performance/dp/B07CZ5JBBB/ref=mp_s_a_1_2?tag=xrproducts-20), which can help lower SHBG. And finally, I have been practicing more intermittent fasting by consuming the majority of my calories in the evening. Here is a link to my diet that I wrote about last month, [https://cdn.shopify.com/s/files/1/0856/2504/files/The\\_Party\\_Diet.pdf?7276677927447086685](https://cdn.shopify.com/s/files/1/0856/2504/files/The_Party_Diet.pdf?7276677927447086685). This later in the day feeding technique has kept my ketone levels higher. There are five factors that have changed so I really don't know what exactly has affected my T the most. Over the next few months, I plan to play a bit more with CBD and essentials oils. I will keep y'all posted on these effects although I anticipate a drop with the seasons. In any event, when I feel better, the numbers show it. Have fun with this experiment and try not to complicate things too much...leave that to me.

A final thought as I read back through this article and make some final touches and tweaks, I realize it all goes back to simply maximizing happiness. None of the variables listed, or even the supplements, are geared solely for elevating your testosterone. These variables all make life more fun, exciting, and fulfilling. Sure, try to change some things and see how it feels, but ultimately, live your best life possible, and I bet your hormones will regulate naturally.

Cheers!

Want to learn more tips and tricks to optimize your health and fitness? Check out XR's virtual training at [www.xrlifestyles.com](http://www.xrlifestyles.com). Online training customized for your unique needs and goals.

