

5 SURPRISING FOODS THAT QUICKLY BOOST TESTOSTERONE

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Boost Your Testosterone And You Could...

- Transform Your Energy
- Gain Motivation
- Grow Muscle Easier
- Boost Your Sex Drive
- Get More Stamina

Discover These 5 Amazing Foods Inside...

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Introduction

In this cheat sheet you're going to discover 5 surprising foods for rapidly boosting your Testosterone ("T") levels.

Now I don't want to waste your time so this isn't going to be an ebook padded with fluff and filler.

However, before we get to the 5 foods, let's cover why it's so important to make sure you have naturally high T levels in the first place...

Increasing your testosterone can help you...

- Gain muscle more easily
- Transform energy levels
- Lose fat faster
- Reclaim your manhood
- Increase in overall strength
- Boost sex drive
- Increase sexual stamina
- Feel more confident and in charge
- Get stronger, longer lasting erections
- Feel healthier
- Reduce fatigue
- And much, much more

In essence, every day you spend with low T levels you are slowly being robbed of your manhood.

It's time to fix that.

Start introducing the ingredients below into your diet on a regular basis and you'll be well on your way to new levels of energy, fitness and physical and sexual stamina.

Finally, please note that I am not a doctor, therefore the information I am providing is only an opinion and not medical advice. Before proceeding with any type of diet or behavioural change please speak to your doctor first. OK, let's begin...

Food #1 – Broccoli



Broccoli has made a name for itself as one of the healthiest cruciferous or “green” vegetables for its very high levels of fiber, folate as well as vitamins C and A.

But here’s why broccoli can help you boost your testosterone...

Broccoli is full of a unique dietary compound called indole-3-carbinol (I3C) that helps curb the production and release of the aromatase enzyme in the body. Stick with me, because this is important...

When the number of these aromatase enzymes gets too great, they start trapping testosterone and converting them into extra estrogen.

Now why does that matter?

Well in many ways estrogen can be seen as the female counterpart to the male testosterone hormone.

While both genders contain both hormones in their body, women have more estrogen and men have more testosterone.

As a man, having too much estrogen in your body is a problem, because it can inhibit testosterone production.

Broccoli helps keep your balance of hormones under control.

Make it a point to include broccoli in your diet at least 3 to 5 times a week. The recommended serving of this vegetable is 1 ½ to 2 cups. Steaming broccoli for a couple of minutes is the best way of preparing it since this not only helps bring out its naturally sweet flavor and keeps it crunchy, but also retains the most nutrients, including indole-3-carbinol (I3C). Keep in mind not to get broccoli mushy though since this will not only make it bland and tasteless, but also takes away its health-promoting components.

Food #2 – Oysters



You may have already heard about Oyster's sexual enhancement effects – but let's add some science to this...

As it turns out, these flavorful shellfish are packed with almost 500% the recommended daily amount of zinc, an essential mineral that plays a big role when it comes to the production of testosterone in the body.

On top of that, to get technical, they also have very high levels of N-methyl-D-aspartate and D-aspartic acid, which are particularly uncommon amino acids that can only be found only in select sources.

These amino acids basically help optimize the system's absorption of zinc and ensure that it is directed to where it should be in the body – i.e. to help increase testosterone production.

What's even more interesting is that some sexual researchers have claimed that men who are considered extra virile have the highest amounts of N-methyl-D-aspartate and D-aspartic acid in their bodies.

OK, so some tips on consuming oysters...

Enjoying a portion of 6 medium-sized raw oysters 2 times a week should do the trick when keeping your body's zinc levels ideal. Now while the temptation may be great to eat more than that, there is a risk of accidental zinc overdose if you overindulge – so be smart about this.

It is also very important to carefully check the freshness and cleanliness of the oysters you'll consume since they are still quite prone to contamination from bacteria and heavy metals like mercury. If they look or smell funny, throw them away immediately.

Use only very fresh oysters, preferably live ones, within a day of buying them. Make sure you store these shellfish in the refrigerator before eating them, too. Keep in mind to spread them on a bed of ice when serving to help them retain their zing as well.

Food #3 – Sweet Potatoes



Although sweet potatoes are more known for their very high vitamin A levels, making them a mainstay in your regular diet is one of the best ways you can go for to raise your testosterone levels naturally.

Here's why...

Based on the results of a 2004 study, adolescent boys who were experiencing delayed puberty had been seen to have difficulty absorbing vitamin A in their bodies. To correct this, the researchers decided to give the study's participants a set weekly dose of vitamin A to help jumpstart their systems.

Now when they started doing this, to their surprise the researchers discovered that they unexpectedly boosted the testosterone in their bodies. What was even more interesting was the spikes in the testosterone levels were a bit higher compared to getting conventional testosterone therapy treatment.

Eating a half-cup serving (roughly about 4 ounces) of sweet potato at least 3 times a week ensures that you're getting ideal amounts of vitamin A in your body. Although you can simply steam sweet potatoes for a few minutes and eat them straight up, you can also cook these root crops as you would a regular potato. They go really well with cloves, nutmeg, cinnamon and other spices, too.

Food #4 – Blueberries



I'm pretty sure you've already heard about how blueberries are packed with health-promoting antioxidants, but did you know that having a bite of these can also help you raise your testosterone levels?

As it turns out, blueberries contain a unique compound called Calcium-D-glucarate that helps the liver flush out a number of toxins that can trigger a sudden spike of estrogen in the body in the long run if not got rid of.

And remember we discussed this earlier – If you want to maintain high and healthy levels of testosterone you must keep your estrogen levels in check.

Now, consuming blueberries is easy. There's no extra preparation required.

Try to load up on a cup of them at least 3 to 4 times a week. Besides eating them straight up, you can also add blueberries to your smoothies, oatmeal, cereal, yogurt, pancakes and waffles.

Keep in mind not to overindulge in blueberry-flavored desserts like cakes and pies though since the extra sugar and fat can reverse the testosterone-boosting effect of blueberries to your body.

Food #5 – Rare Plant Extracts...



So there is a way to seriously fast-track the process of increasing your testosterone...

And that is with the help of highly potent rare plant extracts.

Now, you won't find these in your everyday grocery store.

Above, for example, is an image of a plant called *Lepidium meyenii* – more commonly known as “Maca”.

This plant originates from the Peruvian mountains.

And some researchers have found this to be incredibly effective at boosting testosterone and overcoming other physical challenges often related to low testosterone, such as overcoming erectile dysfunction and helping to get harder and longer lasting erections.

Now, overall there are 4 particular rare plant extracts that are highly effective for boosting testosterone and providing other physical benefits, including more powerful erections.

These include Maca, Fenugreek, Ginkgo Biloba and Korean Ginseng.

I've helped create a website where you can discover more about these rare plant extracts, exactly how they work to help you and how you can get your hands on them.

If you're interested in fast-tracking your testosterone level gains I highly recommend you check it out.

Click the image below to visit this website now...



Or follow this link... <http://www.jalkoy.com>

Talk soon,

Jack Grave