



THE ROBUST SECRET FOR MEN

6 Ways to Boost Testosterone

Stay Active

A balanced, active lifestyle is a core component to whole healthy living. Staying moderately active improves the body's blood circulation and boosts the production of testosterone. Just 30 minutes of intense, heavy strength training can boost your testosterone levels post-workout for 15-60 minutes.*



*Scott Isaacs, MD, clinical instructor of medicine, Emory University School of Medicine, Atlanta. E. Todd Schroeder, PhD, assistant professor, University of Southern California, Los Angeles. Hayes, L. Chronobiology International, June 2010.

Get Enough Quality Sleep

Sleep is our body's natural time to rejuvenate and reset; however, most people don't get enough QUALITY sleep, let alone enough sleep at all. Poor sleep quality and sleep apnea affect optimal balance of hormones including testosterone which may lead to low sex drive.





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Eat a Balanced Diet

For top quality functionality, you need top quality fuel. Common accessible foods to naturally boost testosterone are ginger, oysters, pomegranates, fortified plant milks, leafy green vegetables, fatty fish & fish oil, extra-virgin olive oil, and onions.* Studies show that maintaining a healthy weight maintains healthy testosterone production & higher sperm count.**

*www.medicalnewstoday.com/articles/323759#top-8-testosterone-boosting-foods

**Emil Andersen et al, Sperm count is increased by diet-induced weight loss and maintained by exercise or GLP-1 analogue treatment: a randomized controlled trial, Human Reproduction, Volume 37, Issue 7, July 2022, Pages 1414-1422



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Get Outside for Natural Vitamin D

Summer is the optimal time to absorb natural sunlight, an essential source of Vitamin D. Spending 30-60 minutes in the sun can easily boost your testosterone levels. Studies show that Vitamin D affects testosterone production directly in the testicles.*

*Pilz S, Frisch S, Koertke H, Kuhn J, Dreier J, Obermayer-Pietsch B, Wehr E, Zittermann A. Effect of vitamin D supplementation on testosterone levels in men. Horm Metab Res. 2011 Mar;43(3):223-5. doi: 10.1055/s-0030-1269854. Epub 2010 Dec 10. PMID: 21154195.



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Alleviate Stress

Stress elevates levels of cortisol which can dramatically reduce levels of testosterone. The body's response for fight or flight is dominant over any influence from testosterone. According to research, chronically elevated cortisol levels can produce impotence & loss of libido by inhibiting testosterone production.*



*Pranjal H. Mehta, Robert A. Josephs, Testosterone and cortisol jointly regulate dominance: Evidence for a dual-hormone hypothesis, Hormones and Behavior, Volume 58, Issue 5, 2010, Pages 898-906

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Hormone Therapy

Testosterone has been available as a medical therapy since the 1930s. Whole Life Medicine offers over 15 products that Dr Serena prescribes and/or administers under medical guidelines to directly boost testosterone levels. This is only if men meet the clinical criteria for hypogonadism.

