

Men's Health Month

Tips for Boosting Testosterone Naturally:



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1

Cholesterol plays a critical role
in the production of
testosterone.

Include cholesterol-rich foods
like butter for hormone
production.

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2

Achieve small wins to positively
impact hormonal control.

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3

Get morning sunlight, exercise, and try fasting for optimal hormone levels.

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4

Supplements to Try:
Tongkat Ali (400 mg/day) to
increase free testosterone.
Fadogia Agrestis may boost
luteinizing hormone and impact
testosterone.



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5

Take a brief walk after lunch to
accelerate metabolism and improve
nutrient utilization.



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Challenge:

Incorporate some of these tips for the entire month. Take note of how you feel before and after.

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