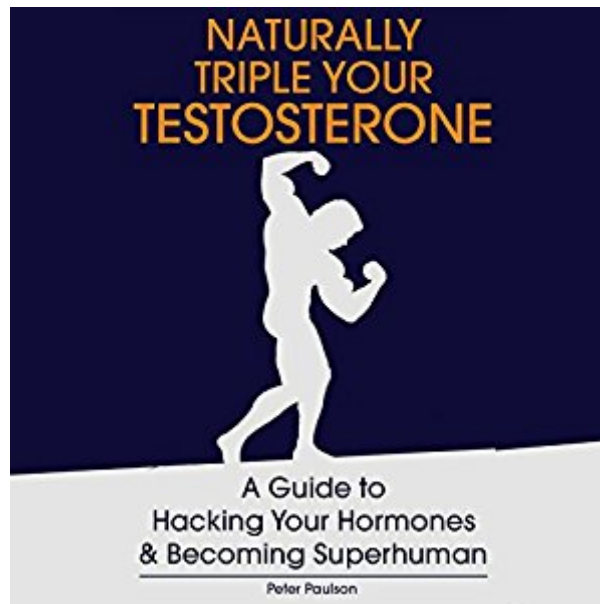


The book was found

Naturally Triple Your Testosterone: A Guide To Hacking Your Hormones And Becoming Superhuman



Synopsis

Have you begun to notice any of the following? A lack of energy? A lack of concentration? A lack of muscle and a surplus of fat? A decrease in your sex drive? You shouldn't be surprised as these are all common symptoms of low testosterone and with every passing year your testosterone levels drop significantly. Mix in poor dietary choices, poor sleep, no exercise and stress and what you have is a recipe for hormonal disaster. Although I don't personally know you, it is a safe bet for me to make that you are, like the majority of men, a sufferer of low testosterone. This is not good. A high level of testosterone is directly linked to a multitude of positive attributes such as: lean muscle, improved sleep, better sex, improved sperm count, a decrease in stress, a healthier heart, stronger bones and clearer skin among many others. Quite simply, testosterone is what makes us men and yet many of us choose to ignore it's importance and suffer from the symptoms of low testosterone. Naturally Triple Your Testosterone is the answer to your low T. This book is a step-by-step guide to massively boosting your T levels in 100 percent naturally ways. This book covers everything you need to know about testosterone. Learn: How and where testosterone is made The secret testosterone boosting strategies Which foods help testosterone production and which halt it How to use exercise to massively spike testosterone How to improve your sleep How to reduce your stress and fight depression And, much much more. Following this guide will allow you to strip away fat, pack on lean muscle, boost your cognitive powers and become a supercharged version of yourself. Reclaim your manhood, boost your testosterone and become superhuman.

Book Information

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Customer Reviews

Okay, this is a nice concise and short treatise on how to increase testosterone. For the compilation I give it four stars. But here is the thing, Mr. Paulson is not presenting anything new and it would appear is just using work from other fitness authors without mentioning it. The Four Body by Tim Ferris has almost everything in this book and some of it very specific. You owe it to yourself to read the 4 Hour Body. I also see elements from Burn the Fat, Feed the Muscle by Tom Venuto. Fasting approach from Brad Pilon. I also see a lot of material Shawn Phillips has produced. Also, Man 2.0 Engineering the Alpha. I really think you owe it to your audience to mention the works of these people. There are some things Mr. Paulson doesn't mention: The trick about taking ice baths and cold boosting testosterone appears to only boost levels for 3-5 hours, this appears to be a trick by body builders to boost testosterone before contests.....not something that will work long term. He just flat out wrong and even dangerous in the recommended HIIT. First, research has shown that to get the maximum effect out of HIIT you have to go slow on the rest minutes. The fast periods need to be very fast and the slow needs to be very slow....this is how you get the maximum metabolism and HGH boost. Also, where do you think you could be and leave a treadmill running while you stepped off? Only at home.....but even then this is very dangerous. Better to let the treadmill do intervals or hills for you so you can go slow on rest minutes. The program in the book does not really drop the intensity at all in the rest time....even tabata has you going slow in between.

Another example of what should be free content. This guy's effort wouldn't pass muster for publication in a B-grade fitness magazine. As for what it is/does, you'll get more from an old high school biology text. As for boosting "Test", there isn't anything new here and with only 64 pages there isn't much old either; in fact there's more disclaimer than content. Donate the 4-bucks to a more worthy cause. Peace, out.

Four stars instead of five due to typos, etc. Decent strategies and a quick weekend read at the most. Much of what I have read is in line with other books that I have read. I will begin implementing these strategies in the coming weeks. At 44 I need every break I can get with regards to testosterone. I appreciate the emphasis on natural strategies as there are too many influences to the contrary these days as young people seek a quick fix.

I enjoyed reading Peter's book and learning some new things about testosterone and ways to create it through eating the right foods, exercise and sex. His 90 plan is helpful for guidance as well

as his details on portion size formula for meals - I found this most beneficial as I do feel I eat too much, especially at dinner.

I found this book to be helpful in many ways. It gathers a lot of things that you may read about testosterone in one place. I found this to be helpful versus looking in many places. The book explains what testosterone is and the different types of testosterone. I found the myths section about testosterone to be very interesting given the different things you read about the pros and cons of adjusting your testosterone levels, especially medicinally. The key point that caught my eye was increasing your testosterone levels naturally. Anytime I can do something naturally in my family I am all about that. I have one or two family members that I feel have lower testosterone levels. I will be sharing this book with them and I am sure they will be interested in trying this out. I recommend this book to anyone who thinks they have low testosterone levels or if they know of someone.

Health and Fitness oriented persons would appreciate this book's comprehensive and eclectic factualisms, theories, philosophies, ideologies, and derivative strategies regarding how to "Naturally Triple Your Testosterone." This book contains a concise plethora of informative opinions; as well as, factoids, and concepts that can be applied, adopted, or incorporated. This book is concise, pragmatic, practical and dedicated to its Title; therefore, it does have value; subsequently, I am buying another copy

This is great book that really explains the benefits of having high levels of testosterone. The author goes in-depth to detail the different types of testosterone and how it effects the human body. A great book if your looking to natural ways to boost up your test levels!

Thank you Peter Paulson for showing an older man how to restore his Testosterone level and lead a more fulfilling life, especially in the bedroom. I have already begun to put into practice some of your recommendations. Looking forward to putting more into practice.

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