

“8 Simple Ways To Naturally Raise Your Testosterone Levels”

Free Muscle Building Lesson

By Sean Nalewanyj

www.MuscleGainTruth.com

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Disclaimer

Before beginning any new exercise, nutrition or dietary supplement program you should consult a physician first. The information presented herein is not meant to treat or prevent any disease or to provide the reader with medical advice. If you are looking for specific medical advice then you should obtain this information from a licensed health-care practitioner.

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8 Simple Ways To Naturally Raise Your Testosterone Levels

ABOUT THE AUTHOR

Sean Nalewanyj

www.MuscleGainTruth.com



Once an awkward, 125-pound, "geeky" social outcast, Sean Nalewanyj is now a renowned muscle building and fat loss expert, best-selling fitness author and success coach.

Sean has been researching and promoting natural bodybuilding and fat loss techniques for the past decade, has written articles for dozens of the most popular fitness sites on the web, and is recognized as an expert authority on the subjects of building muscle, burning fat and gaining strength fast.

Through his highly successful website, www.MuscleGainTruth.com, and his free information-packed online email course (visit his website using the link above for signup details), Sean has helped *thousands* of average, everyday people from all over the world overcome a lifetime of insecurity and get into the best shape of their lives.

In less than one year of existence, his widely acclaimed online muscle building program, "[The Muscle Gain Truth No-Fail System](#)" shot up to #1 like a bullet and was immediately endorsed by many of the top experts in the field.

His system garnered so much attention from the public that it was even mentioned in the most prestigious publication in North America, **The New York Times**.



In a bodybuilding world where intense marketing hype and exaggerations have become the norm, Sean is well respected for his direct, no-nonsense approach. He admits that achieving a standout body is not a "walk in the park" like most promoters make it out to be, but believes without a doubt that he can help **anyone** achieve their fitness goals as long as they are willing to put forth the effort...

You can read more about Sean and his full-blown muscle building success system by [clicking here](#) to visit his website.

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Sean is also the owner and operator of "[The Muscle Building & Fat Loss Inner Circle](#)"... A private, members-only body transformation community dedicated to keeping subscribers up to date on all of the most cutting edge fitness strategies available.

Not only do M.F.I.C members gain access to a massive library of regularly updated muscle building and fat burning information, but they are also able to meet, chat and make friends with one another using the vast collection of "interactive" applications provided, such as instant messaging, discussion forums, live chats and more.

Lastly, Sean is the author and creator of a best-selling fat loss program known as "[The Real Deal Body Transformation System](#)". If your primary focus is to burn fat, carve out 6-pack abs and increase your health and energy levels naturally and safely, this is the program for you.

This explosive fat loss package contains every single tip, trick and strategy you need to achieve a lean and impressive physique without fad diets, bogus supplements or fancy equipment of any kind.

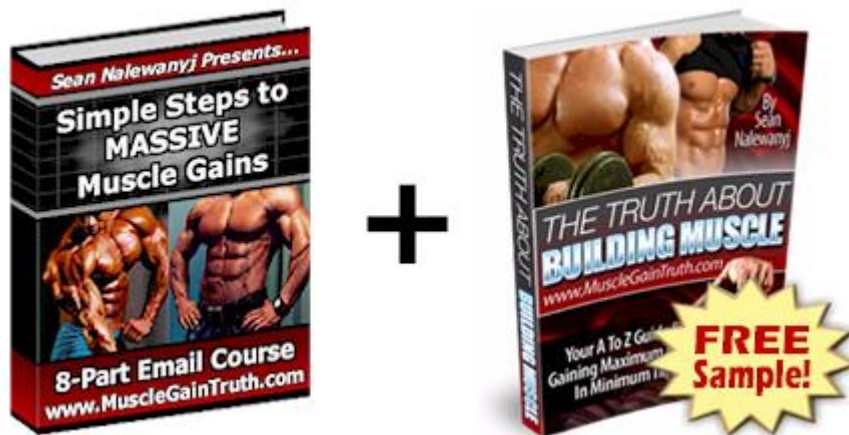
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WAIT!

Before you go any further, take 2 short minutes to visit my personal website using the link below and sign up for my free 8-part muscle building email course.

It's called "**8 Simple Steps To Massive Muscle Gains**" and will teach all kinds of highly effective insider strategies for accelerating your muscle building progress.

You'll also have the chance to download the first 2 chapters of my widely acclaimed e-book "**The Truth About Building Muscle**" at no cost.



 [Click Here For Instant Access](#)

8 Simple Ways To Naturally Raise Your Testosterone Levels

In this installment I'm going to be talking about the most important muscle-building substance circulating through your body, and how you can increase your body's levels of this substance using natural dietary and training techniques.

I'm talking of course about **testosterone**, the "holy grail" of muscle growth.

Quite simply, testosterone is the most critical muscle-building hormone in your entire body and is one of the main limiting factors that determines how much muscle you can ultimately build.

The higher your levels of testosterone are, the faster and more easily you can pack on size and strength.

Here's just a small handful of the many amazing benefits that increased testosterone levels will provide you with...

8 Simple Ways To Naturally Raise Your Testosterone Levels

- Increased muscle size and strength.
- Decreased body fat levels.
- Increased sex drive and endurance.
- Improved mood.
- Decreased levels of "bad" cholesterol.

Sounds pretty good, doesn't it?

Well it is, and in this lesson I'm going to outline 8 simple steps that you can start following right away to naturally raise your testosterone levels and achieve all of these incredible benefits.

While these steps are not going to result in "steroid-like" muscle gains, they will definitely contribute to your overall bottom line results if you incorporate them properly...

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Natural Testosterone Booster #1

Use compound exercises as the basis of your workouts.

Forget about bicep curls, leg extensions and tricep kickbacks... Yes, these small isolation lifts can still play a supplemental role in your training routine, but if you want to stimulate the greatest increase in anabolic hormone production within your body possible, you've got to place the majority of your focus on big, basic, compound exercises.

I'm talking about the proven, bread-and-butter lifts like squats, deadlifts, bench presses, rows, chin-ups, dips, leg presses, lunges and military presses.

These exercises will place your muscles and body under the greatest amount of stress in the gym possible and as a result will force your body to rev up its production of testosterone.

Natural Testosterone Booster #2

Always push yourself to the limit during every workout.

If you want to see real muscle gains, you must be willing to train with real effort.

I would recommend that every set you perform in the gym be taken either all the way to the point of concentric muscular failure (the point in the set where no further positive repetitions can be completed using proper form despite your best efforts) or at least 1-2 reps short of concentric muscular failure.

If those last few reps of the set don't force you to dig down deep and give it your all, then you simply aren't training hard enough.

Low training intensity will result in a low testosterone production response, so start buckling down and getting serious if you really want to rev up your body's secretion of this important hormone.

Natural Testosterone Booster #3

Train your legs equally as hard as your upper body.

Do you ever wonder what bodybuilding experts mean when they say that training your legs will actually make your UPPER body grow?

Anabolic hormone production is what they are referring to.

Muscle growth is not just a localized event that happens at the level of the specific muscles being trained during your workout... Muscle growth also results as the entire body is placed under stress and is forced to secrete higher levels of testosterone and growth hormone as an adaptive response. This increase in anabolic hormone circulation results in gains in muscle size and strength in all of the body's major muscle groups.

And there is no better way to produce this total body stress than through the use of hard, heavy leg workouts performed to a high level of intensity.

If you haven't been placing equal focus on your legs as you have on your upper body, and if you aren't regularly performing intense sets of squats, leg presses, lunges and stiff-legged deadlifts as part of your workout routine, be prepared for a huge increase in total body gains once you do.

Natural Testosterone Booster #4

Increase your EFA consumption.

Essential Fatty Acids are known as the “good fats” and are found in unsaturated fat sources such as nuts, seeds, avocados, cold water fish and leafy green vegetables.

Among a huge list of muscle building and overall health benefits, EFA’s also play the important role of increasing testosterone production in the body.

If you’re stuck with the notion that “all fat is bad” and are not paying attention to your EFA intake, your testosterone levels and bottom line muscle gains are going to suffer.

Make sure that at least 20% of your total daily calories are being derived from fat, and that you are consuming food sources high in EFA’s. A great way to ensure this is to supplement with flaxseed oil and extra virgin olive oil by consuming 1-2 tablespoons of each daily.

Natural Testosterone Booster #5

Reduce your intake of soy.

Soy protein raises the body's levels of estrogen (which is the main female hormone) and this has a direct negative effect on testosterone levels.

Nearly all soy products on the market contain the phytoestrogens known as "isoflavones", which have been shown to measurably decrease testosterone levels in men.

Stay away from high amounts of soy protein powders, soy milk, tofu, soy beans, soy nuts or any other foods high in soy protein, as these can definitely add up and have a noticeable negative effect on your results over the long term.

Natural Testosterone Booster #6

Limit your consumption of alcohol.

Not only does excessive alcohol consumption decrease protein synthesis, increase fat storage, deplete the body of vitamins and minerals and cause dehydration, but it also lowers your levels of testosterone as well.

Some studies have shown that at a person's most intoxicated state, testosterone levels can drop by up to 25%.

If you're serious about building as much muscle size and strength as possible, alcohol should be consumed rarely and in small amounts.

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Natural Testosterone Booster #7

Lower your daily stress levels.

Being overly stressed stimulates the release of “cortisol”, a highly catabolic hormone that is every serious muscle-builder’s worst nightmare. Not only does cortisol break down muscle tissue and stimulate fat storage, but it has a direct negative impact on testosterone levels as well.

There are many things that can trigger cortisol production, such as overtraining and inadequate sleep, and a stressful lifestyle is also one of them.

Try to reduce your daily levels of stress by following simple steps such as performing activities you enjoy, planning your schedule in advance and maintaining a positive outlook and attitude.

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Natural Testosterone Booster #8

Make sure to get adequate sleep every night.

Everyone knows that a quality sleep every night is extremely important for improving recovery in between workouts, sharpening mental focus and raising energy levels, but a good restful sleep also appears to ramp up testosterone and growth hormone production as well. Not only that, but it also decreases the production of cortisol.

I would strongly recommend that every serious bodybuilder out there aim to get around 8 hours or more of high quality sleep every single night to keep anabolic hormone production at its highest.

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And there you go – 8 simple, practical steps for speeding up your body's natural production of testosterone, and accelerating your muscle size and strength gains as a result.

Start implementing these techniques on a consistent basis and you should experience a noticeable improvement in your bottom line muscle building progress.

Are You Ready To Build Your Dream Body?



If you've got the drive and the motivation to get started **right away**... To begin blasting your body into an almost **uncontrollable** surge of lean muscle growth... To start adding **inches** of rock-hard, granite-like mass to your chest, back, arms, shoulders and legs... To develop an **impressive, powerful** new body that turns heads at the beach, the mall, at work, at school and **everywhere** else you go...

Then the **ONLY** thing left for you to do now is to formulate a proper plan to get there. And not only to *get there*... but to get there as **quickly, easily** and **painlessly** as you possibly can.

So before you even *set foot* in a gym, I would **strongly** urge you to make sure that your training and diet plan is properly structured, and that you're implementing the most **powerful** muscle-building and fat burning techniques available. Many people have the motivation to succeed, but they simply lack an effective training and nutrition plan to go along with it.

I would absolutely **hate** to see you put a bunch of time and effort into your program only to become frustrated and impatient when the results don't come like you had expected. And even worse, I'd **really hate** to see you end up like **95%** of the population who flat-out **quit** and **give up** due to a lack of progress.

While the techniques in this lesson will help you to lay the *foundation* for your

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program, there are **many** other factors to take into account if you want to experience **significant, mind-blowing** muscle size and strength gains...

That's What The "[Muscle Gain Truth No-Fail System](#)" Is All About!

I wanted to provide eager lifters like yourself with the chance to experience **guaranteed success**, without all of the regular marketing hype and B.S that you see everywhere else.

There's so much bogus information circulating around in books and on the Internet that it can often be hard to know who to trust. And the dead-honest truth is that there are **many** people who you **cannot** and **should not** trust.

I'm talking about the billion dollar supplement companies... the salesman at your local supplement shop... the fitness equipment infomercial spokesperson... the "know-it-alls" on the online forums... and even some well-known "gurus" who *think* they know what they're talking about, but really don't have a clue.

[The Muscle Gain Truth No-Fail System](#) cuts straight through the hype and delivers a complete, in-depth, step-by-step success system that covers the muscle growth process from every possible angle.

Training, nutrition, supplementation, recovery, injury-prevention, motivation...

You'll literally learn **everything** you need to know to build that **rock-hard, head-turning** body you're after, and in a *fraction* of the time it would normally take you.

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You'll receive my #1 best-selling e-book, "**The Truth About Building Muscle**" along with a complete collection of critical support modules and bonus items. This includes a full workout plan and printable logbook, audio and video courses, a video exercise database, step-by-step meal plans, progress tracking software, hardcore training footage, interview transcripts and much more.

It's the same system that I used to transform from a 125-pound, weak and underweight "nobody", into a **200-pound, lean** and **muscular** bodybuilding and fitness author...

And it's the same system that thousands of average, everyday people from all over the world have implemented with **wild** success...

People like...

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"Your Book Is The Concrete Slab & Foundation Of My Training..."



"I am just another satisfied customer... I know it's hard to believe, but I have just completed my second 8 week cycle and have put on another lean 19 lbs. Everyone I know is amazed... People always comment on my massive growth rate and insist there is no way I could have achieved it naturally. For the record, I have never touched or used any anabolic steroids... Everyone just calls me "Big Rick" now."

Rikki Dibeneddeto
Sydney, Australia

"You're A F***** Genius"



"Hey Sean... I downloaded your program a few months ago. I have to tell you, excuse my language, but you're a f***** genius.

I've never seen anybody who understands and explains muscle growth so well and so clearly. My gains have increased dramatically since using your principles. Thanks for all of your continued support."

Oscar Lizano
Georgia, USA

"A Much More Muscular And Defined Body..."



"I've been training for about 10 years and after reading through your material I realized that much of what I was doing before was a flat out waste of time. After following your advice, I trimmed my waist down from 34 to 31 inches and ended up with a much more muscular and defined body as a result. I wish I had this information when I first started out... I would have saved tons of money and effort!"

Adrian Pace
Sliema, Malta

These are just *three* of the **thousands** of emails I've received from thrilled users of this program, eager to share their success with me...

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Will YOU Be Next?

If you're motivated and ready to start building that **shredded, muscular** physique you've been dreaming about, then do yourself a favor and **multiply your chances of success.**

Over a year and a half of solid work was put into [The Muscle Gain Truth No-Fail System](#), and I'm confident that this will be the **one** program that will help you to reach your muscle building goals in record speed and *finally* be happy with your reflection in the mirror.

In fact, I'm **so confident** that my best-selling system will work wonders for your **body**, your **mind** and your **entire life**, that I'm literally going to **GUARANTEE** that it will work for you.

How does this sound...

- MY PERSONAL PROMISE TO YOU -



"Try [The Muscle Gain Truth No-Fail System](#) for a full 8 weeks. If you aren't **completely** and **totally** *thrilled* with the results... If you don't look and feel better than you ever have in your **entire** life... If your friends, family and co-workers aren't **raving** about the amazing changes you've made... Simply email me for a prompt, courteous, no-questions-asked refund of your payment!"

S. Salewanyj

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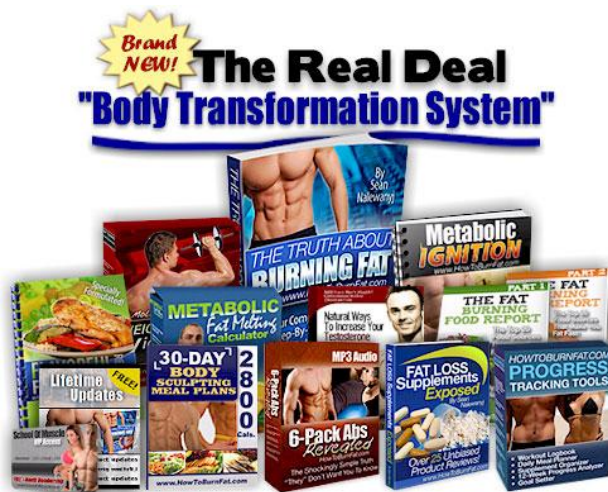
Additional Product Information

Learn more about Sean's other 2 best-selling fitness products below...

"The Real Deal Body Transformation System"

Complete Fat Burning Success Kit

www.HowToBurnFat.com



Learn the exact step-by-step strategies for burning off maximum amounts of body fat while increasing your health and energy levels quickly, safely and naturally.

Contains the best-selling e-book, "The Truth About Burning Fat" along with a comprehensive collection of support modules and bonus items.

[Click Here For More Information](#)

"The Muscle Building & Fat Loss Inner Circle"

Online Fitness Support Community

www.FitnessInnerCircle.com



A private, members-only bodybuilding and fat loss community that keeps you up to date on all of the most cutting edge fitness strategies available.

You'll also have the chance to meet, chat and make friends with other members from all over the world...

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