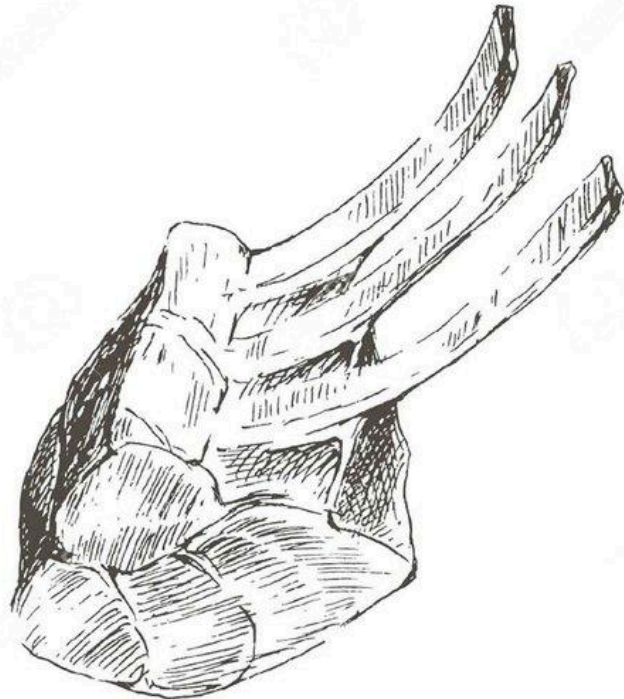


# THE MAN DIET

A PROVEN GUIDE TO MORE ENERGY,  
INCREASED VIRILITY,  
AND HIGHER TESTOSTERONE LEVELS.



CHAD HOWSE WITH STEPHEN ANTON, PH.D

Today, the average 22-year-old man has T levels roughly equal to that of a 67-year-old man in the year 2000.

But this is just the tip of the iceberg. Reproductive disorders, like testicular cancer, are on the rise. Sperm counts are dropping, and men's grip strength has declined too.

What is going on and how can we stop this? Is this the future of the modern man?

Decreased bone density and muscle mass, low libido, unhealthy fat distribution, low confidence...the list does not stop here. This is just the beginning.

If you are feeling a strange tingling sensation in your body, that's a clear sign. Your T-levels are low and are currently robbing you of your manhood and your masculine spirit.

Analyze the man you see in the mirror.

Do you see a strong, brave man, overflowing with testosterone, and packed with rock-hard muscles, who is ready to take action and fight?

Or do you see a man who is weak, submissive, and docile, with a beer belly and love handles, lacking the energy even to conquer his own life?

The answer is your true, deep thought coming from the bottom of your heart. It is telling you to finally take action and change your life.

Low testosterone is not just a disease, it is a phenomenon.

This phenomenon kills you from the inside out. You are being robbed of your manhood and your masculine edge. Your glory days are over before they even began.

But you do not have to suffer anymore. It is time to fight back and regain what has been taken from you!

**"The Man Diet"** book by **Chad Howse** helps you discover:

- The TWO most powerful ways to ignite your testosterone production naturally
- The foods that can increase your testosterone level by up to 52%
- Unveil the toxic foods that are sabotaging your manly mojo and eliminate them from your life
- Why "fad diets" are actually a myth, and why they harm your masculine spirit
- Why long cardio actually hurts your male hormone, giving room to the female one
- How you can be a real-life superhuman by learning the most important aspect of high T-levels: the reward system

- How “testosterone boosters” increase estrogen, making you weak, docile, impotent and low-energy

- The clinically proven path to optimal T levels resulting in happiness, success, better mental and physical health, more muscle mass, and better performance in the bedroom

**Low testosterone levels can have a devastating impact on your life.**

*Don't let it control you - take charge and get your masculine edge back now!*

**LIMITED TIME OFFER - BUY NOW to:**

- Get a FREE workout program to boost your T-levels through the roof

- Get lifetime access to the Man Diet Members inner circle where you will be surrounded by like-minded men who strive to get back their masculine edge

Ends {variable}.

*Chad Howse is the Founder of MITA Nutraceuticals, author of “The Man Diet” book, and a true advocate for men's wellness.*