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4 Tips on how to boost your Testosterone

Testosterone is what makes you a man it makes effort feels good

The Levels of Testosterone on the average male has dropped significantly over the years

Reasons :

- 1) The food we eat : The food quality has dropped over the years all this processed crap is killing us
- 2) Lack of physical activity : we live in a society where everything is so easy we don't need to hunt or gather for ourselves even our jobs require less physical activity or non in some cases
- 3) Medicines : a lot of the medicines we consume kills out T Levels

There are far more reasons but those are the top 3

Now How You can FIX them ?

- 1) Lifting Weights: Lifting weights has proven to Significantly boost your testosterone levels
- 2) Eating healthy : Avoid all that crap yeah i see you eating that donut. Focus on proteins and whole foods
- 3) Sunlight : Due to our lifestyle we barely get any sunlight its really a key factor for Testosterone
- 4) Tongkat Ali : This herb was used to increase fertility but lately it was discovered that it skyrockets Testosterone

You can Find out more about the secrets of Men's Health [here](#)

Also You can order Tongkat Ali from



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