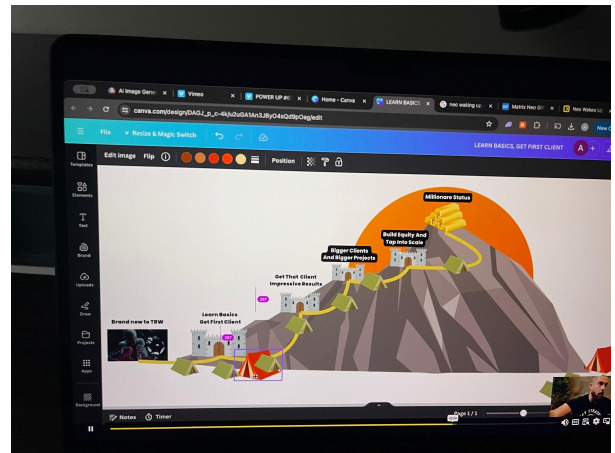


Objective: Hit Millionaire Status In 12 Months, and not be left behind.

What is required from me to make it to the top ?

- Have High testosterone
- Have High physical and mental energy
- Be a Workhorse Stress-eater
- Endure some emotional and mental pain, and forcing my brain to do the hard work when it doesn't feel like it
- Delay gratification, delay dopamine-dripping to focus on my long-term important goals
- Forcing my brain to bring up the most **EFFECTIVE** performance possible.
- Upping my Power Levels.
- Bite the bullet and take action.



What do I need to DO to get these factors in order?

1. Have High testosterone

What foods decrease testosterone?



Processed food

Trans Fats

Soy products

Dairy Products

Alcohol

Vegetable oils

[Article 1](#)

[Article 2](#)

a.

What herbs are good to optimize my testosterone levels?

For optimizing your testosterone levels you can use the following herbs:

[Tongkat Ali](#)

[Ashwagandha](#)

[Tribulus Terrestris \(Trib Gold\)](#)



How can I increase my testosterone level with the classic methods?

To increase your testosterone level you need:

- Optimal caloric intake
- Optimal sleep
- Optimal training
- Daily sun exposure
- Daily grounding
- Daily meditation

Herbs:

- Tongkat Ali
- Ashwagandha
- Tribulus Terrestris
- Fenugreek

Minerals:

- Boron
- Magnesium



Frequently Asked Questions



- Daily grounding
- Daily meditation

Herbs:

- Tongkat Ali
- Ashwagandha
- Tribulus Terrestris
- Fenugreek

Minerals:

- Boron
- Magnesium
- Zinc
- Potassium
- Sodium
- Calcium

Vitamins:

- C
- D
- B



How can I fix my adrenal fatigue?

- Stop intermittent fasting and eat clean carbs every 3 hours like fruits, honey, potatoes.
 - Eat your first meal within an hour after waking.
 - Skip processed foods.
 - Stop high intense training
 - Get lots of sleep.
 - Include enough protein in your diet.
 - No caffeine.
-
- Cortisol levels are high in the morning. Eating carbohydrates can help moderate the cortisol response.
 - Save your biggest meal for later in the day to help you sleep better at night while restoring healthy hormone levels and optimizing adrenal function.

Clean Up Your Diet

- Common irritants like gluten and dairy can



Supplements and herbs for adrenal support:

- Vitamin C
- Vitamin B5
- Vitamin B6
- Vitamin E
- Magnesium
- Electrolytes
- Astragalus root
- Ashwagandha

Question

What should I do if I experience diarrhea?

Answer

- When you have symptoms of diarrhea, you should follow the "BRAT" diet, which stands for bananas, rice, applesauce, and toast.

I'm tired all the time, what can I do about it?

- Sleep before midnight.
- Practice grounding.
- Stay in the sun.
- Drink pure water.

Supplements that can help:

- Electrolytes
 - Magnesium
 - Vitamin C
 - Greens blends
 - Ashwagandha
 - Rhodiola Rosea
 - CoQ10
 - Beetroot Powder
-
- Avoid processed foods.
 - Eat a diet rich in raw foods, dairy, fruits and vegetables.
 - Eat enough protein.
 - Do cardio every morning.

What foods decrease testosterone?

- Processed food
- Trans Fats
- High-PUFA foods
- Soy products
- Fried Foods
- Alcohol
- Vegetable oils

2. Have High physical and mental energy

a. Optimize your lifestyle for health/performance

- i. Find a healthy diet consists of enough protein, carbs and fat to your BW that you can go with for 6-months straight without any health issues that you can easily cook and consume in less than 30 minutes
 1. INSIDE OF TRW HEALTH CAMPUS
- ii. Wake up, drink a litre of water. Continuously drink water throughout the day until you hit 3 litres max.
- iii. Have some balls to be efficient and effective with your time, sacrifice an hour of silent, darkness and relaxation to cool yourself down to sleep.
- iv. Stay in the sun for 30 mins every single day. Staying in nature is good enough.
- v. Physical exertion is a non-negotiable.
- vi. Walk barefoot on grass for 10 minutes.
- vii. Daily massage for extra returns of energy from your muscles recovery process.
- viii. Cardio in the morning can help with sleep at night.

3. Be a Workhorse Stress-eater

- a. Non-negotiable: I must be and stay in optimal physical and mental condition. Health in order.
- b. After health is in order and maintained, put yourself through the mental difficulty of solving important problems, with the intent of becoming a millionaire. You have the path, you have your health at this point, now you have exercise that machine

of yours from beginner level stress, to being able to work for 10 hours straight without feeling tired.

- i. Start small, progress little by little.
- 4. Endure some emotional and mental pain, and forcing my brain to do the hard work when it doesn't feel like it
 - a. Develop a poker face when in pressure. Choose to allow the pressure to build you, rather break you.
- 5. Forcing myself to be the most **EFFECTIVE** version of myself every single day.
 - a. Develop mental focus by removing distraction activities from your life, and picking core tasks to crush, and crush it one by one. Build your progress brick by brick.
- 6. Upping my Power Levels.
 - a. On my time when I finish all my work of the day, I hop in the chats. It's an opportunity to directly and indirectly interact with TRW fellas who have the same goal, who're on the same path with the same ideal version of themselves pushing at it at one time to live like it.
 - i. Build your brotherhood and connection within the community, and you'll get returns even money can't outcompete, it's a product, a product of **FREEDOM**.
- 7. Bite the bullet and take action.