

# The Underground Hormone Optimization Manual

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## Special Report: How To Double Or Even Triple Your Testosterone Levels Without Drugs or Doctor Visits

If you read just the first two pages of this report, you'll learn a handful of secrets about boosting testosterone that will help you pack on muscle mass and melt away body fat fast.



*Boost your T-levels and life gets a whole lot better*

But if you read the rest of the report, you'll discover a very strange strategy that works incredibly well for boosting your testosterone levels.

Remember that article? Well, you made an extremely wise decision to get this report. Because as you probably already know, testosterone is the single most important hormone when it comes to building muscle, burning fat, feeling young, increasing your energy, making more money and going to bed with a big fat smile on your face (and a big fat smile on your lady's face too.)

That's no joke: Clinical research shows guys with high testosterone levels have more muscle, have less fat, have more lovers, make more money and generally feel happier than guys with low testosterone levels. So let's not kid ourselves – this isn't just about adding muscle or subtracting fat. Increasing your testosterone levels can literally give you a better life.

Without further ado...

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**Testosterone Boosting Tip #1:** Chew a piece of caffineated gum 15 minutes before your workout.

Turns out chewing “caffineated” gum right before your workout can actually increase blood flow AND boost testosterone levels. You can find caffinated gum at most gas stations but I've found that 1 cup of BLACK coffee (no sugar, no cream) works just as well.

**Testosterone Boosting Tip #2:** Stop wearing sunscreen!

One of the crucial building blocks for the production of testosterone is Vitamin D. Your body makes Vitamin D naturally by absorbing the rays from the sun through your skin. But if you pour on the sunscreen everytime you walk out the door, your Vitamin D levels are probably low.

So try and get outside for 20-30 minutes WITHOUT sunscreen and save the sunscreen for longer days out in the sun.



Skip the sunscreen to maximize  
Vitamin D absorption

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**Testosterone Boosting Tip #3: Watch sports!**

Let's be honest, this one is easy enough. But the key is to root for winning team. Watching your favorite team WIN can give you a temporary boost in testosterone while watching your favorite team get pummeled will send your testosterone levels into a dip.

**Testosterone Boosting Tip #4: Eat brazil nuts**

If you're low in selenium (and most American's are) then your body will NOT be able to produce the maximum amount of testosterone. But by eating just a couple brazil nuts every day, you can boost your selenium levels which will in turn boost your testosterone levels.

**Testosterone Boosting Tip #5: Avoid commercial shampoos.**

Most commercial shampoos contain “parabens” which are used to extend shelf life. Unfortunately they also depress testosterone levels. Solution: Burt's Bee's (a brand carried by most major stores) has a shampoo that's organic and paraben free. You can also wash your hair with baking soda – it feels different at first but you might find it actually getes your hair cleaner than the store-bought stuff!

**Testosterone Boosting Tip #6: Play video games?**

Yup, it's true. You can boost your testosterone by playing video games. Actually research shows that COMPETITION boosts testosterone and it doesn't seem to matter what activity you participate in, as long as you're competing. So challenge the neighborhood kids to a video game competition and watch your testosterone levels jump. Hint: Just make sure you play during the day. Playing video games at night (when you should be sleeping) will sap testosterone levels.

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### **Testosterone Boosting Tip #7: Run 6-second sprints**

Researchers found that running 6-second sprints (running as fast as you can for 6-seconds) actually boosts testosterone levels. So instead of jogging for 30 minutes on the treadmill, try running 10 rounds of six-second sprints and watch the fat melt away.



### **Testosterone Boosting Tip #8: Avoid Plastic**

Plastic contains xenoestrogens which can lead to higher than normal levels of estrogen. It is nearly impossible to avoid all plastic containers to the two biggest changes you can make are as follows.

Recommendation #1: Don't microwave anything in a plastic container as this makes it easier for the plastic to get into your food.



Recommendation #2: Avoid drinking water out of plastic containers.

This is one is easy enough: Go to the store and buy a water bottle that is "BPA-free" and simply re-use that.

You'll save money, do your part for the planet and boost your T-levels.

### **Testosterone Boosting Tip #9: Stop drinking beer**

I know, this one hurts. But the hops in beer contains high levels of xenoestrogens which can lower your testosterone levels. Some studies show that red wine can actually boost testosterone levels so it appears that alcohol in moderation is ok.

Just stick with red wine are hard liquor.

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## Testosterone Boosting Tip #10: Iodine Painting

Of all the strategies in this report, this one is the weirdest. But probably the most effective. As always, those who are willing to try something different will be the ones who see the biggest results.

*"You must be willing to try something different to succeed where others have failed."*

Here is the Iodine Painting Strategy:



Thousands of years ago, our planet's soil was rich with iodine. And because our ancient ancestors basically slept on the dirt, played in the dirt and ate foods from the ground, they had much higher levels of iodine in their system than we do today. They also had much higher testosterone levels – no coincidence there.

Today most men have drastically low levels of iodine in our systems. This is because toxic halides like flouride, halide and bromine block our bodies natural ability to absorb iodine.

Inside your testicles, you have leydic cells and it's these cells that are responsible for a part of the process of producing testosterone. But

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chances are your Leydig cells aren't running at full capacity because they don't have enough iodine.

So here is the fix:

By applying liquid iodine directly to your scrotum, you can drastically boost your iodine absorption right where you "need it most" and can quickly and easily boost your testosterone levels.

Here is the actual procedure:

Step #1) You may wish to shave your scrotum.

This is weird but it will help with absorption so you might want to bust out a razor and "clear the field."

Step #2) Get a high-quality liquid iodine

We recommend a mixture called "Lugol's Iodine". Like this one here: [http://www.amazon.com/Lugols-Iodine-Solution-Potassium-Iodide/dp/B007UB66SC/ref=aag\\_m\\_pw\\_dp?ie=UTF8&m=A3PGOAHJ9FNPD2](http://www.amazon.com/Lugols-Iodine-Solution-Potassium-Iodide/dp/B007UB66SC/ref=aag_m_pw_dp?ie=UTF8&m=A3PGOAHJ9FNPD2)

Step #3) Place 4-8 drops of Lugol's Iodine onto your scrotum. You can either use a paint brush and "paint" the iodine onto your scrotum or can simply use the dropper and put the drops on your scrotum.

Massage the mixture into your scrotum for 2-3 minutes until it is all absorbed.

Step #4) Wait at least 30 minutes before showering.

(For this reason, most guys prefer to do this at night before they go to sleep.)

Try this for two weeks and you will see and feel an immediate difference. Good luck!

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## Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

**As always, you should clear this program with your doctor before you begin.**