

THE ALPHA TONIC HIGH  
TESTOSTERONE SHORTCUTS

# Delicious Hard Wood Drinks



MICHAEL BONNER

The image features three glasses of vibrant, colorful beverages. The foreground shows a tall, ribbed glass filled with a bright orange drink, topped with a white straw. To its right is a shorter glass containing a deep red, bubbly drink. In the background, a glass of light green drink is garnished with a slice of kiwi. The background is filled with fresh fruit, including watermelon slices and lemons, creating a fresh and appetizing scene.

# Delicious Hard Wood Drinks

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## Table of Contents

<b>INTRODUCTION</b>	5
<b>1 DRINKS FOR ERECTILE HEALTH</b>	
1.1 "SEXUAL HEALING" SMOOTHIE	7
1.2 "VIAGRA" SMOOTHIE	10
1.3 "INTENSE PASSION" SMOOTHIE	13
1.4 "BYE BYE ED" GREEN SMOOTHIE	16
1.5 "HEAVY DUTY" SMOOTHIE	19
<b>2 DRINKS FOR TESTOSTERONE ENHANCEMENT</b>	
2.1 TESTOSTERONE BOOSTING SMOOTHIE	22
2.2 "SWEET & STRONG" SMOOTHIE	25

2.3 "ULTRA TESTOSTERONE" SMOOTHIE	28
2.4 "HARDER, BETTER, FASTER, STRONGER, BETTER" TEA	31
2.5 "ALPHA MALE" TEA	34
<b>3 REFERENCES</b>	<b>37</b>

## INTRODUCTION

Are you struggling in the bedroom and your body isn't responding optimally?

Good news, this e-book can help you improve both erectile health & testosterone levels.

This e-book is more than just a recipe book. On top of our delicious performance and testosterone enhancing drinks, we also share with you key ingredients to add to your (forever after) diet.

Over time, by adjusting your diet and adding these "super" ingredients, you will see clear improvements in the health department.

What can you expect?

First, your mood will improve! Then, you will quickly observe an improvement in the sexual area: your libido will make a comeback, your erections will last longer and longer, and of course, they will be harder.

*Also, following our program, you will notice several major improvements linked to higher levels of testosterone:*

- ✓ Your sleeping will improve due to a better hormonal health
- ✓ Your bone and muscle mass will increase
- ✓ Your ability to grow facial hair will be much better (if that's an issue)
- ✓ Your cardiovascular health will improve
- ✓ Your energy levels will skyrocket
- ✓ Your motivation will increase – which will allow you to do more with ease
- ✓ You will observe better mental focus and clarity
- ✓ Your confidence will be higher
- ✓ Your sexual health and libido will reach new highs
- ✓ Your mood will be more stable
- ✓ and consequently, your stress levels will be far more manageable.

Actually, your overall health will be better for it really.

Let's be straightforward, when you improve your diet and lifestyle, you will definitely see an enhancement in most health related areas. And to add to it, if you are overweight, those benefits will be even more pronounced by losing the excess weight.

Basically, add the ingredients presented here in your weekly grocery shopping and then, use our recipes to make delicious drinks and meals out of them.

Moreover, feel free to improvise by slightly twisting the recipes to your taste.

For example, maybe you want to add some ginger, cinnamon or another touch of flavour to your drink?

Go for it! But keep it low calorie if you need to lose a few extra pounds!

Anyway, I am not going to make this longer than it should be...

You are here for concrete stuff: to make a REAL difference in your life.

So, it's time to get started , follow our recipes and advice, and keep yourself accountable, it will be so worth it!

Now, let's have a look at some delicious and manly drinks that will get your sexual mojo and your health back!

## "Sexual Healing" Smoothie

*A smoothie to make your nights memorable!*

### Ingredients (for one smoothie):

- › ½ cup | freshly squeezed organic orange juice (keep the zest)
- › 1 cup | fresh or frozen berries
- › 1 | beetroot
- › ½ teaspoon | cinnamon
- › Optional: 1 teaspoon | raw honey (unpasteurized) or for a lower carb option: add 1 teaspoon of erythritol or xylitol\* (both are alcohol sugars that aren't entirely absorbed by our bodies and are safe to use)
- › Optional: add 3 or 4 ice cubes for extra freshness

\* Xylitol can have laxative effects, use it sparingly.

### Directions:

Gather all the ingredients and chop the beetroot. Put the orange juice (with some zest), the berries, the beetroot and the cinnamon into a processor. Mix it thoroughly.

Add ice and a little honey or sweetener, according to taste.

For best results, drink it straight away to enjoy the full benefits of the nutrients. If you are at risk or suffering from diabetes, avoid adding honey and prefer erythritol or stevia to maintain healthy blood sugar levels.

Discover the Amazing Benefits of...

Berries



Berries are incredibly dense with nutrients but that's not all. They are loaded with antioxidants, essential compounds that help regulate free radicals.

Free radicals are a by-product of a normally functioning metabolism but they also are unstable molecules. Thus, it's important to have low levels of free radicals to allow your body to fight against bacteria and viruses. (1)

Nevertheless, way too many free radicals can and will harm your cells. That's where antioxidants can help.

In berries, you will find many antioxidants. However, let's focus on a major one: anthocyanins.

Found in several plants, fruits and vegetables, anthocyanins are water soluble pigments that can appear – depending on their PH – red, blue, purple or black.

Anthocyanins are believed to be incredibly useful to reduce oxidative stress. (2)

But let's go back to berries as a whole. Research has shown that regular blueberry consumption can reduce blood pressure and arterial stiffness. Also, they help improving cardiovascular health in general. (3)

Basically, blueberries and berries in general, are ideal to improve blood flow and aid cardiovascular health. Two essential factors to get your erections and performance going!

Finally, berries are packed with anti-inflammatory components. Studies have shown that the antioxidants (including anthocyanins) found in berries can possibly reduce inflammatory markers. And thus, improve overall health and T levels. (4)

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## Beetroot

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The humble beet – aka beetroot – is the super-hero you need for your erectile issues.

They are packed with naturally occurring nitrates, compounds that will eventually end up as nitric oxide in your body.

Nitric oxide is a gas that favours good blood flow, reduces blood pressure and thus, improves erections. (5)

Beets are one of the foods that contains the most nitrates per gram.

Additionally, beets provide iron, potassium, folate, manganese and vitamin C. Beetroot is also a very good source of fibre – which is an essential thing to keep your bowels regular. Fibre can also lower blood cholesterol.

Thus, beets are essential to get your sexual mojo back and start this sweet sexual healing...

## "Viagra" Smoothie

*A natural alternative to the blue pill (without side effects)*

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### Ingredients (for one smoothie):

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- › ½ cup | beet juice
  - › ¼ or 1 cup | watermelon cut in small pieces
  - › 1 small container | full fat Greek yogurt without sugar
- 

### Directions:

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Place all ingredients in a blender or a food processor. Blend until smooth and drink it straight away. This smoothie is naturally sweet, so avoid adding any sweeteners.

Drink this smoothie on a busy day for a boost of energy. Especially, if you know that you are going to get some sexy action! For extra freshness, don't hesitate to add some ice.

## Discover the Viagra-like Benefits of...

### Watermelon

This delicious summery fruit is more than a refreshing treat. Watermelon contains high quantities of L-citrulline – an amino acid.

Not unlike the nitrates found in beets, L-citrulline will boost nitric oxide production. Thus, promoting blood vessel dilation, which leads to a decrease of blood pressure and an improved blood flow.

Several studies have shown that L-citrulline could be useful to reduce erectile dysfunction (ED) symptoms.

One study found that men who took L-citrulline for only a month already had positive effects on their ED symptoms. (6)

Finally, watermelon is packed with antioxidants, including phytonutrients. Phytonutrients are also great at relaxing blood vessels and improving blood flow.

Watermelon has also an added benefit: 92% of it is essentially water. The rest will boost your cardiovascular health and sexual enjoyment for little calories!

### Greek Yogurt

Greek yogurt has far more to offer than your regular yogurt.

First and foremost, it's contain way less sugar than its counterpart – it tends to be four times less sweet than a common yogurt.

Moreover, this delicious creamy yogurt also has a better bioavailability – which means that nutrients can be absorbed more easily by our bodies.

A single serving of plain Greek yogurt provides 12 to 18 grams of protein. Additionally, this

yogurt is far easier to digest, due to its lower lactose content.

Greek yogurt is a good source of protein, without antibiotics (if organic).

Finally, there's another element that packs a punch in Greek yogurt... little compounds known as probiotics.

Probiotics are healthy bacteria that can colonize the intestinal flora, also known as microbiota. They play a crucial role in boosting the immune system and reducing digestive issues.

Beyond the clear advantages of improving digestion and immune health, probiotics can reduce blood pressure and LDL cholesterol (aka "bad" cholesterol). As such, probiotics could help reduce the risk of stroke, heart disease and sexual dysfunction. (7)

So, there's no reason not to make Greek yogurt your go-to yogurt!

## "Intense Passion" Smoothie

*A red smoothie that will get your erections going!*

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### Ingredients (for one smoothie):

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- > ½ cup | pomegranate juice
  - > 1 cup | strawberries
  - > ½ cup | watermelon
  - > optional: add 3 to 5 ice cubes
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### Directions:

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Place all ingredients in a blender or a food processor. Blend until smooth and enjoy while it's fresh!

This drink doesn't need any added sugar.

If you want to cut on sugar, you should omit the pomegranate juice or just add a handful of seeds after blending your smoothie.

Avoid drinking this smoothie in the evening and make sure to drink it when you are having a physically intense day. This is essential to counteract with the amount of energy provided by this smoothie (sugar content).

Discover the Strong and Hardening Benefits of...

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Pomegranate

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This delicious fruit with many little gems has this gorgeous red/purple colour thanks to its high content in anthocyanins. Pomegranate is a good source of fibre and also provides vitamins A, C and E, iron and another type of antioxidants, known as tannins (the same ones found in tea).

A very extensive study, conducted over 3 years, has found that pomegranate juice consumption positively improved the cardiovascular health of its participants. The results showed a clear amelioration of already damaged arteries, a clear decrease of cholesterol build-up in arteries and overall, an effective diminution of blood pressure. (8)

Thus, pomegranate and pomegranate juice are a must to add into your diet. Drink it, eat it (with a beautiful seasonal salad) and reap the benefits!

And let's mention this important fact: pomegranates contain a powerhouse of antioxidants and that's essential to keep you healthy and improve your erectile health long term.

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## Strawberries

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Like any berries, strawberries have multiple health properties and among them, erectile ones!

Strawberries are an excellent source of vitamin C and manganese, while also providing a decent amount of folate and potassium.

These juicy red morsels are loaded with antioxidants and compounds that are beneficial for heart health and to diminish the risk of diabetes.

They also contain a very special antioxidant : ellagic acid. An antioxidant polyphenol that has shown to be successful in improving erectile dysfunction (as a side effect of diabetes). (9)

Moreover, ellagic acid has protective effects against chronic disease and may even be able to inhibit cancer growth – which is particularly useful if you are at risk of prostate cancer. (10)

Studies have found that berries (strawberries included) could reduce LDL cholesterol and boost HDL cholesterol levels (respectively “bad” and “good” cholesterol), and....lower blood pressure! (11)

Bottom line, strawberries are a tasty treat, low calorie, healthy, nutritious and they lower inflammation, cholesterol, blood pressure, blood sugar levels AND the risk of cancer.

And... they will also help you improve your erections and stamina!

What else could you possibly want from such a delicious treat?



## "Bye Bye ED" Green Smoothie

*A must to reduce the symptoms of Erectile Dysfunction*

### Ingredients (for one smoothie):

- > 1 cup | fresh spinach
- > 1 cup | nettle root
- > ½ cup | parsley
- > ½ L | water
- > fresh ginger to taste
- > ice to taste

### Directions:

Mix all ingredients in a blender or food processor, and eat straight away. This smoothie is ideal for breakfast, you can add ¼ to ½ cup of oats, if you need extra healthy carbs (extra energy for a physical day).

This drink will have a very "earthy" taste, if you find it too green, you can add an apple or a freshly squeezed orange juice (instead of water).

Discover the Blood Flow Enhancing Benefits of...

Spinach

Spinach is a leafy green veggy that originated in Persia. It's closely related to beets and quinoa.

This gorgeous vegetable is packed with nutrients and antioxidants. One serving of spinach will provide generous quantities of vitamin A, C and K1 (the latter prevents blood clotting), folic acid (aka folate), iron and calcium.

Additionally, spinach also provides B vitamins (B6 and B9), vitamin E, potassium and magnesium.

Not unlike beets, spinach is packed with nitrates, which are known to improve the cardiovascular system (and reduce the risk of heart disease), improve blood flow and reduce blood pressure. (12)

Among its many other health benefits, you will find that eating spinach regularly can benefit eye health, reduce oxidative stress, reduce cancer risk and lower blood pressure.

A little warning if you are prone to kidney stones: spinach contains calcium and oxalates which could worsen the condition. Similarly, if you are taking blood-thinning medication avoid eating too much spinach.

Nevertheless, a little spinach won't hurt you. If you have one of the aforementioned conditions, just limit your intake. If not, eat plenty!

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## Ginger

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Ginger is a root native from South-east Asia, commonly used in medicine and cuisine.

This delicious spice isn't just packed with flavour, it also boasts many interesting health properties.

And this is directly linked to its main active compounds: gingerol, shogaol and zingiberene.

Research is still in its young days when it comes to this spice. However, new studies have shown that ginger has a lot under its belt and it may be good for what's under yours!

It's been shown that gingerol stimulates blood vessel contractions (thus, it improves blood flow and erections)... and increases arousal. (13)

Additionally, ginger is a powerful anti-inflammatory due to its very high antioxidant content – which can help to prevent neurodegenerative diseases, the development of cancer, heart disease and chronic inflammatory disease.

Also, this powerful root can balance blood sugar levels. For instance, a study found that ginger improved fasting blood sugar levels in diabetics. So, if you are at risk or already there, ginger is your friend. (14)

Last but not least, ginger may also help the process of weight loss, combined with a good diet and an active lifestyle. As you may know, being overweight has a very real impact on your erectile prowess and also... on your T levels.

Thus, ginger is an ally that you absolutely need in your pantry!

## "Heavy Duty" Smoothie

*A smoothie that will help you "get it up" for a while!*

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### Ingredients (for one smoothie):

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- > 1 cup | fresh cabbage
  - > ½ | avocado
  - > 1 tablespoon | turmeric
  - > 1 | clove of garlic
  - > Optional: 1 tablespoon of olive oil
  - > Optional: 3 or 4 ice cubes for extra freshness / add water if it's too thick
- 

### Directions:

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Place all ingredients in a blender or a food processor. Blend until smooth and enjoy quickly!

You may want to add water if the consistency is a bit too thick for your taste.

Do not add olive oil if you want to have a lower calorie drink.

Avoid drinking this smoothie in the evening, it's packed with energy. However, you can drink it as a substitute meal in the evening, if you are not having anything else.

Discover the Tasty Benefits of..

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## Turmeric

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Turmeric is more than a staple spice for curries. It's an absolute unit when it comes to the nutrition and medicinal properties it packs!

In India, turmeric has been used for thousands of years as a spice and, as a medicinal plant.

Recently, science has been catching up with ancestral knowledge and is figuring out the compounds that do have medicinal properties.

The active compounds found in turmeric are called curcuminoids, one of the most important ones being curcumin.

Curcumin is the main active ingredient of turmeric and has strong anti-inflammatory properties. So, to keep your body healthy and performant, it's an essential in your spice rack.

But what should really interest you is the properties of curcumin on the blood vessels. Curcumin improves the function of the endothelium, which is their lining. By doing so, it reduces the risk of heart disease and of blood pressure.

Also, curcumin boosts a specific area in the brain that has a role in learning and memory, and the neurotransmitters serotonin and dopamine (the ones that fight depression)! [\(15\)](#)

Which is also a good help when the lack of performance is getting you down. However, eaten by itself, the curcumin in turmeric isn't that well absorbed by the bloodstream. To increase the effectiveness of curcumin's bioavailability, there's a solution!

Piperine, a compound found in black pepper changes the game by improving the absorption of curcumin by a whooping 2000%. [\(16\)](#)

Finally, don't hesitate to eat or drink turmeric with a fatty meal, curcumin is fat soluble and will be even better assimilated by the body with fat.

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## Cabbage

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Cabbage – red, purple, white and green – can be found with smooth or crinkled leaves. This vegetable has been used in many different cultures, often pickled – kimchi in Korea, choucroute in France, sauerkraut in Germany – or not, in a delicious coleslaw (without any added sugar though).

And rightly so, because cabbage is loaded with mineral and vitamins! Especially, vitamin C which is a major ally to fight erectile dysfunction, heart disease, certain cancers and loss of vision. (17)

Moreover, cabbage – particularly red cabbage – is an excellent source of potassium.

Potassium is essential for your body to function properly. One of its main jobs: regulating blood pressure and counteracting excess sodium in your body. (18)

Additionally, potassium relaxes blood vessels, which in turn improves blood flow, reduces blood pressure and helps having longer...erectations!

# Testosterone Boosting Smoothie

*A powerful combination to increase T levels*

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## Ingredients:

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- › ¼ cup | dried nettle root
  - › 1 cup | watermelon
  - › 1 teaspoon | powdered ginseng
  - › ½ L | water
  - › Optional: ice to taste
- 

## Directions:

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Gather all the ingredients and mix thoroughly. Add ice depending on your taste and drink it quickly.

This smoothie is more efficient on an empty stomach in the morning. Due to the exciting nature of ginseng, it's preferable to avoid it in the evenings and at night.

Discover the Rich Benefits of...

## Nettle Root

The humble and itchy nettle used to be a favourite of our gran-parents. And for good reason, not only it's readily available in the countryside or even in some green spaces in cities, but also it's got many very very interesting health benefits.

For instance, scientists have isolated more than 50 active compounds within this plant.

But for our purposes, the compounds that are of interest are isolectins and specifically, six of them. Isolectins are in fact a group of closely related lectins acting together – which are a class of proteins that bind specific carbohydrates.

When it comes to these 6 isolectins, these inhibit testosterone from binding with sex hormone binding globulin – or SHBG. SHBG is responsible for maintaining hormonal equilibrium in the body.

However, when too much testosterone binds to SHBG, it becomes unavailable to use for your own body and this causes a reduction in free testosterone levels (readily available levels of T). In addition, nettle root has a protective effect on the prostate. (19)

On top of our smoothie, make nettle tea regularly during the week to boost your free testosterone levels.

To do so, just boil 1 cup of water with 4 to 5 teaspoons of dried nettle root or leaves. Allow the tea to seep for five minutes, strain and consume.

## Ginseng

Ginseng has been used as medicine in China for centuries. This resistant root grows very slowly, hence the price that tends to be on the higher end.



For instance, fresh ginseng is harvested before 4 years of growth, white ginseng between 4 to 6 years and red ginseng (aka Korean ginseng, one of the most powerful ones) is harvested after 6 or more years!

Studies have shown that ginseng has excellent antioxidant and anti-inflammatory properties.

But what's far more interesting for our purposes is how ginseng can improve erectile dysfunction.

This root promotes the production of nitric oxide, which improves muscle relaxation and blood circulation in the penis. ([20](#))

Another study found that men suffering from ED had significant improvements in erectile function after taking 1,000 mg of aged ginseng extract during 8 weeks. ([21](#))

Finally, ginseng can help regulating blood sugar levels, reduce cancer risk, strengthen the immune system, improve brain function and fight fatigue.

Not unlike ginger and turmeric, here's another root that really packs a healthy punch!

## "Sweet & Strong" Smoothie

*Ideal to get your two T's going: your testosterone and taste buds*

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### Ingredients (for 1L):

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- > 1 tablespoon | organic raw unsweetened cacao
- > 1 tablespoon | coconut oil
- > ½ cup | raisins
- > 1 cup | frozen berries
- > Optional: 1 teaspoon (per cup) | raw honey (unpasteurized) or for a lower carb option: add 1 teaspoon of erythritol or xylitol\* (both are alcohol sugars that aren't entirely absorbed by our bodies and are safe to use)

\* Xylitol can have laxative effects, use it sparingly.

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### Directions:

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Mix all ingredients thoroughly in a blender or food processor. Drink it straight away.  
Add a little honey or sweetener, if needed.

This smoothie is an ideal breakfast replacement, you can add ¼ to ½ cup of oats, if you need extra healthy carbs (extra energy for a physical day).

Discover the Yummy Benefits of...

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## Cacao

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Cacao – aka raw dark chocolate – has been around for a while, the first civilization thought to have used it first is the Maya in Central America.

Eventually, cacao was introduced in Europe in the 16<sup>th</sup> century and was quickly used as a health-promoting medicine.

As it turns out, many centuries later, cacao has numerous health benefits due to its active compounds.

Specifically, one family of active compounds that is extremely abundant in cacao: polyphenols. Polyphenols are naturally occurring antioxidants.

One polyphenol, flavanols, has potent antioxidant and anti-inflammatory properties.

But when it comes to men's health, these flavanols are brilliant to increase nitric oxide levels in the bloodstream, which can reduce blood pressure and improve blood flow. (22)

Cacao (raw dark chocolate) contains high quantities of zinc and magnesium, two key minerals to have optimal levels of testosterone.

Additionally, cacao improves blood sugar levels (without added sugars), lowers “bad” LDL cholesterol and decreases stress levels – a winning combination to boost T levels healthily!

So, eat your chocolate but eat the right kind! Raw cacao nibs or raw powdered cacao without any added sugar are the way to go.

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## Coconut Oil

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Coconut oil is quite literally a superfood. And as far as fats go, one of the healthiest there is.

Actually, this fat may actually help you lose weight and improve brain function among many other beneficial properties.

So, how come?

The fatty acids found in coconut oil are medium chain triglycerides (MCTs) – which means

that these fatty acids are shorter than others.

In other words, our livers metabolise these fats and they are quickly used as energy, rather than stored for later.

Coconut oil also reduces “bad” LDL cholesterol and raises HDL (aka “good” cholesterol).

Finally, coconut oil consumption could prevent oxidative stress in men's testicles. (23)

As such, coconut oil should be in your arsenal of great foods to boost your T levels – aka your pantry!

## "Ultra Testosterone" Smoothie

*A green and unctuous smoothie to skyrocket your T levels*

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### Ingredients:

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- > 1 cup | broccoli
  - > ½ | avocado
  - > 1 lemon or lime
  - > 3 - 4 cm | peeled fresh ginger
  - > a little black pepper/ unrefined sea salt to taste
  - > a dash of cayenne pepper for the adventurous!
  - > Optional: ice cubes / extra water
- 

### Directions:

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Place all ingredients in a blender or a food processor. Blend until smooth and drink it straight away. Add water if the texture is too thick and ice for extra freshness!

This smoothie can easily be used as a meal replacement, ideally with a portion of lean protein (chicken and eggs are excellent testosterone-boosting additions).

Discover the Powerful Benefits of...

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## Broccoli

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Broccoli – or cute green little trees – is a green vegetable that's related to cabbage, Brussels sprouts, cauliflower and kale – which are all cruciferous.

Basically, broccoli is a nutrient powerhouse: it's packed with vitamins, minerals, fibre and antioxidants.

So, unsurprisingly, broccoli is a health-must in any diet but particularly, to improve T levels and erections!

Broccoli – and other cruciferous vegetables – contain high levels of phytochemicals, compounds that can block oestrogen production (aka a female hormone normally found in low levels in men). (24)

Thanks to the hormonal adjustment, testosterone levels can increase and go back to healthier levels.

Moreover, broccoli supports good heart health, improves blood flow and provides (in it's raw form) a load of vitamin C, a vitamin that is essential for T production and good immune health.

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## Cayenne Pepper

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More than a spice, cayenne pepper also has multiple medicinal properties.

As many chilli peppers lovers will attest, they help you get strong from within!

But hey...what about the facts?

Cayenne pepper – as any other chilli pepper – contains capsaicin, which is basically what makes it hot.

Capsaicin boosts metabolism, making you burn more calories per day.

A study showed that people who ate breakfast with capsaicin and a MCT oil (like coconut oil) burned 51% more calories during that meal compared to the group who didn't have any of those two. ([25](#))

Moreover, capsaicin may be able to reduce blood pressure and relax blood vessels, helping a smooth blood flow towards your penis and testes.

Finally, a recent study found that men with higher testosterone levels like it hot. More research needs to be done on the matter. But it's already been shown that rats had higher levels of testosterone with a diet containing capsaicin. ([26,27](#))

## “Harder, Better, Faster, Stronger” Tea

*The title says it all!*

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### Ingredients (for 1L):

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- › 2 tablespoons | dried fenugreek
  - › 3 to 4 cm | freshly grated ginger
  - › 2 to 4 tablespoons | raw honey or sweetener of your choice
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### Directions:

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Boil 1 litre of water, take it out of the fire. Add the fenugreek and the ginger, and let it steep for 10 to 20 minutes. Drain the water.

Afterwards, add a little honey or sweetener, if needed.

For best results, drink it throughout the day. Also, you can drink it cold with some ice when the weather gets far too sweaty for hot drinks!



## Discover the Powerful Benefits of...

### Fenugreek

While less common in western cuisine, fenugreek is a must in Indian dishes and...natural medicine.

But at the end of the day, we can find fenugreek in most supermarkets.

So, what's so peculiar about this tasty spice?

Fenugreek is very popular in supplements to boost testosterone levels.

An 8 week study done on 30 fit young men showed that 500 mg of fenugreek per day led to an increase of testosterone levels compared to the placebo group. (28)

Another similar study provided the participants with 600 mg of fenugreek daily and most participants reported an increase in strength and improved sexual function. (29)

Additionally, fenugreek is also a good ally against metabolic conditions, such as diabetes. A disease that can do quite a lot of damage on T levels.

Finally, this plant can also help with other things & conditions, such as: skin issues (eczema, psoriasis, etc.), ulcerative colitis, heartburn, cholesterol levels, inflammation, appetite control...

### Raw Honey

Raw honey is clearly a magical sweet nectar.

First and foremost, to fully enjoy the benefits of honey, go for organic and if possible, locally

produced honey.

Honey is a very rich source of antioxidants. Also, it has brilliant antibacterial and antifungal properties.

Moreover, a very good honey can help you lose weight. How come?!

Raw honey contains prebiotics: compounds that can nourish the good bacteria that inhabits your digestive tract.

Recent research has demonstrated the importance of a healthy intestinal flora (aka gut bacteria). Thanks to a happy tummy and intestines, your mood will be elevated, you will lose weight with more ease and last but not least, by losing weight, you will optimize testosterone levels. (30)

Nevertheless, honey still contains fructose – which is...another form of sugar. Thus, don't exceed two tablespoons daily and if you do take them, make sure you are burning them off!

## "Alpha Male" Tea

*A tea that packs a T-boosting punch!*

### Ingredients (for 1L):

- > 2 tablespoons | dried nettle root or powdered nettle root/leaf
- > 1 stick | cinnamon
- > 1 tablespoon | powdered ashwagandha
- > 1 teaspoon | fenugreek
- > 1 teaspoon | grated ginger
- > Optional: 1 teaspoon (per cup) | raw honey (unpasteurized) or for a lower carb option: add 1 teaspoon of erythritol or xylitol\* (both are alcohol sugars that aren't entirely absorbed by our bodies and are safe to use)

\* Xylitol can have laxative effects, use it sparingly.

### Directions:

Place the water in a saucepan, add the cinnamon, fenugreek, ginger and the nettle root. Bring the pot to a gentle simmer for 15 to 30 minutes (depending on how strong you want the drink). Add the ashwagandha when the saucepan is out of the fire and mix thoroughly.

Once brewed, drain the whole saucepan. Add a little honey or sweetener, according to taste.

Discover the Earthy Benefits of...

Cinnamon

Cinnamon is a delicious and versatile spice that dusts a milky pudding or can also be found in a hot and savoury curry.

However, out of the culinary realm, cinnamon has been used for its medicinal properties for thousands of years. Recent research is catching up, our ancestors were onto something!

First, cinnamon is absolutely packed with antioxidants. Moreover, it contains numerous polyphenols (those you can also find in chocolate), which are a great tool to keep inflammation levels healthy.

The most common type of cinnamon is Cassia, it's the cheaper kind. However, if you want the best of the best...when it comes to cinnamon, Ceylon is the way to go.

In a study from 2015, both varieties were thoroughly tested. Ceylon cinnamon showed the most promising results against chronic inflammation. Nevertheless, the Cassia variety will do just fine in lowering high inflammation levels without drastically lowering your bank account. (31)

But on the subject of testosterone, associated to ginger, Ceylon cinnamon (specifically) seems promising to steadily increase testosterone levels, and improve the quantity and quality of semen. (32)

Finally, cinnamon reduces the risk of heart disease, improves insulin sensitivity, lowers blood sugar levels and significantly reduces the risks of type 2 diabetes. A great combo to prevent your testosterone levels to ever plummet again!

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## Ashwagandha

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This herb has been used in Asia for centuries. Now, it's mainly used in Occident as an adaptogen plant – which is a plant that helps the body to cope better in the face of stressful events.

Ashwagandha – which is also known as the Indian Ginseng – has also shown that it is useful against infertility and erectile dysfunction.

A comprehensive study on this plant has shown that ashwagandha can be a very effective tool to significantly increase sperm count, semen volume, sperm motility and last but not

least, testosterone! (33)

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