
AVOID EARLY MORNING FLOP.



THE WEEKLY WAKEUP!

NATURALLY INCREASE YOUR TESTOSTERONE.

Right gents lets address the elephant in the room for dads over the age of 40 when asked the question, 'hows it going mate, hows things?'. Of course the answer to such a question is standard, 'yeh allright mate, you?'. For many this generic response is a lie, but I am sure if you answered with the truth, 'yeh not great mate, my energy levels are shit and haven't experienced a hardon for over 6 months' you would probably be finishing your beer on your own. So I'll address the topic of reduced testosterone levels over the age of 30 and ill leave it to you to put into action any recommendations in private.

Lets face facts, after the age of 30 men have passed their biological prime and things start to take a downward spiral. Not only does life get astronomically busy with work, kids and an expensive wife, but even your body begins letting you down. Now I can say this with confidence with the current batch of men in their 30s and 40s as we are from a time where men are men and we spent our childhood running round fields and setting fire to things. For the younger generation currently battling a lack of physical activity, obesity, mental health problems and gender confusion biological degeneration could occur even earlier.

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But for now let's stick with the millennials and help you get rid of that dick flop.

So why does a decrease in testosterone occur after the age of 30?

As a lad your testosterone levels are at their highest during puberty, you know that part of your life where you sound like Joe Pasquale and you get an unwanted hardon every time you have to stand up in class. This is because your body is transforming from a boy to a man, other clear signs are a stinky bedside draw and deliberately dropping your pen under the table at school.

By the time you hit 30 you are fully developed biologically as a man and so there is not the requirement to hold such high testosterone levels. Your biological clock also states that by this point you should have already reproduced and so sexual hunger does not need to be so rampant. This would make sense if we went back 200 years where the average life expectancy was just 60. But with today's life expectancy being over the age of 80 and with scientists now saying the human body has the ability to easily hit 120, this decrease in optimal function at such a young age could become an issue.

So what are the signs of low testosterone levels?

- 1. You can't be bothered to have sex and even the thought of some private reflection time leaves you uninspired.**
- 2. The random and mostly unwanted hardons disappear, as much as you don't want them at the time, trust me you miss them when they're gone.**
- 3. Difficulty sleeping, there's many variables that influence sleep but low test is defo one.**
- 4. You've lost your mojo, you know that desire to kick the shit out of life.**
- 5. Reduced muscle mass, this isn't just because you don't exercise! Although lifting weights does massively improve it.**
- 6. Decreased bone density, you wouldn't really know this until the doc tests you. But bone density is an easy and popular test for low testosterone.**
- 7. Depression, if you feel tired and pissed off all the time this could be a sign of low test.**

Why is testosterone so important for men?

In a nut shell, test is the hormone that makes you a man, yes women also have it in small doses but testosterone in men is what controls:

- 1. Sex drive**
- 2. Bone density**
- 3. Muscle Mass**
- 4. Energy Levels**
- 5. The production of red blood cells**
- 6. The production of sperm.**

Without testosterone you would be a depressed blob of spunkless bone and last time I checked no women ever found that sexy. So fair to say it is important and if your testosterone levels have decreased its important you get this addressed.

So how to increase your testosterone levels:

1. TRT (Testosterone Replacement Therapy) this is the go to solution from the NHS, simply to replace your natural testosterone production with a synthetic. As much as this is the perfect solution for some I cant help but think its got to be a last option available as there are side effects. I know a few guys who are on TRT but this is due to years of steroid use and their testicals have literally packed up and moved sack.

2. Start making changes to your lifestyle!

The rate in which your testosterone decreases after the age of 30 is around 1% per year however you can mitigate against this by making improvements to your lifestyle. Here are lifestyle changes that will dramatically increase your natural testosterone levels:

- LIFT WEIGHTS! This is my NUMBER 1, lifting weights has a huge impact on testosterone production due to the need to develop more muscle mass due to the excess load being applied to the muscle. If your sat at your desk all day and the only activity you have is to take a piss then there is 0 need for your body to produce testosterone at all as there is no requirement to even hold muscle.

- **EAT MORE PROTEIN!** This goes hand in hand with the point above, by eating more protein you allow your body to build more muscle, thus requiring a higher level of testosterone production.
- **SLEEP MORE!** Another key point, a lack of sleep causes the body to be in a constant state of stress increasing the production of cortisol. This constant fight or flight response in the body is going to reduce natural testosterone production and increase fat storage.
- **LOSE WEIGHT!** If your overweight be honest about it. Obesity in men causes a decrease in testosterone and an increase in estrogen. So unless you want to have a sex change and start breast feeding shred some pounds and jump in the sack with your wife.
- **TAKE NATURAL TESTOSTERONE ENHANCING SUPPLEMENTS**

Here I have 2 that the majority of my clients take daily and these are:

1. Fadogia Agrestis
2. Tongkat Ali

There are lots of studies carried out on both supplements to show a positive increase in natural testosterone levels and they work even better when taken together. However as always please do your own research into a supplement before introducing them into your daily routine.

As you can see the rate in which your testosterone levels decreases is marginal and so can be mitigated against with simple changes to your lifestyle. Don't be that person who ignores the signs and continues to abuse his body, only to find himself spending £3 on a little blue pill after taking a piss in the pub, in the hope your muster up a lipstick sized erection for your wife to enjoy for 30 seconds.

If you're experiencing the signs of low testosterone levels then please head over to your GP and get tested, its simple but important. If it produces a low result, then please implement the changes above and start looking after yourself. After all this will improve me than just libido!

You only have one body, look after it!

**Kind Regards
Coach James.**

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