Here is my just released protocol based on personal research and some recent studies that show how most men can raise their testosterone often double, without the risks of testosterone supplementation.

Because as you know, ads on TV and the internet would have you believe that there is an epidemic of low testosterone in men over age 45, and that the only way to fix this is with Big Pharma solutions that usually involve testosterone injections, patches, gels, or creams.

Nothing in my protocol should be interpreted as telling you to STOP or START any medication. The information is here for you to digest and make your own decisions -- and please do so without holding me responsible.

Testosterone Production Can Slow Down As We Age -- but it doesn’t have to

The big challenge with these commercials is that they contain elements of truth.

Most men DO slow down testosterone production as they age.

For many men this means that they lose about 1% testosterone production per year starting at age 30 and proceeding through the rest of his life.

But this slowdown of testosterone production isn’t inevitable - in most cases you can fix it with the T Boost Protocol - and I’ll get into that more in a bit.

I have seen excellent studies -- born out by experience coaching men as old as their 90s -- with men who have normal levels of testosterone, normal even for a young man.

Another truth in these commercials is that many men have health problems. The health problems cause the body to LOWER testosterone.

And this lower testosterone can lead to noticeable health effects.

According to the Cleveland Clinic testosterone in men helps maintain and develop:

- Sexual features
- Muscle mass
- Adequate levels of red blood cells
- Bone density
- Sense of well-being
- Sexual and reproductive function

When testosterone production lowers so do these health benefits. This can leave men feeling fatigued, losing muscle mass, and generally less manly.

And it leads inevitably to faster aging and often prostate cancer.

Yes you heard me right. Low T is much more likely to lead to prostate cancer, especially the more harmful fast-spreading kinds.

Symptoms of Low Testosterone

There are many symptoms of low testosterone. They can include:

- Loss of muscular strength
- Increased body fat
- Decrease in body hair
- Low sex drive
- Moodiness and irritability
- Erectile dysfunction
- Depressed mood
- Fatigue
- Difficulties with memory and concentration
- Breast development
- Infertility

If you have these symptoms, then you might have low testosterone. But that doesn’t mean you should take Big Pharma supplements to improve it. In most cases taking these testosterone supplements is a bad idea.

Most Men Don’t Need Big Pharma Supplements

Here’s the problem with those commercials that peddle the Big Pharma solutions - most men don’t need those types of supplements.

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"THE TRUE METHOD OF KNOWLEDGE IS EXPERIENCE" --WILLIAM BLAKE
I'm not a doctor so I can’t tell you NOT to take a testosterone supplement, but I can tell you the data is clear.

Most men have functioning testicles. They produce less testosterone because of a condition called secondary hypogonadism.

This is where your testicles aren’t producing enough testosterone even though your pituitary is instructing your body to do so.

If you are one of the 99% of men with low testosterone who have secondary hypogonadism then taking these patches, gels, creams and injections of testosterone can have serious negative health consequences.

These negative effects of Big Pharma testosterone supplements can include:

- Breast swelling and tenderness
- Swelling in the Ankles
- Acne
- Higher incidences of heart attacks, stroke and death
- Too many red blood cells

These negative effects are listed right on the label. They aren’t a secret, but Big Pharma likes to downplay them.

In rare cases, men don’t produce any testosterone at all. This is called hypogonadism. If you have this true hypogonadism then taking the Big Pharma supplements makes sense and is probably your only path forward.

Before you take testosterone supplements it’s a good idea to discuss with your doctor if they are REALLY necessary.

Because as you can see from the bullets above, the side effects of supplemental testosterone can be severe.

The good news is that most men CAN raise their testosterone levels on their own with my T Boost Protocol and avoid the negative side effects of Big Pharma interventions. It’s simply MUCH better to get your body to take care of itself then to take extra hormones if it’s possible.

Who the T Boost Protocol is for and who it is NOT for

My T Boost Protocol is for men with low testosterone who have functioning testicles.

This is by far the most common form of low T, often called secondary hypogonadism.

In the other less common type of low T, the testicles are NOT capable of making testosterone. In that case, the only remedy is to get extra testosterone via supplements.

But that is quite rare. 99% of men who are getting older and feeling the effects of low T have the type of low T that responds very well to the T Boost Protocol.

However, if you are on medications, it is a good idea to consult your doctor before starting any supplemental regimen.

I’m not aware of serious side effects from MOST of the ideas here, but some men will respond poorly to any protocol no matter how safe. Listen to your body!

Before we start on the T Boost Protocol I want to talk about some sources of low T that you want to get fixed. Unfortunately, these are sources and causes that modern medicine CREATES.

Statins and Testosterone

Statins are widely considered safe and effective drugs and are used to lower cholesterol levels in the blood.

I don’t consider statins safe or effective. I think they are very unsafe and very harmful and use should be stopped by 99.9999% of men on them. But I’m not your doctor.

Statins have very serious side effects. So serious that they vastly outweigh any tiny potential benefit.

Statins may lower the risk of dying from a heart attack by a very small percentage. But they don’t extend life.

That’s right: statins haven’t ever been shown to decrease “all cause mortality.” In other words if you take statins you have the same risk of dying as if you DON’T take them.

BUT the side effects: One of the significant side effects of statins is lower testosterone levels and also erectile dysfunction.

Drugs are two-sided swords and statins are no exception. Schooling et al. demonstrate that, on average, statins produce small, but statistically significant, decreases in testosterone.

If you are on statins and experiencing symptoms of low testosterone, you may want to get your doctor to take you OFF statins. Statins are making everything here much worse, and they don’t do any good at all, so ask your doctor to stop statins!!

Note: I am not a doctor. Please always work with your doctor to go off meds and understand the risks and benefits of doing so.

I’ve seen many men go off statins and almost immediately start feeling better. Statins interfere with testosterone production and can make you feel miserable.

T Boost Protocol

The T Boost Protocol gets your own body to make more testosterone. And that’s safer than taking testosterone supplements.

Because the T Boost Protocol avoids many of the problems that Big Pharma testosterone patches, gels, injections and creams can cause.

The T Boost Protocol has been shown to raise testosterone and help overall health.

It is ideal for men who have “secondary hypogonadism” meaning the testicles aren’t secreting enough testosterone but the pituitary is “instructing” it to do so.

Secondary hypogonadism is common in men who have weight problems (belly fat especially) even for men who work out a lot, and type 2 diabetes, as well as for men with hypertension, and men with GERD.

There are four basic steps to raising your testosterone naturally.

1. Lower your prolactin levels
2. Lower your estrogen levels
3. Increase good sex hormones in your system including testosterone
4. Fix your diet to eliminate PUFA

I’ll go over each of these steps and how to do them.

1. Lower Your Prolactin Levels

Prolactin is a hormone that both men and women produce and you get a surge of it after orgasm. It’s the hormone that causes the “refractory period” after sex for a man - making it hard for him to get an erection again right away.

Prolactin is closely associated with man boobs (gynecomastia), low sex drive, and poor erections.

Prolactin opposes testosterone in the body– and by lowering prolactin levels you give the testosterone you have more of a chance to work.

Studies are showing that simply lowering prolactin can raise testosterone substantially -- 30% or 50% even -- and raise healthy libido.

A very safe way to lower prolactin is taking metergoline. It is a very safe old substance that is a drug in many countries but in the US has stopped being prescribed. It’s low profit and Big Pharma would rather sell fancy versions of the same type of drug that are super profitable and cause a lot of side effects.

Metergoline has only a little bit of sleepiness that is most common and that stops after a few days.

And Metergoline will lower prolactin levels.

Dosage: Take 2 mg 2 times a day. You can take up to 4 mg 2 times a day if needed. It’s OK to cycle in at higher and lower doses, or stop taking it for a week or two and then start again.
Some men take it for a month or so, then stop, and they never need it again.

If you buy it you must do so with the "understanding" that you will be using it for research. You can buy it here. You can not say you are buying it to use internally.

Exemestane is an aromatase inhibitor. It lowers the levels of the chemical that turns testosterone into estrogen. So it will raise testosterone and lower estrogen.

There are other more common aromatase inhibitors but exemestane is by far the safest and may even be helpful for men with fatty liver disease.

A common dose is 15mg a day, but I suggest THREE milligrams a day, and sometimes that's too high. You have to play with this.

Aching joints mean you've taken too much. For complex reasons, if the aromatase chemical in the body gets too low, you may find your back hurts, your feet hurts, your knees hurt.

No problem.

Take 1/8 teaspoon of borax per day for a few days or weeks in this case to fix it, and stop taking Exemestane and metergoline for those days/weeks then start back on lower dosage.

Dosage: 3mg per day in the morning. You can take up to 5mg - 15mg a day. This will require you shaving tablets - as one tablet is 25 mg. If you use the liquid, one drop of Blue Sky Peptide is about 1 milligram, so 3 drops is what to use.

Again, you may have to adjust this up or down.

So lowering prolactin and lowering estrogen will RAISE testosterone in almost all men. It will often improve erections and improve libido.

But they are not enough. If you don't feed the body with extra sex hormone building blocks, called pro hormones, it won't have what it needs to make additional testosterone.

So you must...

3. Increase Good Sex Hormones in Your System Including Testosterone

Our bodies convert "pro hormones" into the ones they need. It's a much safer route to take the pro hormones than to take Big Pharma testosterone supplements directly. You will need three supplements for this:

- **Pregnenolone**: 25 - 100 mg per day with food
- **DHEA**: 5 mg a day, up to 10mg per day (I prefer 5mg).
- **Progesterone**: 10 mg - 30 mg a day - rub this into your thighs - it works better applied to the skin but you can swallow it, or put it in your mouth under your tongue.

If you start these, you may find that for a time, your penis feels numb. That will go away after a few days or a week.

Some men find that 10mg of progesterone is good, and 30mg is better. You can play with this. There is no such thing as too much progesterone until you reach 100mg or 200mg per day as a man. Women can take even more.

Progesterone is extremely important, and often too low. This alone can help tremendously, along with the DHEA and the pregnenolone.

Getting tested

If you want to get blood tests, test for total T and free T, and for estrogen, try an estrone test.

Estradiol is the standard blood estrogen test but it isn't very useful because estradiol hides out in tissues and not in the blood.

Also do a prolactin test.

You can test every few months if you want.

Cycle or not? How long is long enough?

You can stop for awhile, and start. It is always best not to take exemestane or metergoline forever because they are drugs.

Many men find they can cycle off most of the time and still feel all the benefits. Some men only have to cycle a few times, and then their T remains high for good.

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Important: Exemestane is powerful. Be very careful in your dosage. You don't need much to get good results. Most men take too much.
The progesterone I recommend is **Progest E Oil Complex**.

**Important:** A lot of people believe that more DHEA is better. This is **NOT** the case. You want to keep your DHEA dosage very low on a daily basis. You will get much better results and lower your chances of side effects.

If you take too much DHEA, you can get too much estrogen.

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**4. Fix Your Diet to Eliminate PUFA Fats and Increase “Good” Sugar**

PUFA fats or polyunsaturated fatty acids are EVERYWHERE in a modern diet. They include fats like corn oil, canola oil, fish oil, and soy oil. They are also what most of the medical community says is “good” for you.

But these types of fats get into your body and go rancid, causing internal inflammation which causes cascading health issues. One of these health issues is lowered testosterone production.

These fats are found in almost all processed foods and salad dressings as well as in most restaurant foods. The easiest way to avoid them is to cook for yourself using high quality saturated fats. 92 degree coconut oil and butter are your best bets.

Ultimately, you should highly limit the amount of fat in your diet and eat “good” sugar instead.

Good sugar will usually come from ripe fruit. You can either eat fruit that is in season or bake frozen fruit with a little table sugar in it. You can also have an occasional Coke and ice cream.

Eating lots of fruit will help your body heal and help you to raise your testosterone.

**The Bottom Line on Getting Higher Testosterone**

If you are a man over the age of 45 it’s likely that you have much lower testosterone than you did in your 20s. But the lower testosterone isn’t inevitable. Almost all men can raise their testosterone naturally with the above protocol and feel so much better.

It’s a much safer methodology than the Big Pharma patches, gels, creams, and injections.

**Citations:**

- [https://my.clevelandclinic.org/health/diseases/15603-low-testosterone-male-hypogonadism](https://my.clevelandclinic.org/health/diseases/15603-low-testosterone-male-hypogonadism)
- [https://www.health.harvard.edu/mens-health/is-testosterone-therapy-safe-take-a-breath-before-you-take-the-plunge](https://www.health.harvard.edu/mens-health/is-testosterone-therapy-safe-take-a-breath-before-you-take-the-plunge)
- [https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3621773/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3621773/)