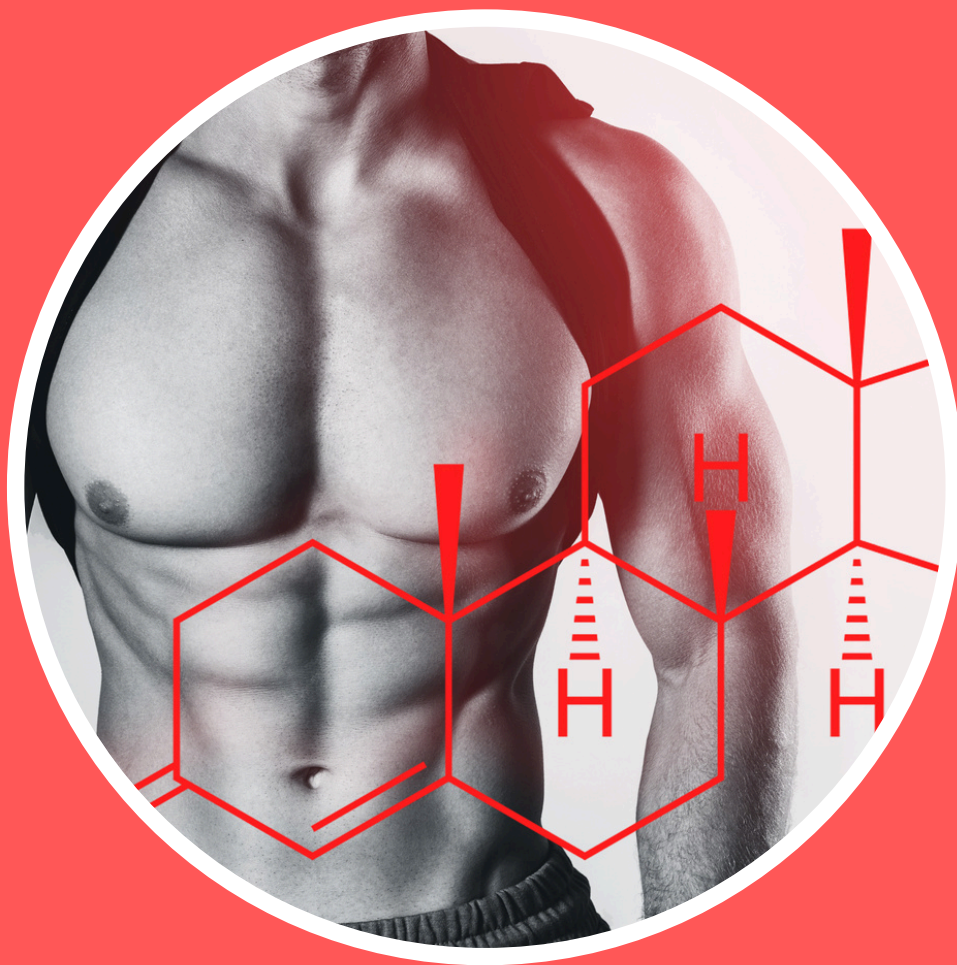


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# TESTOSTERONE OPTIMIZATION CHEAT SHEETS



# So here's the thing...

## **In my early 20's my health sucked!**

I had brain fog, digestive issues, hormone imbalances, I was stressed and anxious a lot of the time, and my libido was inconsistent to say the least...

I learned at a young age what it was like to feel old, weak, unconfident, and lacking in the vitality and power I knew was possible...

It culminated when during a particularly stressful period I found myself waking up without morning wood for months on end, totally forgetting that for a healthy man, waking up with an erection is a normal, natural, and healthy daily occurrence...

So what did I do?



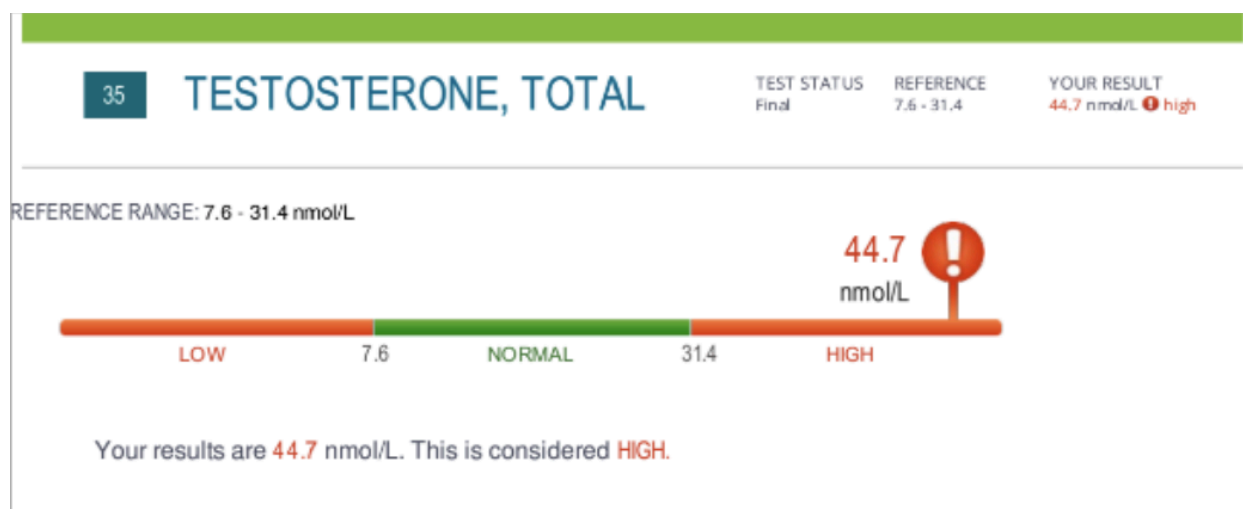
Well, I became obsessed with figuring out what all of the low hanging fruit and natural/integrative things I could do to move my hormones, energy, strength, and libido back to where they were supposed to be...

As part of that I even ended up writing an ebook all about ways to fix your testosterone in order to thrive as a modern man. Part of that became these “cheat sheets” that served to easily identify the simple things any guy could do on his own to start moving the needle in the right direction...

You my friend now have access to these potent insights and I hope you get as much benefit from them as I did...

And just to provide more evidence that I know what I’m talking about, I got my testosterone tested after implementing many of the things you’re about to learn and I scored off the charts high with a Total Testosterone of 44.7 nmol/L or 1289 ng/dl (screenshot below of that test).





You now have the chance to do similarly and get closer to your natural potential and in so doing, to become the man you were born to be! Enjoy and I look forward to hearing about your wins!

**-Bryan Hardy**



# Testosterone Optimization Cheat Sheets

The following are summaries of many of the easiest and most effective things you can do and not do in order to give yourself the best chances of healthy, optimized, natural testosterone!

Print this off and pin it to your wall or fridge for a while to let the ideas sink in and become part of your routine.

## DO!

- **Get to sleep early (before 11pm).**
- Sleep in a cool dark room.
- **Consume oysters once per week as available.**
- Turn your wifi off at night.
- **Lift heavy with compound movements and sprint a few times per week.**
- Shine red light on your body and testicles with a good device.
- **Get regular full body sun exposure (do not get burned).**
- Avoid ultra processed low quality foods that are full of toxic fats, sugars, gluten etc.
- **Avoid chemical estrogens in plastics and personal care products.**
- Use glass, ceramic, and stainless steel cookware as much as possible and avoid non-stick teflon at all costs.
- **Spend time in nature everyday and practice POWER poses when possible (arms behind the head, arms up in the air like you won the olympics, etc....)**
- Meditate and find ways to manage your stress.
- **Spend time with friends and loved ones regularly.**
- Completely avoid hopped beers and limit drinks to 1-2/day MAX, better 1-2/week



- **Test your hormones and blood markers periodically to track progress and health status.**
- Avoid addiction to tech and social media.
- **Create a schedule for when you will workout, get nature time, socialize, mediate, shop, cook, clean etc. Order beats chaos!**
- Support your liver with herbs, nutrients, and a healthy lifestyle.
- **Address chronic tension in your body with massage, trigger pointing, stretching etc.**
- Use a sauna 2-4 times per week to support stress reduction.
- **Keep your phone away from your crotch and put it on airplane mode whenever possible.**
- Practice gratitude and journal everyday.
- **Eat adequate Zinc, Selenium, Protein, Cholesterol, and Dark colorful plant foods, think greens, purples, reds, blues etc.**
- Visualize yourself living your best life, feeling amazing, feeling strong, and with the kind of work, partner, friends, home etc that you truly desire in your heart of hearts.
- **Use supportive herbs to increase your natural vitality and masculine essence.**
- Find a doctor/health care provider that can monitor and support your progress.



## DONT!

- **Use chemical personal care products (if you can't eat it don't put it on your skin).**
- Sleep with wifi and lights on.
- **Drink alcohol late at night or eat large meals right before bed.**
- Force yourself to train hard if you need a rest day.
- **Consume fast or processed cheap foods.**
- Drink tap water or cheap bottled water – get a filter or buy distilled or reverse osmosis and make sure to remineralize it with a pinch of celtic sea salt.
- **Consume products containing GMOs like Soy or Canola.**
- Wear restrictive, synthetic clothing and super tight clothing – especially shorts and underwear. Natural fibers like cotton, bamboo, hemp, linen, wool, silk etc are best, especially for shorts and underwear.
- **Let stress get you down (as you know, managing stress is super important).**
- Watch TV or be on your phone/computer past 10 pm every night.
- **Beat yourself up if you miss a day of training or have a cheat meal, just get back on track.**
- Look for quick fixes or cheats to basic lifestyle issues.
- **Rely on supplements or herbs to get the results you want, you have to train, eat and recover + sleep like a pro if you want to feel and look like one.**
- Judge your success based on someone else's results – “Comparison is the thief of joy.”
- **Think that looking good or that using performance enhancing drugs will magically solve your problems.**
- Isolate yourself and live behind a screen 24/7.
- **Settle for less than you are capable of in life, love, and business.**
- Let your ego get the better of you and distract you from what's most important, namely your relationships, purposeful work, and a sense of joy, meaning, and fulfillment!



**REVITALIZED**  
**MAN**

And there you have it, short, sweet, to the point, and worth the effort for YOU to take action and start to turn around the course of your health and life.

If you want more or to connect personally, simply click the link below and I'll look forward to speaking with you soon!

Cheers!

>> [Click Here to Book Your Call and See If We're a Fit](#) <<

