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# Men: 3 Steps to Boost Testosterone

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At about age 35, testosterone in men begins to drop, a natural process known as andropause. Low T can lead to unhappiness which can precipitate a job loss or divorce. Besides andropause, other causes of low T include stress, unhealthy diet, lack of sleep, and anger and resentment. So let's see how you can boost testosterone naturally to optimize joy in your life.

## Why Do You Need Your T?

Testosterone plays an important role in helping you maintain and build relationships, make decisions, and move forward in life. Testosterone keeps your sense of wellness, your mood, your bones, your muscles, your brain, your heart and of course, your libido and sexual function optimum. Without testosterone, you may be feeling impulsive, short-tempered, frustrated, depressed, and tired. You may have trouble making decisions or holding onto your marriage. Sleep may also become a problem as may frustration at the gym. And your risk for prostate cancer, heart disease, and chronic health issues goes up the lower your T gets. So your T becomes your best friend in assisting you achieve and maintain your physical, mental, and emotional wellness and reduce your risk for future health problems.

## So What Is a Man to Do to Boost Testosterone?

There are **3 simple lifestyle steps** you can follow to get your T up.

1. **Food:** Lose the junk food, alcohol and smoking and eat a healthy plant-based diet with lots of healthy fats. Avocado, raw nuts and seeds, chia seeds, almonds, pumpkin seeds, olive oil, coconut oil, wild cold-water fish help provide the building blocks your body requires to make testosterone from cholesterol. Chat with our nutritionist to get an individualized food plan.
2. **Intermittent Exercise:** 30-60 seconds of sprinting followed by 60-90 seconds of slow down or rest. Repeating this cycle 5-7 x per day and only 2-3x per week has shown to increase testosterone levels. So try sprinting, running, cycling, jump-roping, weight lifting, push-up, etc. as fast as you can for 30-60 seconds and then take a break and repeat. Watch your body and energy transform.

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3. **Stress Management and Sleep:** Since stress steals your testosterone, meditation, prayer, reflection, qi gong, tai chi, and yoga and other calming practices become vital in keeping your T at optimum levels. And of course, sleep is part of the stress management. Getting 8 hours of sleep per night helps reduce your stress and improve your testosterone levels.

Anger and resentment further decrease your testosterone levels. Techniques such as EFT (emotional freedom technique), emotional release, Ondamed therapy, acupuncture, meditation and reflection provide useful tools in helping you release your anger and resentment. We house our anger in our liver so tapping on the liver (right upper abdomen) as you meditate can be helpful.

And of course in addition to the above, some men do require testosterone bio-identical hormone therapy with the goal of achieving hormonal balance. Please visit with our physicians to discuss testosterone supplementation support and Testosterone Hormone Therapy.

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