

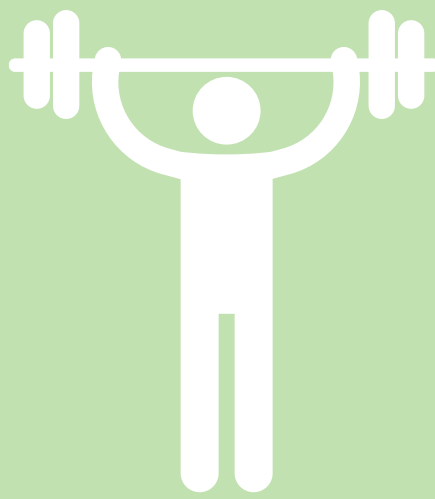
Men's Health Tips

Natural Testosterone Boosters

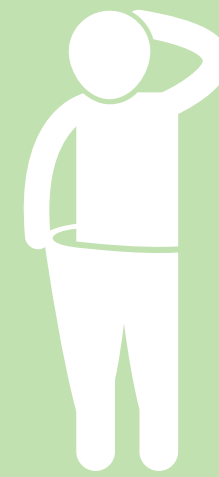
That Support Heart Health

Most people know low testosterone levels can affect libido and sexual function. But did you know low testosterone is linked to heart problems in men? Here are a few tips for boosting your testosterone and supporting your heart.

Lifting weights and high-intensity exercises like sprints with moderate rest periods in between are helpful for building endogenous testosterone and human growth hormone.



Lose weight. Studies show that men with low testosterone have an increased percentage of body fat.



Reduce stress. High levels of the "stress" hormone cortisol are associated with low testosterone in athletes during training.



Eat healthy fats. Your body needs good fats to increase testosterone production.

Avoid xenoestrogens. These chemical compounds can be found in such things as plastics, pesticides, and BPA, and can mimic estrogen. Too much estrogen in men is not a good thing.



Decrease your alcohol intake. High amounts of alcohol have been shown to alter testosterone production.

