



Testosterone!

**How To NATURALLY
SKYROCKET Your
HORMONE Levels For...**

**More
Muscle,
Less Fat &
Better Sex!**

**by The "Muscle Nerd"
Jeff Anderson**

www.OptimumAnabolics.com

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A Word From The Author,

***“The Muscle Nerd”,
Jeff Anderson...***

***“Champion For The
“Average Joe”***



Let's face it...

If you're looking to pack on massive amounts of muscle while reaching “ripped and shredded” body fat levels, you're **NOT** going to reach your maximum potential without help from your body's #1 anabolic hormone...

...TESTOSTERONE!

In fact, sales of natural “Testosterone Booster” supplements are at an all time HIGH as guys everywhere scramble to find the next “steroid alternative” that will allow them to get all the muscle of the pro's without the side effects associated with the “juice”.

Well, I have some **GREAT NEWS** for you!

While your buddies are all relying solely on popping their pills and ignoring the **OTHER** opportunities for natural testosterone enhancement, **YOU** will be in possession of this “secret weapon” manual that will allow you to fully maximize your body's **OWN** natural testosterone levels, allowing you to build pound after pound of rock hard muscle while taking full advantage of all the other benefits derived from heightened hormone levels.

In fact, by following the little known secrets I'm about to reveal to you, I'd say you're well on your way to shifting your testosterone engine into...

MAXIMUM OVERDRIVE!

But naturally increasing hormone levels within your body is a process where the whole is much larger than the sum of its parts.

When combined, the **TIPS** and **TRICKS** you're about to learn will multiply and build upon each other with the ultimate goal of maximizing your body's own **NATURAL** testosterone production levels to paramount proportions.

With this in mind, it's very important that you read the **WHOLE BOOK** to avoid missing out on any crucial information that could help magnify other factors.

IMPORTANT:

READ THIS MANUAL ALL THE WAY THROUGH BEFORE BEGINNING YOUR PROGRAM!

If you skip a chapter, thinking you "already know" everything you need to know about that element of hormone production, you could be missing out on a crucial element for maximizing your gains.

But don't worry, I'll be there every step of the way to make sure you don't miss out on anything...

A Word From The "Muscle Nerd"...



"See?

For those of you familiar with my best-selling fitness programs, you'll remember that I love to go back over each work I complete and look for those points that deserve a little **EXTRA EMPHASIS**.

That's when you'll see my smiling mug pop back up to add any 'special remarks' (and probably a few wise cracks as well) just to make sure I've made my point!"

So without wasting any more time, let's go start up that hormone engine and prepare to pack on some **MUSCLE**, shall we?

And believe me...if it's **ONE THING** my research and experiments have shown, it's that **HORMONES** play a **KEY ROLE** in your ability to **BUILD MUSCLE** and **BURN FAT**.

In fact, you'll find that **ALL** of my fitness programs revolve around **NATURALLY** stimulating your body's levels of **TESTOSTERONE**, **GROWTH HORMONE** and other juices that keep you lean, healthy, strong, and vibrant.

Programs like the ones on the following page...

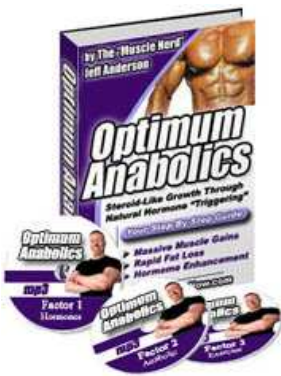
Other "Muscle Nerd" Programs...

Combat The Fat

The **ULTIMATE FAT BURNING GUIDE** to show off your new muscle!

Discover how the training techniques of the U.S. Military can take you step-by-step to **6-PACK ABS!**

www.CombatTheFat.com



Optimum Anabolics

If your goal is to jack up **TESTOSTERONE** levels to pack on some **SERIOUS MUSCLE**, then Optimum Anabolics has proven to be the best "anabolic activator" on the planet!

The "before & after" pictures speak for themselves!

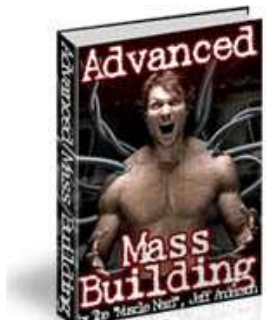
www.OptimumAnabolics.com

Advanced Mass Building Secrets

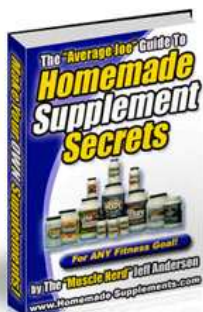
After **ONE FULL YEAR** of focused research, I was able to uncover **5 KEY FACTORS** that can literally **FORCE** your body to pack on more muscle mass!

The secret? Activating (with laser-like precision) **ALL** of your body's muscle fiber types...all **SEVEN** of them! Trust me...your training will **NEVER** look the same again!

www.AdvancedMassBuilding.com



Homemade Supplement Secrets



For the serious athlete who uses supplements, find out why you should **NEVER** buy your supplements "off the shelf"!

Discover how to easily **MAKE YOUR OWN SUPPLEMENTS** and save up to 98% creating formulas even **BETTER** than name brands!

www.MakeYourOwnSupplements.com

Introduction

Since the dawn of time when we swung clubs to bring home the Brontosaurus burgers, to the middle ages when a man was judged by the size of his sword (things haven't changed all that much, eh?) to present day where CEO's fire sniveling pipsqueeks from the big chair in the boardroom, you'll find **ONE COMMON THREAD** that binds all of these "barbarians"...a seething flow of male hormones and in particular...

TESTOSTERONE!

But although the powerful potion that makes men "men" is a key ingredient for the bold, aggressive characteristics necessary for rescuing damsels in distress and controlling 4th quarter financial results, it plays a **MUCH** more important role in the average Joe's quest to conquer his **OWN** little piece of the world...his body!

Most likely, you downloaded this ebook in search of the **MASTER KEY** to packing on slabs and slabs of **ROCK HARD MUSCLE**.

But while you **MAY** be familiar with the powerful benefits elevated testosterone levels have on your ability to build muscle (like we needed any **MORE** reasons!), ensuring adequate amounts of testosterone (I may refer to it as just plain "**T**" throughout this book) in your body has many **OTHER** benefits as well.

Here's a short list of **LIFE-CHANGING IMPROVEMENTS** you can hope to see from following the innovative tips covered in this book:

Body Composition Enhancements	Sexual Enhancements	Overall Health Enhancements
<ul style="list-style-type: none"> ▶ Increased muscle size ▶ Increased muscle strength ▶ Decreased fat tissue 	<ul style="list-style-type: none"> ▶ Increased sex drive ▶ Stronger erections ▶ Increased sexual endurance 	<ul style="list-style-type: none"> ▶ Increased energy levels ▶ Increased exercise endurance ▶ Increased desire for exercise ▶ Improved mood and cognitive focus ▶ Decreased levels of "bad" cholesterol and increased levels of "good" cholesterol

A Word From The "Muscle Nerd"...



"Not such a bad list of benefits, eh?"

No matter...Regardless of **WHAT** benefits you're looking for, you've come to the most comprehensive source available for learning how you can **NATURALLY** drive your body's 'T' levels **THROUGH THE ROOF!**"

Now the benefits from heightened testosterone levels **AREN'T** any secret to the muscular **MUTANTS** you see on the front covers of bodybuilding mags everywhere or to the greedy supplement companies pumping out "virtual Viagra" by the truckload.

Professional bodybuilders pump **MASSIVE** amounts of anabolic steroids through their veins to **ARTIFICIALLY** raise testosterone levels.

And I don't see **ONE SINGLE DAY** go by where I don't get 10-15 spam email ads for herbal testosterone enhancers or "natural" Viagra elixirs.

But resorting to harmful chemicals **ISN'T** necessary if you know the secrets to **NATURALLY** boosting your own testosterone supply chain.

AND THAT'S EXACTLY WHAT WE'RE HERE TO DO!

However, while **RAISING** "T"-levels in your body should be the main ingredient in your quest to be the "manliest" man you can be, there's **ANOTHER** factor which absolutely **MUST** be considered if you ever hope to be successful...

If you've read my book **OPTIMUM ANABOLICS** (www.OptimumAnabolics.com), then you know how **EFFICIENT** the body is at adapting to the changes we like to throw at it in order to maintain a state of **BALANCE**.

Many bodybuilders are well aware of this factor from the "**PLATEAUS**" they may hit during their workout cycles when their body actually **SLOWS DOWN** or simply **STOPS** growing new muscle due to overtraining.

Since it takes more energy for the body to maintain **MUSCLE** than it does to maintain **FAT** stores, it will actually try to **LIMIT** the amount of muscle you can build so it doesn't have to expend so much effort.

Well, this same factor of “balance” that the body is trying to create applies to your attempts to raise testosterone levels as well. You see, you **ALSO** have a small supply of the **FEMALE** hormone **ESTROGEN** running through your veins!

A Word From The “Muscle Nerd”...



“Whoa! Don’t get all ‘defensive’ there, Sparky!

Estrogen is actually a **NECESSARY** hormone for men and **DOES** have its fair share of **BENEFITS**...

You know...like making us want to ‘talk about our feelings’ and cuddle with the Mrs. In front of a warm fire.

But read on to see how to remain in control of just how **MUCH** estrogen is floating around in your body...”

When your body starts reading that your testosterone tank is getting a little **TOO FULL**, it makes a phone call to your estrogen outlet with orders to begin producing **MORE** of the female hormone to balance out your “T”-levels. In effect, the message that gets back to the employees of the testosterone factory is:

BREAK TIME!

This is “supply and demand” at its most efficient!

So you see, part of your battle is also finding ways to **SUPPRESS** the estrogen reaction in your body to allow the **POSITIVE** benefits of **INCREASED TESTOSTERONE LEVELS** to do their work.

Again, professional bodybuilders are **WELL** aware of this estrogen reaction and are forced to take a whole **OTHER** set of drugs just to avoid the **FEMININE** features their body will begin to take on with the natural rise in estrogen.

However, it’s the “wannabe” pros who begin taking steroids **WITHOUT** the proper knowledge (or doctor’s oversight) that pay the heaviest price. Nearly **ALL** of them begin to take on female characteristics in a short time, the most notable side effect being **GYNOCASTAMIA**, or female-like breasts commonly referred to as “**BITCH TITS**” because they more resemble the breasts on a female dog.

BUT WAIT...THERE’S EVEN MORE!

Just when you thought these were the **ONLY** problems steroids posed, there’s an even **BIGGER** challenge users need to be concerned with when it comes to testosterone production. You see, with all that **SYNTHETIC** “juice” coursing

through their veins, the body realizes that it really doesn't need to manufacture any of its **OWN** testosterone any more.

Your **NATURAL** ability to produce this hormone is all but **SHUT DOWN ENTIRELY!**

This is **VERY BAD NEWS** for when you come off the juice and can't figure out why your wee-wee doesn't have the punch it **USED** to. You've actually built up a **DEPENDENCE** upon artificial testosterone production and your balls will shrivel up like two tiny raisins from lack of use!

A Word From The "Muscle Nerd"...

"Now guys, I know you want a huge chest to sport around the beach and you'll need to fill out your leopard-skin thong as much as possible.



But you shouldn't need to wear a bra to keep your pecs supported or stuff your 'marble bag' bathing suit with a sock!

Lay off the juice unless you plan on making a play for Mr. Olympia and have a doctor's guidance.

What **YOU** are looking for is to provide your body with the support necessary to produce its **OWN** T-Levels **SAFELY** and **NATURALLY**.

And now for the good news..."

As users of my mass building programs have found, "steroid-like growth" **IS** possible...**IF** you know the specific program for skyrocketing your body's **OWN** natural hormone levels through the roof!

But those of you who are familiar with my writing know that if it's **ONE THING** I hate, it's an **UNEDUCATED BODYBUILDER** who heads off to the gym without a clue as to how or why the program he's using is supposed to work, or worse yet, gives advice to **OTHERS** without knowing what the hell he's talking about in the first place.

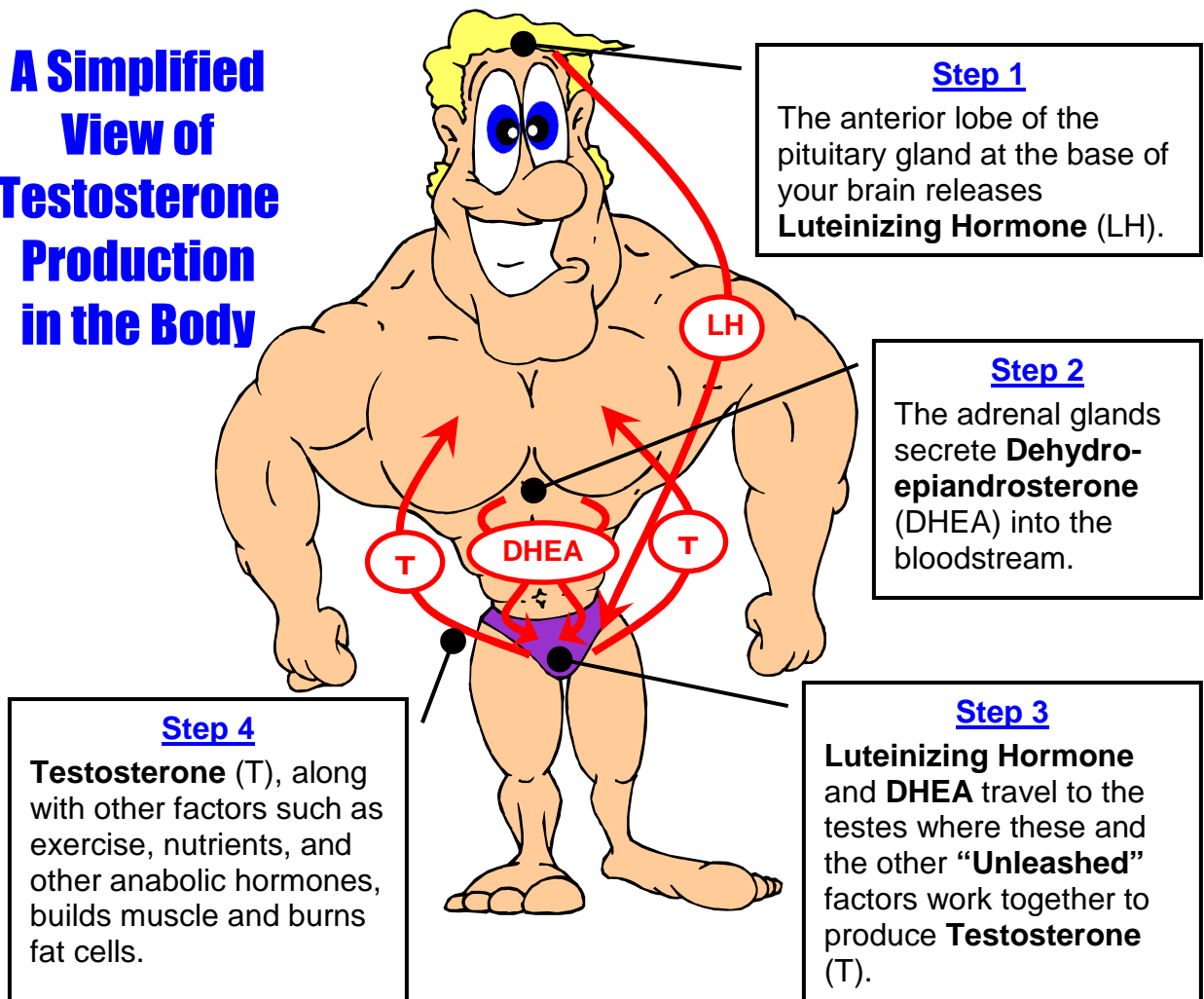
The iron sweatboxes are full enough of these knucklehead "consultants" as it is, so before we get started on the **TIPS** and **TRICKS** that will allow you to **RADICALLY** increase your own natural testosterone levels, let's make sure you fully understand **HOW** the body works to produce hormones in your body before we move on...

Testosterone Manufacturing: A "Shout Out" From Your Shorts

No need to make you an endocrinologist here, but if you understand the basics of how testosterone is produced in the body, as well as how **OTHER** hormones play a role in your attempts to master the benefits of high levels of "man juice", then the rest of this book will make **MUCH** more sense to you.

So let's take a simplified tour through your body's endocrine system and see what the assembly line workers in the testosterone department are up to, shall we?

A Simplified View of Testosterone Production in the Body



As you can see from the previous diagram, all roads lead **SOUTH**, directly to your body's main testosterone production plant ...the **TESTES**. But just like a real manufacturing facility, the assembly line needs **RAW MATERIALS** and **PROPER SUPPORT** in order to create the finished product.

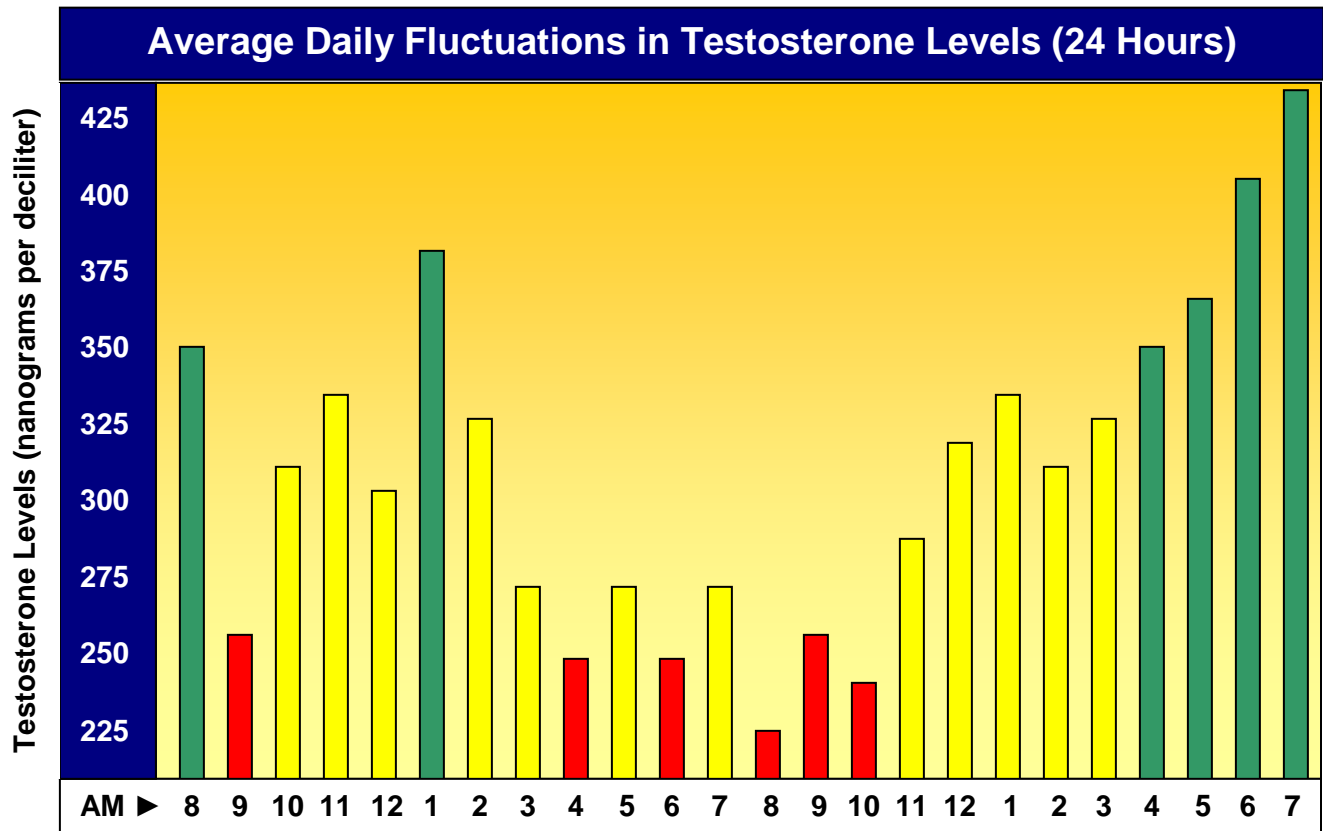
For a **REAL** manufacturing facility, this could translate to metals, plastics, nuts and bolts, paper products, and other raw materials, as well as employee factors such as the right amount of assembly line workers working the right amount of hours and taking enough breaks to remain at **OPTIMUM** production levels.

For **YOUR** testosterone manufacturing facility (your body), you need similar support, such as the correct **RAW MATERIALS** (nutrients), **PROPER EXERCISE** and **REST PERIODS**, **SECONDARY HORMONE SUPPORT**, etc..

But let's not forget that you **DO** have other factors working **AGAINST** you in the process. Yes...**ESTROGEN** production, as identified earlier, **IS** one of your biggest enemies, but there are a few **OTHER** factors at play here as well.

Your body has a natural **DAILY FLUCTUATION** of behavioral and physiological functions that go up and down as the day progresses over generally a 24 hour cycle. This is generally known as your **CIRCADIAN RHYTHM** and throughout this daily cycle, your testosterone levels spike and plummet accordingly.

The chart below demonstrates a general example of how your “T”-levels fluctuate during a 24-hour period:



Source: Stephen J. Winters, M.D., University of Louisville

As you can see from the diagram, your **PEAK** testosterone levels occur in the **EARLY MORNING** right before waking up and getting out of bed.

A Word From The “Muscle Nerd”...

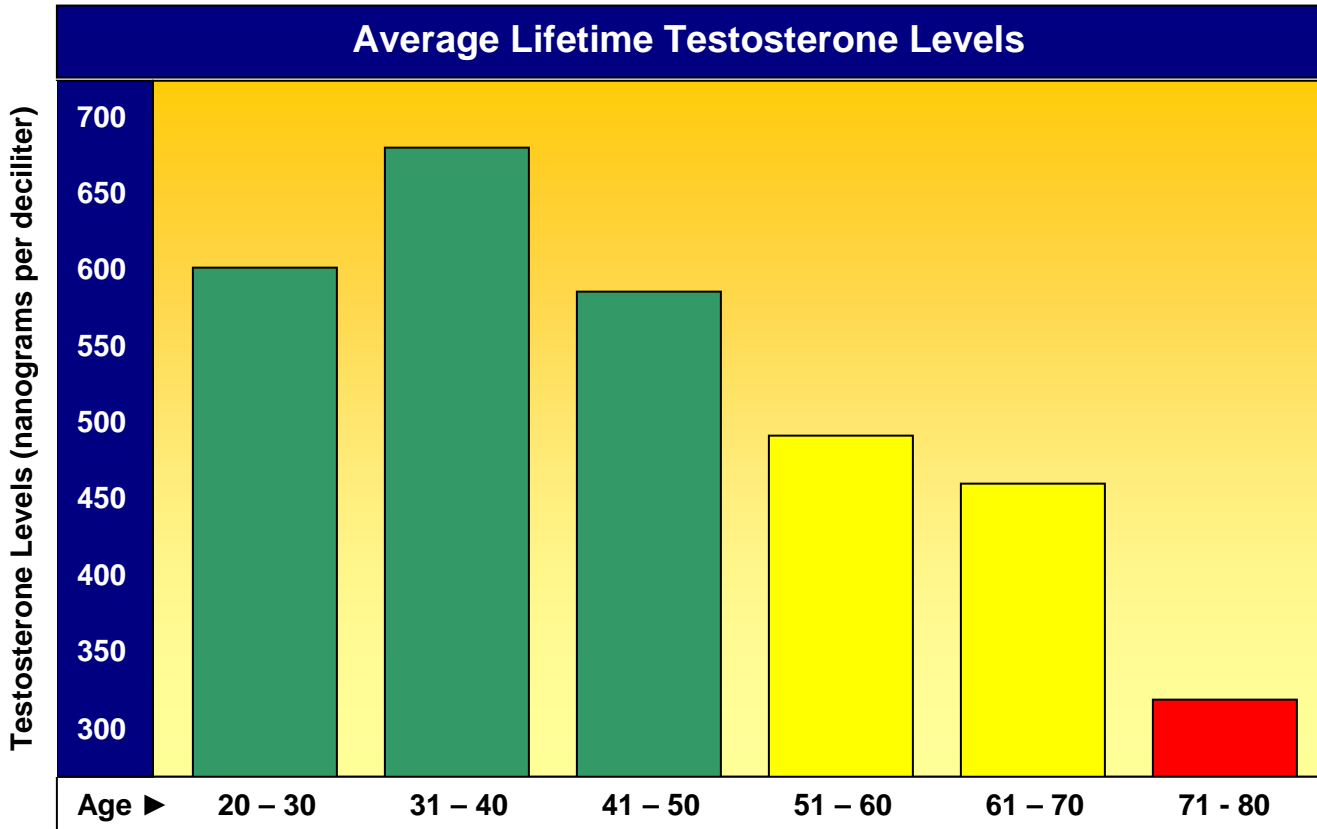


“This would explain why you wake up looking at what appears to be a replica of the **TAJ MAHAL** under your bed sheets!”

However, these levels **DROP** by as much as a whopping **50%** during the course of the day!

When it comes to testosterone levels over the course of our **LIVES**, it becomes much more predictable however.

As you can see in the chart below, when we're in our 20's through our 30's, the wind from a butterfly's wings in China could cause a tremor in your shorts.



Source: Stephen J. Winters, M.D., University of Louisville

However, as you'll notice, "T"-production steadily **DECREASES** from about the age of 40 on, at a rate of about **1 PERCENT PER YEAR**. That's **BAD NEWS** if you were looking to marry a 20-year old centerfold model on your 80th birthday!

To make matters even worse, while **TESTOSTERONE** levels **DECREASE** with age, **ESTROGEN** levels appear to generally **REMAIN THE SAME**, thereby tipping the scale in favor of **SAGGY MAN-BOOBS** in our later years!

A Word From The "Muscle Nerd"...



"Not to worry though...the tips and tricks you're about to learn are finally going to put you on the fast track to reversing these natural dips in testosterone **REGARDLESS** of your age.

Are you ready to become CEO of your own Testosterone Production Plant?

Then read on my friend!"

Compound Your Results With Compound Exercises

If you want to send a message to your body that it needs to kick testosterone production into high-gear, then **EXERCISE** is like a bullhorn you get to scream through to make it happen.

But the **TYPE** of exercises you do and **HOW** you perform them have a **PROFOUND** effect on just how **MUCH** “T” responds to your demands.

You see, the amount of testosterone produced has a **DIRECT** relationship to the amount of stress you apply to your body’s muscle fibers. The **MORE** you stress your muscles (short of **OVERTRAINING** of course)...the **MORE** testosterone you’ll produce!

But there’s more to stressing muscle fibers than simply grunting out reps to the point you’re throwing up after every set. There are **MANY** other factors that are required to accomplish this goal...and **MORE** than I can cover in detail here.

The fact is, one look around any weight room will show you that there are **VERY FEW** guys who actually lift correctly in order to make sure they’re hitting as much muscle as they could be.

Studies show that when you perform **COMPOUND EXERCISES** you stimulate **MANY** more muscle fibers than if you perform **ISOLATION EXERCISES**.

A Word From The “Muscle Nerd”...



“Just for some added clarification...

COMPOUND exercises, such as the barbell squat, deadlift, bench press, pull downs and rows, move the body through **MORE** than one joint movement and incorporate supporting stabilizer muscles, effectively working the body as a **WHOLE** unit.

An **ISOLATION** exercise, such as seated leg-extensions, bicep curls, tricep pushdowns, and calf raises, use a single-joint movement and really **ISOLATE** the specific muscle you’re trying to target.”

While you certainly shouldn’t stay away from single-joint, or “isolating”, exercises, (in fact, my **ADVANCED MASS BUILDING** program reveals a new way to use the benefits of **BOTH** exercises to magnify the effects of each other) the **BULK** of

your weight training program should be made up of **COMPOUND, MULTI-JOINT EXERCISES**.

In fact, with **LEGS** being the largest muscle group in the body, the **BARBELL SQUAT** has been hailed as **THE** most effective exercise **EVER** for stimulating testosterone production. And that testosterone doesn't just benefit your legs...it benefits all of your **OTHER** muscles as well.

A Word From The "Muscle Nerd"...



"Who would have thought that exercising your **LEGS** would **ALSO** help you pack muscle on your chest and biceps? But this is **EXACTLY** what happens!

So remember this the next time you have a hard time getting out of bed and off to the gym because it's the dreaded '**LEG DAY**' in your workout program."

Remember...stick to **COMPOUND EXERCISES** to target as many muscle fibers as possible and you'll see a greater response in overall testosterone production.

But now, let's head to the epicenter of where testosterone is produced for **ANOTHER** great tip for increasing production levels...

Lower Stress Levels

Everyone has stress in their lives (except possibly for that long-haired yoga instructor that smells like flowers) and this is actually a **GOOD** thing. Stress is what keeps us alert, focused, and active.

But too **MUCH** stress can have an adverse effect on your body's hormone production, putting a major kink in your quest for increased testosterone levels.

When your lifestyle is filled with too much **ANXIETY**, your body reacts by releasing the hormone **CORTISOL** into your blood stream. Many of you may be familiar with this hormone's role in holding back your muscle gains, but when cortisol levels are **RAISED**, testosterone production begins to **DECLINE** as well.

A Word From The "Muscle Nerd"...



"This explains why under the most intensely **STRESSFUL** circumstances, such as project deadlines at school or work, another fight with you're hot-headed boss, or you and your significant other haven't exactly been seeing eye-to-eye lately, your sex drive **PLUMMETS** lower than if you'd just discovered those naked pictures grandpa took of grandma on their last vacation!"

So...not only to keep you from getting to the point where you're putting holes in the drywall with your fist, but to also **MAXIMIZE** your body's ability to **SUPPRESS** cortisol and **ELEVATE** "T"-levels, you have to find ways to reduce the stress in your life.

Fortunately it's relatively easy to take some very **SIMPLE STEPS** to accomplish this goal. But the way you do it will have to be personally customized to what **YOU** find relaxing.

On the following page are some suggestions for going from a teeth-gritting time bomb to a flower pushing Hare Krishna in no time...

Exercise Regularly

Ok...this one may seem a little obvious. But since regular exercise releases powerful endorphins into your bloodstream which **relieve stress** while additionally **increasing testosterone**, you get a double whammy benefit here!

Give “Captain Jolly” A Regular Workout Too

Regular sexual activity and orgasm initiates the secretion of the hormone **oxytocin**, which causes the release of natural endorphins (mood stabilizing chemicals) into the bloodstream. In fact, oxytocin levels spike **3-5 TIMES HIGHER** than usual just before orgasm!

The natural endorphins released as a result have a natural drug-like effect on the body causing **profound relaxation** and **deeper sleep**.

Take Time Out For Yourself

By actually **scheduling time** to spend with friends, focus on a hobby, let off a little steam or whatever else allows you to do for **YOU**, you actually come out of it a lot more balanced and able to provide even **more** for those who depend on you. You have to take care of **YOU** first in order to give more to **OTHERS!**

Take Short Breaks During The Day

Even just **5 minutes** alone with your eyes shut or a short walk around the block periodically throughout the day can give your brain a much needed opportunity to rebound from the momentum of a stressful day. You'll come back to your work energized, refreshed, and yes...even **more productive!**

Breathe Like A Yogi

Here's a quick and effective breathing technique I learned from a yoga instructor that is **GUARANTEED** to give you **INSTANT RELIEF** from stress...

1. Close your **right nostril** with your right thumb (please try to avoid actually sticking it *in* your nose, ok?) while breathing in through your **left nostril** for a slow **15-second** count until your lungs are completely filled. (Count internally while you do this...not out loud.)
2. Hold your breath for just a second then close your **left nostril** with your right index finger while breathing out through your **right nostril** for another slow **15-second** count until the air is completely out of your lungs.
3. **Repeat** for a total of **5-10 CYCLES** for a deeply relaxing stress-reliever!

Change Your Spare Tire

Fat cells, and in particular **BELLY FAT**, produce the enzyme **AROMATASE**, which in turn, converts to the female hormone **ESTROGEN**.

A Word From The "Muscle Nerd"...



"This could explain why large, flopping beer bellies are often accompanied by equally flopping man-mellons!

And as you know, we get **ENOUGH** of our fill of female hormones about every 30 days from our wives and girlfriends. We certainly don't need any **MORE** of it muddying up our **OWN** bloodstream!"

A couple of pounds here and there won't have all that much effect on your hormones. But if you're at least **30 PERCENT** over your ideal bodyweight, you **MAY** be looking at a future investment in a D-cup bra.

The good news is that as you start stoking up the old fat-furnace, you'll give your testosterone levels a good kick start which will in turn give you a helping hand toward losing that extra flab. The **LOWER** your bodyfat...the **LOWER** your estrogen levels...the **HIGHER** your testosterone...the **MORE** muscle is built...the **MORE** fat is burned.

Are you starting to see the relationship here?!

A Word From The "Muscle Nerd"...



"Well, here's **ANOTHER** powerful chain of events that will help you reach your goal...

Since **MUSCLE TISSUE** requires **MORE** calories to build and maintain than **FAT TISSUE** does, the more muscle you have, the more calories you'll burn.

In fact, gaining just **1 EXTRA POUND** of muscle burns an additional **50 CALORIES** throughout the day.

Gain more muscle...lose more fat...increase

testosterone...building more muscle! You, gotta **LOVE** it, eh?"

One of the keys to making this entire process work for you is to take it very **SLOW** with your fat loss program. **FORGET** all the quick-fix diets that promise rapid results. These diets often focus on **LARGE** calorie restrictions that actually have an **ADVERSE EFFECT** on burning fat in the long run.

You see, when you drop your calories **TOO** low, you actually signal your body that you're **STARVING**. When this happens, your body goes on the **DEFENSIVE** by effectively shutting down as many biological processes as possible to **CONSERVE ENERGY** in the face of a caloric fuel shortage.

Since your body **DOESN'T** want you doing the "horizontal mambo" with your significant other when it's trying to take it easy, it **SHUTS DOWN** production of testosterone just so you don't get any bright ideas about having sex.

You can bypass this obstacle, effectively blocking your body's evil attempts to shut down the "T"-factory and keep you from scoring, by reducing your daily caloric intake by **NO MORE THAN 15% - 25%**. This will ensure a **LONG, SLOW** fat burn that's **EASILY SUSTAINED** and supports your optimum hormone levels.

Say "Hello" to Mr. Peanut

No, this **ISN'T** another one of my penis nicknames. I really **AM** talking about peanuts this time.

You see, when it comes to **DIETARY CONSIDERATIONS** for maximum testosterone production, there is actually quite a **LOT** you can do to help the process. Here's what I mean...

Many guys **STRAY AWAY** from fat in their diet under the misguided notion that it will **MAKE** them fat.

Not true!

When it comes to your body's decision about whether or not to store fat around your midsection, it's **MORE** a matter of the total number of calories you **TAKE IN** versus the total amount of calories you **EXPEND** through your daily activity.

In fact, your body actually **NEEDS** fat in your diet in order to produce testosterone! So if you're currently **REDUCING** fat calories in order to lose weight, you'd better re-think your game plan.

A Word From The "Muscle Nerd"...



"This may seem like a slap in the face of traditional dieting concepts, but the truth is that eating fat **DOESN'T** make you fat...unless you're eating too many calories to begin with!"

But we're not talking about just **ANY** type of fat, so please...

STEP AWAY FROM THE BACON!

While you should focus mainly on **GOOD FATS** such as poly-unsaturated Omega 3's and Omega 6's, there's **ONE TYPE** of fat that has out-distanced itself from the rest of the competition on the testosterone playing field.

And the winner is...

MONOUNSATURATED FAT!

Scientific research has shown that more than any other fat source, monounsaturated fats have the most **DIRECT EFFECT** on the testes and testosterone production.

To ensure your body has the right amount of fat to maximize testosterone output, make sure that you take in about **30 PERCENT** of your total daily calories in the form of “good fats”, and preferably the **MONOUNSATURATED** type.

A Word From The “Muscle Nerd”...



“In the **OPTIMUM ANABOLICS** program, I structure a 40% protein, 30% carbs, and 30% fat calorie split, specifically designed to build muscle, burn fat and **GREATLY** increase testosterone levels!”

On the following page are some examples of healthy **MONOUNSATURATED FATS** and some ideas for incorporating them into your current diet...

<p>Fat Source:</p> <p>How to add to diet:</p>	<p>Avocados</p> <p>Great addition to sandwiches; chop over Mexican food; mix with diced tomatoes, onions, jalapeno pepper, lime juice, cilantro, and salt for guacamole served with chips</p>
<p>Fat Source:</p> <p>How to add to diet:</p>	<p>Olive Oil</p> <p>Pour into a dish with cracked black pepper then dip whole grain bread into it while serving cheese and kalamata olives; toss into any pasta dish along with fresh basil and tomatoes; pour into protein smoothies for a “nuttier” flavor; pour a Tbsp. into oatmeal for creamier texture</p>
<p>Fat Source:</p> <p>How to add to diet:</p>	<p>Canola Oil</p> <p>Use for everyday cooking; pour into protein drinks to make creamier yet yield no additional flavor change</p>
<p>Fat Source:</p> <p>How to add to diet:</p>	<p>Nuts (Any kind)</p> <p>A great snack between meals; toss some walnuts into a salad with balsamic vinegar and crumbled feta cheese; add 2 Tbsp. of peanut butter to 12 oz. of skim milk, one frozen banana, a ½ cup of raw oat bran, and a scoop of vanilla protein powder for a delicious breakfast smoothie</p>
<p>Fat Source:</p> <p>How to add to diet:</p>	<p>Flaxseed Oil</p> <p>Pour into protein smoothies and oatmeal for creamy, “nutty” flavor; toss into salad with nuts and feta cheese</p>

Get Rid of Your 6-Pack...Literally!

Ever wonder why the little soldier wouldn't stand at attention once you finally got the barroom beauty into the backseat of your Buick? Well, the riddle's been solved...

Studies show that heavy alcohol consumption has a **DUAL EFFECT** on your body's endocrine system. Excessive alcohol intake, especially **BEER**, essentially **SHUTS DOWN** testosterone production while simultaneously causing your body to pump out **MASSIVE QUANTITIES** of the female hormone **ESTROGEN**.

A Word From The "Muscle Nerd"...



"Don't you wish someone had told you **THAT** before prom night?!"

The solution to this is simply **OBVIOUS...NO BINGE DRINKING!**

Unless you're pledging to your college fraternity and need a keg-induced pain killer prior to taking that long trip on your knees through the Phi Beta Kappa spanking machine initiation, you should stop at **3 DRINKS** and space them out over as **MUCH** time as possible.

Another Reason To Eat Your Veggies

Remember staring at the Brussels sprouts on your plate as a kid and hoping your father would look away just long enough for you to feed them to the family dog waiting patiently under the table?

Well it turns out dad may have had **OTHER** motives for making you eat these little cabbages than some sadistic notion of teaching you how to deal with life’s little “unpleasantries”. (Ok...probably not! But it turns out he was on the right track anyway.)

Research has come up with another effective tactic for tipping the estrogen-testosterone scales in your favor...loading up on your vegetables!

But not just **ANY** veggies will do! Specifically, **CRUCIFEROUS VEGETABLES** (see the examples below) are high in a phyto-chemical (a fancy name for substances found in plants) called **INDOLE-3-CARBINOL** (I3C) which is known to significantly **REDUCE** estrogens and **SUPPORT** “T”-production.

A Word From The “Muscle Nerd”...



“One study showed that 500 milligrams of I3C a day actually **CUT** estrogen levels in **HALF!**”

2 SERVINGS a day of any of the following list of vegetables will provide you with sufficient amounts of I3C to do the trick:

Cruciferous Vegetables With I3C		
Broccoli	Kohlrabi	Mustard Greens
Cauliflower	Turnips	Radishes
Brussels Sprouts	Bok Choy	Rutabaga
Cabbage	Water Cress	Kale
Collard Greens	Turnip Greens	

Skip the Soy!

Bad news for vegetarians!

Evidence shows that guys who eat **MEAT** showed significantly **HIGHER LEVELS** of testosterone than guys who ate a vegetarian diet.

A Word From The "Muscle Nerd"...



"Now you know why the Tyrannosaurus Rex was **KING** of the Jurassic jungle! His insatiable lust for red meat made him a force to recon with!"

You see, although often used as a **PROTEIN SOURCE** in vegetarian diets, soy isn't as "bio-available" as meat sources which means your body doesn't get as much valuable protein to work with in its muscle-building efforts as those of us carnivores.

If you have a choice for your protein source...opt for whey, fish, poultry, and lean cuts of beef over meats loaded in saturated fats such as fatty red meats, pork and lamb.

This will **ALSO** give you more room in your diet to add the **MONOUNSATURATED FATS** that will give you an extra boost for optimal "T"-production as discussed in Chapter 5.

Pick a Fight!

When we were cavemen, supernatural levels of testosterone gave us **TWO THINGS**...a forehead you could perch a small boulder on, and the **DRIVE** to go out and kill our next meal.

So it stands to reason that getting in touch with our primitive instinct to “rub someone out” will in turn send a signal to the pituitary gland in the brain to initiate the necessary surge in **TESTOSTERONE** to make it happen.

You can do this a number of ways...**NONE** of which actually require you go out and corner your neighbor in his driveway and use him as a punching bag!

My **FAVORITE** way to tap into my “killer instinct” is a combination of three 1-minute rounds on a heavy **PUNCHING BAG** along with another 3 minutes of “**VIRTUAL FULL-CONTACT FIGHTING**”.

What **IS** “virtual full-contact fighting”?

This is a trick I learned from a **PROFESSIONAL FIGHTER** who used to train for those brutal, no-holds-barred cage matches you see in Ultimate Fighting Championship and Pride tournaments where it’s just two men in a ring (or cage) and they beat the hell out of each other...no gloves and **VERY** few rules!

Full contact fighters use the power of their **MIND** to tap into the aggressive instinct they need to annihilate their enemy. You see, while at their training center, they pretend they’re in the ring and actually **VISUALIZE** their opponent in front of them while using all of the dirty tricks they have in their bag. They use their knees, elbows, fists, head butts...**ANYTHING** at their disposal, to inflict as much **DAMAGE** as possible on their enemy.

So here’s how **YOU** can use this same type of training to unleash new levels of anabolic hormones without finding yourself doing time in the local prison fending off prospective “boyfriends” in the showers...

Step 1

Find a location in your house or other private space away from the breakables, and private enough so others don’t see you and wonder if you’ve finally lost your mind. A full length mirror is a great addition as it helps you visualize your “enemy”.

<p>Step 2</p>	<p>Imagine, as clearly as you can, a scene that would force you to have to rip someone’s head off.</p> <p>This may take the form of someone who jumps out in front of you from a dark alley with a baseball bat...maybe it’s a group of bikers who’ve decided to corner your wife or girlfriend (mother?) in a bar...or maybe the guy in the cubicle next to yours won’t stop humming show tunes...whatever!</p> <p>The clearer you can make this image, the more adrenalin you’ll start to feel course through your body. And remember...your adrenal glands help supply DHEA to the testes for testosterone production.</p>
<p>Step 3</p>	<p>Start to take short, “aggressive” breaths through your nose and then...</p>
<p>Step 4</p>	<p>Tapping into all that built up aggression, TEAR APART that virtual “enemy” or “enemies” in front of you!</p> <p>Hit him with elbows, drive your knee into his head, kick him in the groin, gouge his eyes out with your thumbs, head butt him, and punch to your heart’s content...WHATEVER!</p> <p>Really dig into your natural instincts to defend yourself or loved ones and take this guy apart! The secret is to really FEEL the adrenaline rush that naturally comes with this level of intensity.</p>
<p>Step 5</p>	<p>Do this 3 times for only about 1 minute each time and you’ve sufficiently generated enough stimulation to create a short-term testosterone surge in your body with lasting effects.</p>

A Word From The “Muscle Nerd”...



“Remember, testosterone is a ‘supply-and-demand’ hormone and your **MIND** is a very powerful ally in your battle to **CREATE** that demand.

Clearly visualizing the **AFTER EFFECTS** of high testosterone levels (battling the enemy, great sex, etc.) allows the body to generate the hormones it naturally associates with these activities.

Strange...but **TRUE!**”

Go HEAVY...or Go Home!

Hunkering down in your cubicle all day long lifting that pencil 1,000 times will have as much chance at raising your “T”-levels as you have at impressing that brunette at the bar with your belching skills.

To get maximum testosterone output from your “land down under” and watch your muscles balloon like a cartoon, you’ll need to give your body a good enough **REASON** to work harder...and that means lifting **MUCH** heavier weights than the girls over in the aerobics class.

In fact, one study suggests that you need to lift between **70% - 80%** of the maximum amount of weight you can lift for **ONE REPETITION** to get the **GREATEST** boost in testosterone levels.

Haven’t yet dared to risk a barbell crashing down on your chest to determine your 1-rep max? Don’t worry! There’s a **SIMPLE** way to help you figure it out without having to update your will.

Here’s what to do...

1. Use the chart on the following page to determine your **1-REP MAX** by looking up the **WEIGHT** you normally lift for your compound exercises (bench press, squats, pull downs, etc.) on the **LEFT SIDE**, while looking across the **TOP** for the number of **REPS** you’re normally able to perform until you’ve reached muscular failure (without assistance) for that exercise.
2. Run your finger across the page and find where these two numbers intersect and you’ll have your **ESTIMATED 1-REP MAX!**
3. After you’ve determined your 1-rep max, multiply this number by **.7** and **.85** to find your “working” weight range of 70% - 85%.
4. Perform a minimum of **3 SETS OF EACH EXERCISE**, taking at least a **1 MINUTE REST** in between to allow your body to regain enough strength for the next set.

How To Determine Your 1-Rep Max										
	Number of Reps Until Muscular Failure									
	2	3	4	5	6	7	8	9	10	
Weight Used For Compound Exercises	55	58	60	61	63	65	67	69	71	72
	65	69	71	73	75	77	79	81	83	86
	75	79	81	84	86	88	91	94	96	99
	85	90	92	95	98	100	103	106	109	112
	95	100	103	106	109	112	115	118	122	125
	105	111	114	117	121	124	127	131	135	138
	115	122	125	128	132	136	139	143	147	152
	125	132	136	140	144	147	152	156	160	165
	135	143	147	151	155	159	164	168	173	178
	145	153	157	162	166	171	176	181	186	191
	155	164	168	173	178	183	188	193	199	204
	165	174	179	184	189	195	200	206	212	217
	175	185	190	195	201	206	212	218	224	231
	185	196	201	206	212	218	224	231	237	244
	195	206	212	218	224	230	236	243	250	257
	205	217	223	240	247	253	261	268	276	283
	215	227	233	240	247	253	261	268	276	283
225	238	244	251	258	265	273	281	288	297	
235	248	255	262	270	277	285	293	301	310	
245	259	266	273	281	289	297	306	314	323	
255	270	277	285	293	301	309	318	327	336	

6 Squares a Day?

In order for construction workers to continue building a house, they need an endless supply of nails. If they run out of nails, they end up hanging around the Volvo talking to your 16-year old daughter while waiting for more supplies!

Same goes for your body. In order to continue to crank out a steady flow of **TESTOSTERONE**, your body is going to need a steady flow of **NUTRIENTS**. Going for long periods of time without a meal will shut off the supply line that ensures raw materials are available to be turned into testosterone.

For this kind of production, your regular 3 meals a day just aren't going to cut it. To keep the assembly line active you're going to need to split your meals up throughout the day over **5-6 SEPARATE, SMALLER MEALS**.

This has other benefits as well. By eating several smaller meals throughout the day, you keep your body's **METABOLISM** in high gear, effectively using more calories in the process and stoking up the fat furnace for a continuous burn.

A Word From The "Muscle Nerd"...



"If I remember correctly, less fat equals better abs...and **MORE TESTOSTERONE!**

Are you starting to see the compounding effect of all these factors yet?!"

In addition, for those looking to put on **MUSCLE**, you need to take in a **LOT** more calories than the average couch potato **AND** you need a ready supply of protein for muscle repair. This is difficult to do when you try stuffing yourself over 3 gigantic meals. You end up throwing your body into overload and it's unable to effectively process all of the nutrients you're trying to extract.

Stick to **SMALLER, MORE FREQUENT MEALS** and keep the nutrient supply line to your testes going full throttle!

Train HARD...Rest EASY!

OVERTRAINING is the scourge of every guy trying to sculpt the Herculean body of his dreams. But it turns out that **NOT** allowing your body to **FULLY RECOVER** from your intense workouts has a **HUGE** effect on how much testosterone is flowing through your veins as well.

One study conducted at the University of North Carolina found that strength trainers who did **NOT** get adequate amounts of rest to allow their body to effectively rebuild and repair from their training program, experienced a **MASSIVE** drop in average T-levels...by as much as **40%**!

Yet why are so many guys still brainwashed into thinking that if they're not in the gym training, then they're not growing?

Look, if no one has told you before now, let me be the **FIRST**...

Your muscles do **NOT** grow while in the gym...they grow while you're at **REST** and your body finally has the chance to repair the muscle cells and rebuild them stronger and bigger in preparation for your next workout.

This process takes a total of approximately **7 DAYS** to completely cycle through the biological process of flushing out damaged muscle tissue and rebuilding the cells to take on more work.

Therefore logic dictates that if you're working the same body part **MORE** than once a week, you're **NOT** giving your body enough time to do its job and help you pump up those pecs!

A Word From The "Muscle Nerd"...



"Some guys will have the ability to recover faster than others while some may take even longer than a week to recuperate.

Working each body part once per week is a good rule of thumb, but **NEVER** work the same muscle group if it is still sore from the last workout for that same muscle group!"

Of course the biggest factor in being able to adequately repair your body for growth is to make sure you get adequate amounts of **SLEEP** each and every night. Yet an estimated 82% of us don't get enough sleep to allow our bodies to fully recover and take on a new day.

Here are some tips on how **YOU** can give yourself the best odds for a good night of “shut-eye”:

SNOOZE OR YOU LOSE	<p>SCHEDULE your sleep time each night. Get to bed at the SAME TIME each night and set your alarm for the SAME TIME each morning... EVEN on your days off.</p> <p>(Maintaining a consistent sleep cycle helps to program your body’s circadian rhythm and facilitate sleep when YOU say it’s time.)</p>
	<p>Make your bedroom a TEMPLE for sleep. Avoid WORKING, WATCHING TV, or EATING in bed.</p> <p>(If your brain associates your bed as a time for activities that require alertness, it may have trouble making the switch when you suddenly decide the bed is also for sleep.)</p>
	<p>DON’T EXERCISE within 3 HOURS of going to bed.</p> <p>(Exercise increases the body’s hormones that case alertness...the last thing you want when you are ready to catch some Z’s.)</p>
	<p>DON’T eat LARGE MEALS within 3 HOURS of going to bed.</p> <p>(Your body’s digestive process needs a break also. If you eat a large meal before bed, when you’re body’s metabolism slows down, it may pay you back with indigestion and wake you up to tell you about it.)</p>
	<p>Avoid CAFFEINE, especially within 4-5 HOURS of going to bed.</p> <p>(It normally takes about 2-3 hours for caffeine to leave your body. Give yourself plenty of time to make sure this drug isn’t lingering around to mess with your sleep schedule.)</p>
	<p>DON’T drink ALCOHOL within 3 HOURS of going to bed.</p> <p>(Alcohol may be a depressant, but it DOESN’T help you sleep! On the contrary, it prevents you from achieving the deep sleep necessary for proper recovery.)</p>
	<p>Burn a LAVENDER or VANILLA aromatherapy candle.</p> <p>(Studies have shown that the scent of lavender and vanilla have a calming effect on the body that helps promote deep relaxation and uninterrupted sleep. Burn a scented candle in your bedroom for just ONE MINUTE before going to bed, and then extinguish it. The scent will linger for long after and help you sleep soundly.)</p>

On Testosterone Enhancing Supplements...

Ok, this is the chapter that never fails to get me in a **LOT** of trouble!

One of the most common questions I receive from my “clients” is....

“Can testosterone boosting supplements REALLY help you pack on lean muscle, lose fat, AND make you hornier than a teenager on prom night?”

Ads for fitness supplements such as pro-hormones and herbal elixirs with names like “Horny Goat Weed” (yes...that’s a real product) would have you believe they will.

But do they work?

A Word From The “Muscle Nerd”...



“I mean, with a name like ‘Horny Goat Weed’, it **HAS** to make you hornier than a **GOAT**, right?!”

(By the way...I’m **NOT** a **GOAT FARMER** so I can’t verify whether being ‘hornier than a goat’ will get you anywhere anyway!”)

Actually, a bit of **SCIENTIFIC EVIDENCE** (mixed with a healthy dose of **COMMON SENSE** of course) should provide some insight into whether it’s truly worth it to spend your money on the latest herbal testosterone enhancer.

First a little **COMMON SENSE**...

As soon as the next recipe for a “magic” sexual enhancement potion is discovered in some ancient text buried in the tomb of King Gluteus Maximus, you can be sure that every guy with a basement laboratory will be spending every last dime of their scrawny savings to advertise their “breakthrough” snake oil.

And since **THIS** is how every muscle mag makes their money, there will be no shortage of ads...believe me!

But all you have to do is compare any year-old bodybuilding magazine with a current one and you’ll find about 90% of the supplements claiming to revolutionize the bodybuilding industry have withered up and disappeared.

Why? Because **THEY DON'T WORK!**

A Word From The "Muscle Nerd"...



"It's one of the **DARK, DIRTY SECRETS** of the bodybuilding industry!

All it takes is a colorful label, intriguing name (how about... 'Testro-Blast?!), and a hard-hitting full page sales ad complete with muscle bound mutants holding up a bottle of magic potion to lure a hefty percentage of red-blooded males into digging deep into their pockets for the promise of overnight mass!

Don't become a **VICTIM** of B.S. marketing techniques pushed by **STEROID-USING PROS!!!** You'll save a **TON** of money!"

Hey, I realize that everyone has to make a living, and unless you're **WINNING** major bodybuilding events, it's difficult to pay that massive **STEROID BILL** professional bodybuilders are chained to each month.

But I have a **HUGE PROBLEM** when someone injects themselves with any of a number of anabolic compounds geared toward **ARTIFICIAL** muscle growth in the morning, and **THEN** makes their way to a photo shoot where they're holding up a **WORTHLESS** bottle of herbal powder claiming it's the "**BEST THING** they've **EVER** used for building lean muscle mass!"

Can you **REALLY** trust the word of someone who gets their muscle from a **SYRINGE?**

Do they work hard in the gym? Absolutely! Just **DON'T** try to convince me that creatine and shark cartilage is what built your body!

Like I said, everyone has to pay the bills, right?

But they **DON'T** have to pay the bills by getting **ME** to shovel over my hard-earned money when the scientific evidence (and personal experience) has revealed them to be the frauds they truly are.

And speaking of **SCIENTIFIC EVIDENCE**...let's apply some to the "testosterone boosting supplement" theory, shall we?

A Word From The “Muscle Nerd”...

“Now here’s where things **REALLY** get interesting!

No matter what you’ve seen in the way of footnote medical references, the questionable results of some first year biology student’s experiment on a mouse **CAN’T** stack up to the **DECADES** of modern nutritional research that back the **TRUTH** behind how the body reacts to outside forces.

Here’s the real deal...”

The body has become **VERY** efficient at **PROTECTING** itself from what it considers to be “harmful toxins” that could disrupt the delicate balance it likes to maintain, and therefore has built up several **DEFENSE MECHANISMS** to keep out any unwanted elements.

This process begins with the **MOUTH** and includes every organ in between there and the toilet bowl.

For example, if you’ve ever mistakenly drank some milk way past its expiration date, you no doubt have felt the body’s quick response of gagging and hurling the “contaminated” food all over the kitchen wall. The stomach doesn’t want it, and will let you know **LOUD** and **CLEAR**.

Of course this is a very simplified example. But it shows you just how well the body plans on protecting itself.

Now, let’s move even **DEEPER** into the body’s defensive structure and see how much it likes you messing around with its **HORMONE SYSTEM**...

First of all, in order for testosterone boosting supplements to be effective in the body, they must pass through the **LIVER** after being digested in the stomach.

Now the liver has a pretty important mission in the body. You see, it’s **HIS** job to protect you by **FILTERING OUT** harmful toxins from the nutrients you ingest.

For this reason, nearly all oral testosterone enhancers never even **REACH** their final destination into your bloodstream where they could have an opportunity to carry out the “advertised” effect on hormone levels.

In fact, **Androstenedione**, the active ingredient in the now-banned “testosterone boosting” pro-hormones, was once touted to be the “Holy Grail” of mass building

supplements...even though **NUMEROUS** studies showed it to have **NO IMPACT** on testosterone levels!

That's right...**NO IMPACT!**

A Word From The "Muscle Nerd"...



"See? I told you this was the chapter that gets me in a **LOT** of trouble!

'Andro' made a **LOT** of people a **LOT** of money, but the research just doesn't support the claims by the ads you saw!"

Now, on to one of the **MAIN DEFENSE MECHANISMS** the body uses to regulate your testosterone levels...

Remember **STEP 1** in the testosterone production cycle from the first chapter?

The **PITUITARY GLAND** holds the master controls to regulating **ALL** of your body's hormones...including **TESTOSTERONE**.

Hanging isolated in the middle of your brain, you can bet that the body will do **EVERYTHING** it possibly can to keep any harm from coming to this **PEA-SIZED** delicate little dynamo!

For this reason, there are very few outside substances that **EVER** have a "snowball's chance in hell" of getting close to forcing it to open up the floodgates on the testosterone supply line.

It is **NOT** easily bullied...and as you've now learned, you **CAN'T** simply pop a few "magic pills" and expect **ANY EFFECTS AT ALL!**

Therefore the **ONLY WAY** to stimulate the pituitary gland to generously slather your body with muscle building hormones is to reach it **INDIRECTLY** by using the body's own **NATURAL** "triggering mechanisms" to do your dirty work.

Within this book you've discovered several methods for achieving this, but could there be an even **BETTER** technique that can put you on the **FAST TRACK** to **MASSIVE MUSCLE GROWTH?**

Alas...there **IS!**

And the answer is even **CLOSER** than you realize...

An Advanced Technique To Skyrocket Testosterone & GH Levels

If you're truly **SERIOUS** about packing on muscle mass as quickly as possible, this will definitely be the **MOST IMPORTANT CHAPTER** you'll read!

In fact, what if I told you that in the next 15 minutes, you could discover a way to shoot your testosterone, as well as **OTHER** muscle-building hormones, **THROUGH THE ROOF** and **WITHOUT** the use of anabolic steroids...or **EVEN SUPPLEMENTS?**

Sure you'd be a little skeptical! But I'm here to tell you that there **IS** a way to achieve this level of hormone increase using a **SIMPLE** training technique that's **GUARANTEED** to change the way you view muscle growth **FOREVER!**

The secret lies in a breakthrough **TRAINING** and **DIETING** process that literally **FORCES** your body's anabolic hormones to reach **AMAZING** new levels!

You see, a while back I accidentally stumbled upon a breakthrough discovery of a "secret anabolic hormone trigger" that has lain dormant and unknown...until **NOW!**

As I began researching this discovery, I was shocked to find that there had been some very **UNUSUAL** experiments conducted over **20 YEARS AGO** with some **AMAZING RESULTS!**

In fact, scientists were able to **NATURALLY** increase growth hormone levels by up to 1,000%!

Yes, that's **3 ZEROS...ONE THOUSAND PERCENT** higher than normal!

It wasn't until I **ACCIDENTALLY** stumbled upon this completely **NATURAL** ability of the body that I was **FINALLY**...after over **14 YEARS** of **HIT and MISS** bodybuilding programs...able to build the muscle I had always been looking for!

It took the next **2 FULL YEARS** of experimenting with my new found discovery before I was finally able to perfect the process and break it down **STEP-BY-STEP** so even the **COMPLETE BEGINNER** could follow it with **EASE**.

The details of this amazing breakthrough research and how to use it **TODAY** to help you pack on more muscle than you've ever dreamed is **FAR** too detailed to go into here.

So I've created an entire website that will reveal the **SHOCKING TRUTH** of how this little-known ability of the human body was lying right under our noses the whole time...just **BEGGING** to be discovered!

A Word From The "Muscle Nerd"...



"I know...

Sounds a little too good to be true, eh?

But after you've read through the full report, you'll see just how **EASY** it can be to **FINALLY** overcome even the most **STUBBORN GENETICS** and achieve **NON-STOP MUSCLE GAINS!**"

Ready to take your muscle-building efforts to the **NEXT LEVEL?**

Then simply [Click Here](#) to view the entire study...**AND** the "before and after" pictures of some of my test subjects who used these principles in their **OWN** training.

The results will **AMAZE** you!

[Click Here For The "Advanced Secret" To Skyrocketing Testosterone And Growth Hormone By Up To 1,000%!](#)