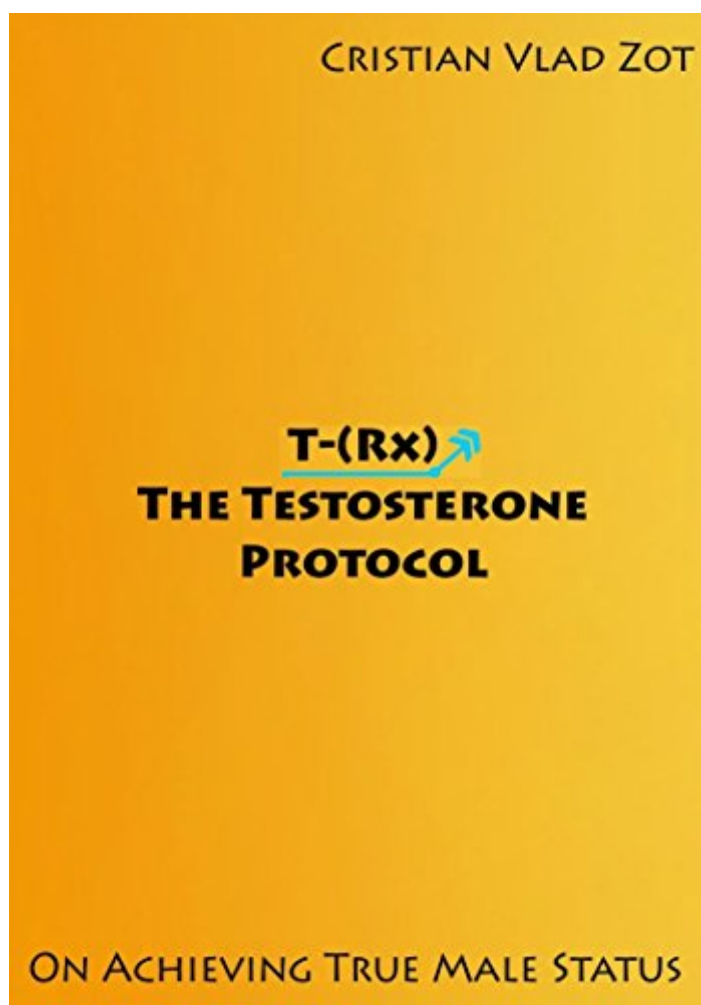


The book was found

T-(Rx) - The Testosterone Protocol: On Achieving True Male Status



Synopsis

T-R(x) follows the journey of Cristi Vlad on increasing his testosterone levels (over a 6-months period) through different natural interventions, such as: 1. Well formulated Very-Low-Carb-Low-Calorie-Ketogenic nutrition (without carb-loading) 2. Heavy Lifting Protocol + HIIT Protocol 3. Intermittent Fasting 4. Cold Thermogenesis (you will hate it) 5. Supplementation 6. Fixing the circadian clock 7. Lowering exposure to non-native EMF 8. No masturbation (sex is allowed) 9. Thoughts on alcohol consumption. He also tells you how the advent of technology impacted the male status over the past 100 years and how males today are not real men (in his opinion). What is different in this approach is that Cristi did it under a low-calorie very-low-carb-ketogenic nutritional protocol. He did not use carb-loading. T-(Rx) does not include boner pill prescriptions and/or recommendations for hormone replacement therapies (HRT).

Book Information

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Customer Reviews

not only was this text detailed and scientific, but it was measured as well - the latter I highly appreciate as too often I read bombastic claims from following simply one measure without checking others (example, changing food without improving sleep, upping calories without improving macronutrient % or food quality, etc..) what particularly intrigued me was how low calorie high fat nutrition was showed in Cristi's n=1 to have good affects - too often we here of 'starvation' and run toward the higher calorie hills to fix everything a great reminder for me was that by simply cutting bodyfat/belly fat, one removes obstacles that shackle testosterone - as such I have put this into play and have already seen benefits in less than a week (less bodyfat as I severely cut calories but still stronger in exercises eating mostly fat and some protein) If I was to add something I was looking for that wasn't specifically addressed, it would be how testosterone is affected by frequent bodyweight training, as that is what I enjoy doing if I were to make a request to Cristi to apply his acumen too, it would be to look into raw eating - specifically involving animal proteins and fats I was so impressed with this book I proceeded to buy his book regarding Ketones

What I love about Cristi's writing (and especially this book) is that it's simple, clear and to the point. Little to no useless details and the writing is focused on clear ideas with actionable items. In this book Cristi summarized all the best practices you need to do on a daily basis to elevate your testosterone to very high levels. It's not easy, it's not for everyone - but it works. What's very peculiar about Cristi's approach is that he still uses a very low calorie approach and still reaps a high testosterone, which is very contrary to what most experts claim. This is an even bigger reason to check out his work. Great work - looking forward to the Thyroid (Rx) also.

This is a great handbook/RX as Cristi calls it! It is not too long, an easy read and has clear and concise information which you can start using right away. I love how Cristi sets out his information, refers to the science with out going too much into it and compares it with his own experiences. You can tell Cristi has put in the hard work and spent many hours reading and testing the best info out there to deliver to us the reader the best current advice available right now. I think this book has saved me many months of reading and research and I am looking forward to my T levels at my next blood test as I implement these recommendations.

I had the great pleasure of reading The Testosterone Protocol, and I highly recommend this book. It is easy and entertaining to read, and the science behind what the author is saying is clearly documented. I have personally benefitted in my health and happiness by following the type of eating

and exercise system that is advocated by the author. Furthermore, there are some excellent new tips, tricks and ideas that I'm eager to try as well. If you are at all interested in improving your health, fitness, physical appearance and/or mental well-being, I urge you to read this book and apply its principals to your life!

I really enjoyed this book. Testosterone is very important and this book has good advice and ideas worth trying that will cost little money and could improve your health. Cristian keeps it interesting and adds his personal opinions throughout the book. Check it out if you want to learn more about testosterone and health.

Cristi breaks down how to improve your testosterone levels in a simple manner through science and his own personal story. This book is great for guys looking to up their T levels in a short amount of time.

Another great book by Mr. Zot. I haven't read one thing from this author that wasn't useful and absolutely true. Great advice in here and some interesting new methods I haven't seen discussed before. As usual, the science checks out.

I was doing the majority of these things except the cryotherapy. This is something that I will look to do. Not fond of ice baths, but the 3 minute cryotherapy with nitrogen would be doable.

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