Twitter Thread by The Vigorous Man

The Vigorous Man
@vigorous_man

Approximately 99% of men are addicted to cheap dopamine rushes coming from shows / videogames / media / porn / masturbation. This makes you feel weak & docile 24/7.

Men, if you want to feel as powerful as a BULL on heat do this:

= A biohacking thread ■ =



1) Cold exposure

Be it with a cold shower or an ice plunge, the cold will awaken a beastly force within you. Cold temperature shocks your nervous system and it instantly puts you on alert mode.

Face the cold shower bravely to reap its psychological benefits.

2) Sun exposure

Being in the sun increases the levels of serotonin. Serotonin is responsible for an overall feeling of happiness and a better mood.

Being in a better mood will make you feel energized and ready to tackle any task you need to take care of.

3) Cholesterol

Testosterone needs cholesterol to be synthesized, and your progress in the gym will be hampered if you don't have decent levels of the manly hormone.

Drink up your raw eggs. Cooking the yolk denatures cholesterol and turns it into oxysterol.

4) Lifting weights

You should be working out religiously at least 4 times a week. Your body will get adapted to the hardships of training and regular life will become much easier for you in the long run.

Do incorporate endurance training in your program too.

5) Hit the bag

Punching the bag lowers stress and cortisol levels. It's great fun, and like lifting your brain will be flooded with endorphins right after the training. Put on a timer and punch non-stop for 30 seconds, then punch slower for the next 30. Perform 10 sets.

6) Don't masturbate

Masturbation makes you release an undeserved dopamine rush into your system. Then, dopamine crashes destroying your energy and motivation .

It also releases prolactin, which interferes with testicular function making them produce less testosterone.

7) Meditate

During meditation your brain will coordinate the release of serotonin and dopamine into your body.

Dopamine will be released too, but not in huge amounts like when you ejaculate, providing a much smaller crash unlike the one you get after you masturbate.

8) Eat enough salt

Sodium is a key electrolyte in your nervous system. It provides your neurons with the ability to carry electrical signals. Not eating enough Na means your brain won't operate correctly...

Sodium has been found to have an anti-cortisol effect during stressful periods.

Providing your brain with its key nutrients seems to correlate with better emotional and stress control.

9) Cold approach

Men are wired to engage, with men we want to befriend or with women we want to date. Grab your nuts and go talk to the girl you always see at the coffee shop. Be friendly and have good posture. Whatever her reaction, engaging people will make you feel beastly.

If you got any value from this thread, I'll appreciate it if you retweet the first tweet below ■■. Follow me on @vigorous_man for more elite content.

I write every day to make you:
> Healthy ■
> Fit ■
> Dominant ■

THE END ■

https://t.co/pZiEq3GTnt

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> — The Vigorous Man (@vigorous_man) August 30, 2022