Twitter Thread by JACK BLY



JACK BLY
@TheJackBly

Give me 2 minutes and I'll show you how to skyrocket your testosterone naturally:

In today's America, around 24% of men have low testosterone.

This leads to…

• Fatigue
• Moodiness
• Depression
• Strength loss
• Decreased focus
• Erectile dysfunction
• Decreased sex drive

Here are the step to take to max your testosterone:

1. Get 7-8 hours of sleep

Studies have shown, 5 hours of sleep can decrease testosterone levels by 10%-15%.

There are 3 main factors influencing your sleep:

1. Light
2. Comfort
3. Temperature

Here's how to fix them:

7 ways to help you get quality sleep tonight:

1. Use blackout curtains
2. Use a weighted blanket
3. Take magnesium glycinate
4. Take a hot shower before bed
5. Avoid blue light 1 hour before bed

6. Get 15+ minutes of morning sunlight
7. Set the temperature between 60º-67º F

2. Lower you body fat

In fat tissue, testosterone changes into the female hormone, estrogen.

Too much fat = More of this conversion.

To keep your testosterone high, keep your body within the 10%-15% range.

5 easy ways to lose fat:

1. Get enough sleep
2. Walk 10K steps/day
3. Lift weights regularly
4. Eat a high protein diet
5. Drink 3-4 liters of water/day

3. Get vitamin D

Studies show, sunlight can increase testosterone by as much as 69%.

To benefit from this, aim to get 1 hour of sunlight a day.

If you weather doesn’t permit, supplement with 400–2,000 IU of vitamin D per day.