Twitter Thread by Jack Moses



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1 in 4 men suffer from low testosterone.

You don't have to be one of them.

Here's 3 unconventional ways to increase your T levels up to 400% (proven by science):

1) Drastically Decrease Your Cortisol

Cortisol is a hormone that causes stress.

When cortisol goes up, testosterone goes down.

So what's the single greatest way to decrease cortisol?

Regulate your breathing.

Most people suck at breathing.

Most people:

• Breathe through their mouths
• Take shallow breaths

Instead:

• Breathe through your nose
• Focus on belly-filling breaths
• Feel the breath throughout your entire body

Consistent deep breathing increases T levels up to 50%.

2) Be in the Sun as Much as Possible

Our primal ancestors were out in the sun all day.

As a result, they were fierce, aggressive warriors.

Now, we stay inside all day, never seeing the sun.

This is killing our testosterone.

A recent study showed men who get more sunlight had increased:

- Libido
- Testosterone
- Romantic attraction

Even if the sun isn't shining, you can still get the benefits.

Just going outside in the daytime will provide huge benefits.

3) Semen Retention

New studies show this practice can increase testosterone by up to 400%.

And it's not simply by doing NoFap and abstaining from sex.

In fact, it's probably something you've never heard of.

You still want to be having sex.

But you want to abstain from ejaculating.

Having sex and resisting the urge to nut can cause a 400% increase in your T.

You're tricking your brain into thinking you're achieving your evolutionary purpose:

Passing on your genes to the next generation.

But right before it happens, you stop.

To make up for this, your brain will produce crazy testosterone levels.

By retaining your semen, you're exponentially increasing your drive and motivation.

Either consciously ejaculate, or convert the energy.

Anything else is wasted.

As a man, your testosterone is your livelihood.

It drives you toward your purpose in life.

Enhance it by mastering these 3 things:

• Lowering your cortisol
• Getting more sun exposure
• Practicing semen retention

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> — Jack Moses (@jackmoses0) January 13, 2023