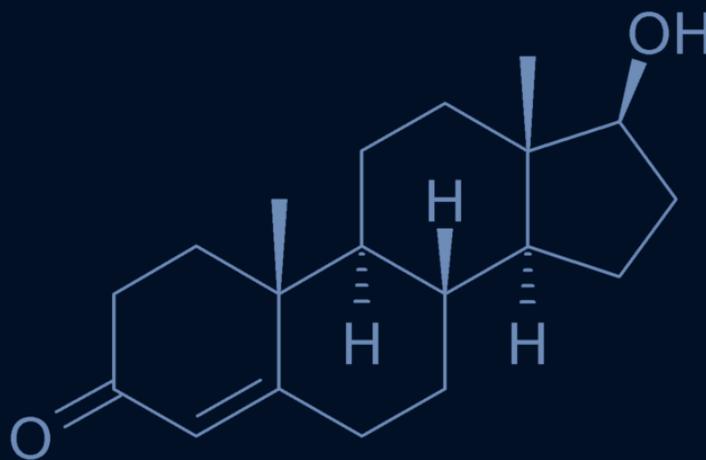




RECLAIMING YOUR ALPHA STATUS

The Top 10 Factors

Written by Hans Amato



My name is Hans Amato and I'm an independent researcher, keeper of the truth, Freestyle Bodybuilding junky, energy and hormone enthusiast and coach in exercise, nutrition and hormones.

I was born in South Africa, travelled to America for a little while with my family and am currently stay in South Africa with my lovely wife, Anya, who I am privileged to share my life and passions with. Since finishing my degree at the university of NWU, after four years of studying, I started researching androgens and the human body full time. It's my passion to understand how the body works with special emphasis on hormones, longevity, maximizing the quality of life and experiencing all the benefits of sky high androgens.

Since 2015 I have read thousands of research papers and written hundreds of articles on this topic, as well as many others, while also experimenting with lifestyle changes, supplements, diets etc., along the way, to find what works in order to optimize my health, androgens and wellbeing. I then started working with clients who also got, and still do get, great results from my methods.

But only helping one client at a time doesn't spread fast enough if I want to help as many men out there as possible who also need this information as much as I did. And because I can't help every guy individually, I am creating content that every man can benefit from for the rest of his life.

The reason I am creating this kind of content

Over the past few decades, testosterone, amongst other good hormones, have significantly been declining and the true definition of the word "manliness" has been forgotten.

Society portrays manliness to be aggressive, dominant, hardheaded, rigid, morbid, militaristic (to follow orders without question and not be a free thinker), emotionally blunt, materialistic ("real men drive this type of car, wear this type of watch etc."), self-centered, have a "don't care" attitude, demands respect from everyone around him without having to be respectable himself, can have any woman he wants and doesn't have to be committed, etc.

So what is wrong with the picture that society has painted for us? Well, this might come as a shocker to some of you but these are actually not traits of a real manly, high androgenic male. All of these traits portray a very unhappy, unfulfilled and unsatisfied male with low androgens and low self-esteem. This portrayed image might look good and very desirable (especially for women) on commercials, in movies and magazines, but it's really not anything substantial and is merely just delicious looking icing on a cardboard cake; like a pretty looking jellyfish that has no backbone... you get my meaning.

Men with real manly and high androgenic traits, on the other hand, are confident, don't care what others think of them, avoid conflict yet are assertive, calm and collected, have the boldness to stand up for themselves and those they care about, fair and selfless, they are free thinkers and ready to take action, full of energy, vision, ambition and drive and are very committed, reliable, honest and trustworthy. They are also much more fulfilled in life and not because of what they have (things they possess) but because of who they are (their mindset and wellbeing) and what they have to offer is also what makes them stand out from the "average Joe".

These things have actually been studied and proven to be true, so it's by no means just me making things up as I go along. And because of self-experience I can also attest to the truth of these facts.

Having all this knowledge is great, but it means nothing if I can't share it with others so that they can also experience life at its fullest. As Albert Einstein said *"Those who have the privilege to know have the duty to act."* And that is why I want as many men out there to benefit from this knowledge as I have and still do.

This is my mission, to help and empower men worldwide to take control of their lives in order to live life to the fullest with purpose, drive, fulfillment and longevity. And this is why I'm giving this short yet powerful book for free. My knowledge is not my own to keep and ought to be shared with as many men as it can possibly reach. So after reading this book, I hope that you will be inspired to share this free book with as many male friends and acquaintances as you possibly can.

In this book I won't be linking or discussing studies as I normally do, but all the information herein is still based on my own research, experience and scientific evidence.

Here follow the 10 fundamental factors to optimize your energy production and regain a healthy androgenic status...

1 LOWER STRESS

I think it's safe to say that most to all people these days are under some kind of stress, whether it be from physical pains, emotional traumas, financial burdens, residential dissatisfaction, pollution, work pressure, EMF, and so much more.

So whether you experience one of these types of stressors or a few of them, chronic stress has a very detrimental effect on our health and androgen production. Research shows that people under chronic stress have significantly lower testosterone than those with less stress.

Managing stress can be tough at first, but with some practice, good nutrition and maybe a few supplements, it can be reined in and kept under control.

Here are a few tips, tricks and supplements to help manage stress:

- **Planning**

Having a schedule for the day, week, month or even a year can greatly help to reduce stress. A pro-tip: don't try to fit as many things in your schedule as possible. Pick one to two most important things per day that will have the greatest impact on your progress of what you want to achieve.

- **Meditation**

This doesn't just have to be sitting with your eyes closed and humming, but can also be listening to music, walking in nature, going for a swim in the ocean, etc. The focus is to relax, focus on the moment and clear the mind of any stressful and cluttered thoughts.

- **Be early**

Meaning, if you have a meeting or want to do something at a certain time, start early. Plan everything as if its rush hour; and by that I mean, if you get there early or start sooner then it's a bonus and it's much better than being late, rushed, and doing something suboptimally.

- **Have a meal plan**

Not knowing what to eat the day can be a stressor in itself and can make you wander around thinking about what you want to eat, then running out of time can make you buy something less or even non-nutritious which then easily leads to stress eating which then leads to gut distress (bloating, indigestion, gas, pains etc.).

- **Invest in yourself**

If your finances, suburb, living conditions, etc., are giving you problems, the best thing you can do is to keep on studying and growing so that you can't help but get a promotion, a better job, etc. There are many great business and self-development books and courses out there that will help you improve in this area. I encourage everyone to do self-growth and development as it is a fundamental key to success and a stress-less life.

- **Supplements**

Adaptogens such as Rhodiola Rosea, Ashwagandha, Magnolia, Adamantane, gelatin, Relora, pregnenolone, etc., are all great to help cope with stress and increase stress resilience.

#2 IMPROVE SLEEP

Sleep is one of the most important pillars of health and androgens. It's one of those things you can't miss out on, but also can't force. It's very important to optimize the condition and quality thereof, as it has to be prioritized just like anything else in your life that is important to you.

It is shown that people who get 7 or less hours of sleep chronically have significant increased risk of all disease and early death. They also have significantly reduced testosterone levels. Whereas men who sleep for 8-9 hours have much higher testosterone than those who sleep less than 7 hours. But it's not just the sleep duration that's important but also the quality of your sleep. If you're getting 8-9 hours of sleep but the quality of it sucks (meaning you sleep light, have to go to the toilet every few hours, can't sleep comfortably etc.), then chances are that your health could be better and your testosterone production could be higher.

If you have no trouble falling asleep after having been on your laptop, iPad or phone 'til right before bed and also have good quality sleep, then you are one of the very few lucky ones as using electronics before bed or even having them on during sleep can and does effect sleep negatively.

Like all important things in our lives, we have to have a plan to ensure proper sleep.

Here are a few tips to help ensure better quality sleep:

1. Sleep in a completely dark, quiet and cool room.
2. Use blue light filters or blue light blocker glasses after sundown.

3. Take time to relax at least one hour before bed (e.g. drink a cup of tea and look at the stars or listen to relaxing music).
4. Write everything down that's on your mind (e.g. things you have to get done the next day) so that your mind can be cleared and relaxed so that it can "shut down". Having a lot on your mind before you go to bed keeps your brain on "standby mode" and will have your mind repeating everything you have to do so that you don't forget it.
5. Be active during the day.
6. Get sunlight on your eyes in the morning when you wake up.
7. Supplements like magnesium, glycine, Ashwagandha, Valerian and Magnolia have been found to improve sleep quality when taken before bed.

More in depth tips, tricks and tools for better sleep are discussed in my [Alpha-Energy video course](#).

#3 TOTAL CALORIES

Total calories have a very potent effect on your testosterone levels. Obese men, who have reduced androgens, experience an increase in testosterone when they lose fat, but this is mainly because of reduced aromatase and estrogen production, reduced insulin and inflammation, better gut health and so on.

But when a caloric deficit is continued for too long, testosterone levels start to drop again. Your body produces energy from the food you eat and when there isn't enough food around, energy drops and so does testosterone.

Eating at maintenance or higher will ensure optimal testosterone production. Keep in mind that I'm definitely not suggesting to eat in such a surplus that excess weight is gained, but just so that all energy required processes in the body can be happy and optimal.

So how do you know if you're eating enough or too little?

There are many online calculators that can help you to know how much to eat to maintain your weight. Adding about 200-500 calories on top of that should be enough to optimize your androgen production. If you're gaining weight rapidly, you're most likely eating either too much, or eating foods that are causing insulin resistance and blood sugar dysregulation.

#4 CARBOHYDRATES

With keto and low carbs diets being all the craze these days, most people are very scared of carbs. But carbs are very important for androgen production. Testosterone starts to drop on a low carb diet and gets worse the longer the low carb diet is continued.

Research shows that testosterone is higher when there are most carbs in the diet. Without enough carbs, the body has to upregulate hormones such as cortisol, noradrenaline, adrenaline, glucagon, etc., to increase glucose production in the liver from amino acids.

In a lot of people low carb diets just trashes the metabolism and lead to cold extremities, agitation, aggression, anger, poor sleep, chronic fatigue, low androgens, and more.

Finding your sweet spot for carb intake will ensure that your body produces androgens optimally.

The brain needs about 100-120g of glucose daily, and that amount can go up to 200g if hard mental work is done during the day. When you're physically active, you might need even more carbs, because the muscles are also using glucose now.

If you're sedentary, about 150-200g of carbs daily can be a good amount. If you do well with more carbs in the diet, don't hesitate to increase that number at the expense of fats. Too much carbs and fat in the diet together can quickly lead to excess fat gain.

#5 PROTEIN

Everything in the body contains proteins. Your body cannot make its own protein so it needs to be consumed through the diet.

In very unhealthy individuals, with poor digestion, small amounts of protein powders or liquid protein will be the best option to prevent side effects from incomplete digestion or protein byproducts, such as ammonia.

Healthy individuals can eat more protein and usually do better on a higher protein diet.

Depending on the person and the amount of activity he participates in, anywhere from 80g to 200g is a good amount. Most people do great on 120-150g daily, whereas others are outliers and will do better on higher or lower amounts. I, for instance, do better on a higher protein diet at around 200g daily.

As long as the protein to carb ratio is not more than 1:1, testosterone production will be optimal. When the total amount of protein goes higher than carbs, testosterone production might drop.

#6 FATS

What is testosterone created from? Cholesterol.

Saturated fat can help ensure optimal cholesterol levels for testosterone production, whereas polyunsaturated fats (PUFAs) lower cholesterol and testosterone production.

Research shows that saturated fat is positively correlated with testosterone levels, whereas polyunsaturated is negatively correlated. Polyunsaturated fat is also highly unstable and when it builds up in the tissue, it leads to testicular atrophy. That's right, a high PUFA diet can lead to smaller testicles.

All nut, seed and vegetable sources of fat are high in PUFAs, except coconut oil, macadamia nut and olive oil. All the other fats are best avoided or used in very small amounts.

Good sources of saturated fat are fat from animals such as beef, sheep, goat, lean fish (fatty fish are high in PUFAs), dairy, eggs, bison, etc.

Not all people respond as positive to saturated fat, and if you are prone to elevated cholesterol and insulin resistance from saturated fat, rather go on a low fat diet, but still keep saturated fat as the main source of your fat intake in order to minimize PUFAs as PUFAs will only worsen insulin resistance and inflammation over time.

Eggs and organ meat are very rich in cholesterol while low to moderate in fat, which will help increase testosterone production.

#7 BALANCE BLOOD SUGAR

Designing your own diet can be difficult, especially if you have to play around with different foods and macros all at the same time.

But finding the right foods with the right macro nutrient ratio for your body can greatly improve your health and energy levels.

The wrong foods will leave you feeling fatigued, experiencing brain fog, low motivation, constant hunger, weight gain, bloating, stress, anger, agitation, water retention, etc.

Whereas eating the right foods will help you feel energized, mentally fresh, calm, in control of your emotions, confident, will also keep your blood sugar stable, can help you feel satiated for many hours and more.

Experiencing blood sugar rollercoasters can be very stressful and causes your body to secrete stress hormones such as cortisol and adrenaline to help stabilize blood sugar again.

Blood sugar rollercoasters do nothing beneficial for your testosterone levels and, with time, will lead to low testosterone due to your overall health declining.

#8 VITAMINS & MINERALS

To go even more in depth, vitamins and minerals are essential for every process in the body. Food quality has dramatically declined over the last couple of decades and more and more refined foods are being consumed that are devoid of vitamins and minerals.

Additionally, fortified foods seem to add to this stress, for instance, the iron that's added to most refined flours and cereals, promote iron overload and excess inflammation.

Natural foods are the best route to go if you want to consume all your micronutrients. So the important vitamins and minerals for testosterone production are zinc, magnesium, calcium, selenium, vitamin K2, iodine, B-vitamins, vitamin D and so on.

Some of the most nutrient dense foods include oysters, organ meat, milk, cocoa powder, red meat and starches such as tubers.

A nifty way to see if you're consuming enough micronutrients is to log your food into Cronometer. Cronometer is a very handy app that will show you how much micros each

food contains and also adds up all the food you're eating to show you the total amount of micros that you're getting from your diet.

#9 SUNLIGHT

Sunlight is a very unutilized, totally free, method of promoting health and increasing testosterone. Men with higher vitamin D levels also have higher testosterone. Sunlight is not only necessary for vitamin D production, but also helps to kill pathogens, improve mood, reduce excess appetite, improve sleep, energize your cells, purify your blood, and so much more. About 10–30 minutes of full upper body sun daily or every other day is a good goal to aim for. Sunlight/vitamin D also helps with the storage and utilization of certain vitamins and minerals.

Plus, while being outside in the sun, we also have a chance to walk barefoot in nature. Earthing or grounding, when we walk barefoot in nature, helps the body to discharge, reduce excess free radicals, lower inflammation, improve immunity and sleep, and so on.

#10 GUT HEALTH

Digestion is the ability to break food down into small enough particles for our bodies to absorb and use. With improper digestion we not only miss out on important nutrients, but the undigested food also irritates the gut, promotes inflammation and the growth of pathological bacteria.

Gut irritation increases the production of serotonin, estrogen, cortisol and prolactin, all of which have a negative effect on our health and testosterone levels.

Gut irritation and endotoxins (which are created in abundance by the excess of gut bacteria) are now a well-known cause of low testosterone in the scientific literature, which is why it's extremely important to eat foods that digest easily and don't cause any kind of gut irritation. Grains, milk, veggies (especially raw veggies), beans and lentils are notorious for causing gut irritation.

All foods will have different effects on different people, so you'll have to experiment with different foods to find what works for you and what doesn't.

Keep in mind that not all gut irritating foods cause gut upset, but can also cause nasal congestion, eye floaters, skin problems, hair loss, weight gain, water retention, sluggishness, brain fog, etc.

Digestive enzymes, ox bile or taurine can greatly help with digestion and prevent bloating and gut irritation.

I hope this information can help you to start going into the right direction to start optimizing your androgens and health. We are only scratching the surface here but if you are interested in an in depth video course that covers all the angles of optimizing androgens and energy production in the body, you'd love my Alpha-Energy course. For more information on my Alpha-Energy course, [click here](#) to visit my website for more information.

Disclaimer

The information in this book is not designed to diagnose, treat or cure anyone. The information given in this book is based on scientific proven research, the experience of myself and many others but it is merely my opinion and should not be seen as medical advice. Consult with your doctor/physician/medical care taker if you want to get on or off hormones, medication or supplements so that he/she can help you do so safely if necessary.