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Mojo Multiplier: Increase Testosterone Naturally: Have more energy, build muscle, burn fat, enhance libido, improve confidence.

Neil Cannon

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If you are a man and suffer from any of the following, you may be suffering from low testosterone:

- Low mental and physical energy
- Declining libido (sex drive)
- Lack of mental clarity and motivation
- Weight gain
- Lack of lean muscle mass
- Man boobs
- Low sperm count

Testosterone levels in men start to drop off after about the age of 30 by about 1% per year. Unfortunately, the modern day environment as most know it, accelerates this decline and men are experiencing all sorts of problems that they may or may not know, are linked with low testosterone. Testosterone levels have dropped by 22% in the last 2 decades and operations to correct gynecomastia ("man boobs") is now one of the top cosmetic surgeries performed on men.

An increasing number of men over 40 resort to testosterone replacement therapy (a synthetic substitute), which has a harmful effect on the body. It stops the body naturally producing testosterone naturally, leading to a variety of health problems.

The great news is that it's possible to completely naturally increase testosterone with nutrition and strengthening the body. In this book, you'll discover how the female hormone, estrogen, surrounds us in the food supply (with the inclusion of growth hormones, GMO and other unnatural food sources given to animals), water supply (male fish are growing eggs due to estrogen in lakes and rivers, you can only imagine how this is affecting men), and also in cosmetics, deodorants, shower gels and plastics. You'll learn how to limit exposure to all of this and how to increase testosterone with the best food sources and strength and resistance training exercises.

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