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How I doubled my testosterone in one month

Free guide to my method

Your goal: Increased vitality, clarity, libido.

Dedicated to the best of men who won't accept a life with low testosterone.

Your guide
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Introduction

Thank you for your interest in increasing your testosterone levels.

As you start along this path, I believe you will soon increase your overall wellbeing while also ensuring the continuation of homo sapiens.

That's a big statement, though T levels in the human male are dropping so rapidly that some researchers predict that humanity will lose its ability to procreate naturally by year 2050.

I believe high toxicity levels in our food and environment and our regressive culture of decadence, victimhood and entitlement are largely to blame for this development.

Though you have the power to reverse this development in your own life. Not only will that ensure your own fertility as a man well into the future, but you will also be rewarded with improved cognitive clarity, vitality, sleep quality and an increase in your libido.

If that is of interest, I hope the contents in this report will help you as much as it did me.

Acknowledgments

My excellent results with this protocol were in large part due to the great feedback I got from my Facebook network when I first committed to the game of doubling my T levels. I couldn't have done this quite as effectively without that feedback, and I thank Bjarte Hiley, Allan Hiley, Sindre HA, Chris West, Damien Bohler for contributions that were included in my protocol.

May this report pay all that support forwards to a new group of men.

Background

I have been working with men for more than a decade. In that time, I have been heartened many times over by the life-changing breakthroughs that happen for a man who commits to a path that works.

Yet I have also seen something that worries me: Many men are starting to give up and are falling into complacency. I'm sure the general decline in T levels must have something to do with it.

I too have seen a decline in my T levels.

When I last got tested in 2013, my level was 20 nmol/L (the standard used in my region of the world), which is a little bit higher than average. I tested it back then in an effort to determine

why I was feeling so weak, and realized it wasn't due to low T levels, but a chronic fatigue syndrome triggered by an EBV infection in the summer of 2012.

Five years into that battle with chronic fatigue, I hit rock bottom and made a firm commitment to get healthy within three months.

I did everything I could find under the sun: Kambo, fasting, ayahuasca, various supplements, a stay at a clinic in Belgium, healthy food, cleanses of my liver and kidney, a parasite cleanse, a heavy metals cleanse, homeopathic remedies, some kind of weird magnet therapy etc.

At this point, it's hard to say what healed me, but three months later, I was no longer sick.

When I decided to check my T levels again this spring, I had been struggling with background tiredness and generalized low level anxiety for too long.

Something wasn't feeling right in my body, and I wanted more energy available to be there for Michelle (my fiancé), my business and my one-year old son.



What I didn't know then was that fatherhood coincides with a fall in T levels due to a process called *synchrony*, which appears to be nature's way of ensuring a man's loyalty to his woman and child in a time when they need him.

That such a mechanism exists in nature is remarkable, yet for a man like myself who already takes commitment to my family for granted, it is hard to see how lower cognitive clarity, reduced vitality, background anxiety and the loss of sexual desire helps me support anyone.

Accordingly, I went to a lab on April 24 to get my levels tested, and they came back far too low. The results showed that my general testosterone was in the lower end of the reference range (6.3 nmol/L) and my free testosterone was well under the reference range (4.6 nmol/L).



My results from April 24, 2024

My SHBG (sex hormone binding globulin) levels were also high, which I later learned binds to the free testosterone in my body, thus deactivating it.

Looking at my T levels and contrasting them with my levels measured in 2013, they had dropped by more than 70%, which was simply unacceptable.

Knowing that I have tremendous powers of manifestation when I commit, I did what I did when recovering from chronic illness: I created a game for myself to make my transformation fun and my success inevitable. And then I let everyone know I would win the game by July 1.

When I announced my intention to my contacts on Facebook on May 6 ([link](#)), I implemented a wide range of initiatives in my life, all of them outlined in this PDF. By June 10, I decided to opt for a middle of the road lab test, and found to my surprise that my goal was already reached.

Read on if you want to know what I did.



My results from June 10, 2024

Disclaimer

I'm not a doctor, nor am I an expert in how testosterone functions in the human body. I write from the perspective of a curious empiricist who holds zero bias, only a love for the quality of life improvements that come with increased testosterone and a disgust for the thought of a future with transhuman laboratory pregnancies.

Furthermore, as you can see above, I'm still in process with increasing my T levels, and while I'm no longer under the reference range, my levels are still average.

In other words, what is remarkable here isn't my T levels, but that I was able to double them within a month of committing (obviously easier to do when your starting levels are lower).

This report is the first iteration of my work with testosterone, and I appreciate your interest in sampling the information and seeing how it works for you.

In that way, we can ensure it's accurate and generally applicable so that more men can increase their T levels with the guidance that I synthesized and implemented.

Now, let's move on to the actual work of boosting your testosterone levels.

My recipe for doubling testosterone levels

Commitment

When starting up this game, I decided to win at the outset. There was no room for doubt or questioning, just a firm commitment to getting it done. You will need to demonstrate a similar level of commitment, because it has the power to shape your reality. As Yoda once said, do or do not, there is no try.

Diet

To reduce my body fat percentage (and thus increase my testosterone levels), I chose to implement a fairly rigorous fasting protocol and ended up fasting 7 days out of the month. Not only did I lose 4kg, I also felt much better.

When not fasting, I ate mostly high quality red meat (grass fed, organic beef is optimal), non-inflammatory foods (no bread or sugar) and great quality probiotics.

Out of these, only high quality red meat is correlated with increased testosterone, though reducing intake of inflammatory foods prevents testosterone *decrease* while probiotics are just good for your body and microbiome in general.

Furthermore, I didn't drink alcohol. Pro tip: If you think drinking lots of beer is masculine, you're deluded. Beer contains phytoestrogens and downregulates your testosterone production, which is why it gives you saggy manboobs if you drink too much of it. So there! :-)

Sleep

I chose to lock in my sleep schedule and get the sleep I needed (roughly 8 hours per night). For me, that meant sleeping between 22:30 and 06:30. We have blackout curtains in the bedroom, which is important in the Nordics during the bright season, and I set an alarm to stay consistent.

Furthermore, I chose to limit exposure to screens the first and last hour of the day. This has huge benefits that I won't go into here.

Exercise

My exercise regimen was a combination of tabata HIIT sessions and workouts at the gym. Note that resistance training is the very best form of exercise for increasing T levels while cardio can actually *reduce* them. HIIT training, however, is positively correlated.

Furthermore, the higher your intensity at the gym, the more your T levels will increase, though injury prevention is obviously critical. While I didn't have this in mind for my own workout regimen, T levels are reported to grow the most from leg day due to the amount of muscle fibres that are activated through exercises like deadlifts.

It sucks to be a weak man, so you must really get this handled, and the gym is a fantastic place to get it done.

Exposure to sunlight

Over this period, I worked outside in the garden an average of 1–2 hours per day, and often in the mornings. This gave me a lot of exposure to sunlight, which increases Vitamin D in my body, which in turn correlates with higher testosterone production.

Furthermore, I ensured I got a minimum of 5 minutes of sunlight within an hour of waking up.

Again, this has multiple benefits I won't go into here.

Invest in status

Whether you approve of it or not, power and status are positively correlated with an increase in testosterone production.

Fully aware of this, I chose to invest in the nicest watch I ever bought, simply because it felt like a marker of success. and because I had wanted a fully mechanical watch for a long time (in part to become less dependent on my mobile phone).

Truth is, on a spiritual level, I don't give a damn about status, but my ego and biology do. So work with them, not against them.

Cultivate sexual energy

As you likely know, becoming parents to a small child is hard on your sex life. Not only are your T levels (and thus your libido) dropping, but your focus is now on parenting your child, and intimate time together is scarce.

As a result, I turned to masturbation to stimulate my sexual energy in a consistent way. How much impact this had on my T levels is uncertain, but I work very holistically once I get going, and I would be remiss if I didn't include this.

Note that I didn't masturbate much, but a few times over the month. (In my estimation, this was *very* loosely correlated with my win).

Supplementation

In order to boost my testosterone and combat the impact of toxins in my environment, I went on a rigorous supplementation protocol.

Thankfully, I've had the CEO of a leading supplement company (Lost Empire Herbs) as my client for many years, and he helped me pick some great supplements from their product

line (I also worked with him to set up a 20% discount code for you when you purchase the supplements – you can find that offer at the end).

These are the supplements I took over this period specifically for testosterone:

- Tongkat Ali
- Pine Pollen
- Cistanche tubulosa
- Fadogia agrestis
- Turkesterone
- Shijalit

Furthermore, I used

- Reishi powder
- Lion's mane powder

I took the latter two because they were sat in our cupboard for a long time, and because I have heard good things about them. Looking into them in retrospect, however, it appears reishi (especially red reishi) may *inhibit* testosterone, so I will stay away from that from now on. Lion's mane may have a loose correlation to testosterone increase, so that's okay but non-essential.

Finally, I took

- a multivitamin for 40s something men
- creatine

The multivitamin included boron, which is shown to lower SHBG levels. In theory, that will lead to an increase in levels of free testosterone. According to my lab results, my boron supplementation had no effect on my SHBG levels, though I didn't take the full daily dose (I took 1mg worth of boron per day) and the pills were a bit old. (I would take full doses of new pills if I were to try it again).

Aside from my creatine use (taken to support my hard workouts at the gym), I took supplementation breaks now and then, as I don't want my body to go into a dependency relationship to supplementation (it can inhibit natural production).

Biohacks

As part of my biohacking experimentation, I decided to try putting beef tallow on my balls, as that has come up on several occasions in my research. I thought that sounded weird, but when I commit to transformation, I throw personal bias out the window and try everything.

Did it work? Well, hard to say. I doubled my T levels, but don't know how much was due to beef tallow. Though I can say that I get a tingly feeling on my balls every time I do it, so something is probably happening. I did this probably 10 days out of the 30+ days of my game period.

On several occasions, I applied ice packs to my balls as well. Again, hard to say how effective it was, but worth trying, eh? (ice baths or cold water on your balls in the shower are alternatives)

Finally, I meant to sunbathe my balls a lot, as that has also come up as being correlated with T level increases, but ended up doing that on only a few occasions.

Of the things I did, my sense is the beef tallow had the greatest impact.

Weapons training

I didn't do this quite as much as I wanted. In the end, I only had one day at the shooting range, though I did really well and my coach was impressed. Going home that day, I felt really grounded and content, which has probably had a positive impact.

The linear, penetrative force of most weapons is positively associated with T levels increase, as is the primal association with the hunt.

Competitive sports

I live in the countryside where finding men to compete with on a weekly basis has proven hard. Yet, I did have the opportunity a couple of times, and as you do so, really try to win. Winning increases your testosterone. I also feel that my honest attempt to win turns any losses incurred into opportunities to be humble and open to learn from people more skilled than you.

Accountability

When I chose to play the game of doubling my T levels, [I publicly announced my T levels on Facebook](#) and DECLARED the date by which I would have them doubled. I believe the humility of sharing where you are and the boldness in declaring victory at the outset is a powerful combination, so let other people know your intentions!

I encourage you to only recruit strong men as your allies, as weak men will collude with you in getting weak results. This part of my formula may have been the most important of all.

Conclusion

That is all there is to it. No hocus pocus, just a total letting go of personal bias, a willingness to commit completely and to try everything that seemed relevant.

So many people suffer needlessly in life because they choose to act only within the parameters of what their ego finds acceptable. This is a huge impediment to growth, as your ego is largely what caused your problems to begin with.

So I urge you to open your mind, widen your horizon, and do what is required.

If you do so, I'm sure you will succeed.

Unique offer: 20% off for supplements

In collaboration with *Lost Empire Herbs*, I have the great privilege to offer you the best testosterone-supporting supplements on the market for 20% off.

Lost Empire Herbs don't feature all the supplements I took, but their *tongkat ali*, *pine pollen* and *shilajit* are excellent, and they also offer full package solutions for increasing your testosterone.

Feel free to buy your supplements from wherever you want, but my recommendation is to use this deal.

If so, click the button below to get those testosterone-boosting supplements TODAY at 20% off (apply the discount code RISEUP at checkout).

Note: Using the button below will also support me, as I am a partner of Lost Empire Herbs. I appreciate the support, and hope you will be as satisfied with their products as I have been.



SHOP SUPPLEMENTS FOR 20% OFF

Use Code "RISEUP" to get 20% discount at checkout

Good luck, Brother!

I wish you the best of luck with increasing your testosterone levels in the coming weeks. And if you are interested in boosting your T levels together with other men, pay attention to your inbox, as I will be putting together a pilot group of 12 men eager to participate in a focused month of boosting their testosterone levels.

If that is for you, I'd love to see you there.

To your testosterone, brother!

Best regards,

Eivind F. Skjellum