



# **3 Shocking Foods That Skyrocket Testosterone Levels**

Unsure about what foods you should be eating to increase your testosterone levels naturally? It's not your fault.

There's more misinformation about nutrition and food than ever before. It's seemingly impossible to truly know what you should and shouldn't be eating to benefit your health and T-production.

Through my ten years of researching testosterone production and helping thousands of men increase their T-levels naturally, I've come across a select few foods that I am 100% confident help with increasing testosterone levels.

The following 3 foods contain minerals, vitamins, and compounds that have been scientifically proven to increase testosterone productions in humans. I recommend them consistently to all my male clients.

## 1. Raisins

Raisins are an amazing source of fructose, resveratrol, and boron. Simple sugars, like fructose, have been shown to lower SHBG levels, which is great for your testosterone levels.

SHBG binds to free testosterone rendering it inactive within the body and does not allow it to bind to your androgen receptors (this binding process is what causes the masculinizing effects of testosterone that every man wants). Therefore, lowering SHBG levels in your body increases the bioavailability of free-testosterone.

Resveratrol, a powerful antioxidant found in raisins, has been linked to increased testosterone levels and lowered estrogen levels. Lastly, raisins are a high-quality source of boron, which has been linked to increased testosterone in several scientific studies.

Raisins are one of my go-to snacks to help support and increase testosterone production within the body.

## 2. Raw Cacao Products

Believe it or not, raw cacao products are nutritionally dense, testosterone boosting superfoods! Not only are they chock-full of powerful antioxidants, they also contain gut-friendly bacteria and enzymes that aid in digestion.

Don't just take my word for it either.

Research has shown that raw cacao consumption leads to increased cardiovascular health, lower blood pressure, and lower blood glucose.

But what makes raw cacao a testosterone boosting food?

It contains key minerals that are essential to testosterone production. These include zinc, magnesium, iron, and manganese. The fat ratio within raw cacao products is perfect for aiding in testosterone production as well.

So go ahead and eat more chocolate!

Note: Just make sure it's a raw product, as that is what contains all the aforementioned benefits.

## 3. Oysters

Oysters are a true man food. They contain a plethora of vital minerals and vitamins that are critical in the production of testosterone. These include magnesium, zinc, selenium, copper, and vitamin D.

Not to mention, they are also a high-quality source of protein and contain rare amino-acids such as D-aspartic acid, which may increase testosterone levels. Incorporate more oysters into your daily diet and enjoy a nice boost in testosterone levels!