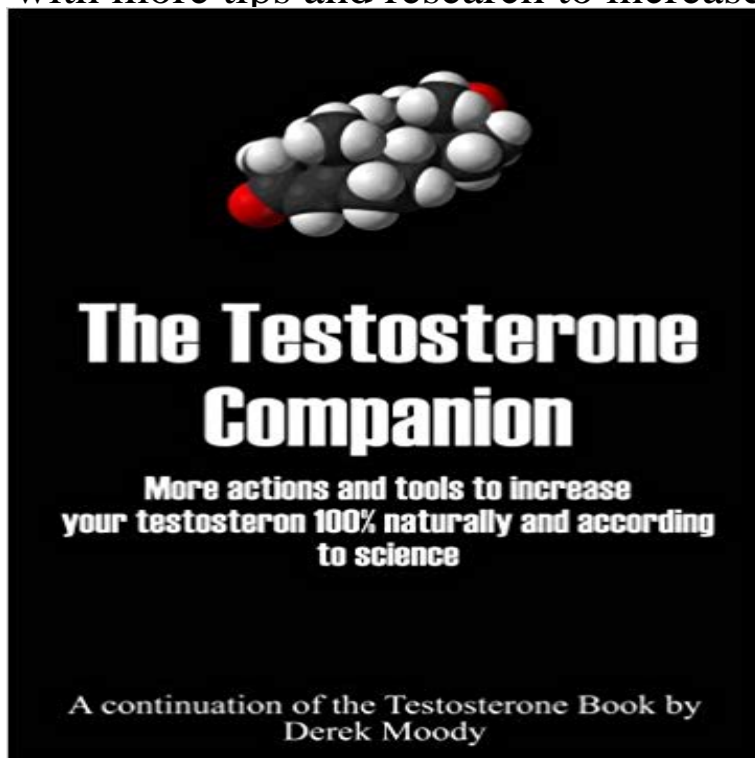


The Testosterone Companion. The continuation of the Testosterone book, with more tips and research to increase naturally your testosterone



This is the awaited continuation of the Testosterone book by Derek Moody. Due to the response and encouraged by the readers of the testosterone book I decided to release this second part, with things that were left out due to space or time reasons and with the most recent discoveries about increasing testosterone, some of them, believe me, quite impressive. I finished the book, but I never finished researching so, as always, every bit of information in the Testosterone Companion is backed by science and has been proven. As always nothing is theory and there is no expensive supplements or strange external herbs or pills. If you are here, you have read the Testosterone Book (if not, please, refer to the Testosterone Book first, you can find it right here in Amazon, it shows the basic and advanced plan to increase naturally your testosterone), so you know what to expect in this continuation. These are some of the things you will find inside the testosterone companion.

- 1.- Leptin. The new hormone you have to manage to increase testosterone. Leptin is a master hormone, in fact it's called the commander in chief of hormones because it influences almost any other hormone in the body, including testosterone, in the Testosterone Companion Leptin is, as always, clearly explained alongside the practical actions to optimize it to increase testosterone.
- 2.- How to tap into the real fountain of youth. No kidding and, as always, no exaggeration, if there is a fountain of youth that repairs the body, rejuvenating it and optimizing leptin and testosterone in the process, is this. As always backed by science and best of all, 100% free, no need of pills and no new agey nonsense.
- 3.- How to manage Prolactin and increase Testosterone. Prolactin is another substance that, when unbalanced, can lower testosterone. Problem is, it's easily unbalanced due to modern life conditions. In the Testosterone Companion you can

learn how to optimize Prolactin and increase testosterone with it.4.- The key to longer performance in sex.As you saw if you read the Testosterone Book, some things discovered in the researching process are too good to pass, even when they dont have to do strictly with testosterone. One of those things is a real, and surprising key to longer performance and healing of premature ejaculation.And in this case, it has to do with all of this and I bet your doctor doesnt know even when scientific studies are unveiling it.5.- The key to give more orgasms (and faster) to women.Speaking of things too good to pass, here is another, the surprising and unknown thing that influence how many and how fast a women experiences an orgasm with a man. You can bet the scientists life is hard (no pun intended) with that kind of studies. And again, it has to do with your testosterone.6.- How to balance fats and Omega-3 in the testosterone diet.As you will know due to the testosterone book, an optimal diet for our beloved hormone is a high fat diet, the right kind of fat diet. Here we take a closer look to balance and optimize that.7.- More critical keys of the mind and testosterone connection.One of the most incredible parts of the testosterone book were the chapters about how our mind, beliefs and behavior influenced our testosterone levels.New leading edge discoveries give more keys and they are, as always, clearly explained in the companion. Prepare again to be amazed: from social connections, to language and many more8.- 6 curious things you dont know about testosterone.For example how a baby can influence your testosterone, or the surprising effect of music.A many more things, like the answer to the most frequent questions Ive received (tea & testosterone anyone?), a summary of all the practical tactics in the book, etc.

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