



*Arguably, testosterone levels in men have been declining at rapid rates and if you find yourself to be amongst those men, fear not. Try these natural methods and reclaim your vitality.*

## **1. Exercise and Lift Weights**

*Exercise is one of the most effective ways to prevent many lifestyle-related diseases. Interestingly, it can also boost your testosterone.*

*A large review study found that people who exercised regularly had higher testosterone levels. In the elderly, exercise increases testosterone levels, fitness and reaction time.*

## **2. Eat Protein, Fat and Carbs**

*What you eat has a major impact on testosterone as well as other hormone levels. Therefore, you must pay attention to your long-term [calorie intake](#) and diet strategy.*

*Constant dieting or overeating may disrupt your testosterone levels.*

*Eating enough [protein](#) can help maintain healthy levels and aid in fat loss, which is also associated with your testosterone. [Carb](#) intake also plays a role, with research showing carbs can help optimize testosterone levels during resistance training. A diet based mainly on [whole foods](#) is best, with a healthy balance of fat, protein and carbs. This can optimize both hormone levels and long-term health.*

### **3. Minimize Stress and Cortisol Levels**

*Research is always highlighting the dangers of long-term stress, which can elevate levels of the hormone cortisol. Unnatural elevations in cortisol can quickly reduce testosterone. These hormones work in a seesaw-like manner: as one goes up, the other comes down.*

*Stress and high cortisol can also increase food intake, weight gain and the storage of **harmful body fat** around your organs. In turn, these changes may negatively impact your testosterone levels. For both optimal health and hormone levels, you should try to reduce repetitive stressful situations in your life.*

### **4. Get Some Sun or Take a Vitamin D Supplement**

*Vitamin D is quickly becoming one of the world's most popular vitamins.*

*Research has shown that it has various health benefits, and may also work as a natural testosterone booster.*

*Despite its importance, nearly half of the US population is deficient in vitamin D, and an even higher percentage has sub-optimal levels.*

*A 12-month study found that supplementing with around 3,000 IU of vitamin D3 per day increased testosterone levels by around 25%.*