

Testosterone & Low Libido 7 Days Training

Testosterone 1 - Sat on the bed crying

Hi [firstname,fallback=],

I was sat on the end of the bed with my head in my hands weeping.

My wife was trying to be comforting (but deep down I fear she may have been having second thoughts about our marriage).

The passion had gone and it was all because of yours truly.

It never used to be this way.

Until my health problems started, we enjoyed a healthy sex life and I never had any performance problems in the bedroom.

But as the years passed and the weight built up until I got diagnosed with diabetes, my testosterone levels plummeted.

Low testosterone affected me in more ways than I ever imagined.

But I didn't just write this email to share my sob story.

Because I want you to know that this dark period of low moods, lack of energy and an absent sex drive are long behind me.

After I implementing some *natural* changes, I was able to recharge my testosterone levels back to a healthier level than I never thought possible.

These days I feel like I've got my mojo back. I have more energy, I'm more assertive and our love life has never been better.

I'll explain what steps I took in the upcoming emails.

This includes:

- How low testosterone is checked for
- Why testosterone meds aren't worth the risk
- What happened when I tried Viagra
- Safe, natural ways of getting your mojo back

As you can imagine, this is information you won't easily find elsewhere on the interwebs.

So stay subscribed so I can share it with you.

Or if you're in a hurry, you can find out how Mark Wilson, a personal health coach, naturally increased his testosterone levels in 31 days:

[>>>Click here for a system that NATURALLY increases testosterone in 31 days](#)

Ray

P.S. Half of all men with diabetes are expected to suffer from sexual problems at some stage. So it's nothing to be embarrassed about. It may be due to medication, stress or low moods. So there are plenty of causes, and plenty of solutions too.

Email 2 - 9 Warning Signs of Low Testosterone

Performance problems in the bedroom are bad enough.

But low testosterone affected me in many other ways too.

I was less assertive than I once was. Felt physically weaker, less virile and, as much as I hate to admit it, less manly.

Unfortunately, low testosterone is all too common for men as we get older (and not just us diabetics).

In fact, it peaks when we are 30 and then continues to drop after.

And when it drops it affects you in many different ways.

For guys perhaps the most obvious physical symptoms is a problem getting the urge to do bedroom gymnastics like you used to.

Other symptoms of low testosterone include:

- Problems getting erections
- Lower sperm production
- Low energy
- Loss of motivation
- Weaker muscles
- Weight gain (including noticeable bigger man boobs)
- Depression
- Irritability

And it's not just men that can suffer from plummeting sex hormone levels. Women can also be affected by low estrogen, with these symptoms:

- lack of menstruation
- slow or absent breast growth
- hot flashes
- loss of body hair
- low or absent sex drive
- milky discharge from the breasts

All sounds pretty grim don't it?

Typically, testosterone levels drop from poor diet, a lack of exercise and high blood pressure.

But there can be many other possible causes.

So, as always, I recommend speaking to your doctor if you think your low testosterone is totally out of control.

But before you do that, check your inbox tomorrow as I'll be explaining what treatment they will likely recommend.

And when you hear about its BIG drawback, you may want to think twice.

If you're on blood pressure meds already then you should read this warning:

[>>>Dr. breaks silence on WRONG blood pressure advice](#)

Ray

P.S. If low testosterone is wrecking your ability to perform in the bedroom you may be interested to know that an ancient technique used by ancient Chinese emperors to sire thousands of children was recently discovered. Even 79 years olds are now getting their [first erection in decades with this technique](#).

Email 3 - Fuel tank of youth run dry?

Fuel tank of youthful energy run dry?

This is normal.

Testosterone naturally drops as we get older.

But if you think your tank has emptied completely, then a trip to the doctor is always a good idea.

They can do a physical exam to check your muscle mass, body hair and your sexual organs for anything out of the ordinary.

The next step is to check your testosterone levels with a blood test, or estrogen levels if you're a woman.

This is typically in the morning when sex hormones are peaking.

They may also test your iron, thyroid hormones and semen levels for men and prolactin (hormone that controls breast milk production) for women.

A lot of tests, huh?

How Low Sex Hormone Levels are Treated

For women the first line of treatment will probably be estrogen therapy. This will likely be with a patch or pill.

If you're suffering from a low sex drive you may be given a low dose of testosterone as well.

For men testosterone replacement therapy (TRT) can be via:

- injection
- patch
- gel
- Lozenge

TRT generally has a high success rate at raising low testosterone to a higher level but (and it's a BIG but), the improvement is only temporary and will dip again if you stop treatment.

Even worse is that TRT can pose severe health risks:

- A 2010 study reported in [The New England Journal of Medicine](#) found that some men over 65 had an increase in heart problems when they used testosterone gel.
- [A later study](#) found a higher risk of heart attacks from taking testosterone supplements.
- A [2013 study of rats](#) found that TRT was a "strong tumor promoter for the rate prostate." (in other words it increased the risk of prostate cancer).

But it gets worse...

The [Cleveland Clinic](#) found that TRT could also cause:

- sleep apnea
- acne flares
- enlarged breasts (or man boobs)
- testicular shrinkage

The whole experience can also, as you'd imagine, be emotionally draining too. And it's recommended that you seek therapy or join a support group throughout your treatment.

Doesn't sound like much fun, does it?

To have to take injections or wear patches for the rest of your life and face all these risks, including the danger of a heart attack or prostate cancer.

Well, as I discovered there are *natural* alternatives.

There are ways of boosting your testosterone levels safely and naturally so you can recharge your energy, rediscover your mojo and delight your partner in more ways than one.

Check your inbox tomorrow and I'll explain exactly what to do.

Or you can watch this video by health coach Mark Wilson on how he recharged his in a month:

[>>>Click here for a system that NATURALLY increases testosterone in 31 days](#)

Ray

Testosterone 4 - 3 Ways of Boosting Testosterone Naturally

It's not rocket science.

Low testosterone occurs naturally with age.

But that's not the **ONLY** reason.

Being overweight, having high blood pressure and diabetes are all high risk factors that send your testosterone plummeting like a cannonball, let alone a stone.

My problems in the bedroom weren't the only warning sign that my testosterone tank was running on empty.

I'd start avoiding confrontations at work and felt like someone had turned down the dimmer switch on my personality.

Thankfully, I was able to **BOOST** my low testosterone at the same time as I was reversing my type 2 diabetes.

The reason is because you can increase your testosterone levels without injections, pills and weird supplements.

It takes just three things:

- 1) Cutting out processed sugar
- 2) Eating healthier foods
- 3) Getting 30 minutes exercise a day

Sounds simple doesn't it?

Well, the key to success is having a system for doing. A system that guides you on what to eat, how to exercise and other techniques that start recharging your testosterone fuel tank.

And when you're able to do that, people need to WATCH OUT!

Because soon you can go back to being a lion, instead of a timid house cat.

If you need a step-by-step system for naturally boosting your testosterone levels then check out this video on releasing a flood of testosterone the natural medication free way:

[>>>Click here to find out how to SUPERCHARGE your testosterone naturally](#)

Ray

Testosterone 5 - Lead in your pencil?

Hi [firstname,fallback=],

Don't believe what you see in the movies.

That little blue pill isn't *a*lways the wonder drug it's made out to be.

Before I discovered the natural alternatives, my first attempt at solving my trouser problem was a dismal failure.

I thought it was worth the gamble

But all it did was make my face go red, my head dizzy and feel as though my heart was about to pound out of my chest.

If you haven't tried it before, taking Viagra raises your blood pressure - which can be lethal for us diabetics!

So make sure you always speak to your doctor and don't buy it from some dodgy website (or heaven forbid, one of those spammy emails).

Viagra clearly wasn't going to be a miracle cure for me.

What other options are there?

I didn't fancy using some weird pump (which I read can cause pain and numbness).

My other option was trying to boost my testosterone levels.

But this seemed a BAD idea...

A single injection can cost \$300 and you have to complete a cycle of them which can cost \$2,500 or more.

If that wasn't bad enough, I didn't think there was a cat in hell's chance of my doctor signing off on something that could make my heart explode.

It's just when I was about to go down the health store to stock up on extra strong Horny Goat Weed that I stumbled upon another option - a natural way of treating erectile dysfunction with none of the risks of pharmaceutical drugs or injections.

What's more, this technique has helped over 87,000 men just like me - to add some lead to their pencil and a skip in their step SAFELY and NATURALLY.

What was this too good to be true solution?

[>>>Click here to discover the 'Erectile Booster Method used by 87,000 men](#)

Ray

P.S. Ancient Chinese emperors are believed to have sired thousands of children in conquered territories to spread their bloodline. The [secret to how they were able to perform in the bedroom at will](#) was recently discovered and now used by thousands of mature men to perform like twenty year olds.

Testosterone 5 - 31 Day Testosterone Plan

Low testosterone is becoming a global menace.

The French may be proud of their reputation as passionate lovers.

But even they are suffering from performance anxiety in the bedroom.

France's fertility rates have fell 40% between 1989 and 2001, and they're not the only ones.

Across the world, growing waistlines have led to a drop in testosterone levels.

And along with it relationship problems, low energy, anxiety and depression.

Is the answer for all men over the age of 30 to start injecting themselves with fake hormones?

One man who thinks this is a recipe for disaster is Mark Wilson.

He is a health coach and author and low testosterone was ruining his marriage and his life.

He'd begun to notice how his muscles had started feeling weaker and he felt less confident in social situations.

As a health coach, he knew all about the risks of TRT patches, injections and tablets.

He wasn't about to put himself at higher risk of testicular cancer or a heart attack.

So he set about devising his own system for boosting testosterone in as little as 31 days. This included workout routines, diet and other techniques that help to increase and then release a flood of testosterone into the brain and body - safely and naturally.

He's created a video in which he explains how it works.

He also reveals:

- 3 shocking secrets and lies told to us about testosterone supplements (this will put you off them for life).
- Why people with higher testosterone earn more
- How to cure 'Grump Old Man' syndrome

You can find out more about Mark's system for supercharging your testosterone production in his video:

[Watch the video on the 31 Day Testosterone Plan](#)

Ray

Testosterone 6 - Man saves his manhood and libido

Hi [firstname,fallback=],

I couldn't believe it.

I'd never experienced such a powerful erection in years.

And it was a nice surprise for my wife too!

And I didn't need to inject myself with testosterone or double down on Horny Goat Weed to achieve it.

How did I manage it?

I found the solution after my recent dismal failure left me sobbing on the end of the bed.

Sometimes you have to hit rock bottom before you can climb up again.

So after drying my tears, I hopped on Google with a notepad and pen.

It was then that I discovered Jared Payne's website on which he shares his startling story.

Jared was 53 years old when his life and marriage were nearly ruined by his problems in the bedroom.

His wife was convinced that he was having an affair, and they would row all the time.

I won't spoil the surprise, but his story involves an overheard phone call and a kitchen knife.

That's all I'm saying.

You'll need to watch his video to discover how he saved his manhood and his low libido at the same time with the natural solution he devised.

And this solution isn't some weird trick that only works for a few people.

Because so far over 87,296 men (including me!) discovered how to get longer lasting and more powerful erections by following his techniques.

This includes men who might have been diabetics, overweight or suffering from major stress.

What they all had in common is that once they tried Jared's method it's saved them from spending hundreds of dollars on little blue pills and risky testosterone replacement therapy.

Instead, they've been able to naturally boost their testosterone and sex drives, putting a smile on both them and their partner's faces.

If you'd like to find out more about Jared's method, you can watch his video here:

[>>>Find out how Jared solved his bedroom problems and saved his marriage](#)

Ray

P.S. If you tried Viagra and it didn't work, you're not alone. They only help in two thirds of cases, and that's for non-diabetic men. So yet more reason to try natural alternatives instead.

Testosterone 7 - How Genghis Khan Helped Me Overcome Bedroom Anxiety

Hi [firstname,fallback=],

Genghis Khan may be the biggest ladies man of all time.

A team of geneticists conducted a study in which they found that [1 in 200 people](#) in the world (as many as 16 million) is a direct descendant of the Mongolian Emperor.

This is because he is estimated to have sired 20,000 children after claiming the most beautiful women from his conquests.

Well, I dont think Im ever going to match that number, but I have been replicated Genghis Khan in another way...

You see the secret to Genghis Khan's virality was recently discovered.

It is an ancient Chinese lovemaking technique. It was practiced by generations of emperors to help spread their bloodline into conquered territories.

Because this technique enables you to achieve incredible erections, even if you're tired, overweight, have high blood pressure or a diabetic.

This technique has enabled thousands of mature men to throw away the pills, pumps and injections they may have relied on to perform in the bedroom.

Instead they're able to harness the same technique now used in the adult film industry to perform harder and for longer than they even did in their twenties.

[>>>Click here for the ancient Chinese secret to getting rock hard erections at will](#)

Ray