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How to Knock

20

Years Off

Your Body



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How to Knock 20 Years Off Your Body...

FOR MEN ONLY!

Have you lost your edge?

Do you no longer have that desire to achieve, that drive to succeed?

What about your sex life? Is it everything it used to be, or does it feel like a job or a chore now just to complete it?

I have some good news and some even better news.

First, the good news.

It's NOT your age that's the problem - so you can stop making that excuse. Just because you are over 30 years old, does not mean your life has to come to a sudden halt.

Want the even better news?

For most men, the reason your energy is getting lower, your sexual desire is decreasing, and you are starting to gain more fat around your stomach, has to do with your testosterone levels - and that can be reversed.

Low testosterone is quite common for men over 30 years old - and knowing what's causing these issues now, lets you attack the problem head on!

The Clock is Ticking

Starting at around 35 (and for some men, as young as 30), your testosterone levels start to naturally decline.

If you have diabetes, high blood pressure, or you're packing on a few too many pounds - then you have a 1 in 3 chance of having low testosterone levels.

If you feel like your internal battery is drained - then cheer up. This exclusive Prograde report will show you how to NATURALLY increase your testosterone levels without expensive doctor visits and costly (and painful) testosterone shots.

How do you know if your testosterone levels are lower than they should be?
Here's the Testosterone Checklist (see how many symptoms you have)

- Low sex drive
- Low energy levels
- Feeling a little down or moody
- Decreased lean muscle mass
- Increased fat in stomach
- Reduced mental clarity
- Increased fatigue
- Reduced strength



Still with me?
Good, let's keep going...

Testosterone: The Good, The Bad, and the Ugly!

Testosterone is a hormone that is produced by the Leydig cells of the testicles. It is transported by the bloodstream to various parts of the body to carry out lots of actions. When testosterone gets to its destinations, it can remain as testosterone or be converted to other forms of testosterone.

Testosterone can be converted into Estradiol and also DHT. Most importantly, testosterone is an anabolic steroid. Yes, you read that correctly. We've all heard about steroids and athletes, and how they make you bigger and stronger.

But what you might not know is you already have steroids in your body and if you didn't, you would be really weak and fragile.

Cortisol is a steroid involved with immune function and controlling stress in your body.

Testosterone is an anabolic steroid, which means it helps to build up muscle size and muscle strength. All designer or synthetic steroids are actually derived or based from testosterone.

The problem with the designer or synthetic forms of steroids is that they are sometimes injected with as much as 15-25 times the normal amount of what you would receive with natural testosterone production in your body.

Testosterone regulation varies, based on other hormones that control its production. The production of testosterone is controlled by a hormone called Luteinizing hormone (LH). This hormone is released by the pituitary gland. The pituitary gland is in the brain, and higher levels of LH will lead to greater production of testosterone.

There is another hormone that is also released called Luteinizing hormone releasing hormone, also called LHRH. When there is increased testosterone in the body, the two hormones, LH and LHRH, sense and measure this and then they instruct the body to produce less testosterone. This is how the body regulates and controls testosterone production, and avoids an overabundance of testosterone that would give us symptoms similar to the "steroid rage" effect.

Now that you know how the body regulates the testosterone production, let's explain how someone could end up with low testosterone levels.

As you may know, the LH hormone has to be elevated to increase testosterone production, and the LHRH actually signals to the LH hormone to begin that production. Now, if one or both of these glands (pituitary or hypothalamus) are not functioning properly, then these two hormones are not signaling for increased testosterone production.

Another scenario is that the LH and LHRH levels are adequate, but for some reason the testosterone production is not happening. This means that the problem lies in the testicles where testosterone is produced, and this is a common reason for low- testosterone levels as we age.

Why You Need Testosterone!

Testosterone plays many roles in our development and structure. It plays a role in sexual function, erections, production of sperm, as well as roles with the brain, prostate, and muscle.

I mentioned the brain because testosterone has receptors in your brain that can influence how we think and act, particularly with sexual thoughts and behaviors. There is some increasing evidence, though, that testosterone may also contribute to our thinking abilities and brain function.

Now, what most men equate testosterone to is the role it plays in your muscle. Your muscle is influenced by testosterone by increasing the size and strength of the muscle fibers. It really does work, which is why the abuse of synthetic steroids is so prevalent, because it causes your body to increase muscle size and strength.

Testosterone and Lower Body Fat?

YES!

If you carry extra fat weight in the midsection area or have fat accumulation in the chest/breast area, there's a good chance you have low testosterone levels. Normal testosterone levels may decrease the stored fat in your chest and waist area.

One of the biggest symptoms is the one I mentioned earlier - the lack of sexual desire. This is often overlooked because of stress, fatigue, or just plain too busy. Though many of these reasons or feelings, as to why you lack desire, could also be caused by low testosterone levels.

Many men describe this as, yes of course they would love to have more sex, but if their wives or girlfriends said, "I'm tired tonight let's just go to bed," they would be more than happy to just go to sleep as well.

Another common side effect of low testosterone is the inability to obtain an erection, or keep an erection. For obvious reasons I won't go into how, as men, you want to avoid that at all costs!

Non-sexual Symptoms of Low Testosterone

Low energy (fatigue) is another common symptom of low testosterone. You know what I'm talking about...

You just don't seem to have the same energy and motivation as you used to. Instead of a game of pickup basketball, a round of golf, or playing with your kids, you'd rather just take a nap.

And that lack of motivation can transfer to your job as well. Believe me - it affects your job performance 100 percent when your energy levels are low. You're no longer at the top of your game - and these young guys are pushing you out the door!

You might have a few, or even all, of these symptoms. It might be all the time or perhaps a bit more random.

The good thing is even if you don't know if you are low on testosterone, there are a few simple nutrients and foods that can naturally boost your testosterone levels...

The Testosterone Boosters!

There are some examples of foods you can use within your meal plans, and here are some more that will help you naturally boost your testosterone levels.

If you are not a vegetarian or vegan - red meat is a good choice because it helps release testosterone and other hormones in the body.

Some other foods that contain nutrients such as zinc, Vitamin B, and Vitamin E, are a great way to increase your testosterone levels and libido. And they are easily found in your local grocery store shelves...

- Nuts
- Oysters
- Avocados
- Bananas
- Flaxseed
- Asparagus
- Figs
- Salmon
- Basil
- Broccoli
- Eggs
- Olives
- Steak
- Chicken
- Cabbage
- Cauliflower
- Brussel Sprouts
- Radishes

The Six Most Important Hard-to-Find Nutrients to Boost Your Testosterone

The above foods should be on your meal plan.

But there are six other nutrients that have shown to boost testosterone, mood, well-being, lean muscle, reduce fat, and increase your sex drive (and even help with stronger, longer erections!), which are NOT easily found in your local supermarket aisles.

Some of these ingredients have been "the secret sauce" used by professional bodybuilders for years to gain lean, ripped muscle.

Other research shows us that some of these nutrients are better for a powerful sex drive, stress reduction, and a dramatic increase in your energy and mood.

Here is the "Power 6" that every man over 30 should add to their daily nutrition plan immediately...

1. L-Norvaline

L-Norvaline is a modified form of the branched-chain amino acid, Valine. Some research studies have shown that L-Norvaline may promote **increases in muscle strength and growth** by blocking the activity of arginase. Arginase stops the formation of nitric oxide within the body and by stopping or limiting the production of arginase, frees up the nitric oxide pathway and allows for more arginine. When you have more arginine, you have a greater ability to convert L-Norvaline into nitric oxide, which leads to greater workouts, increased vasodilatation, and improved blood flow to your working muscles.

The end result is more productive workouts that lead to **more muscle growth and lean muscle**.

2. Eurycoma Longifolia (aka Tongkat Ali or Longjack)

The Eurypeptides found in Tongkat Ali can be responsible for increasing libido, improving your sports performance, and assist with activating various enzymes that metabolize androgens. It may increase free testosterone and decrease the sex hormone binding globulin (SHBG). It may even help to modulate cortisol, which is important if you want to burn fat and become lean and muscular.

Since testosterone levels start to drop after you turn 30 and the sex hormone binding globulin (SHBG) starts increasing, the SHBG grabs the free testosterone that is still circulating in the body and essentially makes it unusable. So Tongkat Ali is important to keep the SHBG hormone low, and allow your body to use the free testosterone that it has.

Increased feelings of well-being, higher sex drive, better recovery from exercise, and improved mental focus are all common responses that users report after consuming this ingredient.

3. Avena Sativa

This ingredient has been traditionally used to increase strength, mind, and spirit. It may even free up bound testosterone that can't be used. It works well alongside Tribulus Terrestris to help improve feelings of well-being and restored energy.

It is primarily used as a **calming enhancer related to stress and anxiety**. As you will learn in a little bit, stress leads to higher cortisol levels, and that isn't a good thing when it comes to feeling and looking better. Think of it like "meditation in a bottle."

It is increasing in popularity as an **erection enhancer** and used to more quickly and effectively stimulate men, and also help with premature ejaculation by improving blood flow.

Avena Sativa may also indirectly help with increasing testosterone levels by preventing various precursors from turning into estrogen. This allows more of these precursors to convert to testosterone instead.

4. Cordyceps Sinesis

This ingredient is used for **increases in energy and stamina, to boost the immune system, and improve sexual function**, just to name a few benefits of this fungus. It is very popular with endurance athletes because of the **increase in oxygen capacity and improved stamina**. Studies have shown that Cordyceps can help increase lung capacity and lead to better oxygen capacity, and increased ATP (energy) levels. It helps to keep plenty of mitochondria available so that enough energy (ATP) can be produced. It also has been shown to be a powerful antioxidant, and protects our mitochondria against oxidative damage caused by stress, pollutants, etc. There are many more proposed benefits with using Cordyceps Sinesis, such as cancer prevention and increasing liver and kidney health. This is an overall good fungus to consume as it seems to benefit us in many different ways.

5. Rhodiola Rosea

Rhodiola Rosea may be effective for improving mood, as various human studies have shown that it **improves physical and mental performance**. It may also help to reduce fatigue by creating changes in serotonin and dopamine levels.

6. Tribulus Terrestris

Traditional medicine systems from around the world have been using it for years to help **boost energy levels and treat impotence**.

It has also been used to potentially help **boost testosterone levels** via the anterior pituitary gland. The stimulation of this gland is thought to promote the production of Luteinizing hormone (LH), which may lead to an increase in free testosterone levels.

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**At Last! A 100% NATURAL Testosterone
Breakthrough, Packed Into Two Tiny Pills...**

**Your First Bottle Comes With
FREE Shipping
AND The Chance To Order At 45% Off!**

I am really excited to announce our brand new product designed exclusively for men 30+ and over who want to naturally increase their testosterone levels.

**It's called
"Prograde K20."**



What Actual Customers Are Saying About Prograde K20

Thanks to PROGRADE K20, my testosterone level went from the upper 400's to the mid to upper 900's. Keep up the good work!

Justin P. - SATISFIED PROGRADE K20 CUSTOMER

I've seen 'some' results with other 'T'-enhancing supplements, but none as dramatic as I've seen with K20. Saving up for my next order.!

Allan N. - SATISFIED PROGRADE K20 CUSTOMER

K20 Special Report

These are my husband Mike's comments. He felt more "recovered" after training the next day after hitting the weights pretty hard and that made a big difference for him and his energy levels were not super low but not like when he was in his 30's and 40's. Thanks Jayson!

Suanne & Mike R. - SATISFIED PROGRADE K20 CUSTOMER

Due to my testosterone level being on the low side as per my blood test, I have decided to purchase Prograde K20. After trying Prograde K20 just after 2 months, I was extremely impressed with the results compared to previous testosterone boosters I have tried in the past. Thanks to Prograde K20, my testosterone level went from the upper 400's to the mid to upper 900's. Thanks Prograde! Keep up the good work!

-Justin P.

Have tried many other "natural remedies" to no avail. Even saw a Doctor and got a testosterone replacement \$\$\$\$. Tried K20 and I will never look back.

- J W.

I have been using Prograde K20 for a fair while now and it delivers what you said it would. Thank you. - **Nick C**

My husband took it for one week and it was like night & day! K20 really does work -- I tell everyone I know about it. Thanks for a great product that really does what it says!

- Chrissy B.

We specifically formulated the product to have not just one or two, but a perfect combination of ALL 6 of the essential nutrients I described above.

And because we are the #1 most recommended supplement company by fitness professionals, you know what we say is in the bottle, is IN the bottle.

During this special promotion you can receive FREE shipping on your first bottle of Prograde K20 - and you even have the chance to order at 45% off!

Try it yourself to see how Prograde's K20 can get you back in the game.

