

The 4 Dangers Destroying Men Today

I have some bad news for men today...

I'm not sure if there's a conspiracy behind it but these dangerous trends **have been robbing men of the vitality, zest and success that you truly deserve.**

Feeling confident and having success, as a male has never been more difficult... and today I'm going to show men why and deliver a ton of free information on how to take charge of your life and get to the top...while feeling healthier, stronger and much more confident.

One of the vital indicators of male health is sperm...our contribution to the survival of the human race. Unfortunately, male sperm counts have been dropping alarmingly in the last half-century.

The most comprehensive study about this was published in ***British Medical Journal*** in 1992. It contained a series of 61 studies in semen analysis involving 15,000 healthy men from 20 countries and 7 continents and excluded men from fertility clinics that might have low sperm counts.

Worldwide, between 1940 and 1990 the average number of sperm in a milliliter of male semen dropped more than 50%. The percentage of men with extremely low sperm count tripled in the last half century.

If this downward trend has continued since 1990, and there is substantial evidence that

it has as you will soon discover, the average male that's 30 years old today has less than 25% of the sperm count of the average male born in 1925!

The research and clinical studies you're about to discover cost over \$400,000

The Living Research Institute has created this presentation to help men thrive in today's demanding and polluted world. Our concern was based on feedback from current male customers who asked for help supporting their health, moods, strength, energy levels and assistance delaying the aging process.

Small fortunes have been spent on all the clinical studies and tests we're about to go through. We've researched all this information for over one year now and interviewed doctors, health experts...as well as some of the richest men on Wall Street and some of the best athletes in the world.

We wanted to know what they knew and what they did that made the difference. What was their secret? Finally it all made sense.

Let's get started by going back in time to our Neanderthal days

According to Australian anthropologist Peter Mc Allister, Neanderthal males could outrun Usain Bolt and easily beat Arnold Schwarzenegger in arm-wrestling. Heck, we could hunt elephants, lions and wolves with rudimentary tools. We knew how to get what we wanted...even if that involved dragging women by their hair into our cave sometimes.

But it's not just Neanderthal men that were very masculine...

*** Roman legions completed more than one-and-a-half marathons a day carrying more than half their body weight in equipment.**

*** Athens employed 30,000 rowers who could all exceed the achievements of Olympic rowers.**

*** Australian aboriginals threw hardwood spears over 110 meters, over 10 meters longer than the current world record for javelin of 98.48 meters.**

The truth is staring us in the face: We are just a weak shadow of our former selves.

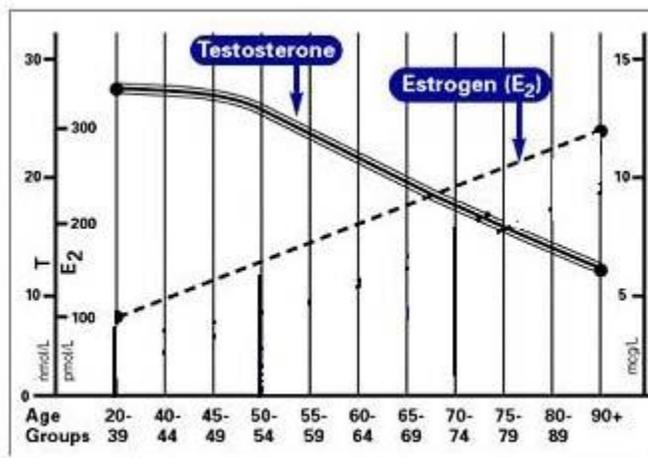
But some people today still possess some of that survival instinct...that sheer will, motivation and drive...that brute strength...we can see these people excelling at the highest level in sports, in politics, in business...actors, investors, traders, etc. We are fascinated by them and call them "**alpha males**".

What do these people have that we don't? Is it their genes? Their skills? Their hormones? We're about to find out.

There is a growing body of evidence to support the theory that low testosterone levels make men **LESS self-confident, LESS likely to take risks** - and even **LESS successful at work**.

Testosterone, the big T or test as bodybuilders like to call it....is a steroid hormone secreted by your testes and it's the most important hormone for males.

A University of Cambridge study examined the testosterone levels of Wall Street traders, and found a strong link between their testosterone levels and how much money they made on a given day.



The study suggests that T levels dictate success, and success itself pushes up T levels even further! Scientists call this the 'winner effect'.

When two athletes prepare to compete against one another, they will both experience rising testosterone levels. After the race though, the winner's testosterone levels continue to climb but the loser's falls! The winner gets a continued boost in confidence, which increases his chances of winning again.

As you age your testosterone levels drop and your estrogen levels rise. This causes a huge problems as explained in this report.

Guys with high T-levels are bolder, more self-assured, and more likely to get the girl, finds a study in the journal Social Psychological and Personality Science.

In a recent experiment, researchers measured the testosterone levels of 76 men. Then the subjects were videotaped as they tried to get the attention of an attractive woman. At the end of the study, the female rated how much she clicked with each guy.

The results: Men with higher T levels were more likely to connect with the bombshell. They also took control of the conversation and overshadowed the other guys that were hitting on her.

Why? Testosterone makes you more assertive, which translates to having greater confidence—a trait that women are attracted to, says study coauthor Richard Slatcher, Ph.D., of Wayne State University.

But testosterone is about much more than making more money as an investor or being more successful with the opposite sex.

Testosterone is responsible for the increase in lean muscle tissue, increased libido, energy, bone formation, and immune function. The rush of new testosterone in puberty builds muscle and bone, deepens the voice, grows your beard, increases the size of your penis and revs up the sex drive.

Testosterone creates manliness and is what allows you to have an erection. It's also the will power, physical strength and charisma hormone.

Malcolm Carruthers in his book ***The Testosterone Revolution*** shares his research concluding that "Men with higher levels of testosterone possess a higher degree of business motivation and sex drive than professionals with less"

Testosterone is such an important hormone that it protects us against cancer and heart disease...and high levels of it give you a natural high, making you feel happy, positive and confident.

Low testosterone levels are associated with loss of libido and erection problems, nervousness, depression, impaired memory, difficulties concentrating, fatigue, insomnia, irritability, fat around the stomach and loss of muscle and decreased athletic performance.

Low T levels can also cause you to decrease in height... **and yes, they can decrease the size of your penis and testicles.**

The sad part is that our testosterone levels slowly decline as we age. The change is so gradual most doctors don't talk about this "andropause", similar to the female menopause.

The medical community doesn't accept andropause and might actually treat you for depression with antidepressants instead of treating the root cause of the problem.

But the truth is that low testosterone levels can cause a midlife crisis. It all starts with an increase in waist size combined with lack of motivation and low energy. Add to this mix the absence of happiness and you have the perfect storm.

It's not that you're depressed because you're not looking at the bright side of life, it's simply because your body's chemistry is deficient in this vital hormone.

In fact, most men have no idea about it and don't even realize that such a little thing could make such a big difference and be responsible for the low energy, motivation and drive they start feeling once they hit their middle age.

By the time you hit 60 your testosterone levels are 1/3 of what you had in your 20s... and with the 4 dangerous trends you're about to discover...our testosterone levels even in our 20s are the lowest they have ever been!

In fact, it's not uncommon in today's world to see 20 year olds with the testosterone levels of 80 year olds!

Why is that? Could it really be possible that our testosterone levels have been dropping ALL these years without us even realizing? Could that be why we are so miserable today?

Let's speak about the 4 dangers robbing us of our testosterone.

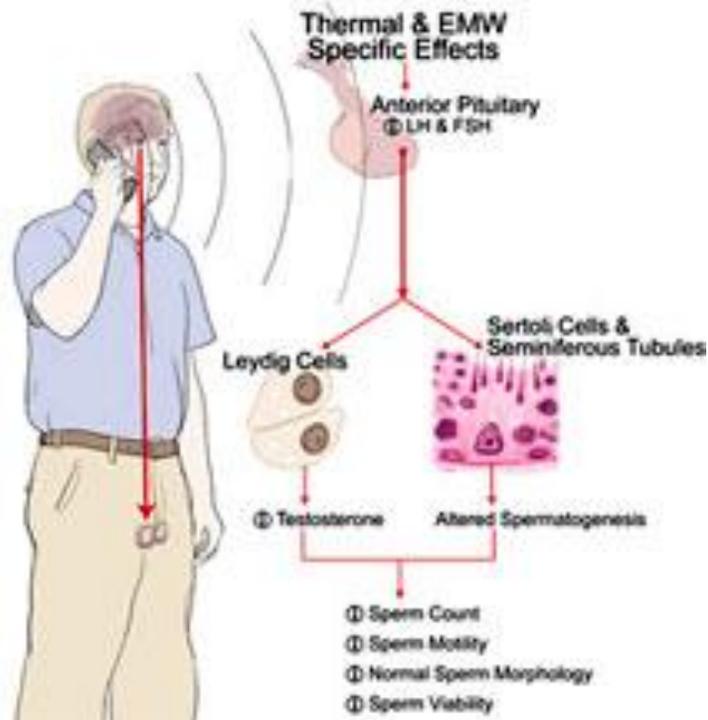


The #1 dangerous trend that nobody talks about is cell phones

A 2010 Interphone study published in Yahoo Health concluded, "People who chatted via cell for just 30 minutes a day for 10 years saw their risk of glioma (the type of brain tumor that killed Ted Kennedy) rise 40 percent". But that's not all!

According to Tim Ferriss in his book, *The 4-Hour Body* ... "more than a handful of studies showed significant decreases in serum testosterone in rats following even moderate exposure (30 minutes per day, 5 days a week, for 4 weeks) to 900 megahertz radio frequency electro-magnetic fields (EMF), which is what most GSM cell phones produce."

Tim continues, "Of the dozens of studies that I found, most done in Europe, more than 70% concluded the same thing: cell phone radiation impairs sperm function." Carrying a cell phone in your pocket (you know, near the family jewels) can dramatically reduce sperm count. In fact, Ferris tripled his own sperm count when he simply stopped carrying a cell phone in his pocket. This research also applies to using WiFi with a tablet or laptop sitting on your lap.



So please...just keep the phone, tablet or lap top away from big Jim and the Twins. Strap it on your arm, carry it in a bag or put it on the table.



The #2 danger we have identified is our increasing stress levels

80% of Americans stated that the economy is a significant cause of stress with 50% being increasingly stressed about their ability provide for their family's basic needs.

But there's more than financial stress and job stress...there's also emotional stress and information stress.

We live in a constant state of information bombardment and permanent noise from every screen in the room – yes, including your cell phone...that our brains have trouble blocking.

This generates anxiety because of all these e-stimuli competing for our attention and even guilt from all the unfinished tasks, goals and promises.

Stress is the root cause of over 80% of all disease. It contributes to heart disease, high blood pressure, strokes...it lowers your digestive function, immune system and of course, decreases your testosterone levels. You cannot feel confident and perform at your best when you are stressed.

Keep in mind that stress increases your level of cortisol, the death hormone, and decreases your testosterone. Testosterone rises while you sleep, particularly during your dreams. So make sure you get enough sleep.

Also, even 5 to 10 minutes of silence a day should help lower your stress, re-center and start fresh...call it a personal meditation if you like.



The 3rd dangerous trend is estrogen-promoting toxins, especially plastics!

This may sound unexpected... but strength and performance coach Charles Poloquin believes high levels of plastics can lower testosterone levels. Apparently people who drink out of plastic bottles a lot have high plastic level readings and lower testosterone levels.

Plastics are the #1 pollutant of the human species. They are everywhere...from plastic forks and knives, to plastic bottles...even the global water supply is contaminated by them. The foreign estrogens in plastics and pesticides act like "environmental hormones" and disrupt the natural hormones in both humans and wildlife! This is a serious environmental hazard!

Estrogen is typically a female hormone and high levels in males are responsible for excess fat and lower test levels. In fact, too many estrogens without the right level of testosterone to oppose them will most certainly result in cancer...according to some health experts such as David Wolfe.

The situation is so severe that the average level of estrogen in 54 year old males is higher than the level of estrogen in 59 year old women and we're losing our prostates from it.

The good news is that high test levels will automatically lower estrogen levels...and you will soon find out how to naturally increase your testosterone levels.

Meanwhile, please remember that heat makes plastics unstable. Therefore, do not microwave your food in plastic containers or let your water bottle stay out in the sun for long periods of time. Plastic will leak into your food and drinks.

Also, we suggest avoiding bottled water for the very same reason. Plastic bottles are blown from plastic tubes at very high temperatures and then immediately filled with water, without waiting for the plastic molecules to stabilize.



The 4th trend is and probably the most important is our diet and nutrition.

Let's face it: We have given up on the real food we used to eat. Compare our modern diet based on cereals and sugars with our ancestor's diet.

Our primal ancestors ate the fattest animal they could hunt. There were no grains and sugars back then. It was all meat, green shoots and leaves, roots and maybe some fruit.

That's not to say that we necessarily need to do the same, but did you know that people eating more fats have higher testosterone levels than those eating more carbohydrates?

Sugar is the root cause of our high levels of obesity, stroke, heart disease and cancer. It's a poison that robs you of your nutrients and sends you early to your grave.

Fats on the other hand...especially healthy fats like avocados, nuts and even saturated animal fats are very well metabolized by our bodies and filled with nutrients. At least 60% of our brain is fat and all of our hormones are synthesized from fats.

**Now we want to give you some practical diet and lifestyle advice to dramatically and safely increase your testosterone levels...
no matter your age**



Lose weight: just by eating more healthy fats and fewer sugars you will start losing weight and gain more testosterone. The increased testosterone is going to help you burn fat faster. Make nuts your midnight snacks and avocados your mid-day snack.



Work out and stick with tough exercises: Train hard and fast and stick to compound exercises like squats, bench presses, dead lifts, chin-ups, etc. Stick to 5 sets of 5 repetitions for maximum T-boost.



Rest harder than you work out Avoiding burnout is critical to replenish your body's restorative powers and avoid depleting your test levels. Don't forget to get your 8 hours of sleep!



Stop binge drinking and go home after 3 glasses: Alcohol eats into your testosterone levels as well.



Have sex: at least once a week! Just having an erection increases your testosterone. Mornings are best because your T levels are highest when you wake up. So go out and get sexually stimulated. Doctor's orders!



Stop eating so much soy and grapefruit: soy increases your estrogen and decreases your test and lowers your sperm count! Grapefruit, although touted as a miracle fat burner actually makes it hard for your liver to breakdown estrogen!



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Eat cruciferous vegetables like broccoli, radishes, turnips, cabbage and Brussels sprouts to increase the amount of free circulating testosterone in the body: They also have the ability to stop the buildup of bad estrogen.

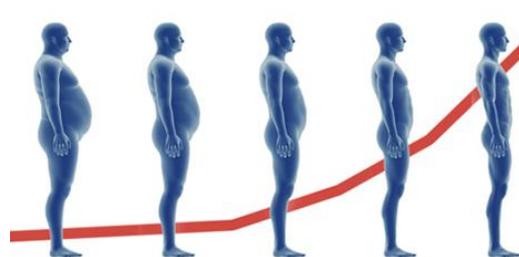


Supplement with the right vitamins and herbs: This is probably one of the easiest, fastest ways to boost your test levels.

Choosing the right testosterone boosting supplements is CRUCIAL for any man who wants to quickly restore his testosterone level. It's like getting an unfair advantage over those who don't.

But first...I strongly warn you AGAINST testosterone replacement therapy... - whether

by injection, patches, cream, gel or oral form. Also stay away from performance enhancing drugs in the form of anabolic steroids.



Our testosterone levels have been dropping 1.2% a year for the last 20 years. Decreased strength and increased body fat are one of the consequences.

They can seriously increase the risk of prostate cancer and man boob. They increase the risk of stroke and liver toxicity and they can make your testicles shrink and shut down the production of sperm.

Of course, each individual male reacts differently but the truth is that we were not designed to swallow hormones because they were never intended to go inside the digestive tract.

After all this research, there are only a handful of herbs that proved to be affective for thousands around the world and I recommend.

The #1 herb by far to boost testosterone levels is **Tongkat Ali** or Longjack for westerners.

Touted in Asia for its ability to increase **PENIS SIZE**, the Malaysian government began to closely research the herb.

In their studies, they discovered that Longjack increased testosterone levels and then IDENTIFIED the active chemicals responsible for the documented effects.

These "Eurypeptides and Glycosapins" have been **CLINICALLY PROVEN** to not only increase total and free **TESTOSTERONE**, but to also increase the human growth hormones HGH & IGF-1, while simultaneously decreasing cortisol, the death hormone.

In plain English Tongkat has the ability to make you hormonally younger...by making 3 to 4 times more testosterone available to you.

Tongkat Ali works amazingly well. It is the closest nature has ever come to creating the perfect aphrodisiac and is a giant among male sexual tonics.

It's an amazing male rejuvenator and provides 5 main benefits

1. It boosts testosterone



In vitro Tongkat Ali increases testosterone in mice by 480% and in human testicular cells by 440% (Dr. Johari Saad, PhD). Another clinical trial involved athletes using it in real world scenarios. The group

taking it experienced a 132% increase in free testosterone measured in saliva.

2. It inhibits SHBG



SHBG is the Sex Hormone Binding Globulin that blocks testosterone from moving freely inside your body and being available. 66% of patients in a clinical trial showed a decrease in SHBG after 3 weeks. Their free testosterone level also increased by 73% in 3 weeks. The additional testosterone improves energy and sexual function, increase metabolism, and helps reduce body fat.

3. It increases DHEA



DHEA is another popular of anabolic hormone similar to testosterone. In fact, DHEA is ultimately converted to testosterone and this extract increased DHEA by 47% after 3 weeks. (Dr. Ismail Tambi)

4. It increases IGF1



Insulin-like Growth Factor-1 is a natural anabolic growth factor. It regulates cellular growth and development. Premature reduction in IGF-1 causes cell death. IGF-1 stimulates muscle bulk and lean body mass, helps burn fat, promotes healthy blood sugar level, and decreases cholesterol.

5. It decreases cortisol



Tongkat Ali helps modulate Cortisol levels. Cortisol, the stress and death hormone, regulates blood pressure, cardiovascular function, the body's use of proteins, carbohydrates, and fats.

Other Powerful Herbs & Nutrients

Tribulus Terrestris has also been reported to increase libido, ejaculatory volume and semen count... It acts as an aphrodisiac and nitric oxide booster making it easier to achieve erections... Tribulus also bumps your free testosterone levels and provides benefits for your immune system.

DHEA (dhydroepiandrosterone)

DHEA has been called “the fountain of youth” hormone because, just like testosterone, you have a huge amount when you’re young, and then it declines with age. DHEA is a steroid hormone produced by the body’s adrenal gland and converts to testosterone in men and improves erectile dysfunction because of its androgenic properties. DHEA improves erectile dysfunction symptoms, orgasmic function, sexual desire, and overall satisfaction and promotes lower body fat, a positive attitude and a stronger immune system.

Epimedium (Horny Goat Weed)

This plant herb got its name, horny goat weed, from the legend that a herder noticed his goats becoming more sexually active after eating the plant. Although epimedium has a history of traditional use for disorders of the kidneys, joints, and liver, its principle use in the United States is as an aphrodisiac and to combat fatigue.

Macuna Pruriens

The seeds of the mucuna pruriens plant produce chemicals that support healthy levels of testosterone in both men and women. It also aids in the production of a hormone commonly associated with the "pleasure system" of the brain (L-Dopa which converts to dopamine), providing feelings of enjoyment and motivation. Macuna Pruriens also enhances the production of the Human Growth Hormone to energize the body, increase sexual desire and performance, and strengthen the immune system.

Cnidum Monnieri

This is a Chinese herb that has been used for centuries in Traditional Chinese Medicine as a topical herbal lotion for healthy skin. It is also considered for a healthy reproductive system support. Today, it is most commonly used as an aphrodisiac for men and women to support a naturally healthy libido and urogenital health. It also provides support for naturally healthy energy and stamina levels.

Zinc deficiencies are associated with decreased testosterone production and lower testosterone levels so the Zinc in our formula is going to take care of that.

Arginine is an amino acid that is known as a growth hormone releaser and a precursor of the vital substance **nitric oxide**. Nitric oxide is what allows blood to flood your penis and create an erection. Arginine is also a powerful immune stimulant and wound-healing agent.

ManUpForLife is the #1 scientifically-proven formulation for men who want to see dramatic results in their muscle mass, confidence and energy levels.

All you need to experience results is to take 1 cap of **ManUpForLife** twice a day. You will feel results in as little as 3 weeks. However, we do recommend a 6-month treatment period. **ManUpForLife** is all natural and it's impossible to overdose on it.

Imagine how your life will be like when you have the testosterone levels of your youth at your current age.

You'll find that your mental and physical energy improve, your competitive drive increases as well as your muscle size and strength. Your metabolism, libido and erections will also increase and your partner will notice it!

You will be free to have sex any time you want naturally...without having to rely on Viagra, Cialis or what other prescription drug.

And last but not least...you will feel good and become a winner once again. You will short-circuit the process that kept you stuck in a rut for so long.

You will feel stronger and your confidence will skyrocket. You will act decisively on your ideas. You will be more dominant. You might even get a raise.

You will be healthy again, sleep better at night and break free of depressive cycles of low energy, anxiety and bad moods.

Now, you may be thinking a supplement like this might cost a pretty penny. And it should, because this stuff matters. How much is your success and happiness worth to you?

Is it \$100? \$1,000? \$100,000?

How about just \$33.95? That's super affordable for a high-quality, pharmaceutical grade, 30-day treatment.

Okay, you're still here so that means you have some questions. Here are our most common answers:

Q: I'm only 25... Will this work for me?

A: Absolutely...It works for any male over 21.

Q: How should I use this product? How many pills a day?

A: All you need to do is take 2 pills a day, one in the morning, one in the evening. Older men who want a bigger surge in their testosterone levels and professional athletes are encouraged to double the dosage.

Q: How do I know if I'm getting results?

A: Most people are squeamish about needles and taking blood tests. But if you are not, you don't need to take my word for it because you can find out for yourself.

Place your order for **ManUpForLife** right now and then call your doctor or human performance specialist for a blood test. Ask for your levels of Estrogen, Total Testosterone and Free Testosterone. Use our product as indicated for a month and then go back for another test. Let us know how you did.

Q: Do you have a satisfaction guarantee?

A: Yes, your investment today is 100% protected by our no questions asked 30-day money back guarantee.