



# 9 Chemicals plus Fruits & Veggies that are Killing Your Testosterone Levels and Making You Less of a Man

By Mike Geary & Rick Cohen, M.D.

# Introduction

It never used to be like this...Men were men. Women were women.

But now, genders are somehow being blended. *Blurred.*

Even men who had no intention of "walking on the wild side," are developing mental, emotional and even physical female attributes.

You've been wondering what the hell is going on in your *body and mind*...

The good news for you is it's NOT your fault...

You've been bombarded since birth with nasty chemicals, not to mention brainwashing by society, that do one thing - KILL your masculinity and hormone levels.

It's time you reclaimed your manhood and lived the life of the MAN you know you deserve to be...

A man of strength and confidence. A man whose body works for HIM, rather than failing at the worst times. A man whose fitness and health allows him to live the life he wants to life.

Read on to uncover some of the simple ways you can "fix" your hormone levels, burn excess belly fat, and even reverse sexual problems like erectile dysfunction...

- *Mike & Rick*, co-authors of "[The Truth About Testosterone](#)"

# 9 Chemicals that are Killing Your Testosterone Levels and Making You Less of a Man

**Note:** These chemicals are harmful to women too, even though this article focuses on the harm being done to men's Testosterone

Recent studies indicate that the testosterone level of the average male today is 25% less than it was in 1992 (Comparing males of the same ages). Meanwhile, the average male estrogen level has increased an alarming 40% during the same time period. The studies also show that male sperm counts are down 40% in that same time period.

What this means is that the average male in today's stressed-out chemical-lade world is significantly less of a man (and has "feminized" a bit more with higher estrogen levels) than their counterparts of the same age just a couple decades ago.

**Why is This Shocking "Feminization" of Men Happening with Lower Testosterone and Higher Estrogen?**

Well, xenoestrogens (meaning foreign estrogens) are man-made chemicals that mimic the effects of natural estrogens in the body. If you wondered why average testosterone levels are down 25%, male estrogen levels are up 40%, and sperm are counts less than 40% of what they were 20 years ago, you need not look any farther than the xenoestrogens. By the way, phytoestrogens in our diet contributes to this too, but not nearly as much as xenoestrogens.

These chemicals are found virtually everywhere in the modern world, lurking in personal care products, food containers, our drinking water, air pollution, medical tubing, children's toys, pesticides, and much more.

# 9 Chemicals that are Killing Your Testosterone Levels and Making You Less of a Man

Our environment and food supply are fraught with hidden chemicals. Herbicides and pesticides are sprayed regularly on farms, orchards, lawns and gardens. Industries are dumping their waste products into the water supply, which pollutes the water you drink. Tons of pharmaceutical and synthetic estrogens secreted by menopausal women pollute our streams and rivers, getting into our drinking water supplies.

And it doesn't stop there...

**The air you breathe** is carrying estrogen mimicking chemicals in the form of smoke, soot and exhaust vapors. The commercial meat and poultry you eat every day is pumped full of hormones and additives that are high in estrogen.

**The foreign estrogens found in plastics and pesticides** disrupt the natural hormonal cycles of both human and animal life. The widespread use of genetically-modified foods has exacerbated the xenoestrogen problem. Glyphosate (the active ingredient in Roundup®, Monsanto's™ widely-used pesticide) often leaves a residue on the genetically-modified crops it is used on. And the artificial gene, which has been inserted into every genetically-modified seed, is absorbed and housed within your gastrointestinal tract if you eat GM foods.

During the course of your daily life, you are exposed to a variety of environmental chemicals. It is important to be aware of the most common and most toxic ones, which we'll describe below:

# 9 Chemicals that are Killing Your Testosterone Levels and Making You Less of a Man

## Genetically Modified Organisms (GMOs)

GMOs are foods that, in most simple terms, have had an insecticide gene implanted into their DNA, which in many cases is intended to allow them to be resistant to dying from pesticides, thereby allowing the farmers to use MORE pesticides without killing the crop.

The list of genetically-modified foods is growing but primarily includes corn, soy, canola, cottonseed oil, and sugar beets as the main offenders to watch out for.

The most common problem associated with the consumption of GMO foods is an increased incidence of both gastrointestinal and immune disorders. The regular consumption of GMO foods has also been shown toxic to testicular cells and disruptive to testosterone synthesis. Recent laboratory studies have proven that male rats fed a genetically-modified diet lose their ability to reproduce within just three generations.

## Phthalates

Phthalates are also one of the most pervasive of the endocrine disrupters. Studies have shown that exposure to phthalates can lead to incomplete testicular descent, reduced sperm counts, testicular atrophy, and/or structural abnormality and inflammation in newborns.



# 9 Chemicals that are Killing Your Testosterone Levels and Making You Less of a Man

Phthalates are a group of industrial chemicals used to make plastics, like polyvinyl chloride or PVC, more flexible and resilient. They are found in everything from vinyl flooring, detergents, automotive plastics, soap, shampoo, deodorants, fragrances, hair spray, nail polish, plastic bags, processed food packaging, garden hoses, inflatable toys, blood-storage bags, and intravenous medical tubing.

This toxin is now so pervasive it can be detected in the umbilical cord blood of 90% of all newborn infants. Once in the body, BPA mimics estrogen setting the stage for a wide variety of health-related problems that include—but are not limited to—early puberty, infertility, cancer, diabetes, and heart disease.

## Bisphenol-A (BPA)

BPA is a common ingredient in many plastics including those in reusable water bottles and resins lining most food cans and dental sealants. BPA is primarily used to prevent preserved or canned foods from developing a metallic or plastic taste. In addition to being used as an inner lining in most canned foods, it can be found in many plastic baby bottles and food storage containers. Almost all canned foods contain BPA.

# 9 Chemicals that are Killing Your Testosterone Levels and Making You Less of a Man

## Parabens:

Parabens are a class of chemicals commonly used as preservatives by cosmetic and pharmaceutical industries. Like BPA, parabens have estrogen-like properties that lead to similar health and hormonal problems.

## Metalloestrogens:

Metalloestrogens are a broad range of metals that also add to the estrogenic burden of the human body. These metals are added to thousands of consumer products including vaccines. Research indicates that they are capable of binding to cellular estrogen receptors, mimicking the effects of natural, physiological estrogens.

## Perfluorooctanoic acid (PFOA):

PFOA is a chemical that makes things resistant to grease and water. It is used to keep grease from leaking through fast food wrappers and microwave popcorn bags, in non-stick coatings like Teflon, and in water-resistant fabrics like Gore-Tex®. PFOA is a highly-estrogenic compound that can disrupt your hormones.

It has also been linked to thyroid disease, cancer, immune system problems, and increased LDL cholesterol levels. To make matters worse, PFOAs remain present in the body for many years.

# 9 Chemicals that are Killing Your Testosterone Levels and Making You Less of a Man

If you use non-stick pots and pans on a daily basis, you may unknowingly be exposing yourself and your family to PFOAs. In less than five minutes at high temperatures, the coating of non-stick cookware will also break down into a chemical warfare agent known as PFIB, and a chemical analog of the WWII nerve gas phosgene.

## Nonylphenol ethoxylates (NPEs):

NPEs are known to be potent endocrine disrupters. These chemicals affect gene expression by turning on or off certain genes. They interfere with the way your glandular system works and mimic the actions of estrogen. NPEs have been implicated as a key reason why some male marine species have become female.

## Fluoride:

Flouride is an industrial waste product , yet it is routinely and purposely added to our water supply to supposedly make our teeth stronger and less prone to cavities. While topical fluoride will protect teeth at risk, drinking fluoride is akin to swallowing sunscreen to protect our body from getting a burn.

Flouride exposure can lead to many health-related problems including bone and joint pain, immune disorders, lower fertility rates, hormonal imbalances, and low sperm counts.



# 9 Chemicals that are Killing Your Testosterone Levels and Making You Less of a Man

With all of this said about flouride, it's important to make sure you're using a water filter that removes fluoride if you have municipal water as opposed to your own well.

## Bovine growth hormones (rBGH or rBST):

Bovine growth hormones are genetically engineered and routinely given to industrially-raised cattle, pigs, poultry, and other livestock to increase their growth and fat content. The concentration of bovine growth hormones is greatest in non-organic, pasteurized dairy products. A causal link between their consumption and the onset of both premature adolescence and prostate cancer has been scientifically established.

## MSG:

MSG is an excitotoxin and food additive commonly used to enhance flavor. MSG itself is not frequently found on food labels because it is often disguised as a "natural flavor" or a "spice;" as hydrolyzed yeast extract, or a number of other deceptive ingredient names. The consumption of MSG has been linked to reduced fertility rates, brain disorders, and low testosterone levels.

Needless to say, if you want to protect your manhood and your Testosterone levels, you should do everything you possibly can to minimize your exposure to these 9 chemicals we talked about in this article.

# This type of fruit and vegetable HARMS your Testosterone

This Type of Fruits and Veggies can Harm a Man's Hormone Balance

(We're referring to your Testosterone to Estrogen ratio)

Everybody "knows" that fruits and veggies are some of the healthiest foods that you can eat for overall health. However, what you probably don't realize is that some types of conventional (non organic) fruits and veggies **contain enough pesticide residues to disrupt your hormones**, most notably harming the testosterone to estrogen ratios of men, and causing many "low-T" related problems in older men as described below.

The reason for this is that many pesticides are endocrine disruptors and act as something called **xenoestrogens**. Xenoestrogens are essentially chemicals that we are exposed to that mimic the action of estrogen in our bodies.

While some pesticides mimic estrogen and take over cellular receptor sites, others also interfere with the chemical pathways responsible for the formation and/or delivery of testosterone and/or estrogen.

Besides pesticides, other sources of xenoestrogens that can harm your hormone balance are plastics (BPA and phthalates being a couple of the worst), lotions, shampoos, chemical sunscreens, shaving creams, and other cleaning and beauty supplies.

If you're a man reading this, you should take the topic of xenoestrogens very seriously, because if you don't, you'll slowly accumulate more and more xenoestrogens in your body until your levels are high enough that you start to experience some of these problems:

# This type of fruit and vegetable HARMS your Testosterone

- excess belly fat
- a decreased desire for *sex*
- erectile dysfunction to varying degrees
- less muscular strength and power
- lack of energy
- problems sleeping
- and just an overall feeling that you are less of a man than you used to be (decreased manliness)

High levels of testosterone are, quite literally, what make you a man and keep you healthy and vital throughout your entire life. The loss of youthful levels of testosterone can greatly diminish your energy, strength, mental, emotional, and sexual function and contribute to fatigue, premature aging, and disease. Luckily, your testosterone level—and overall state of well-being—are within your control if you do some of the right things, and one of the first actions you can take is to minimize your exposure to xenoestrogens.

Getting back to the problem of pesticides in your food, your best bet is to buy as much of your food as possible as organic to minimize your exposure to xenoestrogen pesticides.

However, if the slightly higher cost of organic food is a concern for you, at the very least, **make sure to buy the "dirty dozen" as organic**, since those are the fruits and veggies with the highest levels of xenoestrogen pesticides.

The "dirty dozen" to always buy organic are:

# This type of fruit and vegetable HARMS your Testosterone

- apples,
- celery,
- bell peppers,
- peaches,
- strawberries,
- nectarines,
- grapes,
- spinach,
- lettuces,
- cucumbers,
- blueberries,
- and potatoes

Kale and green beans also should be organic. Organic fruits and vegetables will be labeled with a sticker beginning with the number nine; conventional foods with the number four.

Did you know that ALL of these factors below also dramatically affect your Testosterone levels, either in a bad way or a good way, depending on which factor we're talking about...

- Your stress levels
- Eating the RIGHT amounts of fats and proteins (and enough cholesterol too since that's a building block of Testosterone)
- Utilizing adaptogenic herbs
- Keeping your testicles from overheating too often
- Minimizing carrying your cell phone in your pocket right next to your testicles
- Doing the RIGHT types of exercises that boost T levels, and minimizing the exercises that harm your T levels

# These 7 foods help BOOST your sagging Testosterone levels

## 7 foods that BOOST your sagging testosterone levels (helping you restore energy, muscle, strength, and sex drive)

High levels of testosterone are, quite literally, what make you a man and keep you healthy and vital throughout your entire life. The loss of youthful levels of testosterone can greatly diminish your energy, strength, mental, emotional, and sexual function and contribute to fatigue, premature aging, and disease.

Luckily, your testosterone level—and overall state of well-being—are within your control if you do some of the right things.

Do you remember having an almost endless supply of energy? What ever happened to those days anyway? More than likely, the testosterone that was once responsible for making you feel alive and full of energy isn't quite what it used to be.

The typical American male will lose testosterone at an alarming rate of one to two percent each year beginning at age thirty. So a 55-year-old man could quite literally be half the man he was at age 30!

Very recent studies indicate that the testosterone level of the average male today is 25% less than it was in 1992. The average male estrogen level has increased an alarming 40% during the same time period.

Some of the causes of this are increased stress levels, as well as increasing exposure to estrogenic chemicals (xenoestrogens) from pesticides, plastics, lotions, shampoos, chemical sunscreens, shaving creams, and other cleaning and beauty supplies.

# These 7 foods help BOOST your sagging Testosterone levels

Luckily, in addition to reducing your exposure to xenoestrogens which are stealing your manhood, there are some simple foods that you can add to your diet that are proven to help either boost your Testosterone levels, or decrease the problematic estrogen levels in men.

Here are a few of those power foods that can help boost your T levels:

**Saturated Fat and Cholesterol** -- That's right... all of the incorrect diet advice that's been beaten into your head for the last 20-30 years about eating less saturated fat and cholesterol has actually LOWERED your testosterone levels, making you weaker, fatter, and with possible increased sexual performance problems.

The fact is, saturated fat and cholesterol are literally the main **"building blocks"** for Testosterone production in your body, so if you've been purposely avoiding them both thinking that they are "bad for your health", then you've actually been harming your health.

But of course, you still have to choose HEALTHY versions of foods that are rich in beneficial saturated fats and/or cholesterol, such as pasture-raised meat, eggs, and dairy (instead of grain-fed meat, eggs, and dairy), and also by choosing healthy saturated fats like coconut oil and cocoa butter.



# These 7 foods help BOOST your sagging Testosterone levels

In addition, getting adequate monounsaturated fats from olive oil, avocados, pecans, macadamias, etc can also be important for maintaining healthy Testosterone levels for all men.

**Eat more fat!** Make sure at least 30-50 percent of your diet comes from healthy fats. As mentioned above, most men don't realize that testosterone—and other important male hormones—are actually produced from cholesterol and fats. When fats and cholesterol are deficient, testosterone levels will decline.

When you eat more monounsaturated fats (found in olive oil), saturated fats (from healthy grass-fed meats) and medium chain (MCT) fats (found in coconuts), you are providing your body with the building blocks of testosterone. A low-fat, high-fiber diet will have the opposite and adverse effect on T levels!

**An important note:** It's not really the amount of fat, but the type of fat (and how it's processed) that can adversely affect your health. Grass-fed meats and butter, organic whole eggs, avocados, wild fish, seeds, nuts, olive and coconut oils should be the primary sources of your fat calories. Make sure to also eat omega 3 essential fats (found in wild, cold-water fish; macadamia nuts, pumpkin, hemp and chia seeds) on a regular basis.

# These 7 foods help BOOST your sagging Testosterone levels

Strictly avoid the inflammatory omega-6 fats found in soy, corn, safflower, canola, and cottonseed oils; and the trans-fats found in margarines, deep fried foods, and other processed foods. Keep in mind that almost ALL processed foods such as potato chips, other types of chips, crackers, candies, cakes, etc that you buy at the grocery store or corner markets are usually processed with highly inflammatory omega-6 based vegetable oils. This is just yet another reason to avoid processed junk food.

## Other Potential T-Boosting Foods:

In addition to getting adequate healthy monounsaturated, omega-3's, saturated fats, and cholesterol to help your body produce Testosterone, these foods below can also help boost your T levels and/or reduce problematic estrogen:

**Button (white) mushrooms**, raw or cooked. Button mushrooms inhibit estrogen production.

**Pomegranate juice or powder**. Pomegranate blocks the harmful effects of estrogen.

**Turmeric root tea** (brewing the fresh root is best); turmeric powder in cooking. The phenolic compounds in turmeric stop estrogenic chemicals from getting inside the cells.

**Cruciferous vegetables** (like broccoli, cauliflower, kale, radishes, turnips, cabbage, and Brussels sprouts). They enhance the liver's ability to metabolize and excrete excess estrogen.

# These 7 foods help BOOST your sagging Testosterone levels

**Fermented foods** such as raw, organic, grass-fed yogurt and kefir, kombucha, and organic, fermented vegetables like sauerkraut or Kimchi. These foods contain beneficial, pro-biotic bacteria that have the ability to break down xenoestrogens and reduce their intestinal absorption.

# 9 Chemicals that are Killing Your Testosterone Levels and Making You Less of a Man

## Here's What To Do Next...

As you just discovered, your manhood and masculinity are being attacked on a daily basis, and have been for years, leading to poor sleep, E.D., increased belly & chest fat (man boobs), a low libido, and just not feeling like a “man” anymore...

Many men in your position seek out a prescription (TRT) from their doctor, which could actually make the problem **WORSE** and kill your T-levels for good.

When you go to the [this page](#), you'll not only discover the real cause of your plummeting T-levels, but also some powerful superfoods, herbs, drinks, and other tips to **SKYROCKET** your T-levels through the roof, making you feel more energetic, burning away your stubborn belly fat, and making you feel like a “stallion” in the bedroom.

> [Discover 1 simple trick, you can start doing today, to reclaim your manhood](#) (more sex, less belly fat, more confidence, more strength, and...)

# About The Authors...

**Dr. Richard Cohen, M.D.** has been using diet, nutritional supplements, natural hormones, and hormone precursors to improve health and performance for countless men over the past decade. He graduated with honors from Duke University and obtained his medical degree from Hahnemann Medical University in Pennsylvania. Dr. Cohen is a member of several professional organizations, including the American College for the Advancement of Medicine and the American Academy of Anti-Aging Medicine.



**Mike Geary** has been a Certified Nutrition Specialist and Certified Personal Trainer for 15 years – but he's been studying nutrition and exercise for almost 25 years now. He is the author of the bestselling ebook, The Truth about Six Pack Abs – which has sold over 1 million copies in several languages, as well as the best-sellers The Fat Burning Kitchen, Do This, Burn Fat: 101 Sneaky Fat Loss Tricks, and The Top 101 Foods that FIGHT Aging.

