

The Mojo Multiplier Blueprint
Increase Testosterone Naturally

Become The Best Version Of You

Week Six:
More On Human Poison

By Neil Cannon



Recap

- WEEK ONE
 - ESTROGEN - where it all went wrong
 - Sperm counts down, man boob operations up
 - Testosterone down, estrogen up
 - Sources Of Estrogen
 - Food supply
 - Water supply
 - Cosmetics, deodorants, shower gels, shampoos, conditioners
 - Fumes we breathe
 - Plastics
 - Psychology For Success
 - Pain & Pleasure
 - Need to avoid pain, desire to gain pleasure
 - Fat Loss Motivation; Know Your Reasons, Achieve Your Outcome



MOJO
MULTIPLIER

Recap

- Daily cleanse alkalise and energise with Lemon water
 - Helps to regulate hormones including testosterone
- Week One Homework:
 - Read Mojo Multiplier
 - Read Fat Loss Motivation: Know Your Reasons, Achieve Your Outcome (really short and very useful!)
 - Watch GMO OMG
 - Go Organic!
 - Be mindful of your drinking water



Recap

- WEEK TWO
 - Hormone Cascade:
 - Testosterone
 - Oestrogen (US = Estrogen)
 - Human Growth Hormone (HGH)
 - Insulin
 - Leptin
 - Cortisol
 - Ghrelin
- Week Two Homework
 - Remove of grains from your diet: bread, pasta, cereals
 - Read bonus books
 - Watch 'Food Matters' on Netflix / Amazon
 - Think Insulin!!_



Recap

- WEEK THREE
 - Proteins, Fats, Fibres and Carbohydrates
 - Intermittent Fasting
 - Testosterone-boosting foods and estrogen inhibiting foods
- Week Three Homework
 - Continue grain-free and see how you feel
 - Read bonus books
 - Watch 'Food Inc_' on Netflix / Amazon
 - Include Testosterone-Enhancing foods in diet every day:
 - Zinc
 - Fats - eggs, avocados, fatty fish, nuts, seeds
 - Cruciferous vegetables
 - Mushrooms



Recap

- WEEK FOUR
 - Inflammation, the silent killer and mojo stealer
 - More on grains
 - Exercise
 - High Intensity Interval Training
 - Steady Paced Cardio
 - Weight Lifting
- Week Four Homework
 - Read The Truth About Exercise
 - Finish Mojo Multiplier if you haven't already
 - Continue grain-free



Recap

- Week Four Homework Continued
 - Include Testosterone-Enhancing foods in diet every day:
 - Zinc
 - Fats - eggs, avocados, fatty fish, nuts, seeds
 - Cruciferous vegetables
 - Mushrooms
 - EXCLUDE SOY!!
 - Strength train twice a week
 - Engage in sprints/ HIIT once a week (make sure the Doc ok's this!)
 - Watch 'Forks Over Knives' on Netflix / Amazon



Recap

- WEEK FIVE - The Cow's Udder: You're A Human, Not A Cow
 - Most of us can't break down the sugar in milk effectively
 - Completely different biological make up to human breast milk
 - Causes acid in the body when we digest animal-based protein and our bones are weakened, not strengthened as we are lead to believe
 - Cows are routinely given steroids and other hormones to plump them up. These potent synthetic hormones disturb the delicate human hormonal balance, leading to a lot of medical problems - including raising estrogen and lowering testosterone!!
 - Toxic pesticides from food that cows ingest also make their way into the milk, which humans unknowingly consume - and the beef of course
 - Milk and dairy products are pro-inflammatory and mucus producing.

WEEK FIVE HOMEWORK

- If you drink milk, replace it with coconut or almond milk, or rice milk
- Limit the amount of cheese you eat - or avoid completely / make it a rare treat
- When you have yoghurt, make sure it's unsweetened.
 - Full fat Greek yoghurt is good!
- Watch Sick, Fat & Nearly Dead
 - Juice Dieting, cleansing, micronutrients (vitamins and minerals)
 - Reversal of obesity, type 2 diabetes, inflammation, high blood pressure, auto-immune problems



Human Poison - Revisited

- In Sick, Fat & Nearly Dead, it is revealed how we can get most of, if not all, our micronutrients from plant-based foods.
 - Vitamins and minerals
- 60 days juicing enables Joe Cross to burn a ton of fat, regulate his hormones, eliminate inflammation, his blood pressure normalises, his auto-immune disease (hives) disappears, his Type 2 diabetes symptoms reverse
- He comes off 8 drugs - every drug has side effects bar none.
- As a Western nation we are stuffing our faces, yet starving ourselves of key micronutrients that we need for our bodies to thrive



Human Poison - Revisited

- Anything alien we put into our bodies will be regarded by our bodies as an attack, and inflammation ensues
 - Processed foods, pesticides, herbicides, preservatives, nasty chemicals, HFCS, hydrogenated oils
 - Grains!!
 - Inflammation underlies all chronic diseases. In Sick Fat And Nearly Dead 2 (yes, they made a sequel), they remind us how the Standard American Diet is literally killing us.
 - They talk about a number of seemingly “miraculous recoveries” made by people switching to plant-based diets and juice cleanses
 - A child suffering from arthritis is CURED by introducing juices to his daily routine
 - A girl struggling to get pregnant for years and was told would not be able to conceive, conceived when switching to a plant based diet
 - We are not meant to get ill, yet so much of what we find in our supermarkets is like a poison to us
 - We need to take control of our lives, as no one else will.



Human Poison - Revisited

- You might be wondering about testosterone
- Testosterone increases when your hormones are balanced and our bodies are not fighting foreign matter
- Testosterone increases when fat decreases - belly fat contains the enzyme aromatase and this converts testosterone into two forms of estrogen
- When estrogen goes up, testosterone comes down
- Juice cleansing and/or a plant-based diet or reboot and help to completely reset your body by giving it everything that it needs and removing toxins and poisons
- I'm not suggesting to go completely meat-free, I'm suggesting give your body a service and reboot and make sure that every single day you get sufficient micronutrients to fuel your body and balance hormones.



Human Poison - Revisited

- HOMEWORK:
 - Watch Sick, Fat & Nearly Dead 2
 - Watch Sick, Fat & Nearly Dead 1 if you haven't!
 - It makes nutrition so simple to understand. You don't have to spend years training as a nutritionist to figure out how we function as humans.
 - Think about everything that you put in your body regularly.
 - White buns / white pasta / white rice / white anything - remove completely
 - If you're consuming preservatives / pesticides, herbicides, from non-organic produce, you're poisoning your body,
 - If you put hormones into your body, you're poisoning your body,
 - If you consume HFCS, trans fats and other nasty "ingredients", you're poisoning your body.
 - Grains will typically cause inflammation and are high glycemic
 - Limit sugar - high blood sugar response = testosterone down



Human Poison - Revisited

- HOMEWORK:
 - EAT: Plenty of vegetables, and some fruit daily
 - Nuts, seeds, grasses, pulses
 - Healthy fats for testosterone production:
 - Avocados, olive oil, coconut butter, fatty fish like salmon and mackerel, nuts, organic eggs
 - Zinc as a supplement or in oysters!
 - Cruciferous vegetables
 - Mushrooms
 - Grass-fed beef is high in zinc. Don't eat too much of it though as it's acid-producing (all animal proteins are)
 - Consume plenty of fresh vegetables (preferably raw) with every meal.
 - Juice!! Start off by adding juices to your diet and invest in a juicer. Mainly vegetable juices!



Human Poison - Revisited

- HOMEWORK:
 - Move daily for at least 30 minutes unless you're weight training. It doesn't have to be crazy. Just enough to get your heart rate up so if you're talking you're a little out of breath
 - Strength train twice per week as described in the Members' Area
 - If you're fit enough, do HIIT once, even twice a week
 - Start off with a sprint or two for 30 seconds, increase repetitions as you get better
 - Amazing for reducing inflammation and reversing insulin resistance
 - Fitness improves super fast - heart stroke volume and pulmonary performance
 - Take up gym classes - they're fun, sociable and get you out of bed!
 - Supplement with Zinc, fish oils, vitamins if you're not consuming vegetable juices daily

