

The Mojo Multiplier Blueprint Increase Testosterone Naturally

Become The Best Version Of You

Week Three:

Proteins, Fats, Fibers and Carbohydrates
Intermittent Fasting

By Neil Cannon



MOJO
MULTIPLIER

Recap

- 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



Recap

- Daily cleanse alkalise and energise with Lemon water
 - Helps to regulate hormones including testosterone
- Did you watch:
 - Food Matters
 - GMO OMG? (Homework from Week One)
 - These documentaries are VERY worth a watch
- Go Organic!
- Be mindful of your drinking water
- Removal of grains from your diet



In this module...

- How we process proteins, fats, fibres and carbohydrates
- Intermittent Fasting
- Estrogen blockers
- Testosterone enhancers



Proteins, Fats, Fibres, Carbs

- In general, calories from protein, carbs and fats affect your metabolism in different ways. Two key hormones that are released when you digest food; insulin and glucagon.
 - Insulin typically causes fat storage and glucagon transfers fat to energy.
- Both of these hormones are required for your body to function correctly.
- Where they're balanced equally, your body will actually build muscle *whilst* burning fat. When you build muscle you increase testosterone.
- Eating the correct types of food is paramount; as well as helping with your fat loss and fitness goals, it also helps you to maintain a healthy body and lifestyle in general.



Proteins, Fats, Fibres, Carbs

- Different types of calories in different types of food.
- In terms of fats, there are natural fats such as dairy and unnatural fats such as hydrogenated oils (which you should avoid at all costs!).



Proteins

- Powerful macronutrient found in meat, fish and contrary to popular belief, plant-based foods
- With regards to protein, there are plant-based proteins and animal-based proteins.
- Proteins are required to help you build and repair muscle so essential in keeping you strong
- Help you to burn fat - proteins are the hardest of the 3 macronutrients to convert into fuel and this has a positive effect on your metabolism



Fats

- Fats are essential building blocks for testosterone
 - Increase cholesterol - HDL (good), and lowering LDL (bad)
- **Fat is a very important part of your diet**
- Fat is essential in keeping the metabolic and hormonal processes in your body functioning correctly.
- Very low fat diets can therefore be detrimental to your health. Such diets make it difficult to lose weight (burn fat), as people tend to eat more carbohydrates (typically refined carbohydrates with a high GI) to replace the calories that they are not getting from fat. This then increases insulin levels, which in turn stores fat and induces cravings for more carbohydrates; a vicious cycle.



Fats

- Typically your fat intake should comprise 20-40% of your total calorie intake.
- An intake lower than 20% will have a detrimental effect on your metabolic and hormonal processes.
- Therefore, your body fat loss efforts and training performance will also be negatively affected, along with other key bodily functions. However, there are good and bad types of fat.
- Fats to avoid are those found in refined flour and refined/hydrogenated oils and trans fats - found in most processed and unnatural foods. These all lead to obesity and heart disease - typically anything deep fried, cakes, doughnuts and biscuits, milk chocolate and ready meals etc.
- There are three types of fat found in nature, either by way of animal or plant; polyunsaturated, monounsaturated and saturated fat.



Fats

Good fats:

- Raw nuts
- Seeds
- Natural nut butter
- Avocados
- Olive oil
- Fatty fish
- Grass-fed meat products (organic)



Fats

Bad fats:

- High fructose corn syrup (HFCS)
- Hydrogenated oils - including most vegetable oils in processed foods and margarine and spreadable butters



Carbohydrates

- Those with a high glycemic index (GI) and those with a low glycemic index (GI).
- Those with a high GI typically cause your body to store fat, and those with a low GI transfer calories into energy, which are thus burned.
- Think high HI = white potatoes, rice, pasta, bread (white and brown)
 - Great after a workout in particular, not so great at other times



Carbohydrates - lower GI

- Sprouted grain bread - the only bread you should be consuming
- Brown rice
- Quinoa
- Spelt
- Barley
- Millet
- Sweet potatoes - they taste better than normal potatoes anyway! And they're low GI
- Yams



Fibres

- Fibre helps to aid digestion along with plenty of water
- Helps your body to absorb nutrients
- Higher quantities of fibre reduce the time the bowel has to absorb oestrogens. It also removes oestrogen from the gut by binding to it.



Fibres

- Jacket potatoes, new potatoes in their skins and baked potato skins
- Wholemeal pasta and brown rice (if you're going to include)
- Beans, lentils and peas
- Fresh and dried fruits - particularly if the skins are eaten
- Vegetables - particularly if the skins are eaten
- Nuts and seeds



Intermittent Fasting

- Typically 16 hours a day or 24 hours in a day, once or twice a week
- Reduce your eating to a window of 8 hours
- Research has shown that 24 hours of consuming no calories, growth hormone levels were elevated 2000% from the baseline.
 - HGH helps to regulate body composition, body fluids, muscle and bone growth, sugar and fat metabolism, and possibly heart function.
- Growth hormone rises in correlation with testosterone and is highly anabolic.
- Intermittent fasting is by far the fastest way to burn fat (12 hours in fasted state and your enzymes will shift to burning body fat as fuel)

Intermittent Fasting

- Fasting induces autophagy, the process where your cells remove toxins and estrogenic chemicals from them.
- Getting rid of xeno-estrogenic toxins is pro-testosterone.
- Breakfast was the name given to breaking the fast, which meant the first meal of the day - not necessarily as soon as we woke up
- I've read plenty of reports of people doing well from skipping breakfast as it's typically known - as in when you first wake up. i.e. Engineering The Alpha - great one for guys out there

Intermittent Fasting

- **REDUCED**

- blood lipids (including decreased triglycerides and LDL cholesterol)
- blood pressure (perhaps through changes in sympathetic/parasympathetic activity)
- markers of inflammation (including CRP, IL-6, TNF, BDNF, and more)
- oxidative stress (using markers of protein, lipid, and DNA damage)
- risk of cancer (through a host of proposed mechanisms; we'll save them for another review)

Intermittent Fasting

- **INCREASED**

- cellular turnover and repair (called autophagocytosis)
- fat burning (increase in fatty acid oxidation later in the fast)
- growth hormone release later in the fast (hormonally mediated)
- metabolic rate later in the fast (stimulated by epinephrine and norepinephrine release)

Intermittent Fasting

- **IMPROVED**

- appetite control (perhaps through changes in PPY and ghrelin)
- blood sugar control (by lowering blood glucose and increasing insulin sensitivity)
- cardiovascular function (by offering protection against ischemic injury to the heart)
- effectiveness of chemotherapy (by allowing for higher doses more frequently)
- neurogenesis and neuronal plasticity (by offering protection against neurotoxins)

Intermittent Fasting

- If 12 hours stimulates fat burning, can't go wrong with giving it a go for a week or so, and try the 16 hour fasting to see how suits you?
- Only eat when you're hungry in that 8 hour window. Are you always hungry when you wake up?
- Intermittent fasting is eating as we used to eat back in our primal days - as our bodies were intended to

Testosterone-Boosting Foods

- Zinc
 - Excellent in promoting testosterone levels
 - One of the most important essential minerals in human nutrition, yet deficiency is a worldwide problem. **The safest way to ensure you're getting zinc into your diet is by consuming it naturally in what you eat.**
 - Foods that are rich in zinc:
 - Oysters
 - Toasted Wheat Germ
 - Veal Liver

Testosterone-Boosting Foods

- **Zinc (continued)**
 - Sesame Seeds and Tahini (sesame butter)
 - Low fat roast beef
 - Roast pumpkin and Squash seeds
 - Dried Watermelon seeds
 - Dark chocolate and cocoa butter
 - Lamb (mutton)
 - Peanuts

Testosterone-Boosting Foods

- **CRUCIFEROUS VEGETABLES**

- Containing 'indoles' - a compound that can help to reduce the amount of oestrogen released in the body whilst increasing the amount testosterone released.
 - Indole-3-carbinol (I3C) can convert “harmful” oestrogens into a less harmful type of oestrogen. They also help the liver with the excretion of oestrogen.
- Try to include plenty of the following foods in your diet. Eating them raw is better, as cooking can remove the nutrients and deactivate the active component, I3C. The richest sources of foods containing **indoles** are:
 - Broccoli
 - Cabbage
 - Brussels sprouts
 - Cauliflower
 - Spinach

- **MUSHROOMS**

- White button mushrooms are a natural inhibitor of aromatase activity *and* breast cancer cell proliferation. They are easy to include in your diet. I recommend eating them daily.

ACTION STEPS

- Finish reading Mojo Multiplier & 3 additional ebooks
- Continue grain-free
 - For lunch, have sweet potatoes / yams / quinoa for your carb choice, and green low carb veggies with a form of protein - meat/fish (if you so desire!)
 - For dinner, have plenty of vegetables and /or salad - get adventurous.
- Try Intermittent Fasting for one week for 16 hours a day



ACTION STEPS

- Include Testosterone-Enhancing foods in diet every day:
 - Zinc
 - Fats - eggs, avocados, fatty fish, nuts, seeds
 - Cruciferous vegetables
 - Mushrooms
- Watch Food Inc - on Netflix / Amazon
- Email me at support@mojomultiplier.com if you have any questions.

