

T-(Rx) - The Testosterone Protocol: On Achieving True Male Status



TR(x) follows the journey of Cristi Vlad on increasing his testosterone levels (over a 6-months period) through different natural interventions, such as: 1. Well formulated Very-Low-Carb-Low-Calorie-Ketogenic nutrition (without carb-loading) 2. Heavy Lifting Protocol + HIIT Protocol 3. Intermittent Fasting 4. Cold Thermogenesis (you will hate it) 5. Supplementation 6. Fixing the circadian clock 7. Lowering exposure to non-native EMF 8. No masturbation (sex is allowed) 9. Thoughts on alcohol consumption He also tells you how the advent of technology impacted the male status over the past 100 years and how males today are not real men (in his opinion). What is different in this approach is that Cristi did it under a low-calorie very-low-carb-ketogenic nutritional protocol. He did not use carb-loading. T-(Rx) does not include boner pill prescriptions and/or recommendations for hormone replace therapies (HRT).

Pris: 241 kr. Haftad, 2014. Skickas inom 3-6 vardagar. Kop T-(RX) - The Testosterone Protocol: On Achieving True Male Status av Cristian Vlad Zot paAchetez et telechargez ebook T-(Rx) - The Testosterone Protocol: On Achieving True Male Status (English Edition): Boutique Kindle - Mens Health : .T-(Rx) The Testosterone Protocol. On Achieving True Male Status. TRX. Testosterone is the male hormone that turns boys into real men. Its what makes yourRead T-rx - the Testosterone Protocol: On Achieving True Male Status book T-(Rx) does not include boner pill prescriptions and/or recommendations forCompre T-(Rx) - The Testosterone Protocol: On Achieving True Male Status (English Edition) de Cristian Vlad Zot na . Confira tambem os T-(RX) - The Testosterone Protocol : On Achieving True Male Status the journey of Cristi Vlad on increasing his testosterone levels (over aT-(Rx) - The Testosterone Protocol has 19 ratings and 2 reviews. Amer said: Poor book, I didnt enjoy reading it. It didnt add much to my knowledge exce - 6 secRead Books The Testosterone Syndrome: The Critical Factor for Energy T-(Rx) - The T-R(x) follows the journey of Cristi Vlad on increasing his testosterone levels (over a T-(RX) - The Testosterone Protocol. On Achieving True Male Status. T-R(x) follows the journey of Cristi Vlad on increasing his testosterone levels (over a 6-months period) through different natural interventions, - 3 min - Uploaded by Bridget RodgersFree T-(Rx) - The Testosterone Protocol: On Achieving True Male Status more : [http://T-\(Rx\) - The Testosterone Protocol: On Achieving True Male Status \[Cristian Vlad Zot\] on .](http://T-(Rx) - The Testosterone Protocol: On Achieving True Male Status [Cristian Vlad Zot] on .) *FREE* shipping on qualifying offers. TR(x) follows theT-(RX) - The Testosterone Protocol: On Achieving True Male Status by Cristian Vlad Zot - Paperback, price, review and buy in Dubai, Abu Dhabi and rest ofT-R(x) follows the journey of Cristi Vlad on increasing his testosterone levels On Achieving True Male Status the male status over the past 100 years and how males today are not real men (in his opinion). T-(Rx) does not include boner pill prescriptions and/or recommendations for hormone replace therapies (HRT). T Rx The Testosterone Protocol On Achieving True Male Status pdf books download is give to you by that give to you with no fee[PDF] T-(Rx) - The Testosterone

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