

**ADVANCED ANABOLIC STRETCHING 2.0**

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**TEST MAX NUTRITION**

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# TEST MAX NUTRITION

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# THE DIET INDUSTRY IS BROKEN

60 billion dollars.

That's the value of the diet industry today.

**1 in 3.** That's how many American and Canadian adults are overweight or obese today.

**1 in 3.** That's how many American and Canadian **CHILDREN and TEENS** are presently obese or overweight.

So, obviously, we have a problem; yet, as a whole, we still seem to be getting fatter and sicker.

According to the American Medical Association (AMA), this is the first generation where the parents are expected to **OUTLIVE** their own children. No parent should have to bury their child. Ever.

There is, however, a positive side to all this:

Research into how the human body works has exploded over the past few decades. And the conclusions are nothing short of remarkable. That's the reason for this manual. To spread the message, that you do have control over your body, your weight and your health.

The other reason?

Men have been neglected in the health and fitness world. With 85% of the diet industry focused on women, men have been left with two options.

- 1) Follow a female designed plan
- 2) Be overweight

This manual is to create a third option.

A diet for men. Built by men, for men.

Designed to accomplish one goal: optimizing our most precious life force and the king of male hormones, testosterone.

So without further or do, let's jump write into it.

# Test Max Nutrition Basics

**With the TMN program we advise you to focus on consuming balanced nutrition.** By balanced nutrition I am talking about making sure you get enough of all three macronutrients.

If you are used to low carbohydrate dieting or low fat dieting you are going to have to change your mindset. **Most of the diets that focus on restricting any one macronutrient are based on short term results.**

Often these results are some specific effect on the body, or even just making the dieter feel like their diet is effective.

As I mentioned at the start of the program I am looking at your body as a system. Diet being one part of that system it should be in support and service of all the other parts of that system.

This is where the radical idea of balancing macronutrients comes into play. **Diets that restrict any macronutrient are not appropriate for testosterone enhancement.**

It has been shown time and time again that restricting carbohydrates and fats in particular will inhibit your body's production of testosterone.

What is even more astounding is the negative effect high protein diets can have on testosterone levels. If you were to follow most of the mainstream physique building advice you would be setting yourself up for hormonal issues, low testosterone in particular.

**Low protein isn't catabolic. Low testosterone is.**

Of course this is not a concern for many of the fitness celebrities who get their testosterone from external sources.

**The importance of Carbs**

In study after study, moderate to high carbohydrate diets outperform low carbohydrate productions in maintaining and increasing testosterone levels. In low carbohydrate dieters, as carbohydrates are increased levels of GnRH, the hormone that begins the cascade of events that leads to testosterone production is increased.

When athletes are put on high and low carbohydrate diets, those on the higher carbohydrate diets have consistently lower levels of cortisol over time. Finally, multiple studies have shown consistently higher free testosterone levels in moderate carbohydrate dieters over time.

### **The importance of fats**

Similarly low fat diets have been shown to inhibit testosterone production. When looking at fats you need to consider the three main types of fats that people consume, monounsaturated, polyunsaturated and saturated fats.

**In terms of enhancing testosterone production you want to keep the ratio of monounsaturated and saturated to polyunsaturated fatty acids as high as possible.**

This is because polyunsaturated fatty acids do not increase testosterone as much as the other two types of fats. Many studies have even shown that they have an inhibitory effect on testosterone.

I will get into specific recommendations for fat containing foods, but for starters eggs, avocados, steak, coconut oil and olive oil are some good basic sources of monounsaturated and saturated fat.

### **Protein's double edged sword**

Finally protein which is both the most important and least important macronutrient needs to be considered. Protein is the most important because it is a complex macronutrient that is vitally important component of cell growth.

It is also the least important because the body does not need a great deal of protein on a day to day basis. **Speaking generally, protein is most useful as a building block for the body's various cells and tissues.**

Unlike fats and carbohydrates which are easily used for energy, protein requires a great deal of processing to be broken down and used as energy by the body.

In fact, when the body tries to use protein for energy in place of fats or carbohydrates it expends a large percentage of the potential energy it can get from each protein molecule just breaking it down.

Using an analogy, let's say you are camping and you have a campfire that you usually keep going with charcoal and wood.

Everything is going fine and your campfire is burning bright. One day you get tired of having to constantly use wood and charcoal.

You get the idea to use your tent to keep the fire going instead. You walk over to the tent, snap the poles out and toss the whole thing in the fire.

You notice that it doesn't burn as well as the wood or the charcoal and ends up kinda making a mess putting off a bunch of black smoke etc...

This is kind of like what happens when you force the body to use protein as one of its main sources of energy. It is forced to break down the complex protein molecules for energy. Not only is this wasteful but it creates a bunch of nasty byproducts.

### **Your body prefers getting energy from carbs and fats.**

When the body easily find enough energy from fats and carbohydrates and uses most of the protein it gets for building other types of tissue.

It also reduces the stress the body is under as it does not have to break down complex protein molecules for all of its energy needs.

### **Research into diet composition shows that high protein diets reliably reduce testosterone levels.**

If that wasn't bad enough chronically over consuming protein in place of carbohydrates in particular can lead to an altered testosterone to cortisol ratio making it harder to lose fat and gain muscle.

### **It might seem obvious to most people, but you have to lower protein intake in order to make room in your diet for fats and carbohydrates.**

This is because you cannot simply eat more of all three macronutrients.

This would cause you to be consistently over your caloric requirements which would cause weight gain, reduced insulin sensitivity and a number of other problems. Your takeaway from this section should be that your diet should be balanced.

I recommend starting with around 25% of calories coming from protein, 35% coming from fats and 40% coming from carbohydrates.

Keep in mind that this is just a starting point and you will have to play around from there to figure out what works best for you.

## **FASTING**

Fasting has been shown to directly influence hormone secretion in men.

**In large part your nutritional status and the quality of your sleep will determine the amount of growth hormone that is released in your body.**

Basically when insulin levels are lower in your body, growth hormone levels become higher. This is one of the biggest reasons that some people seem to magically burn fat once they cut out foods that greatly increase circulating insulin levels.

**One of the reasons that fasting is so effective at increasing growth hormone is that fasting requires you to completely forgo any intake of calories.**

This means that any healthy individual will see a decrease in circulating insulin and an increase in circulating growth hormone.

The confusion many people experience with other types of diets is that they are led to believe that certain foods are alright to eat and that they will not increase insulin levels.

Even many diet gurus believe that certain foods, especially low carbohydrate foods will not increase insulin levels.

What this fails to take into account is the insulin index. Basically this is a measure of how much insulin is released in response to the intake of certain foods.

Traditionally researchers looked at the amount of carbohydrate in certain foods or the glycemic load of certain foods to determine how much insulin they would release.

This represents a best guess as it correlates carbohydrates with insulin directly. The insulin index instead measures the actual levels of insulin released in the body in response to certain foods.

What researchers found was enlightening.

For example, it was found that beef, a traditionally low carbohydrate food with a low glycemic index raised insulin levels more than many high glycemic index foods. While there are many ways to interpret this data, the point is that many types of foods raise insulin levels regardless of carbohydrate content.

This is another reason the TMN Program focuses on calories overall and not specific macronutrients or the glycemic index of foods.

**Trying to manipulate individual variables in a complex system results in subpar results. Instead you should focus on a few huge levers like overall calorie intake.**

This is most easily accomplished through the short daily fast.

### **GH AND TESTOSTERONE**

The point of saying all this is to reinforce the idea that focusing on overall calories, and periods of complete abstinence from calories are one of the only surefire ways to get a consistently strong output of growth hormone in the body (along with adequate REM sleep and proper training).

You want to be regularly experiencing these releases of growth hormone in order to enhance testosterone production and maintain a low level of body fat.

Growth hormone does this by working synergistically with testosterone to enhance body composition. This happens because the two hormones are both supportive of one and other.

When testosterone levels are increased growth hormone levels are directly affected and are increased.

When growth hormone is increased, testosterone is indirectly increased.



This happens when growth hormone increases gonadotropins which cause the testes to increase their production of sperm and testosterone.

**Growth hormone's effects on testosterone are so profound that both testosterone's androgenic and anabolic properties are inhibited when growth hormone levels are below normal.**

The point is that anything that increases growth hormone is going to have a positive impact on testosterone and its enhancement of primary and secondary sex characteristics.

**Short daily fasts are a nearly guaranteed way to experience elevated growth hormones levels without the more drastic spikes in cortisol that are seen in prolonged fasting or starvation diets.**

Fasting has also been proven to induce autophagy in the body. This is the body's internal process of cellular turnover.

The body basically has the ability to use some of its older more damaged cells for energy and raw materials. The body is able to break down cells that it no longer needs to use for other processes.

What's interesting about this process is that the body selectively targets cells that have excessive damage from things like free radicals.

Therefore the body is left with a higher percentage of relatively new cells every time you experience increased level of autophagy.

Many diet gurus have attempted to increase levels of autophagy in the body by including special low protein days in their diets.

**Instead of messing around with high and low calorie days, high and low carbohydrate days and high and low protein days I suggest a simple daily fast.**

This process initiates a daily cycle of autophagy, increased growth hormone output as well as a steady decrease in insulin. Instead of messing around with spiking different macronutrients on different days you simply experience all of the benefits at once with simple daily fasts.

While you may be able to maximize cellular turnover, insulin levels or growth hormone levels ever so slightly with a more complex process, having something you can do every day will benefit you more in the long run.

**Simply including daily fasting into your routine gets you 80-90% of the benefits of any more complicated dietary strategy.** Since you will be able to do it every day it will net you far more benefits than any on again off again strategy the diet gurus are claiming.

While you may be scratching your head as “not eating” seems like too simple a strategy to work, keep in mind that it is one component of a lifestyle you are building to take advantage of every testosterone enhancing habit you can have.

**While intermittent fasting is not appropriate in all circumstances, the recommendations made in TMN are for the everyday person.**

This means you are probably a guy that is not performing hard physical labor during the day. You should be performing some low volume strength training and doing some low intensity cardio and mobility to maintain your functionality.

For this type of guy, short daily intermittent fasting is perfect.

## **THE TEST MAX NUTRITION PROTOCOL**

Okay now you're probably wondering what you should do every day when it comes to eating & fasting.

I will break it all down in this section right now.

And once again, I'm going to make this very simple. So simple, in fact, that many guys will likely feel genuine “fear” – why? Because everyone is so used to complicated “guru” nonsense when it comes to dietary recommendations that we've begun finding comfort in the complications... we're so used to complicated nonsense that we fear something simple.

Simplicity is the ultimate sophistication.

And unless you have some genetic disorder or are a high end athlete, you will do better with simple.

You will find it refreshing.

Here's how the TMN protocol works

1. Fast daily for 12 - 18 hours.
2. Eat 2 decent meals within a 6-8 hour window and possibly 2 smaller bridge meals. You can be flexible on this eating window, since many people have varying schedules.
3. The 2 types of meals are:

a) The Main Meal(s)

This meal is focused on getting the proper macronutrients into your system. You are fueling your training and recovery with this meal, specifically (that's an easy way to think about this).

This meal is great for flexibility, especially when fasting all day. Many guys can consume up to 1500 calories here or more, depending on body size.

The Main Meal(s) keeps are socially awesome. Go out for burgers and fries, steaks and potatoes, burritos, etc. Don't eat shit fast food. Focus on quality food. You can live like a normal social person, and you can eat like a man – not a bird. Life and good food are meant to be enjoyed!

If you focus on eating 80% high quality macro sources in this meal (ie. monounsaturated fats, starches, organic free range meats), you not only have a little wiggle room for other things like alcohol or an occasional dessert, but you also keep peace of mind and the flexibility necessary for actually maintaining progress over time.

Consistency always wins.

b) The Bridge Meal

The sole purpose of this meal is to provide your body with all of the micronutrients it needs (on top of the Macro Meal) in order to properly produce the hormones you are working so hard to optimize while allowing you to make room for massive main meal(s)

These meals tend to be simple and repetitive. I recommend smoothies, green juices, fruit, salads and supplements as an easy way to get all of the nutrition into an easy-to-consume format. I even use sandwiches sometimes.

For example, my main bridge meal for the longest time was a tuna sandwich with a banana and necessary supplements (vitamin D, K2, fish oil, tumeric). I would also switch up for protein shakes or chicken salads.

That's it.

Again the macro nutrient breakdown is

25% Protein

40% Carbs

35% Fats

By now means is this a rigid breakdown. Experiment, tweak and test. I truly do believe every single person on this planet has a slightly different diet that is built for them.

## **Final thoughts**

Your lack of progress in muscle gain and in your lifts over your life is almost certainly entirely due to your lack of devotion to getting proper nutritional "fuel" to accommodate those gains.

You have a choice now whether you want to continue in the same old patterns, or to choose to be better than that. Remember: "force adaptive change." If you must, feel free to break this into more than one meal. The important thing is the fasting window. But the fewer collective insulin spikes, the better for your GH and T over time.

Low protein will not cause you to lose muscle. Your body is very good at using the bare minimum to survive and thrive. Optimizing your T, GH, and DHT levels will do FAR MORE for your gains than some arbitrary protein number you feel you need to adhere to because a protein powder company website installed some fear in you that you'll go "catabolic" if you don't eat more and more of their protein.

That's ask she wrote. Now it's time to take action. Here are my schedules and macronutrient breakdowns to give you an example

This is what my schedule looks like:

**8 am** - wake up

**11 am** - train fasted

**1230/1 pm** - Bridge meal

**5/6 pm** - Main meal

**9 pm** - Main meal or bridge meal

**12 am** - Sleep

**Protein 28%:** 180

**Carbs 40%:** 250

**Fat 32%:** 85

**Calories:** 2500

Now it's your turn. Nothing happens without action.

To fitness, fortune and freedom,

Peter

P.s. I left you my test max grocery list on the next page. Hopefully you'll get some use out of it.

# Test Max Grocery List

Extra virgin olive oil  
Extra virgin coconut oil  
Butter (grass fed if possible)  
Epic bars  
Beef (grass fed)  
Eggs  
Grass-fed beef jerky  
Egg Whites  
Organic ham  
Spinach  
Potatoes (all)  
Avocados  
Pomegranates  
Onions  
Garlic  
Bananas  
Brazil nuts  
Dark Chocolate 70%+  
Berries  
Coffee  
Grapes  
Himalayan sea salt  
Red Wine  
Spices (pretty much any without MSG)  
Hot Sauce  
Cheese  
Peppers  
Lettuce