



SIX PACK HACKERS

INNER

CIRCLE

SIX PACK HACKS

MONTH 1

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Welcome To The Six Pack Hacks Digital Newsletter

Welcome to the Six Pack Hacks Newsletter. Inside, you'll have access to exclusive information on cutting-edge research, strategies, and tools to help you maximize your six pack, boost your testosterone levels, and have more sex, muscle, energy, and become a badass.

The Six Pack Hacks Digital Newsletter is the world's most powerful resource for men who want to become above average and succeed in all areas of their life. Because you're here I know that's you.

Follow closely to the information in this digital newsletter and be sure to combine this resource with the fitness and nutrition programs provided in the Anabolic Academy.

If you have any questions regarding the information in this digital newsletter, or you have other topics you would like us to feature in future Six Pack Hacks publications, please email us at support@petertzemis.com and we will speedily reply to your email within 24 hours.

To fitness, fortune and freedom,
Peter Tzemis

SIX PACK

The Six Pack Skeleton Key

What I'm about to tell you is far outside the realm of "normal". But if you were normal, you wouldn't be reading this.

As we know, body fat loss requires fat cells to release stored fat. Often times when we diet, we burn fat really well, but fail to "unlock it" from fat cells - leading to a lot of wasted effort.

Nicotine is the master skeleton key, to flooding your body with fat that's ready to burn. We regard nicotine as dangerous because our thinking has been guided, historically, by the effects we believe it has on smokers. What we don't take into account, however, is that smokers ingest nicotine every single day in dangerously high levels (20x as much as I recommend.)

Small dosages of nicotine can actually be beneficial for you because they can instigate tissue repair and help mobilize body fat—and we've found no evidence that small doses, even taken over long periods of time, can have any negative side effects at all.

The only caution would be to avoid combining nicotine and carbohydrates because it can interfere with the absorption of glucose into your muscle cells.

Low level nicotine dosing exhibits 2 other beneficial effects including cognitive enhancement and appetite suppression. This makes it a perfect supplement to be used in the fasted state when both cognition and appetite suppression could use a boost.

To get the nicotine in non smoker form, I use Nicorette gum. I would start off at half the doses below to assess tolerance.

If you train in the morning then take 2 mg before training, and 2 mg immediately afterward.

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The Six Pack Skeleton Key

If you train in the evening, 4mg upon waking is the right dosage.

When you train later in the evening, the key to using nicotine effectively is keeping it as far away from your carbohydrate loads as possible. In this case, the protocol remains the same, at least in terms of restricting your nicotine ingestion to the morning hours.

This is high-performance stuff that's intended for the use of serious people only. Nicotine isn't a magic bullet, so before you consider taking it for the purposes we're talking about, you need to make sure everything else—your diet, training, and all the other supplementation you're doing—is dialed in and on point.

Nicotine won't counteract the effects of doing any of these other things wrong. It's not your diet and training savior. Instead, the idea is to show you how to enhance the things you're doing right—but you need to be doing them right first for any of this to mean any- thing.

TESTOSTERONE

Avoid These Silent Testosterone Sappers

On a daily basis we typically come into contact with at least one substance, which may negatively be affecting our testosterone levels.

Just like what you do know - can help you, what you don't know - can hurt you.

We are frequently bombarded by substances we shall refer to as “endocrine disruptors” or in this case “xenoestrogens”.

A xenoestrogen is any compound, which has the ability of eliciting a response (as an agonist) at the estrogen receptor in the body (though being artificial).

And while these compounds do not necessarily bring about the same effects as estrogen itself, they are capable of inducing the same changes, albeit either weaker or slightly modified.

Before we start the glorious bashing of all things estrogen, please keep in mind that a small amount of estrogen is necessary for normal male physiology and functioning. Ask any bodybuilder, athlete or women - if estrogen falls too low, they are massively fatigued, depressed, anxious and their body aches like they got the crap beaten out of them.

In era of mass production, processed food, radiation and invisible pollution - chances are, you are exposed considerable amounts of xenoestrogens that you may not be aware of.

Especially if you live in big city and even if you eat healthfully.

TESTOSTERONE

Avoid These Silent Testosterone Sappers

As you may have guessed, the effects of these xenoestrogens are remarkably similar to estrogen itself, but in case you are not fully aware - these are the possible effects of these xenoestrogens;

1. Impaired functioning of the testes, and subsequent decreases in testosterone production
2. Promoting storage of fat
3. Disrupting normal onset of puberty in boys
4. Compromised functioning of the immune system
5. Cardiac or bone problems
6. Considerable increase in the risk of cancer

Exposure to them is inevitable and to some extent your body/genetics has learned to tolerate them - but it's definitely not a bad idea to minimize exposure to them as much as possible.

To date, over 87000 different MAN-MADE endocrine disruptors have been cataloged, and are being studied by the Environmental Protection Agency. It is no easy task identifying all the sources of these pseudo-estrogens you may come into contact with.

They are in our food, in our personal care items, in our luxuries and in our homes. Even the water we drink might not be particularly safe, especially if our source is bottled water.

The following list consists of the most popular disruptors.

Obviously we can't list all 87000 - but here are some that we almost guarantee you come in contact with on a daily basis.

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Avoid These Silent Testosterone Sappers

1. BPA

Bisphenol A is commonly found in many plastics and linings of canned foods, as a raw material used in production.

BPA is a potent testosterone disruptor, of which you may be taking in much more than you would like to know.

Bottled water is notorious for being made of BPA plastics and could be your biggest contributor to estrogenic dominance. Men exposed to chronic high levels of BPA encounter problems with erection potency, have altered libido and sometimes mood disorders. The effects also appear to be much more pronounced over the age of 30.

2. Soy and related phyto estrogens

Many men are led to believe that soy and its phytoestrogens are perfectly safe, when in fact it could be making you more emo with each pill you pop or chunk you eat.

According to countless studies similar to the one cited below, soy consumption can have a definite negative effect on male sexuality and testosterone levels, being particularly troublesome in pre-pubertal boys and teenagers. In addition, older men were found to have developed ED after frequent consumption of soy based products.

TESTOSTERONE

Avoid These Silent Testosterone Sappers

3. Oxybenzones

Although you probably haven't heard of this one before, this chemical is actually very common in many personal care items and can significantly reduce your testosterone levels.

Oxybenzones are found in many things from the lip balm you use, to sunscreens and skin moisturizers.

Oxybenzone acts primarily as a UV protectant, hence its presence in many products of the sort. A 2008 study in the "Environment Health Perspective" found that more than 95% of Americans have tested positive for the presence of these compounds in their urine (even though the concentrations were relatively low).

Opt for natural lip balm (it actually works pretty well) instead of the generic "chap sticks". Even mainstream news networks, like CNN, has suggested this.

4. Mosquito repellents

Many of the older repellants, such as DEET, were notorious anti-androgens, blocking the ability of cholesterol to be synthesized into testosterone. Fumigants (mosquito foggers) were also the same, with DDT being the worst offender.

Luckily, many of them are outlawed, but their derivatives still possess mild anti-androgenic affinity.

Your best bet?

Slather on as much citronella oil as you want; it's cheap, safe for the whole family and won't leave you holding your head (or balls) later on.

TESTOSTERONE

Avoid These Silent Testosterone Sappers

5. Your iphone/ipad

Polybrominated Diphenyl ethers (PBDE) and Tetrabromobisphenol A (TBBPA), which are used as flame retardants in the devices are brutal for their effect on impairing normal testosterone and estrogen synthesis signaling, and as a bonus, your thyroid gland as well.

The radiation from your cell phone can mess with your testosterone production, especially if you keep it in your pocket all day according to Tim Ferris in his book "The 4 Hour Body". (take the Ferris' claims with a grain of salt, but it does seem plausible)

And know what's worse?

US citizens routinely test 2000% higher for the compounds than their European counterparts.

MINDSET

Avoid The Time Vampires

There is a concept in pop psychology called "toxicity." Normally it is referring to so-called toxic people. These are people in your own life who generally make you feel bad, put you down (generally in subtle(occasionally passive aggressive ways), hold you back, or just suck out your good vibes.

These people definitely exist, and there is a special breed of these that have a issue with your training and diet objectives. Let's take an example.

You meet a new woman. She's not really into exercising and eating right, but she likes Game of Thrones and she is adorable. But shortly, a couple of smaller problems start to arise.

She appears to talk you from going to the gym. Now, she doesn't tell you NOT to proceed, but you find yourself dissuaded and start to miss work outs. Maybe she makes you feel guilty for going rather than spending that time with her.

For some reason, your daily diet starts to slip. Perhaps she makes your favorite cheat food or gets you to visit restaurants you would normally avoid.

This stuff is subtle. But here's what could be happening. Let's take a trip within her thoughts:

"Gosh, I like this guy, but I understand what the women in his gym are like. He might ditch me for one of those Lululemon-wearing bitches! And you know what? He is in excellent shape. It makes me feel, like, kinda bad about myself. He does not appear to mind, but he makes me feel as a cluttered slob!"

She may not even recognize this undercurrent of thought is going through her mind.

For the committed lifter, bodybuilder, or athlete, this stuff is significant to you. It is a big portion of your daily life and you love every part of it. It's a part of who you are. At least the very least, it's a hobby you're not going to give up.

So how do you manage the poisonous saboteurs?

MINDSET

Avoid The Time Vampires

If it's a girlfriend or boyfriend, or even just a friend that appears to be attempting to hold back you (that envious skank), you have two options.

Smile, be cool, try to avoid phrases like “F\$#% Off”.

Simply remind them that part of the reason he or she likes you is that you look damn good (not to mention the badass discipline and strength that comes along)

Tell them that it makes you a better person and that you are interested in being better for them.

Don't forget, however, that you're dealing with somebody who's probably feeling bad about themselves, be kind, but firm. If you can get her involved in the fitness center, go for it.

If that doesn't work, well, there are lots of fish in the sea. And some of them do hip thrusts and know what EMOM stands for.

For the married person, the same strategy will work, but hopefully with no kicking-to-the-curb part. (Those fish may look yummy, but they are full of heavy metals. And because of over-fishing, they are likely not even the sort of fish you think they are.)

But the real lesson here is to know about the vampires and comprehend what is really going through their minds. Don't let them hold you back, but don't be a dick about it either.

LIFESTYLE

BAD Stuff That Will Fuck Your Life Up and Make You An Average Sexless Loser (Part 1)

When I take a look at what most other people that I went to high school with are doing- most of them have a double-chin, a belly and look like they haven't had sex or fun in years.

They hang out with other guys in a similar situation and cheer for their favorite athletes that get laid 100x more than they do.

The lucky ones have a boring job that underpays them, a mortgage and are married to overweight pig that stays at home and feeds on processed carbohydrates.

I'm a pretty positive person and don't usually think that using fear is a great way to motivate people- but I want to bring that to your attention.

People just don't somehow end up that way either.

Their current situation is a result of choices they made/didn't make EVERY DAY of their life. Don't make there mistakes.

Mistake #1: Not Improving Your Looks (*Not hitting the gym, having fucked up style, and much more..*)

We aren't going to get into if looks matter. They do.

Looks are the reason good looking guys who don't talk to a lot of girls can get laid sometimes while below-average looking guys can't. Looks are the reason that two people with equal qualifications will not be treated equally in business.

While not everyone can be "good looking," nearly everyone and LOOK GOOD.

LIFESTYLE

BAD Stuff That Will Fuck Your Life Up and Make You An Average Sexless Loser (Part 1)

Doing so will level up every area of your life. For a kickass course on style I recommend 51 handsome guy secrets.

2) Watching Pornography (*Jerking off to other people having sex while not leaving your house*)

Just so we "get off" to a good start here, I'll offer you a quick definition of

'Watching Pornography':

"It's when you stimulate your genitals (mainly penis) while watching other people enjoying sex and ejaculate all over yourself often pretending you are one of them."

I had a big issue with this and I've come to realize I'm far from alone.

A lot of guys (including myself) have success with breaking their pornography addiction with help from this community- ["Your Brain Rebalanced"](#)

Porn is poison. Get it the fuck out of your life.

3) Procrastination (*Not doing shit and making excuses when you know you should do shit*)

This one is obvious. The interesting thing is- the effects of procrastination don't usually show and aren't always obvious. In fact, you might have you trace daily behaviors back several months or years to pinpoint the actual period of laziness.

LIFESTYLE

BAD Stuff That Will Fuck Your Life Up and Make You An Average Sexless Loser (Part 1)

I can even argue that in our late teens and early 20s that most of us were very much REWARDED for our procrastination from the "educational" system:

- Putting off studying until 48 hours before a test and still getting an "A" on it.
- Putting off school project until the night before it's due and been told that you have done an excellent job.

Real life isn't that way.

You WILL pay for your procrastination and ways FAR WORSE than getting a lousy grade on a test or losing points on your essay.

I've I had to guess, I would say that the majority of guys in their 30's that are living the "American Dream" (mind numbing job, blimp for a wife, mortgage, kids that make him too tired to have sex, minivan) were procrastinators in their 20's.

Call it hunch.

4) World of Warcraft (*Obsessively playing video games*)

Like procrastination, the effects of sitting in a chair for HUNDREDS AND HUNDREDS of hours a month and zoning out the real world don't manifest themselves immediately.

If repeated for years, it has a profound effect on social skills, dreams and life quality. It really fucks them up.

I have never once played World of Warcraft, but I know it's often tremendously popular among people that also use the Internet to look for fitness and dating advice.

LIFESTYLE

BAD Stuff That Will Fuck Your Life Up and Make You An Average Sexless Loser (Part 1)

Although our community isn't a great example of this, there's a lot of obsessive "gamers" out there that use their computer screen for 100% of their entertainment, "social" interaction and sex life.

I've ripped on "gamers" a lot here, so it's only fair to mention that for small periods of my life- I was obsessed with Age of Empires, Pokemon and NHL. On NHL, I was ranked 37th in the world.

My social, business and sex life wasn't ranked that high though.

RECOMMENDED READING

King, Warrior, Magician, Lover, by Robert Moore and Douglas Gillette

Read this first gentleman. I have recommended this book over and over and over again. KWML is where I extracted my more modernized and accessible archetypes of Gravity, Arms, Mind, and Ease

The most insightful portions of this book for many of you will be reading how these archetypes form in early childhood, and how if they don't mature, you end up deficient later on, because those parts of yourself are stuck in boyhood.

So the man that was never tough and got bullied becomes the sneering intellectual that hates jocks, because they are what he never was (to give an example)

This book I refer back to constantly for much of my own content, and my ideas on masculinity were highly informed by it.

COMING NEXT MONTH



Rub this one cream on your abs to lose stubborn belly fat 5x faster (this was an absolute game changer when getting ready for the beach and photoshoots)



50 ways to naturally increase testosterone levels (Part 1). Low-T is the biggest enemy of the 21st century (besides mediocrity) - don't become a victim.



3 Non-Mainstream Ways To Give a Girl An Orgasm



Part 2 of BAD Stuff That Will Fuck Your Life Up and Make You an Average Sexless Loser. Screw these up and kiss your life goodbye.



The one book my private 10k clients and I read every single January. Without this book I would be no where in my life.