

5 ways to optimize testosterone levels naturally

Simple behaviors, including nasal breathing and light-viewing, can raise testosterone levels without unwanted side effects.

While our bodies generally manage hormones well, testosterone levels in adult men usually drop ~1% a year. Natural optimization methods will enhance physical performance, mood, and energy while keeping a healthy balance. Start with breathing and light exposure, as these foundations alone will positively affect testosterone levels and well-being.

Breathing	<ul style="list-style-type: none">● Increase nasal breathing: Start by consciously breathing through your nose more often throughout the day. Proper breathing makes you a better sleeper, which indirectly raises testosterone¹.● Practice nasal breathing during exercise: Engage in low-intensity cardiovascular exercise while breathing through your nose. Gradually build exercise intensity. The sinuses can dilate, so it becomes easier over time.
Light	<ul style="list-style-type: none">● Morning light exposure: 2 to 10 minutes of sunlight (or artificial light) after waking². It is best to time it early in the day without sunglasses, but do take precautions.
Cold exposure	<ul style="list-style-type: none">● Ice baths, cold showers, or cold plunge therapies initially reduce hormones as blood vessels constrict, but a rebound and a temporary boost in testosterone levels usually follow this. Some studies dispute this, but cold therapies do have other health benefits³.
Specific exercises	<ul style="list-style-type: none">● Heavy weight training (max 70%-95% effort): focus on squats, deadlifts, chest presses, and rows⁴. Feel free to extend your workout with cardio or endurance activities (in this order) or adhere to a split routine. Testosterone levels tend to increase for a day or two.
Supplements	<ul style="list-style-type: none">● Vitamin D, zinc, and magnesium

¹ <https://pubmed.ncbi.nlm.nih.gov/9923061/>

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6961531/>

³ https://journals.lww.com/onlinejets/fulltext/2010/03030/post_exercise_ice_water_immersion_is_it_a_form_of.25.aspx

⁴ <https://www.mensjournal.com/health-fitness/7-exercises-naturally-increase-testosterone-men>

	<ul style="list-style-type: none">● Creatine: A naturally occurring compound in the body and some foods. As a supplement, creatine increases DHT⁵ (dihydrotestosterone) but may lead to hair loss in some men.● Herbs: Tongkat Ali (<i>Eurycoma longifolia</i> Jack), <i>Bulbine natalensis</i>, and Stinging nettle. Tongkat Ali has been shown in studies to have subtle aphrodisiac effects and increase testosterone and fertility.
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Further reading:

- Book: “**Jaws: The Story of a Hidden Epidemic**”
 - <https://www.sup.org/books/title/?id=29626>
 - This book by Sandra Kahn and Paul Ehrlich explores the benefits of nasal breathing and the negative effects of mouth breathing on facial structure and attractiveness.
- Book: “**Livewired: The Inside Story of the Ever-Changing Brain**”
 - <https://eagleman.com/books/livewired/>
 - Explores how the brain is not a fixed organ but constantly adapts and reconfigures itself in response to experiences and challenges.

⁵ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7871530/>