



The Testosterone Advantage Plan: Lose Weight, Gain Muscle, Boost Energy

By Lou Schuler, Jeff Volek, Michael Mejia, Adam Campbell

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Eat like a man to look like a man.

For years now, the so-called experts have told you to avoid the foods you love. That you're supposed to ditch the weight room and jog your way to maximum fitness. And that testosterone—the hormone that makes you a man—is actually a problem for you, rather than the solution to your problems. In the meantime, American men have kept getting fatter and more frustrated. Which is why we've looked into all this, and from what we've learned, we can tell you—the know-it-alls are know-nothings.

The Testosterone Advantage Plan is about realizing your full potential as a man, and will:

- show you how nature intended you to eat.
- explain how the male body differs in its nutritional needs from the female body—especially when it comes to the proteins, carbohydrates, and fats that are *not* bad for you.
- give you a superior workout regimen to help you attain the muscular physique you've always wanted.
- explain how you can boost your testosterone and energy levels naturally, without supplements or quick-fix fads.
- help you tick off the long list of benefits you'll likely reap in terms of energy and enthusiasm, power and potency, confidence and charisma.

This much you know: What you've done in the past hasn't worked. Why not try it our way? You have everything to —and nothing to lose except your gut.

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Editorial Review

Amazon.com Review

Wide shoulders, narrow waist, thick chest, muscular arms and legs: today's male ideal physique is the same as that of ancient Greece. Aerobics and the Food Pyramid just won't yield that shape, argues Lou Schuler, certified strength-and-conditioning specialist and fitness director of *Men's Health* magazine. For weight loss and the Greek physique, he proposes the "T" (testosterone) plan: weightlifting and a diet of 33 percent each carbs (mostly low-glycemic-index), fat (the "good" kind), and protein; no alcohol; and minimal sweets and processed food. The book includes a meal planner, grocery list, and recipes. A 100-page, clearly illustrated weightlifting program progresses from circuit training to bodybuilding to power lifting, with both home and gym exercises.

This research-based program was tested on 16 willing, hefty guys. After nine weeks, they lost an average of 18 pounds, dropped waist inches, gained strength and energy, and improved their sex lives. The book includes before-and-after photos and quotes from the happy campers.

Schuler's man-to-man style is clear, direct, and witty ("one gorilla wearing a stringy tank in July is all it takes to leave a bench soaked in ectoplasm"). *The Testosterone Advantage Plan* is recommended for men willing to commit to a rigorous lifting program to achieve their ideal physique. --Joan Price

From Library Journal

If you can plow your way past the chest thumping here, you'll find that this nine-week plan for men is actually a Mediterranean diet, modified with increased animal protein and low glycemic carbohydrates on a three-meal, two-snack daily eating plan, combined with strength training. Lacking are recently revised guidelines on lower triglyceride levels, saturated fat percentages, and increased daily total fat allowances. The authors also slam programs recommending aerobics for weight loss when most, in fact, have been emphasizing strength training for many years. However, more than 100 pages of well-illustrated exercises at three levels are included, as are sample menus and shopping lists. Definitely a guy's guide, from contributors to *Men's Health* magazine.

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Review

Susan M. Kleiner, R.D., Ph.D. author of *Power Eating* The more we learn about hormonal control of the body, the more we understand that there's almost nothing physiologically the same between men and women. *The Testosterone Advantage Plan*, written just for men, promotes scientifically based approaches to fat loss and muscle gain.

Users Review

From reader reviews:

Rosa Johnson:

What do you regarding book? It is not important along? Or just adding material when you really need

something to explain what yours problem? How about your free time? Or are you busy individual? If you don't have spare time to accomplish others business, it is give you a sense of feeling bored faster. And you have time? What did you do? Everyone has many questions above. They need to answer that question simply because just their can do that. It said that about reserve. Book is familiar in each person. Yes, it is correct. Because start from on guardería until university need that The Testosterone Advantage Plan: Lose Weight, Gain Muscle, Boost Energy to read.

Celia Robertson:

Now a day those who Living in the era exactly where everything reachable by interact with the internet and the resources inside can be true or not involve people to be aware of each facts they get. How individuals to be smart in receiving any information nowadays? Of course the reply is reading a book. Reading a book can help persons out of this uncertainty Information specifically this The Testosterone Advantage Plan: Lose Weight, Gain Muscle, Boost Energy book as this book offers you rich info and knowledge. Of course the data in this book hundred pct guarantees there is no doubt in it you know.

Jon Farris:

Hey guys, do you desires to finds a new book you just read? May be the book with the subject The Testosterone Advantage Plan: Lose Weight, Gain Muscle, Boost Energy suitable to you? Often the book was written by well known writer in this era. The particular book untitled The Testosterone Advantage Plan: Lose Weight, Gain Muscle, Boost Energy is the main one of several books this everyone read now. This kind of book was inspired many men and women in the world. When you read this e-book you will enter the new way of measuring that you ever know before. The author explained their concept in the simple way, so all of people can easily to recognise the core of this e-book. This book will give you a large amount of information about this world now. In order to see the represented of the world on this book.

Louis Patrick:

In this age globalization it is important to someone to receive information. The information will make professionals understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. The book that recommended to your account is The Testosterone Advantage Plan: Lose Weight, Gain Muscle, Boost Energy this book consist a lot of the information with the condition of this world now. This particular book was represented how does the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. The actual writer made some investigation when he makes this book. Honestly, that is why this book suited all of you.

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