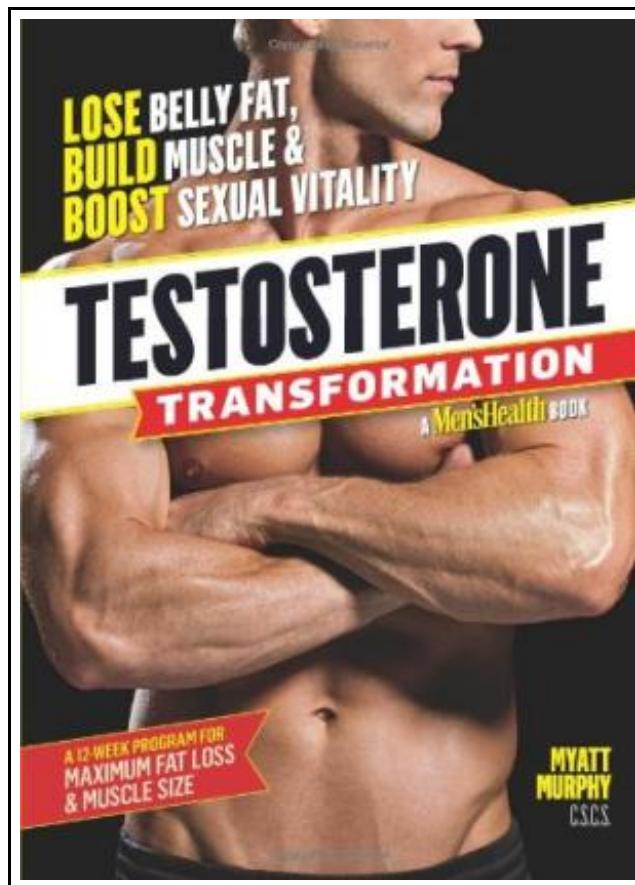


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Rodale Incorporated. Paperback. Book Condition: new. BRAND NEW, Testosterone Transformation: Lose Belly Fat, Build Muscle, and Boost Sexual Vitality, Myatt Murphy, Jeff Csatari, This is a groundbreaking workout and diet plan that replenishes a man's testosterone levels, rebuilds his body, and remakes his life. Testosterone is the most crucial hormone in the male body - and every man's T levels begin a slow, steady decline as he ages. The result? Loss of strength and muscle mass. Poor sugar metabolism. Increased body fat, especially around the waist. Loss of T also affects red blood cell production, vitality, bone density, mental acuity, and sex drive. In short: It slowly chops a man down. "Testosterone Transformation" helps a man produce higher levels of T and reverse the downward spiral. By eating the right foods and adopting a new exercise approach, any man at any age can transform his life by starting a positive chain reaction: Raise T levels through the strategies in this book, improve workouts, get stronger, improve workouts even more, get even stronger, and enable the body to use muscle to process sugar - instead of storing it as fat. "Testosterone Transformation" is a life-changer: a serious exercise and strategic diet plan that uses the science of a man's own body to help him recharge his sex drive, increase vitality, and reduce health risks across the board.



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