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A Free E-Book | Dr.Krishna.Rao
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Testosterone is the main male sex hormone. This hormone controls the sexual activities in men. It is the main hormone which influences masculine features like muscle bulk, facial hair, libido and sperm production. Besides, the hormone has other vital activities too. The basic chemical composition of this hormone includes steroids which have significant physiological as well as psychological functions in men, especially the adult ones. Most of the libido pills available in the market contain steroid as the fundamental and functional ingredient.

The testosterone production reduces gradually as men attain the age of thirty. It slowly reduces as age progress. As a result of this gradual reduction in the level of testosterone, men suffer from a number of physiological and psychological conditions such as lack of sex drive, erectile dysfunction, acute depression, fatigue, low energy level and insomnia. Men suffer from these conditions mostly at their middle age. Nature provides various foods which help to boost testosterone level in body. These foods are known as testosterone foods. Testosterone foods are rich in vitamins, minerals like zinc (which is needed for testosterone production) and antioxidants. These act as natural libido boosters.

![Testosterone molecule](image)
Garlic

Garlic is known as “rasona” in Ayurveda. The stress hormone Cortisol suppresses the effectiveness of testosterone. Garlic contains allicin a chemical compound and this lowers the hormone cortisol which is released due to stress. The lowered level of cortisol allows testosterone to work effectively. Eating raw garlic cloves is more beneficial.

Garlic is said to be a tonic for impotence. It also treats sexual debility caused by over indulgence in sex and nervous exhaustion. It is said to be very useful in older men. Garlic has always been known as an aphrodisiac. It can improve blood circulation significantly. According to recent studies an enzyme called nitric oxide synthase (NOS) appears to be responsible for the mechanism of erection. Researches on garlic have shown that garlic can stimulate production of this enzyme.
Honey

Honey is treasure house of nutrients and a natural healer. It is known as “madhu” in Ayurveda. The mineral Boron is associated with high level of testosterone. Honey is rich in boron. Honey also contains nitric acid which boosts blood circulation to improve strength of erections. Honey is eulogised as yogavahi in Ayurveda. Yogavaahi means the best carrier of nutrients. Honey can be consumed raw or mixed with desserts and salads.
Grapes are known as “Draksha” in Ayurveda. They eulogise these fruits as best aphrodisiac fruits. Eating a bunch of grapes daily can raise testosterone levels, improve sperm motility, and enhances hard erections. Raisins the dried forms of grapes are also very beneficial for men. Eating a handful of raisins daily, helps to maintain the testosterone in normal level.
Milk and dairy products,

Milk and dairy products such as cottage cheese and yogurt are very good resources of zinc. They are considered as excellent testosterone foods or natural libido enhancement foods. One should add milk and other dairy products in his diet in order to get lost libido back.

According to ayurvedic principles, milk is sweet to taste and nourishes body tissues. It is eulogized as “vrishya” (aphrodisiac) and increases shukra dhatu. It is advise to consume many herbal preparations especially aphrodisiac preparations with milk. The nourishing properties of milk enhance the medicinal action of herbs and help them to penetrate tissues and reach optimum level.
Oysters –

Zinc is very essential in testosterone production. Oysters are richest source of zinc. Since ages oysters are considered as best aphrodisiac foods. Oysters can be included in daily diet to enhance libido and improve testosterone levels.

The creamy flesh of oysters has ability to elevate testosterone levels and naturopaths say that they help to protect against prostate cancer. Consuming these twice in a week will be of great help.
Red meat or animal proteins –

Red meat is a very rich source of zinc. Men who want to retrieve their lost sexual drive can include dishes made from red meat in their daily diet. These libido enhancement foods or testosterone foods can be easily procured and incorporated in daily diet without many efforts.

Red meat provides cholesterol and protein which are building blocks of testosterone. But watch the quantity of consumption. Over indulgence may lead to increased blood cholesterol levels which is more detrimental to sexual health.
Cabbage

This vegetable is loaded with vitamins and minerals. The body of men produce female hormone oestrogen when they put on weight. Oestrogen reduces the effectiveness of testosterone. Cabbage contains indole-3-carbinol, which reduces levels oestrogen, allowing testosterone to do its function.

Cabbage is a cruciferous vegetable. In addition to exhibiting the same estradiol-restricting properties cabbage is high in fiber. Fiber plays a great role in controlling weight and prevents hunger pangs. It also helps in normal evacuation of bowel. Weight reduction has an anti-estrogen impact.
**Eggs**

Testosterone needs cholesterol for its production. Eggs contain the saturated fat, omega-3s, vitamin D, pure form of cholesterol and protein. All these play a very important role in production of testosterone. These ingredients are building blocks of testosterone.

One to two eggs per day helps to boost testosterone. These can be half boiled or half fried with olive oil.
**Bananas**

Bananas contain potassium in very high amount. This helps to reduce blood pressure and boost body energy level. Potassium is also very essential in testosterone production. Apart from this banana contains bromelain, an enzyme which helps boost testosterone levels.

Raw banana or green banana is a store house of minerals, vitamins and carbohydrates. It contains potassium, calcium, magnesium, iron, zinc etc. Vitamins A, B, C, B-6 etc are also available in plenty. Potassium helps to reduce high blood pressure. There is a strong link between hypertension or high blood pressure and erectile dysfunction. As potassium helps to reduce high blood pressure, it also helps in erectile dysfunction. Recent studies have shown that calcium is needed for sperm motility. Banana is an ideal food for men to keep their sexual life healthy and active.
Citrus fruits

Citrus fruits contain Vitamin C and Vitamin A. These fruits lower the stress hormone cortisol, reduce oestrogen hormone level and help in production of testosterone.

The amla (Indian gooseberry) is another vitamin C rich fruit
**Tuna**

Vitamin D gets synthesised in our body on exposure to sunshine. This vitamin influences the male hormone testosterone and it can help to boost testosterone levels by up to 90%. If a person is staying indoors without exposure to sunlight then he can include tuna and eggs in your diet. Canned tuna contains Vitamin D in plenty. Apart from this, tuna contains plenty of omega-3s which keep heart healthy.
**Watermelon**

Water melons contain a vital amino acid called “citrulline”, This amino acid gets converted into argenine in body. Various researches have shown that arginine promotes function of testosterone. Argenine also helps in liberation of nitric oxide which increases blood flow to body and reproductive system. Thus arginine helps to increase hard erections. Why not grab this tasty fruit which acts as a natural Viagra.

The juicy melons are rich in potassium. Potassium helps to control high blood pressure. As there is a link between erectile dysfunction and blood pressure, men are doubly benefited by use of this fruit. Thus watermelon can be best natural remedy for erectile dysfunction.
Almonds

Almonds are rich source of vitamins; minerals, proteins and fiber. They are also natural rich source of zinc. Just a handful of these nuts contains one-eighth of our necessary daily protein and could boost the sex drive of both men and women, and that’s because they contain plenty of zinc, a testosterone booster and libido enhancer.

Almonds also reduce cholesterol level. They boost Vitamin E which is a powerful anti-oxidant. These nuts reduce the risk of heart ailments.
Spinach

Spinach is very low in cholesterol. It is also a good source of Niacin and Zinc, and a very good source of Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E (Alpha Tocopherol), Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese. All these are essential building blocks of testosterone and are required for male health. This leafy green is proven to lower oestrogen levels.
Pomegranate

Pomegranate is also known as "Dadima" in Ayurveda. This fruit is eulogised for its cold potency which reduces hot elements of body. It is the best aphrodisiac fruit and helps to recover from anaemia, reduces incidences of IBS and improves sexual function. A paper in the International Journal of Impotence Research reported that 47% of impotent men who drank a glass of pomegranate juice a day saw an improvement in their condition.

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