

Quick Start Guide



**Action Point Guide
To Boosting
Testicle Size Fast**

bignaturaltesticles.com

Table Of Contents

Contents

Table Of Contents.....	2
Copyright	3
Medical Disclaimer	3
Quick Start Guide	4

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Quick Start Guide

This succinct plan will serve as a reminder, a planner and a reference for your ongoing new high testosterone lifestyle.

Once you get used to these changes, you'll find them very easy, fun and enjoyable.

In fact, they'll just become part of your natural, daily routine.

This quick start guide will help you to get organized in less time and will be useful in the future when you need to refer to it from time to time.

Reduce Chemicals Now

ACTION	OBJECT
Eliminate	Steroids, standard cosmetics and cleaning products, electronic devices close to the body (mobile phones, computers, tablets)
Reduce	Tobacco, alcohol, plastics exposure, medication, cosmetics, exhaust fumes exposure
Increase	Filtered water, natural cosmetics, liver supplements

Foods To Improve Testicular Performance

ACTION	OBJECT
Eliminate	Processed foods, junk food, cheap meat, fruit and vegetables from distant countries, white sugar, white carbohydrates, white flour, soda drinks, energy drinks, high fructose foods and drink, artificial sweeteners
Reduce	Caffeine, overall meat, standard fish
Increase	Cruciferous vegetables, grass fed meat, wild and organic oily fish, avocado, eggs, figs, legumes (lentils, chickpeas), nuts (non-salted, non-roasted), organic foods, fresh fruits
Follow	The supplied nutrition plan

The Ball Zinger

ACTION	OBJECT
Find	Ball Zinger
Wear	Ball Zinger whenever you feel like it

Exercise That Improves Testicle Function

DAY	ACTION
Monday	8 x 15 second wind sprints, 1 minute rest between sprints
Wednesday	8 x 30 second sprints, 1 minute rest between sprints
Friday	Weight training – 2 x squats, bench press, dead lifts, military press

Testicle Painting Method

TIME	ACTION
Before daily shower	Rub magnesium oil on the testicles, chest and around the genitals
After daily shower	Cover testes with liquid iodine
Midday meal	Iodine supplement
Evening meal	Iodine supplement
Optional	Zinc supplement

Supplements To Boost Testicular Performance

DAY	SUPPLEMENT
Monday	Catuaba bark
Tuesday	Mucuna pruriens
Wednesday	Catuaba bark
Thursday	Rhodiola rosea
Friday	Tribulus terrestris
Saturday	Horny goat weed
Sunday	Tongkat ali extract

Detox The Liver

TIME	ACTION
Daily	Lemon juice with warm water on an empty stomach
Daily	Stay hydrated, for example 1 cup of filtered water per hour
Final week of month	Milk thistle supplements
Saturday	Dandelion supplement/tea
Sunday	Dandelion supplement/tea

Sexual Habits

DAY	SUPPLEMENT
Monday	Edging + testicular massage
Tuesday	Penile massage + sex
Wednesday	Rest day

Thursday	Penile massage + sex
Friday	Edging + testicular massage
Saturday	Penile massage + sex
Sunday	Rest day