

Biological Testosterone RESET Therapy

A natural, evidence-based protocol integrating supplements, diet, lifestyle, sleep and metabolic optimisation.

The key to remember with my protocol is testosterone levels are an indication of your underlying health. Low T = a system which is imbalanced. My protocol is designed to work from two angles. Internal hormone production and external diet and lifestyle. We partner to work as a team to correct your levels. I supply the nutrients and correct the underlying imbalances with the supplements. You focus on eating well, moving your body, sleeping well and managing stress levels.

Core reasons which reduce your testosterone

- *Insulin resistance*
- *Poor sleep*
- *Lack of exercise/movement*
- *Alcohol*
- *Excessive stress*
- *Lack of exercise*
- *Environmental toxins*

Testosterone is a vital ingredient for health in men. Low testosterone = low energy, muscle mass, poor sleep, mood, immunity, and accelerated ageing. What men must understand however, is that testosterone, like all hormones, is a function of health. The healthier you are, the better your levels and vice versa. This program will allow you to achieve this and the side effect is your overall health will improve.

The secret to boosting levels naturally, is a combination of health improvements and proven natural supplements. Here is my approach.

Key strategies to support testosterone naturally

Step 1. Optimize sleep & recovery Ensuring deep, restorative sleep is foundational. Poor or insufficient sleep suppresses testosterone production, delays recovery and disrupts hormonal balance.

Step 2. Manage body composition and metabolic health Excess body fat, especially around the waist, and conditions such as insulin resistance or metabolic syndrome are closely linked to lower testosterone. Focusing on lean mass, reducing visceral fat and improving metabolic markers supports healthy hormone levels. I can assist you with peptides to assist in weight management and correcting metabolic health. Send an email to support@butterworthhealth.com

Step 3. Ensure strong nutritional support Key nutrients, herbal adaptogens and superfoods play a role in supporting hormonal pathways:

- Adequate dietary protein and healthy fats (particularly from whole food sources) to provide the building blocks for testosterone synthesis.
- Micronutrients like zinc, magnesium and vitamin D that are often deficient and linked to testosterone decline. A mix of sunflower seeds and pumpkin seeds are a great way to get your daily mineral requirements.

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- **Step 4. Strength training & physical activity** Resistance training and high-quality movement stimulate muscle growth and hormonal response, including testosterone and growth hormone. Avoiding chronic overtraining and excessive cardio without recovery is also important.

- **Step 5. Stress reduction & managing cortisol** Chronic stress elevates cortisol, which inhibits testosterone production and can shift hormones toward a more catabolic state. Incorporating relaxation practices, mindful recovery, and lifestyle adjustments to reduce stress is necessary. Men often internalise stress and it eats away at them from within. Exercise is the most powerful tool you have to release stress and also assists sleep duration and quality.

- **Step 6. Address hormonal and health-system issues** As men age, changes in endocrine function, sleep quality (e.g., sleep apnoea), inflammation, and prostate health can all impact testosterone. A holistic assessment of these systems and addressing underlying issues is part of the approach.

- **Step 7. Use targeted herbal and nutrient formulas** There are 3 products in my protocol to optimise your testosterone levels and support your diet and lifestyle changes.

1. Men's Plus: Everything you need to optimise your testosterone production.
2. Boost: Creates the ideal internal environment to allow the body to produce testosterone.
3. Optional: Prostate plus if you have prostate issues or to prevent prostate issues developing. Prostate plus also contains a range of antioxidants which assist metabolic disease and protect testosterone levels.



How to implement in a practical way

- Prioritise **7–9 hours of sleep** per night, maintain a consistent sleep schedule, optimise your bedroom environment (temperature, darkness, minimal interruptions).
- Adopt a **strength-training routine** 3-4 times per week focused on compound lifts, muscle preservation and moderate volume.
- Clean up diet: emphasise whole foods, lean protein, colourful vegetables, healthy monounsaturated and omega-3 fats, minimise processed carbs and refined sugars.
- Manage waist circumference and metabolic markers: focus on reducing visceral fat via diet, training and maybe intermittent fasting or time-restricted eating if appropriate.

- Control stress and recovery: scheduled rest days, techniques like breathing exercises, meditation, sauna or cold therapy if you use them, ensuring you're not in a constant fight-or-flight state.
- Monitor your health systems: if sleep-apnoea, prostate issues, or high inflammation are present, treat them. Good hormone health is built on multiple systems functioning well.

Most natural programs to boost testosterone fail because they are bit parts. A holistic program with the right supplements will boost levels in as little as 30 days. I personally took my levels from middle range to high optimal in 30days.

1. Core Butterworth Health Supplement Stack

1. Men's Plus (Daily Foundation Formula)

Purpose: Restore micronutrient status, lower inflammation, support metabolic pathways and hormonal signalling.

Key Benefits:

- Improves Leydig cell function
 - Supports energy and mitochondrial output
 - Provides the full nutrient base required for testosterone synthesis
- Dose:** 2 capsules daily with food
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2. BOOST (Optimise your internal biochemistry)

Purpose: Directly support hormone signalling, androgen receptors and nitric oxide.

Key Benefits:

- Improves free testosterone availability
 - Reduces SHBG impact
 - Enhances libido and sexual function
 - Improves strength and vitality
- Dose:** 1 scoop (morning or pre-training)
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3. Prostate Plus (Antioxidants, Prostate, Urinary Health)

Purpose: Reduce prostate-driven inflammation that can blunt testosterone production, and support overnight recovery.

Key Benefits:

- Improved sleep quality
- Lowered nocturia
- Reduced systemic inflammation

- Better overnight hormonal recovery
Dose: 1 scoop per day
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2. Core Diet Protocol

A. Daily Macronutrient Structure

- **Healthy fats:** 70–100g/day focusing on omega-3s, avocado, olive oil
- **Unrefined carbs:** Primarily around training or early in the day. Stay away from simple sugar and focus on vegetables, brown rice and grains, and legumes.
- **Avoid:** ultra-processed oils and foods, excessive sugar, constant snacking

B. Testosterone-Supportive Food Priorities

- Oily fish (salmon, sardines, mackerel)
- Eggs
- Brazil nuts (selenium)
- Pumpkin seeds (zinc & magnesium)
- Dark berries, pomegranate
- Avocado & olives
- Fermented foods (gut–hormone axis)

C. Strategic Eating Practices

- **Time-restricted eating** 12–14 hrs
 - **Keep insulin low at night**
 - Fermented foods with each meal
 - No food ideally 3 hours before bed.
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3. Lifestyle Protocol (Daily & Weekly)

A. Sleep & Circadian Rhythm

- 7.5–8.5 hours nightly
- Morning sunlight daily
- No screens 90 minutes before bed
- Keep bedroom cold & dark
- Magnesium before bed if needed
- Boost supports deeper sleep cycles
- Daily body movement and exercise to induce deep sleep cycles
- Avoid alcohol

B. Exercise Strategy

Exercise is vital. Getting the balance right is key though. Don't over exercise for your level but keep the body moving everyday if possible. A mix of strength, low intensity, long cardio work and some high

intensity HIIT work. Have fun with it and do what you enjoy to maintain consistency.

1. Strength Training (2-3 sessions/week)

- Focus on big lifts: squats, deadlifts, rows, presses
- Aim for progressive overload
- 45–60 minute sessions

2. Zone 2 Cardio (2–3 sessions/week)

- Improves metabolic function & testosterone signalling
- 60-120 minutes per session

3. HIIT (1–2 sessions/week)

- Short bursts; improves mitochondrial density and T response
- Keep under 15 minutes

4. Daily Movement

- 7,000–10,000+ steps
 - Break up long periods of sitting
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C. Stress Reduction & Nervous System Balance

- 5–10 minutes daily breathwork
 - Meditation or mindfulness optional
 - Reduce chronic stimulants
 - Sauna or cold therapy 2–4x/week if available
 - Focus on relaxation after 6pm
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D. Body Composition Targets

- Goal body fat: **12–18%** for optimal T production
 - Visceral fat reduction is the highest priority
 - Waist-to-height ratio ≤ 0.50
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4. Metabolic Optimisation (Diet and peptides)

Metabolic health is a growing problem and the underlying driver for all chronic disease, including low testosterone. It develops slowly over time and very difficult to correct. It requires a combination of peptides, diet, lifestyle and supplements to correct. Here is my suggestions specifically for metabolic health.

Blood Sugar Control

- Protein first
- Walk after meals
- Apple cider vinegar pre-meal (optional)
- Reduce refined carbs
- Manage evening glucose
- Retatrutide peptide is the best tool for metabolic sugar imbalances

Gut Health

- Daily fibre 25–30g
- Fermented foods
- Avoid foods that cause inflammation
- Ensure regular bowel movements

Liver Support

- Reduce alcohol
- Increase bitter greens
- Hydrate aggressively
- Avoid late-night eating

6. Tracking & Testing

Blood Tests Every 3–6 Months

- Total testosterone
- Free testosterone
- SHBG
- LH / FSH
- Estradiol (E2)
- DHT
- Prolactin
- CRP
- Full metabolic panel
- Lipids (apoB, TG, HDL)
- HbA1c
- Liver markers
- Vitamin D
- Zinc
- Ferritin

Lifestyle Tracking

- HRV – Heart rate variability. This is your master biometric for a balanced body. Smart watches and biometric devices can give you this metric.
 - Sleep duration
 - Morning energy
 - Body fat % & waist circumference
 - Libido & morning erections
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Summary

1. Sleep
2. Exercise
3. Manage stress
4. Healthy diet
5. Men's plus, Boost and optional prostate plus
6. Metabolic balance- peptides. Send me an email if you want to research peptide use.

I know this system works. My own testosterone increased 50% in 1 month and has maintained since at optimal levels of 900 ng/ml or 33 nmol/L. We see the same results for all the other men on the program. You will achieve the same results.

Barcode No. : CT0007787		Age/Sex : 52 YRS / Male	
Patient Name : Mr. JEFF BUTTERWORTH.		Address : . TAMARIN	
DOB : 31-Oct-1972		NIC/PassportNo : /	
MobileNo : 54750014		TelephoneNo :	
Sample Coll. Date : 30-Sep-2025 07:29 AM		Sample Receiving Date : 30-Sep-2025 07:28 PM	
UHID : C0290158		Reporting Date : 30-Sep-2025 09:26 PM	
IPD No. / Ward : /		Approved Date : 01-Oct-2025 08:07 AM	
Referring Doctor : Dr. SELF			

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DEPARTMENT OF IMMUNOCHEMISTRY

TESTOSTERONE (Specimen : PLAIN- SERUM)

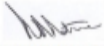
TESTOSTERONE, TOTAL **H** 9.05 1.93 - 7.40 ng/mL

Name : BHUSHAN BATRA RAJIV

Specialization : PATHOLOGIST

Date : 01-Oct-2025 08:07 AM

*** End Of Report ***


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