

RENEWED VIGOUR

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Introducing

# THE NATURAL T RESET

14-Day Testosterone Restoration Protocol

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*Sleep. Training. Nutrition. Stress. Light. Five pillars. 14 days. Real results.*

[www.renewedvigour.com](http://www.renewedvigour.com)

## THE FOUNDATION

# Why This Protocol Works

Your body already knows how to produce testosterone. It did it naturally for decades. The problem isn't that your biology is broken — it's that modern life has stacked the deck against you. Poor sleep, chronic stress, chemical exposure, sedentary hours, and processed food all suppress the hormonal signals your body relies on.

This 14-day protocol doesn't add anything synthetic. It removes what's suppressing your natural production, and systematically reactivates the five biological pillars that govern testosterone output. Think of it as a full system reset.

**THE CORE PRINCIPLE**

You can stimulate your body's own natural testosterone production. Or at the very least, you can stop suppressing it. Every action in this protocol does one or both of those things. Nothing more. Nothing less.

## THE 5 PILLARS

## What This Protocol Targets

I

**SLEEP & RECOVERY**

80% of your daily testosterone is produced during deep sleep. Poor sleep is the single fastest way to crash your levels.

II

**RESISTANCE TRAINING**

Heavy compound lifts — squat, deadlift, press — trigger the strongest natural testosterone response your body can produce.

III

**NUTRITION**

Testosterone is made from cholesterol. Fat-phobic, nutrient-poor diets starve the raw materials. You need the right foods.

IV

**STRESS & CORTISOL**

Cortisol and testosterone are in direct competition. Chronic stress chronically suppresses production. This has to be managed.

## V LIGHT & CIRCADIAN RHYTHM

Morning sunlight resets your cortisol awakening response, anchors your circadian rhythm, and synchronises testosterone release timing.

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## WEEK ONE

# Build the Foundation (Days 1–7)

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The first week is about establishing the non-negotiable habits. Don't try to optimise everything at once. Execute the daily protocol consistently. Consistency in Week 1 is more valuable than perfection in Week 2.

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**Audit & Eliminate**  
FOUNDATION

- ✓ Morning: Write down every personal care product you currently use. Check each one for parabens, phthalates, triclosan, and synthetic fragrance.
- ✓ Swap your plastic water bottle for glass or stainless steel. Start using it today.
- ✓ Tonight: Set a fixed bedtime — pick a time and commit. Aim for 7.5–8.5 hours in bed.
- ✓ Before bed: Put your phone in another room. No screens for the last 45 minutes.

*"Sleep is the foundation of everything that follows. One consistent bedtime is worth more than any supplement."*

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2**Movement & Morning Light**

TRAINING + LIGHT

- ✓ Within 30 minutes of waking: Get outside for 10–20 minutes of sunlight exposure. No sunglasses. This anchors your cortisol awakening response.
- ✓ Training: Full-body resistance session. Focus on compound movements: squat, deadlift, barbell row, bench or overhead press.
- ✓ Target 3–5 sets of 5–8 reps at a weight that challenges you in the last 2 reps.
- ✓ Post-workout: Eat a protein-rich meal within 60 minutes. Eggs, red meat, or full-fat dairy.

*"The testosterone response from heavy resistance training peaks at 15–30 minutes post-session. Fuel it immediately."*

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3**Nutrition Reset**

NUTRITION

- ✓ Breakfast: 3–4 whole eggs with yolks (not egg whites — the cholesterol in yolks is a testosterone precursor).
- ✓ Remove seed oils from your kitchen today: canola, sunflower, corn, soybean oil. Replace with olive oil, butter, tallow, or coconut oil.
- ✓ Add one zinc-rich food: oysters, red meat, pumpkin seeds, or dark chocolate (85%+).
- ✓ Cut all sweetened drinks today. Water, black coffee, or herbal tea only.

*"Testosterone is synthesised from cholesterol. A low-fat diet doesn't protect your heart — it starves your hormones."*

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4**Stress Protocol**

STRESS + CORTISOL

- ✓ Identify your top 3 chronic stressors. Write them down. For each: is it controllable, influenceable, or neither?
- ✓ Cortisol management practice: 10 minutes of diaphragmatic breathing (4 counts in, hold 4, 6 counts out). Do this morning or evening.
- ✓ Cold water finish to your shower: 30–60 seconds cold. Builds stress resilience and supports testosterone.
- ✓ No alcohol today. Alcohol directly suppresses testosterone production for 24–48 hours after consumption.

*"Cortisol is your enemy. Every chronic stressor you manage is directly freeing up testosterone production capacity."*

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5**EDC Elimination**

CHEMICAL LOAD

- ✓ Replace your body wash, deodorant, or shampoo with a paraben-free and phthalate-free alternative.
- ✓ Kitchen: check your cookware. Scratched non-stick pans leach PFAS — these are endocrine disruptors. Replace with cast iron or stainless steel.
- ✓ Stop microwaving food in plastic. Use glass or ceramic only.
- ✓ Read your food labels today: avoid any product containing 'fragrance' or 'parfum' as an ingredient.

*"EDCs attack your testosterone through the same pathways that drugs do — but you're being exposed every day without knowing it."*

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6**Recovery Day**

REST + REBUILD

- ✓ No resistance training today. Walk 30–45 minutes outside.
- ✓ Sleep preparation: magnesium glycinate (200–400mg) taken 30–60 minutes before bed supports deep sleep and testosterone production.
- ✓ Eat clean and high-fat today: avocado, fatty fish (sardines or salmon), eggs, full-fat Greek yogurt.
- ✓ Review Days 1–5. What did you skip? What needs more consistency? Recommit to the one habit you've been weak on.

*"Recovery is not optional — it's when adaptation happens. Testosterone rises during repair, not during the work itself."*

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7**Week 1 Assessment**

REVIEW + DOUBLE DOWN

- ✓ Morning sunlight: done consistently? If not, this is your number one priority.
- ✓ Sleep: are you getting 7.5+ hours? Track your bedtime compliance this week.
- ✓ Training: did you complete at least 2 heavy sessions? Plan 3 sessions for next week.
- ✓ Note how you feel. Energy levels, morning mood, and libido are early indicators that your hormones are responding.

*"The first 7 days are about building the platform. Don't judge results yet. The hormonal response to consistent lifestyle change takes 2–4 weeks to become measurable."*

## WEEK TWO

## Deepen & Sustain (Days 8–14)

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Week 2 builds on the platform you've created. You're now reinforcing new neurological patterns and giving your endocrine system time to respond. The habits get harder before they get easier. That's normal. Push through.

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**Optimise Sleep Architecture**  
DEEP SLEEP

- ✓ Consistent wake time: same time every day, including weekends. This is more important than bedtime.
- ✓ Keep your bedroom cool (16–19°C / 61–66°F). Testosterone production is temperature-sensitive.
- ✓ Eliminate all artificial light after sunset: blue-light glasses, dim lights, or no screens entirely.
- ✓ Track tonight: note the time you went to bed, woke up, and your subjective sleep quality (1–10).

*"Studies show men who sleep 5 hours produce testosterone levels equivalent to men 10–15 years older."*

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9**Heavy Day**

PEAK TRAINING

- ✓ Today's session: work up to a challenging 3-rep set on squat and deadlift. Not maximum — challenging.
- ✓ Rest 3–4 minutes between heavy sets. Rushing rest periods blunts the testosterone response.
- ✓ Add loaded carries: farmer's walks with heavy dumbbells, 3 sets of 30–40 metres.
- ✓ Post-workout nutrition: red meat or eggs within 60 minutes. Prioritise animal protein today.

*"Compound, multi-joint exercises with heavy loads produce the strongest acute testosterone response. Isolation exercises don't come close."*

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10**Gut & Microbiome Day**

NUTRITION — ADVANCED

- ✓ Add fermented foods today: sauerkraut, kimchi, full-fat Greek yogurt, or kefir. Gut health directly influences hormone metabolism.
- ✓ Eat cruciferous vegetables: broccoli, cauliflower, Brussels sprouts. These contain DIM and indole-3-carbinol, which support healthy estrogen metabolism.
- ✓ Reduce sugar intake further: check for hidden sugar in sauces, condiments, and packaged foods.
- ✓ Bone broth or collagen-rich foods: support gut lining integrity, which is disrupted by chronic stress.

*"Your gut bacteria metabolise estrogen. An imbalanced microbiome can recycle estrogen back into your system, suppressing testosterone."*

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11****Sunlight & Circadian Optimisation**

LIGHT PROTOCOL

- ✓ Morning sun 20–30 minutes without sunglasses. If overcast, still go outside — diffuse light still provides significant benefit.
- ✓ Midday sun 15–20 minutes: direct sunlight on skin supports vitamin D synthesis, which is a testosterone precursor.
- ✓ Afternoon training: if possible, train between 3–6pm when testosterone levels are naturally at their afternoon peak.
- ✓ Evening: full darkness by 9pm if possible. Melatonin production begins when the environment darkens.

*"Vitamin D3 functions as a steroid hormone precursor. Men with higher vitamin D3 levels consistently show higher testosterone in population studies."*

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12**Mindset & Accountability**

PSYCHOLOGICAL RESET

- ✓ Write down your non-negotiables: the 3 daily habits from this protocol that you will protect no matter what.
- ✓ Identify one testosterone-suppressing habit you haven't eliminated yet. Make a plan to address it in the next 48 hours.
- ✓ Cold exposure: full cold shower for 2 minutes. Builds mental resilience and supports hormonal adaptation.
- ✓ Read one piece of research on natural testosterone support. Knowledge builds commitment.

*"The psychological commitment to your health is itself a testosterone-positive signal. Men who take ownership of their health measurably differ hormonally from those who don't."*

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13**Refine Your Chemical Environment**

EDC ADVANCED

- ✓ Filter your tap water: install an NSF-certified filter that removes PFAS, atrazine, and BPA. This is a one-time change with lasting impact.
- ✓ Check your food storage: remove all plastic food storage containers. Replace with glass, stainless steel, or ceramic.
- ✓ Clean your bathroom cabinet: any product with 'fragrance', 'parfum', or '-paraben' in the ingredient list goes.
- ✓ Cooking: switch all cooking to cast iron, stainless steel, or carbon steel this week.

*"You can train perfectly and eat right, but if you're bathing in EDCs daily, you're fighting with one hand tied behind your back."*

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14****Full Protocol Assessment**

14-DAY REVIEW

- ✓ Review all 5 pillars: rate your consistency 1–10 for Sleep, Training, Nutrition, Stress, and Light.
- ✓ Note your subjective changes: energy, libido, mood, focus, morning drive. These are your real-time hormone indicators.
- ✓ Identify your weakest pillar. That is your focus for the next 30 days.
- ✓ Commit to the long game: testosterone optimisation is a 90-day project. These 14 days were your foundation.

*"You've done the hard work. The biological response to consistent lifestyle optimisation builds over 6–12 weeks. You're already ahead of 95% of men."*

## QUICK REFERENCE

# Your Daily Non-Negotiables

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- Morning sunlight within 30 min of waking (no sunglasses, 10–20 min minimum)
- Resistance training 3–4x per week — compound lifts, heavy sets
- Eat cholesterol-rich whole foods: eggs, red meat, full-fat dairy, oily fish
- 7.5–8.5 hours sleep, consistent bedtime and wake time
- Cortisol management daily: breathing, cold, movement, meditation
- Zero plastic in the microwave. Filter your water. Ditch synthetic fragrance.
- No alcohol on training days. Maximum 2 drinks per week during the protocol.
- No screens 45 minutes before bed — phone in another room

## This is just the beginning.

Renewed Vigour is building EDC-free personal care products, meal resources, training guides, and a community of men who refuse to accept decline as inevitable. Visit [renewedvigour.com](https://renewedvigour.com) to join the community and access the full toolkit.