



Keto/IF is bad for testo

(and how to boost it)

Fra perplexity.ai:

Effect of Carbohydrates on Male Testosterone

Carbohydrate Intake and Testosterone Levels

- Diets higher in carbohydrates are generally associated with higher testosterone levels compared to high-protein, low-carbohydrate diets[1][2][3][4][7].
- Several studies and meta-analyses show that low-carbohydrate diets, especially when combined with high protein intake ($\geq 35\%$ of calories), can significantly decrease resting and post-exercise testosterone levels—by as much as 37% in some cases[2][3][4][7].
- In contrast, a balanced intake of carbohydrates and proteins supports optimal testosterone production, likely due to the role of insulin and glucose in stimulating hormone pathways involved in testosterone synthesis[1].

Cortisol and Recovery

- Low-carbohydrate diets can increase cortisol, particularly in the short term (first 3 weeks), which is relevant because cortisol and testosterone often have an inverse relationship[1][2][5]. After the initial period, resting cortisol tends to return to baseline, but post-exercise cortisol may remain elevated[2][5].
- Higher carbohydrate intake supports better post-exercise recovery and helps maintain a healthier cortisol-to-testosterone ratio, important for training adaptation and hormonal balance[1].

Notable Exceptions and Mixed Findings

- Some studies suggest that certain low-carb diets, such as the ketogenic diet or low-carb Mediterranean diet, may increase testosterone in specific contexts or populations, but these findings are not consistent across all research and may depend on other dietary factors or overall caloric intake[6][8].
- The negative impact on testosterone is most pronounced when low-carb diets are also high in protein; moderate-protein, low-carb diets have less consistent effects[2][7].

Summary Table: Carbohydrate Intake and Testosterone

Diet Type	Testosterone Effect	Cortisol Effect
Notes		
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High-carb, moderate protein	Maintains/increases	Lower post-exercise
Supports recovery, hormone balance		
Low-carb, high protein ($\geq 35\%$)	Significant decrease ($\sim 37\%$)	Increased (short-term)
Most negative impact on testosterone		
Low-carb, moderate protein ($< 35\%$)	No consistent effect	Short-term increase
Less clear impact		
Low-carb Mediterranean/Keto	Mixed/increased in some	Not always reported
May depend on other factors		

Key Takeaway

- A diet with adequate carbohydrates and balanced protein supports

healthy testosterone levels in men, especially for those who are physically active. High-protein, low-carb diets can significantly lower testosterone, while moderate-carb intake helps maintain hormonal balance and supports recovery[1][2][3][4][5][7].

[1] <https://pmc.ncbi.nlm.nih.gov/articles/PMC7662710/>

[2] <https://pubmed.ncbi.nlm.nih.gov/35254136/>

[3] <https://wchh.onlinelibrary.wiley.com/doi/10.1002/tre.0030076>

[4] <https://tctmed.com/eating-habits-and-testosterone/>

[5] <https://journals.sagepub.com/doi/10.1177/02601060221083079>

[6] <https://www.foracare.ch/how-does-the-keto-diet-affect-testosterone/>

[7] <https://www.triathlete.com/nutrition/does-low-carb-equal-low-testosterone-in-men/>

[8] <https://www.sciencedirect.com/science/article/pii/S2665927123002046>

Intermittent Fasting and Male Testosterone: What Do Studies Show?

Short-Term and Lean Individuals

- Most recent research indicates that intermittent fasting (IF), especially in lean, physically active young men, tends to decrease testosterone levels[2][3][4][7]. This reduction can occur even with popular IF patterns like 16/8 or time-restricted eating[3][7].

- Fasting for 24 hours or more can cause a noticeable drop in serum testosterone, with some studies reporting reductions of up to 35% after three days of straight fasting[7].

- These decreases do not appear to significantly impact muscle mass or strength in the short term, but may affect libido and metabolic health[2][3][4].

Obese or Overweight Individuals

- In overweight or obese men, intermittent fasting and calorie restriction may actually improve testosterone levels over time, primarily due to weight loss and reduced body fat[3][7]. Lower fat mass decreases the conversion of testosterone to estrogen, supporting healthier hormone balance[7].

Mechanisms and Individual Variation

- The reduction in testosterone with IF is likely related to overall calorie restriction, changes in energy balance, and possibly increased stress hormones during fasting periods[1][3][7].

- Some older studies and small trials have shown brief increases in testosterone or luteinizing hormone (LH) after short-term fasting, but these effects are not consistently observed in larger or more recent research[4][5].

- Individual responses to IF vary, depending on genetics, age, baseline body composition, and lifestyle factors[4][6].

Summary Table: Intermittent Fasting and Testosterone

Population	Effect of IF on Testosterone	Notes
Lean, active young men	Decrease (short-term and sustained)	May not affect muscle, but can affect libido/metabolism[2][3][4][7]
Overweight/obese men	Potential increase (long-term)	Due to weight loss and improved metabolic health[3][7]
General population	Mixed findings	Highly individual; more research needed[4][5][6]

****Key Takeaway****

- Intermittent fasting typically lowers testosterone in lean, healthy men, but may support testosterone recovery in overweight men through fat loss. The effects are highly individual and depend on fasting duration, calorie intake, and baseline health.

[1] <https://www.manual.co/blog/intermittent-fasting-and-testosterone>

[2] <https://pubmed.ncbi.nlm.nih.gov/35684143/>

[3] <https://www.rupahealth.com/post/the-connection-between-intermittent-fasting-and-testosterone-levels>

[4] <https://pilot.com.au/co-pilot/does-fasting-increase-testosterone>

[5] <https://rexmd.com/learn/does-intermittent-fasting-increase-testosterone>

[6] <https://regenerativebhrt.com/intermittent-fasting-and-testosterone-a-deep-dive-with-regenerative-medical-therapy/>

[7] <https://pmc.ncbi.nlm.nih.gov/articles/PMC11560338/>

[8]

https://www.reddit.com/r/intermittentfasting/comments/18tpcl1/what_kind_of_impact_does_if_have_on_testosterone

How to boost testosterone:

Key Points and Action Steps from Tyler's Testosterone Video

□ Key Points

****Starting Point:****

In January 2024, Tyler noticed low energy and got his testosterone tested. It came back at ****496 ng/dL****, which he considered suboptimal.

****Goal:****

Raise testosterone levels ****naturally**** without TRT or pharmaceuticals.

****Final Result:****

By May 2024, his testosterone increased to ****807 ng/dL****.

□ Action Steps

1. Nutrition Overhaul

- ****Cut out:****

- Junk food: chips, popcorn, processed carbs (e.g., pasta, bread, rice)
- Estrogen-heavy foods

- ****Add in:****

- **Healthy fats: red meat, eggs, nuts, extra virgin olive oil**
- **Whole foods: Brussels sprouts, broccoli, bananas, potatoes, fruits**

- ****Sample Daily Diet:****

- ****Breakfast:** 6 eggs, 2 Brazil nuts, banana, orange juice**
- ****Post-workout:** Mass gainer shake with blueberries & olive oil**
- ****Dinner:** 1 lb ground beef or 12 oz steak, Brussels sprouts or broccoli, banana or potatoes**
- ****Before bed:** Protein shake, peanut butter, cashews**

****Key tip:** Prioritize ****saturated fat and cholesterol**** (crucial for testosterone production).**

2. Supplement Smartly

- Started taking a **natural testosterone booster** with:

- **Zinc**
- **Magnesium**
- **Vitamin D**
- Tongkat Ali

- Added a **sleep supplement** to improve recovery

□ **Sleep is the #1 factor** for hormone optimization. Diet and training alone won't help without quality sleep.

3. Remove Hormone-Disrupting Products

- **Cut out personal care items with phthalates and parabens:**

- Hair gel, shaving cream, shampoo, conditioner, deodorant
- Switched to **natural alternatives**
- Wore only **100% cotton** clothing and underwear

□ **Why?** Polyester and toxic grooming chemicals can lower testosterone and sperm count.

4. Additional Lifestyle Tip

- **Walk 10,000 steps/day** (minimum 8,000):
 - Supports circulation and cardiovascular health
 - Doesn't directly raise testosterone but improves overall wellness
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□ Final Takeaway

To naturally boost testosterone:

- Clean up your **diet**
- Add **targeted supplements**
- Eliminate **hormone-disrupting products**
- Prioritize **sleep** and **recovery**
- **Move daily** for better circulation and health

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