

# THE 5 HABITS THAT STEAL YOUR TESTOSTERONE

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What causes them, what they do to your biology and how to remove them

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01 · Seed Oils

02 · Plastics & BPA

03 · Nighttime Blue Light

04 · Chronic Stress

05 · Sedentary Lifestyle

# SEED OILS

The silent poison in your pantry

## THE PROBLEM

Refined vegetable oils - sunflower, corn, soy, canola - are hyper-processed and loaded with linoleic acid (Omega-6). Your grandfather ate an Omega-6/Omega-3 ratio of 4:1. Yours is probably 20:1 or worse.

This imbalance triggers chronic systemic inflammation, raises cortisol and directly suppresses testosterone synthesis. The Leydig cells - the ones that make T in your testicles - are especially sensitive to this inflammatory environment.

# 20:1

AVG OMEGA-6/3 RATIO TODAY  
VS 4:1 OPTIMAL

## WHAT YOU MUST DO

Replace with: extra-virgin olive oil, grass-fed butter, ghee, tallow or coconut oil. Check labels - seed oils hide in sauces, dressings, industrial bread and snacks. Cut ultra-processed food for 30 days and measure the difference.

## SCIENTIFIC REFERENCE

SIMOPOULOS · AM J CLIN NUTR · 2002 — Omega-6/Omega-3 essential fatty acids ratio and chronic disease

# PLASTICS & BPA

The xenoestrogens that compete with your T

## THE PROBLEM

Bisphenol A (BPA) and phthalates are chemical compounds found in plastic packaging, canned goods, thermal paper and hygiene products. They mimic estrogen at the molecular level and bind to the same receptors.

This not only raises your estrogenic load: it also directly inhibits testosterone production. Studies in adult men found a significant negative correlation between urinary BPA levels and total and free testosterone.

**-25%**

T REDUCTION IN MEN WITH  
HIGH BPA EXPOSURE (AVERAGE)

## WHAT YOU MUST DO

Use glass, stainless steel or ceramic to store food. Avoid heating food in plastic (it speeds chemical migration). Swap thermal paper for digital receipts. Check ingredients in cosmetics - parabens and phthalates are listed. A gradual change over 3 months drastically cuts your total exposure.

## SCIENTIFIC REFERENCE

MEEKER ET AL. · EPIDEMIOLOGY · 2010 – Urinary BPA concentrations in relation to serum hormone levels

# NIGHTTIME BLUE LIGHT

How screens sabotage your hormonal production

## THE PROBLEM

70-80% of your daily testosterone is made while you sleep, during deep sleep (NREM stage 3). Blue light from screens in the hours before bed suppresses melatonin for up to 2 hours, delays the onset of deep sleep and shortens its total length.

Plus, sleep deprivation raises nighttime cortisol - which competes directly with testosterone for the same hormonal precursor: cholesterol. One week sleeping 5.5h lowers T by 10-15%.

**-15%**

TESTOSTERONE DROP AFTER  
1 WEEK OF RESTRICTED SLEEP

## WHAT YOU MUST DO

3-step protocol: (1) Turn on the blue-light filter on all your devices from 8:00 PM. (2) No screens the last 30-45 minutes before bed - a book, stretching or talk. (3) Sleep in complete darkness, 18-20°C. The minimum target is 7.5 hours of total sleep, with at least 90 minutes of deep sleep.

## SCIENTIFIC REFERENCE

LEPROULT & VAN CAUTER · JAMA · 2011 – Effect of 1 week of sleep restriction on testosterone levels

# CHRONIC STRESS

Cortisol literally steals your testosterone

## THE PROBLEM

Testosterone and cortisol share the same precursor: pregnenolone. When the HPA axis (hypothalamic-pituitary-adrenal) is in chronic alarm mode, the body prioritizes making cortisol to 'survive'. The result: less pregnenolone available to make T. This is the 'pregnenolone steal'.

Constant work stress, financial pressure and digital overstimulation keep cortisol chronically elevated - not acutely. Your system can't tell a real threat from a full inbox.

**-27.9%**

CORTISOL REDUCTION WITH  
ASHWAGANDHA KSM-66 (8 WEEKS)

## WHAT YOU MUST DO

You don't need to 'relax more' - you need to lower the input to your nervous system. Two evidence-based protocols: (1) 4-7-8 diaphragmatic breathing for 5 minutes before bed - activates the parasympathetic system and lowers nighttime cortisol. (2) Ashwagandha (KSM-66, 300-600mg) - cut cortisol by 27.9% in a double-blind trial. Combine both with blocks of digital disconnection.

## SCIENTIFIC REFERENCE

WANKHEDE ET AL. · J INT SOC SPORTS NUTR · 2015 – Ashwagandha root extract on muscle strength and testosterone

# SEDENTARY LIFESTYLE

Without the right stimulus, T has no reason to exist

## THE PROBLEM

The body makes testosterone in response to real physical demand. A sedentary life removes that signal. But even more key: the type of exercise matters. Chronic low-intensity cardio (marathons, long cycling) can lower T, while heavy strength training with compound exercises raises it sharply.

The mechanism is clear: high-intensity muscular exercises activate Leydig cells through mechanical and metabolic signals. Without that stimulus, production falls to maintenance minimum.

# +22%

T INCREASE WITH STRENGTH  
COMPOUND PROTOCOL (12 WEEKS)

## WHAT YOU MUST DO

The 3-rule protocol: (1) Compound movements - squat, deadlift, bench press, row. No isolation machines. (2) Intensity over volume - 45 intense minutes beat 2 moderate hours. (3) At least 3 weekly sessions with a minimum of 48h of recovery between muscle groups. Rest is where testosterone grows - not during the workout.

## SCIENTIFIC REFERENCE

KRAEMER & RATAMESS · MED SCI SPORTS EXERC · 2005 – Hormonal responses and adaptations to resistance exercise

# THESE ARE JUST THE 5 HABITS.

The complete system - 90-day protocol, evidence-based supplementation, circadian-rhythm correction, cortisol management and training optimization - is in the book.

STOLEN TESTOSTERONE - THE COMPLETE BOOK

# \$17 USD

\$27 USD - launch price

[sleonprotocol.com](https://sleonprotocol.com)

"Testosterone isn't optimized with magic supplements.  
It's optimized with systems. And systems are built with data."

– S. León