

MALE 2.0™

**THE MALE 2.0 GUIDE
UPGRADE YOUR HEALTH &
PERFORMANCE WITH THESE
MEN'S HEALTH STRATEGIES**



PEAKLAUNCH™
PROVEN DATA-DRIVEN PEAK PERFORMANCE & LONGEVITY MEDICINE

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Men, welcome to the **MALE 2.0™ GUIDE!**

It's time to shift the paradigm towards health instead of away from disease. It's time to focus on more than just being un-sick, and even more than just 'healthy'. It's time to focus on optimizing your health, your vitality, and your performance in all areas of your life.

Male 2.0 is about taking full ownership of your whole life experience. Society tells you to be a man ... Male 2.0 empowers you to be THE MAN.

Male 2.0 is a transformation. It's living with intention. It's upgrading to the most amazing, optimized version of yourself. It's about unleashing your full inner potential.

Male 2.0 is no longer waiting until you're sick to seek out medical guidance. It's taking responsibility and control of your health.

Male 2.0 is about being laser focused on your big 'WHY', so that everything you do is in alignment.

Male 2.0 is about precision.

Male 2.0 is data-driven. Every decision you make about your health is based on real-life data. No more guessing. If you can track it, you can manage it.

Male 2.0 is based on precision medicine. Instead of a one-size-fits-all approach to health, it's personalized, based on your unique genetic blueprint.

Male 2.0 is a change not just in your lifestyle, but in how you live and how you think.

Male 2.0 is about living with intention to reach a state of peak performance.

Male 2.0 is about becoming limitless.

The Male 2.0 Method™ has four main components:

M MINDSET
(living with intention, limiting beliefs, gratitude)

L LIFESTYLE
(nutrition, sleep, stress, fitness)

A AGING
(sources of cellular aging)

E ENVIRONMENT
(exposures, detox)

It All Starts With Your **WHY**

So take this moment and ask yourself the following questions and answer in the space provided.

(Writing your answers is a very important part of this exercise!)

Are you truly committed to doing everything you need to do to transform your health and your life?

Are you ready to change the way you're doing life?

Are you ready to take your health seriously and make it a priority?

Are you ready to change your daily habits?

What is your WHY? Why are you doing this? Knowing your why is an important first step in achieving your goals and creating a life you enjoy living (versus merely surviving!). There is incredible power in purpose.

What makes you come alive? What are your unique, innate strengths? Where do you add the greatest value? How will you measure your life?

Write down your WHY here:



PUT THIS PAGE ON YOUR NIGHTSTAND



■ Every morning when you wake up, read your **WHY** out loud.

■ Every night before you go to bed, read your **WHY** out loud.

■ Take a picture of this page. Several times a day, I want you to look at that picture, and read your **WHY** out loud.

■ Not only does the reminder keep you on track, but every time your brain hears it, it becomes a part of your new mindset. It helps you focus on what's important, so that every decision you make is in alignment with your **WHY**. It helps you live with intention.

■ There are two things that are going to be critical for your success as you embark on your new health journey - accountability and motivation. Your **WHY** is a driving factor for both of those.

Limiting Beliefs

The next aspect of mindset we need to address is limiting beliefs. You will never achieve what you don't believe is possible for you. In order to transform your health, you have to get rid of your limiting beliefs.

SOME EXAMPLES OF LIMITING BELIEFS:

"I'm not [good, smart, strong, talented,] enough."

"I could never do that."

"I'm too old."

"I can't do anything about my [health, diet, fitness]."

"I might do it wrong."

"There's not enough time."

"I don't know where to start."

PUT THIS PAGE ON YOUR NIGHTSTAND

"I don't have the skillset."
"I don't have the money."
"I can't change."

These limiting beliefs are holding you back from reaching your full human potential.

THEY'RE NOT REAL.

They're myths that are often entirely based on a false perception that came from a bad experience at some point earlier in life. You're experiencing life through a faulty lens, and your brain consistently finds evidence to support these beliefs.

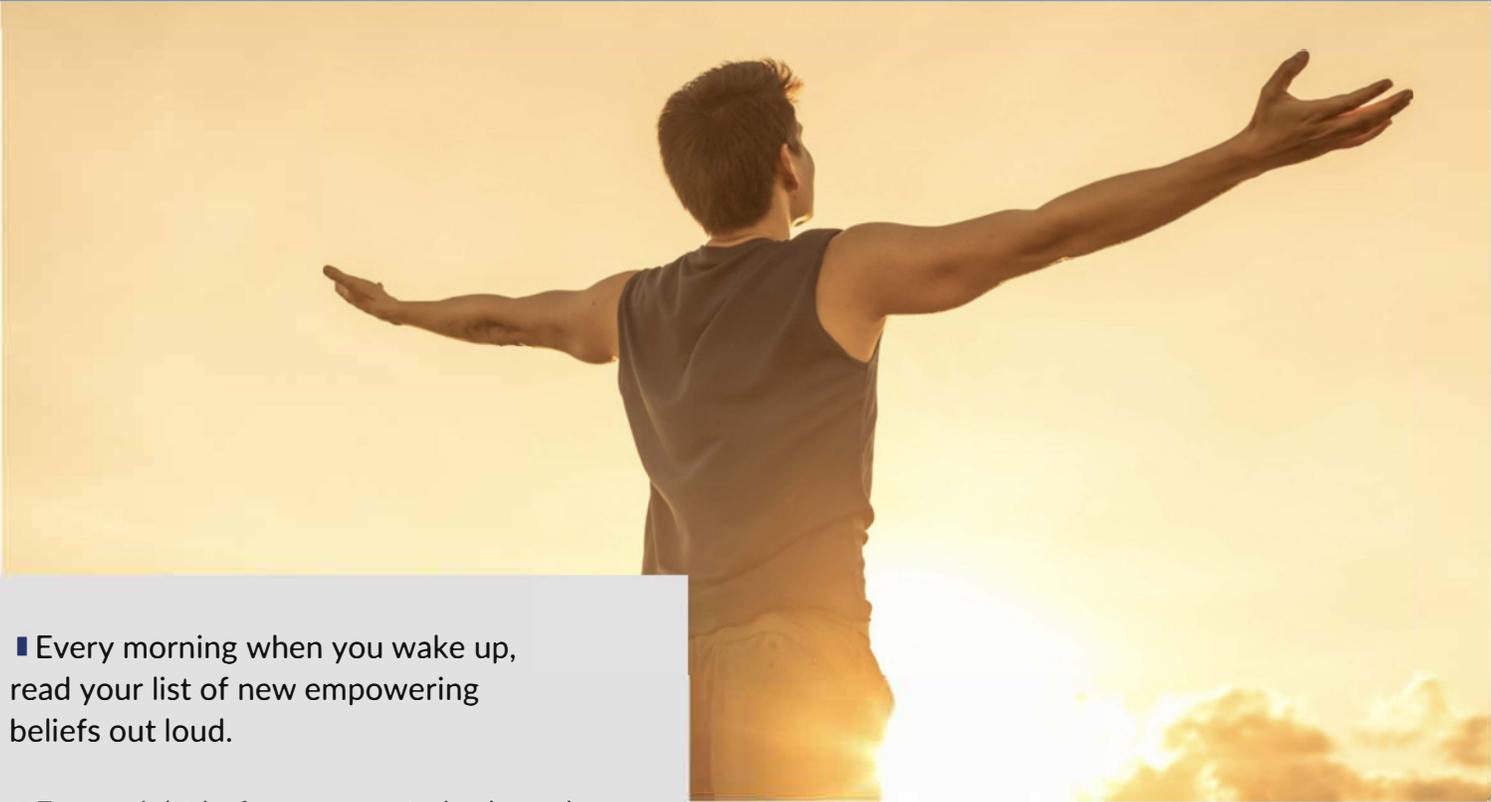
To overcome this, you need to notice your limiting beliefs and create new empowering beliefs. This is the power of the mind. The power of decision.

Write down all of your limiting beliefs. Think about why you're not where you want to be. What's holding you back? Now cross out each of those limiting beliefs and write down the new empowering beliefs that replace them and support your upgrade to Male 2.0.

SOME good EXAMPLES:

"I am [good, smart, strong, talented] enough."
"I could absolutely do that."
"I'm never too old."
"I can do something about my [health, diet, fitness]."
"I will learn how to do it right!"
"There's always enough time."
"I can figure out where to start."
"I have the skills, or else I can learn them."
"I have enough money."
"I am flexible enough to change."

PUT THIS PAGE ON YOUR NIGHTSTAND



■ Every morning when you wake up, read your list of new empowering beliefs out loud.

■ Every night before you go to bed, read your list of new empowering beliefs out loud.

■ Take a picture of this page. Several times a day, I want you to look at that picture, and read your list of new empowering beliefs out loud.

■ Just like reading your **WHY** out loud, this keeps you on track and becomes a part of your new mindset. It helps you focus on what's important, so that every decision you make is in alignment with your **WHY**. It helps you live with intention.

Gratitude

Scientific studies have shown that gratitude strengthens physiological well-being, improves sleep, increases energy level, and may lead to increased longevity.

What are the gifts in your life? What are you thankful for?

YOUR 30-DAY GRATITUDE CHALLENGE:

Every night before you go to bed, write down at least three things that you're thankful for. When you wake up in the morning, I want you to read your list from the night before.

Do this every day for the next 30 days.



Nutrition

As discussed in the book, there's no perfect diet. But there are a few rules to go by:

- **Eat real food.** In simple terms, if it grew from the ground, or it had a mother, you can eat it. Better stated, eat whole foods that aren't processed and don't come in a package.

- **Focus on foods such as fruits, veggies, meats, fish, nuts, and beans.** If it has any ingredients that you can't pronounce - especially preservatives or chemicals, it doesn't belong in your body.

- **Limit, if not avoid processed or refined sugar.** It promotes inflammation, weight gain, diabetes and cardiovascular disease, and is truly the biggest evil in our diet.

■ **Plant-based proteins** should be the cornerstone of at least two of your three daily meals.

■ **If you choose to incorporate animal-based proteins in your diet:**

- They should be the condiment of your meal. Plants should be the main dish!
- Focus on high-quality, organic products, preferably pasture-raised or wild-caught.
- Focus on primarily lean meats and fish. Fish are great because they are filled with the healthy omega-3 fatty acids, and they have much less saturated fat than red meat.

■ **Limit dairy intake.** If you feel like you absolutely need some milk in your life, make sure it's organic and grass-fed. Or, try almond or cashew milk.

Your genetics dictate the best macronutrient breakdown for you, but in general, an ideal starting point is 50% of your calories from carbs, 30% from fat, and 20% from protein.

CARBOHYDRATES - some of the healthiest complex carbs to incorporate in your diet are:

- **All veggies**
- **Black beans**
- **Legumes**
- **Quinoa**
- **Steel cut oats** (oatmeal)
- **Sweet potatoes**
- **Fresh fruit**
- **Dried fruit** (caution, often has added sugar!)

SATURATED FATS - found mostly in meat, eggs, and dairy. These have the potential to raise LDL and total cholesterol, encourage weight gain, and put you at risk for type 2

Protein

THE BEST FORMS OF PLANT-BASED PROTEINS INCLUDE:

- **Amaranth** - Complete protein; high in manganese
- **Black beans** - High amounts of lysine and leucine
- **Green peas** - High in fiber, leucine, lysine, and glutamine
- **Hemp seeds** - Complete protein, high in GLA
- **Lentils** - Contains all 20 amino acids
- **Nutritional yeast** - Deactivated yeast, high in B12
- **Pumpkin seeds** - Complete protein; high in healthy fats, magnesium, lysine, and zinc
- **Quinoa** - Complete protein; superfood high in fiber, vitamins and minerals, and antioxidants
- **Spirulina** - Algae superfood

THE BEST FORMS OF ANIMAL PROTEINS INCLUDE:

- **Chicken breast**, boneless and skinless
- **Eggs**, free-range and organic
- **Halibut**, skinless
- **Salmon**, wild-caught
- **Sirloin**, lean, ground, and grass-fed
- **Steak**, lean and grass-fed
- **Tuna**

diabetes and heart disease, so you definitely want to eat these in moderation. Less than 10% of your "fat" calories should come from saturated fats.



POLYUNSATURATED FATS - include Omega-3 and Omega-6 fatty acids. Omega-3 fatty acids fight inflammation, so you want to load up on those. Omega-6 fatty acids tend to do the opposite, they promote inflammation, so you want to limit those. Examples of good healthy Omega-3 fatty acids are salmon, flax seeds, chia, almonds, walnuts. Examples of Omega-6 fatty acids are corn oil and sunflower oil.

MONOUNSATURATED FATS - the healthiest type of unsaturated fat. They tend to raise 'good' cholesterol (HDL) and lower 'bad' cholesterol (LDL). These typically include olive oil, nuts, seeds, and avocados.

TRANS FATS - manufactured, man-made fats that are used to make processed and fried foods. Ideally, these should be completely eliminated from your diet if possible. These will increase your total cholesterol, LDL, and triglyceride levels and promote obesity and chronic inflammation.

So, what are good, healthy fats that you should be eating?

- **Avocados**
- **Chia seeds**
- **Olive oil** (extra virgin)
- **Nuts** (almonds, walnuts, cashews)
- **Fatty fish** (salmon, trout, mackerel, sardines, herring)



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Intermittent Fasting Cheat Sheet

■ Benefits include:

- Balance hormone levels
- Raise norepinephrine and epinephrine levels, which encourage fat breakdown
- Increase growth hormone levels, which grows and preserves muscle mass
- Strengthen skeletal muscle mass
- Lower blood glucose levels
- Decrease insulin levels and increase insulin sensitivity
- Increase lipolysis (breakdown of fats) and fat oxidation
- Enhance glucagon levels, which encourages breakdown of fat

How to do carb cycling:

- On low carb days, you'll consume 50 net grams of carbs or less and do high intensity interval or speed-burst workouts.
- Then, you'll eat a normal amount of carbohydrates on recovery days and strength training days.
- On leg day, when we work the biggest muscle groups in the body (and burn a ton of calories), we'll eat slightly more carbohydrates.

■ Methods of intermittent fasting:

- **SKIPPED MEALS:** skipping one meal, typically breakfast. This is the easiest way to start intermittent fasting.
- **EATING WINDOWS:** condensing food intake to 8 hours (or less if you can!) for the entire day, while the rest of the day is fasting (this is termed 16:8 intermittent fasting - fast for 16 hours and eat for 8 hours)
- **WARRIOR FAST:** condenses eating window to four hours, preferably early in the day to allow your gut time to rest before sleeping
- **24/48 FAST:** avoid eating for a full day or two - I recommend this at least once a month.
- **5-2 FAST:** eat regularly for five days and fast for 2 days (consecutive or opposite ends of week)
- **ALTERNATING FAST:** eating regularly for 24 hours and fasting for 24 hours in rotation

■ So, what might your day look like when you're living on an intermittent fasting schedule?

- **SKIP BREAKFAST.** You can drink black coffee, herbal tea and water. No sugar or creamer in your coffee, but plant-based stevia is ok.
- **BREAK YOUR FAST AROUND 11AM OR NOON.**
- **CONSUME ALL OF YOUR DAILY CALORIES,** macros and micros in your 8-hour feeding window. This typically includes lunch and dinner. Begin your fasting window no more than 8 hours after you broke your morning fast.

■ Carb cycling provides additional benefits:

- Increase your metabolism
- Lower your body's insulin levels
- Help counteract insulin resistance
- Train your body to burn excess carbs, not store them as fat
- Enhance energy levels

■ We cycle through these three carbohydrate levels to really turn your body into a fat-burning furnace. We'll talk a lot more about the exercise component in chapter 16, but here's an example of what this looks like:

- **MONDAY:** low carb, high intensity interval training
- **TUESDAY:** low carb, sprints
- **WEDNESDAY:** normal carbs, strength training
- **THURSDAY:** normal carbs, strength training
- **FRIDAY:** normal carbs, rest or active recovery
- **SATURDAY:** high carb, leg day!
- **SUNDAY:** normal carbs, rest or active recovery

Stress

■ Chronic stress has been linked to:

- Inflammation
- Hormone imbalance
- Erectile dysfunction
- Hypertension/high blood pressure
- Cardiovascular disease
- Cancer
- Obesity
- Immune dysfunction
- Accelerated aging and early mortality

One of the key tenets of the Male 2.0 Method is stress resilience, your internal physiologic response to your environment.

We all have stress! But managing your stress responses and learning how to frame stress in a proper perspective is vital. We cannot simply 'avoid' stressful events.

The Male 2.0 Method views stressful events as helpful, having a POSITIVE impact in your life, ones that can help you rise to the challenge. When viewed as useful, stressful events help you become stronger, more focused, more intentional.

Meditation

- Go to a quiet place where you won't be disturbed, sit comfortably, close your eyes, and just breathe.
- Focus on your breath. Breathe slowly with your belly, not your chest. We'll talk more about this in a moment.
- If you find your mind wandering, come back to the breath. Stay with the feeling of the breath
- If something is going on in the world around you, take notice of it and then come back.
- You don't need to stop your thoughts...just guide them back to focus again on your breathing.

YOUR 30-DAY GRATITUDE CHALLENGE:

Try meditation once a day, 5 minutes a day, for 30 days. Great meditation apps to use to get started:

- Headspace
- Insight Timer
- Calm

I promise you will have a clearer mind, with less stress and a better outlook on life. It will help you reconnect to what's happening around you and will radiate into every facet of your life from your work, to relationships, to exercise, to hobbies, and beyond!

Breathing



Most men breathe through their mouth instead of their nose, they use their chest, and they breathe way too quickly. Over-breathing can have a massive effect on your cognitive and physical performance. Almost every client I work with has issues with over-breathing and I bet you do too!

Over-breathing, leads to chronically depleted CO₂ levels, called hypocapnia. The CO₂ level in your bloodstream is critically important because it directly regulates the size of your airways, blood flow through your body (through dilation or constriction of your blood vessels), and the actual release of oxygen to your cells.

Hypocapnia directly reduces tissue oxygenation through these mechanisms, and ultimately impacts your performance - both physically and mentally.

Here are some tips on how to breathe properly:

- You should always breathe in through your nose and out through your nose - never your mouth
- Focus on belly breathing, not chest breathing. This means that your belly should go out as you inhale, and come back in as you exhale. Your chest wall should never move when you're breathing.
- Chest breathing is actually really shallow breathing, whereas belly breathing enables more efficient gas exchange.

A few great breathing exercises to help you breathe correctly and avoid overbreathing:

- Box breathing. You start by inhaling for 4 seconds - of course through your nose. Hold your breath for 4 seconds, then exhale for 4 seconds. Then hold it again for 4 seconds and start over. Do this on repeat, and you'll feel a lot less stressed.
- Another great breathing technique is to breathe in for 4 seconds, hold your breath for 7 seconds, and then exhale for 8 seconds. The purpose here is to train yourself to slow down your breathing and make you mindful about no overbreathing.

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Sleep Hygiene Cheat Sheet

Good quantity and quality of sleep is a critical part of upgrading to Male 2.0. Most men are not getting enough good sleep. Here are some general recommendations that you can start today

- Set a daily bedtime and wake-time schedule and stick to it. It should be the same during the week and weekend!
- Your bedroom should only be used for sleep and sex. Your mind will associate your actions with your environment. It's not a place to lie around watching tv, or getting work done.
- Get your electronics out of your bedroom. Sleeping with them next to your bed disrupts your sleep through EMF energy, even if you don't realize it.
- The best sleep you'll get is in a completely dark room. Get some blackout shades, or a good sleep mask. This includes clocks with lighting.
- Invest in high quality comfortable bedding - your sleep is worth it!
- Turn the A/C down - you'll get your best sleep when your room is extra cool.
- Practice the mindset or meditation techniques we've talked about before going to bed.
- Put away all electronic devices at least 2 hours before going to sleep. This includes your phone, laptop, and TV. The blue light disrupts melatonin production. You can also consider using blue-blocking glasses after sundown. Spend 2 hours before bed reading or meditating instead.
- Create a nightly ritual before sleep to turn off your analytical mind
- Exercise during the day and spending time in natural sunlight during the day will boost your sleep.
- Caffeine after 2pm can destroy sleep quality - limit it as much as possible

THERE ARE SEVERAL SUPPLEMENTS THAT HAVE BEEN SHOWN TO BE HELPFUL FOR SLEEP AS WELL:

- **Vitamin B6**
- **Magnesium Glycinate** or Threonate
- **Melatonin** (although your genetics strongly influence your response)
- **L-Theanine**

These won't necessarily work for everyone, and are not intended as a replacement for good sleep hygiene, but they are certainly worth considering as an adjunct.

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Endocrine Disruptor Cheat Sheet

Endocrine disruptors are literally CRUSHING men's health. Here's a solid list of ways to minimize, if not avoid, exposure to endocrine disruptors in your daily life:

- First - you simply cannot drink from plastic water bottles. Just don't do it. Use an activated carbon water filter for your drinking water and you can store it in glass or stainless steel water bottles.
- Lose weight! Estrogenic endocrine disruptors are stored in your fat, so shedding the weight will help eliminate the toxins.
- Eliminate highly processed foods and focus on eating organic fruits and vegetables.
- If you eat meat, eat only grass-fed organic meats and wild caught seafood like salmon. Make sure your meat cuts are wrapped in wax paper rather than stewing in plastic.
- Eat food with no plastic contact.
- Limit dairy, butter and cheese unless it's organic and grass-fed. Almond milk or cashew milk are certainly better alternatives to cow's milk.
- Don't eat processed soy or flaxseed products.
- Avoid all lavender and any scented personal care products.
- Limit dietary grains, especially corn.
- Avoid all plastics, especially for storing or microwaving food.
- Avoid foods in metal cans.
- Focus on quality cleaning products, laundry detergents, and dryer sheets. (I'll show you how!)
- Focus on quality personal care products including deodorant, shampoo, soap and sunscreen. (I'll show you how!)
- Plastics are killing us through our coffee K cups - avoid them and drink only fresh brewed coffee.
- Avoid plastic cups, plastic-lined mugs, and utensils, especially for hot drinks/coffee/food.

A great app that can help know which cleaning and personal care products are safe to use is the Healthy Living app by the Environmental Working Group. Download it onto your phone. You can search for recommended products or you can actually scan the barcode of products to see the ingredients.

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Biometric Tracking Cheat Sheet

Biometric tracking provides real-time actionable data about your health and physiology that you can use to make changes in your lifestyle.

■ What kind of data can you track and what SHOULD you track?

HRV (heart rate variability): HRV is the variation in your heart rate from one heartbeat to the next. Heart rate variability is a powerful, constantly adjusting indicator of your overall level of health, fitness, stress, and recovery. So a high HRV signifies your system is rested, calm, loose, healthy, vibrant, and ready to go. This is good! It's associated with a healthy hormone balance, weight loss, and decreased inflammation.

On the other hand, a low HRV signifies your system is overstressed, tired, unhealthy, and not at its peak. This is not good. It's associated with elevated cortisol, chronic inflammation, weight gain, and altered hormone balance.

■ Heart Rate / Resting Heart Rate:

Heart rate is an important metric of your level of exertion during exercise. Depending on your goals, you can aim for a certain heart rate range to optimize the efficiency of your workouts.

Resting Heart Rate is another indicator of overall health and recovery status. A lower resting heart rate is an indication of a well-rested, relaxed, and recovered state.

■ Sleep:

Tracking your sleep gives you the opportunity to:

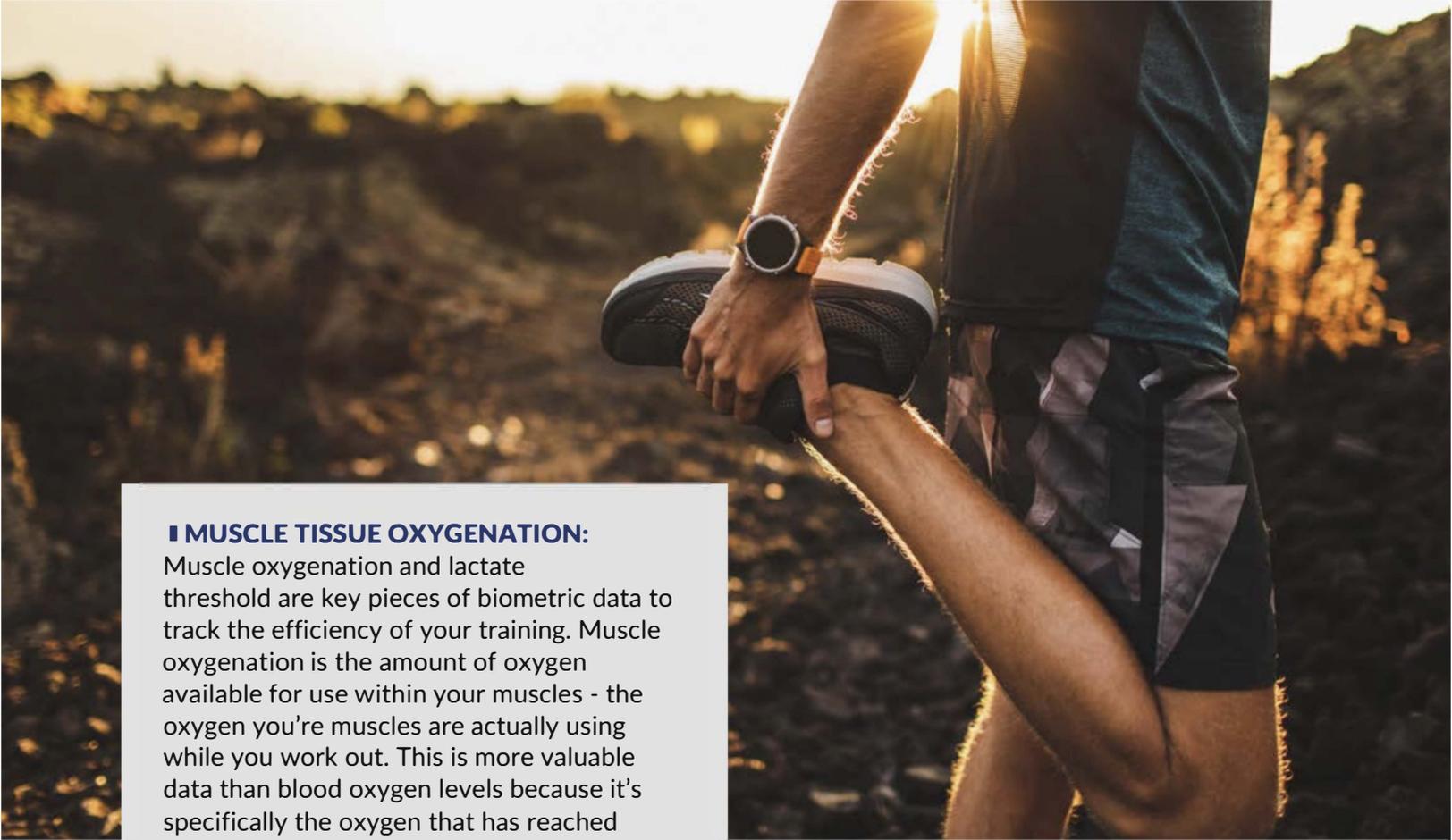
- Objectively record the quantity and quality of your sleep (we tend to overestimate how well we sleep!)
- Understand how your lifestyle is affecting your sleep
- Make specific changes that will help you get longer, more restorative rest.

Measurements include the total duration of sleep, time spent in each of the cycles of sleep (REM, light sleep, deep sleep), and episodes of sleep disturbance.

Keeping track of your nightly sleep cycle offers huge insight as your brain makes its way through the three individual stages of sleep. Interruptions within these cycles, plus the actual timing of deep, REM, light sleep, and possible awake time during the night can point to areas that can be corrected.

■ Blood Oxygen Saturation:

If you're into alpine sports or other similar activity, knowing your oxygen saturation can help you determine how your body is acclimating to high altitudes. Several wrist-based devices have a pulse oximeter to gauge the saturation of oxygen in your blood.



■ **MUSCLE TISSUE OXYGENATION:**

Muscle oxygenation and lactate threshold are key pieces of biometric data to track the efficiency of your training. Muscle oxygenation is the amount of oxygen available for use within your muscles - the oxygen your muscles are actually using while you work out. This is more valuable data than blood oxygen levels because it's specifically the oxygen that has reached your muscles and is able to be utilized.

■ **Lactate threshold:**

Lactate is a byproduct of exercise and is an indicator of exercise intensity and muscle fatigue. Lactate threshold measurement helps understand when you've pushed your muscles to their max and avoid overtraining which could lead to injury.

■ **Respiratory Rate:**

Tracking your respiratory rate can help you avoid overtaxing your body during physical activity. Devices can track how many breaths you're taking per minute which means that you'll know determine how hard you are working, and when you may need to take it easy.

Want to know which specific devices are best for you? Need help interpreting your data and applying it to your daily life? Reach out to me at: <https://DrTracyGapin.com/Work-With-Me>

Body Temperature:

Tracking patterns in your body temperature throughout the day and night delivers insight into what your body might be dealing with - such as potential infections or illness - so you can get a head of it as early as possible.

There are numerous other valuable biometric data points that provide valuable insight and personalization to help you reach your Male 2.0 performance goals.

Examples:

- Daily activity/steps
- Recovery status
- VO2 Max (your body's ability to consume and utilize oxygen)
- Training Load

A key aspect of incorporating biometric data into your performance plan is understanding how to interpret the data and actually apply it to your life. Without application of the data, it's just worthless information!

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Peptides Cheat Sheet

Peptides are amazing molecules that work with your body to create a very specific outcome. Simply put, peptides are short amino acid chains that function as signaling agents to achieve a specific outcome while limiting any potential negative side effects.

Peptides provide tons of functional benefits. They improve, optimize, and enhance your health, and even extend your life. Some of the specific peptides we use include:

■ Weight loss

- **CJC-1295** growth hormone-releasing hormones
- **Iпамorelin** growth hormone-releasing peptides
- **AOD-9604** targets abdominal fat
- **Amlexanox / TTA** suppresses appetite
- **Tesofensine** suppresses appetite

■ Reducing inflammation, recovery

- **BPC-157** reduces musculoskeletal and gut inflammation and provides neuroprotection
- **Thymosin Beta 4** promotes fast healing and reduces inflammation
- **Thymosin Alpha 1** prevents oxidative damage and decreases inflammation

■ Athletic performance / muscle gain

- **MOTS-c** mitochondrial biogenesis (increases production and function), potential exercise mimetic
- **CJC-1295** growth hormone-releasing hormones
- **Iпамorelin** growth hormone-releasing peptides
- **MK-677** muscle growth

- **IGF-LR3** increases lean muscle mass Follistatin - inhibits myostatin to stimulate muscle growth
- **PEG-MGF** increases muscle mass

■ Cognitive function, memory, neurologic health

- **Cerebrolysin** fights depression and reduces anxiety
- **Selank** improves memory and learning
- **Semax** improves memory and learning, reduces brain inflammation
- **DiHexa** improves memory, neuroregeneration BPC-157 neuroprotection

■ Gut health

- **BPC-157** reduces gut inflammation

■ Immunity

- **Thymosin alpha** optimizes immune function
- **Melanotan 2** treats CIRS (chronic inflammatory response syndrome)
- **VIP** clears infections

■ Longevity

- **Epitalon** increases longevity

■ Men's health

- **Melanotan 2** improves libido and erectile function
- **PT-141 / Bremalanotide** improves erectile function
- **Kisspeptin 10** increases testosterone, libido, bone density

■ Cosmetic

- **PTD-DBM** restores hair growth
- **GHK-Cu** improves skin elasticity

Peptide therapy should always be monitored by a professional. Want peptides to upgrade to the next level? Reach out to me at: <https://DrTracyGapin.com/work-with-me>

me

CONCLUSION

I hope you have found the Male 2.0 Book and the Male 2.0 Guide to be educational and inspirational.

You're now empowered with the tools you need to radically transform your health and vitality. You're armed with the Mindset, Aging, Lifestyle and Environment factors that all come together to help you upgrade to Male 2.0.

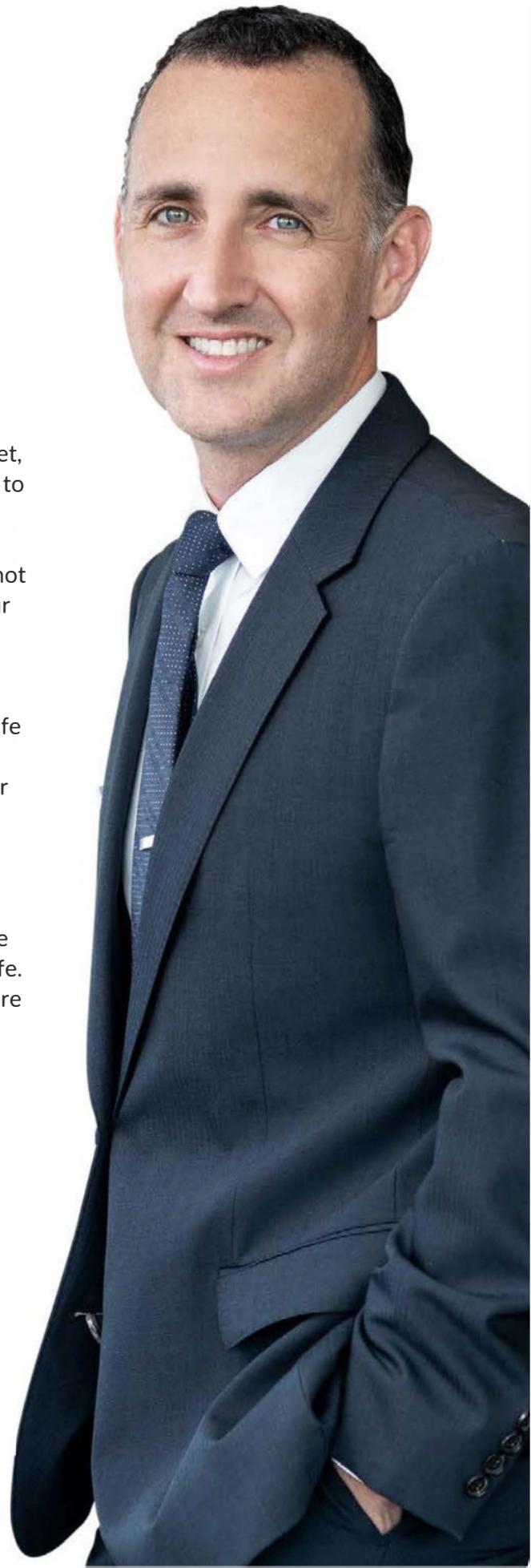
It's time to take ownership of your health. It's time to focus on not simply being 'unsick', but on actually optimizing your health, your vitality, and your performance - in all areas of your life. And it's time for you to get started today.

But don't feel that you have to drastically overhaul your whole life overnight. That's not realistic. Start where you feel most comfortable, and make small, real changes every day. Remember to challenge yourself and hold yourself accountable. You'll soon find that you feel better (a LOT better) and you'll make massive progress.

Please realize that you're not alone. I'm here to help you optimize your testosterone, your health, and the overall quality of your life. Every day, I'm dedicated to helping so many men like you who are experiencing the same challenges you're facing.

My mission is to help men like you live an optimized life. So let's get to it.

**If you're interested in working with me,
learn more at DrTracyGapin.com/individual**





The information in this guide does NOT intend to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice.