Have you heard of nature’s steroid?

I know...

Something about that sentence doesn’t seem right...

Maybe it’s the combination of nature and steroid...

*But did you know that not everything that provides you with an anabolic boost makes you a cheater?*

Well this herb is a prime example...

Let me introduce you to arguably the most powerful natural herb on the planet...

It’s called pine pollen, and it’s nature’s anabolic steroid...

Making it safe and effective to help you build muscle mass, boost testosterone, and more.

So let’s take a closer look at pine pollen and the easy anabolic benefits you’ll get when you decide to add it to your supplement stack... or even better replace the under-performers in your supplement stack.

**PINE POLLEN BOOSTS TESTOSTERONE**

Pine pollen can naturally take your testosterone up a few levels...

*Well, it’s mostly due to the fact that pine pollen actually contains testosterone...*

And not some half-bred form of testosterone either...

*Since pine pollen is the male spore (the literal male productive unit) that pine trees use to pollinate, it contains androgen – the anabolic hormone flowing through your veins – meaning that when you take pine pollen you’re actually taking testosterone.*

According to a pine pollen study conducted by The U.S. National Library of Medicine, one variety of Pine pollen known as Pinus Sylverstis contains 80ng/g of testosterone, 110ng/g of epitestosterone, and 590 ng/g of androstenedione...

Which is potent enough to make a powerful impact on your testosterone levels...

But that’s not all...

*Pine pollen doesn’t just contain any kind of testosterone.*
It contains *free testosterone*.

Here’s the deal...

As a man, you’ve got lots of testosterone flowing throughout your body.

But most of it is actually ineffective to do what you want your testosterone to do: Build muscle, increase your sex-drive, help you perform better in bed, grow a beard... You know, the essentials.

*In reality, most of your testosterone is bound up by Sex Hormone Binding Globulin (SHBG), a glycoprotein in your bloodstream that makes a hobby out of bagging up your free roaming testosterone and making it ineffective to do the above mentioned and more.*

Which is why it’s important to get as much free testosterone in your bloodstream as possible...

Which is exactly what pine pollen provides.

So before I move on, I want to point out that the testosterone-boosting benefits of pine pollen make this herb a no-brainer to add to your supplementation. Grab some pine pollen for yourself [here](#).

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**PINE POLLEN BUILDS MUSCLE**

Having more testosterone has its perks...

*One of them being, better muscle growth.*

According to studies, more testosterone is going to help you build muscle and burn fat in the gym, while also providing you with an extra energy boost so you can go harder for longer.

But more testosterone isn’t the only way pine pollen helps you to build muscle faster...

See, pine pollen is a complete protein source...

*It contains 7 essential amino acids among its 18 overall amino acids, which are essential for muscle growth...*
Because your muscle fibers use amino acids in order to repair after a stimulating workout.

That’s a two-headed monster right there...

Pine pollen boosts testosterone and contains the amino acids you need to build bigger muscle, faster.

Don’t miss out on these benefits. [Grab some pine pollen here](#).

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**PINE POLLEN KEEPS YOU YOUNG**

The reason we workout and eat right is because we want to enjoy life to the fullest...

*And we want to live long enough to leave a legacy that our kids, grandkids and even our great grandkids will remember...*

*And in order for that to happen, we can’t afford to miss out on life...*

Which is where pine pollen comes in.

On top of its testosterone boosting, and muscle building benefits, pine pollen is one of the most powerful anti-aging herbs on the planet – promising to keep you looking and feeling young...

Plus, pine pollen builds a strong immune system to keep you out of bed and on your feet and also works as an anti-inflammatory to keep your joints feeling and working comfortably...

So you see that pine pollen has its hand in a variety of pathways to keep you looking and feeling your best for a longer period of time.

Which is a priceless plus that this anabolic herb offers you.

If you want to look and feel your best for longer, [grab some pine pollen here](#).
So when it comes to building muscle, you’re doing all of the right things, right?

You’re hitting the gym several times a week...

Progressively pushing yourself and putting heavier weight on the bar...

You’re eating at a caloric surplus...

And you’re getting good quality anabolic sleep each night...

But you’re still missing something.

Something important.

A probiotic.

Probiotics build muscle and here’s how.

MORE ENERGY

Your metabolism and your energy levels go hand in hand...

And if your metabolism isn’t working like it should, you’ll feel sluggish, bloated and probably less motivated in the gym as a result.

Which is where probiotics come into play.

Probiotics are one of the best ways to get your metabolism going.

They’re a form of good bacteria that shuffle food through your digestive system and quickly break down that food for better energy use.

Also, a recent study confirmed that probiotics interact with other bacteria (that would otherwise be ineffective in creating energy) in your gut in order to ramp up your metabolism and give you more energy.

Bottom Line: Probiotics build muscle by ramping up your metabolism so that you have more energy for a muscle-building workout.

I recommend taking a pre-workout probiotic that will quickly break down the carbs, fats, and proteins you eat before your workout and will use those calories for quick energy in the gym.
FASTER MUSCLE GROWTH

Muscle growth partly takes place in your gut...

See, if your gut isn’t healthy (full of good bacteria) your body won’t absorb necessary nutrients and amino acids as efficiently as they could...

Which will stunt muscle growth as a result.

But when you supplement a good probiotic every day, your digestive enzymes break down your food faster so that you muscle fibers get fed - particularly through amino acid absorption...

For instance, probiotic strains found in P3-OM probiotic will improve your absorption of glutamine by 116%, ornithine by 100%, tryptophan by 100%, and citrulline by 128%, leucine by 23%, isoleucine by 20% and valine by 7%.

And the better amino absorption you have, the better anabolic benefits you’ll see.

**Bottom Line: Probiotics build muscle** by making protein ready and available to help your muscles grow quickly.

FASTER RECOVERY

When you go all out in the gym, you know the (good) repercussions could feel like a day or two of muscle soreness...

But probiotics help your muscles to recover quickly so that you’ll be ready get back to it.

This benefit harkens back to amino acid absorption...

Because probiotics increase the availability of amino acids by cleaning out your gut, these amino acids are now in better position to repair muscle cells and rejuvenate broken down muscle fibers.

**Bottom Line: Probiotics build muscle** by making protein ready and available to help your muscles recover quickly after workouts.

BETTER TESTOSTERONE

Guys, when it comes to building better testosterone, probiotics do work...

See, your testosterone is in a constant battle with it’s arch-nemesis, cortisol.

When your cortisol increases, your testosterone decreases, and vice versa.
And even though cortisol is necessary sometimes (like when you’re trying to squat 400 pounds), it’s downright deadly if it’s hanging around all the time.

But probiotics help to reduce the amount of cortisol your body produces in a 24-hour cycle so that it doesn’t keep your testosterone levels down for the count.

And as a side-note for the effects a good probiotic can have on your testosterone, the results of this fascinating rat study. No matter what diet the rats were on, the results were the same:

The probiotic:

- Prevented age-related shrinkage
- Increased testicle size by a significant amount
- Increased testicular weight
- Increased testosterone levels by a significant amount
- Increased social domination compared to the controlled group
- Increased sperm production and performance
- Increase luteinizing hormone, a precursor to testosterone

**Bottom Line:** Probiotics build muscle by increasing your anabolic hormone testosterone, which will benefit your life in more places than just the gym.

**YOUR NEXT STEP**

Your gut and your muscle building glory go hand in hand.

*If you want to take your physique to a new level, try something new: A good probiotic.*

And of course I’ve got a recommendation for you.

I suggest trying out **P3-OM.**

**P3-OM** contains a digestive enzyme known as proteases, one of the most effective enzymes for breaking down amino acids that you can find so that you get all of the benefits mentioned above and more.

**Probiotics are important.**

Don’t miss out on an opportunity to grab the best [HERE](#).
Muscle building happens in the morning…

And I’m not just talking about that 45-minutes when you’re throwing weights around in the gym, either…

It starts sooner than that.

When the sun’s still sleeping and the house is permeated with the smell of roasted home-style coffee grounds.

That first, warm sip is where is all starts…

That’s right. Muscle building begins with your morning cup o’ Joe…

And just in case you aren’t sure, let me be clear…

This muscle building, morning cup o’ Joe isn’t a Starbucks replica…

It’s not filled with fluffy sugars and creams that will make you, well, fluffy…

But if you do want to make your morning cup of coffee even more advantageous to building muscle and burning fat, I’ve got a couple of suggestions for you to try out today.

But before I talk about the additives, let me tell you why black coffee is the only way to start your morning.

**BLACK COFFEE BENEFITS**

The benefits of black coffee begin at its base level…

It has 0 calories, yet it’s packed with generous amounts of energy-boosting, fat-burning caffeine…

Research has concluded that the caffeine found in coffee is enough boost muscular performance in the gym…

And I’m not just talking about your 3×8 rep-scheme days, but also for those 1-rep max kind of days.

But that’s not all your morning cup of black coffee will do for you…

Black coffee also blasts away fat…

How?
Well, caffeine has been proven to increase energy expenditure, or in other words, caffeine burns energy, also known as, calories.

The trick to burning fat is burning more calories than you consume...

And a morning cup of coffee will start burning calories the moment you start sipping on it. And before I move onto the herbal compounds that’ll make your morning coffee even more advantageous for muscle growth, let me add one more perk about this perky beverage...

**Coffee raises your testosterone levels...**

Which will help you to both build muscle and burn fat, naturally.

So let me give you the run down before we move onto the herbal compounds that’ll improve on these black coffee benefits...

**Black coffee is an energy burning, muscle building, strength bolstering, fat blistering, testosterone boosting beverage that won’t break the bank (I just burnt some calories trying to get all of those B-words in there).**

But you could get all of those benefits and more by adding one of the next two herbal compounds to your cup.

### CHAGA COFFEE BENEFITS

Chaga is an ancient mushroom that is found most commonly in birch trees...

And it’s known by Siberians as the King of Mushrooms...

And it’ll definitely bring some kingly qualities to your morning cup o’ Joe, which is far from average Joe to begin with.

A dose of chaga extract can give you more strength in the gym.

**Before chaga became well known around the world, it was quietly passed around as a secret weapon between the Russian Olympic team...**

**After discovering chaga for himself at the age of 45, Olympic powerlifting champion, Fred Hatfield went on to break a world record by squatting 1014 lbs. at a bodyweight of 220 lbs...**

Now, those are some serious numbers!

But that’s not all chaga will do for you...

Remember how I said that black coffee boosts testosterone?

Well, chaga gives a boost on top of that boost.

Chaga is an anti-inflammatory, which is particularly helpful in preventing your cortisol levels to spike...
When your cortisol levels are high, your testosterone levels are low, and vice versa...

*Adding chaga extract to your coffee will be a good defensive move against inflammation, which causes high cortisol...*

Also, chaga’s anti-inflammatory properties will keep your body feeling better overall...

That way when you hit the gym, your body won’t secretly be trying to fight off inflammation, when you really need it to get that heavy barbell off your chest.

So the facts are in about chaga...

It’ll provide you with an anabolic boost each morning so that you’ll perform at your best in the gym.

*Click here to check out chaga for yourself.*

**CORDYCEPS**

This herbal extract (derived from mushrooms) is straight money...

*I mean it...*

*It’s the most expensive herb in the world.*

And it’ll definitely add some value to your already valuable cup of coffee in the morning...

*If on some mornings you feel like a cup of coffee (or 4 cups for that matter) doesn’t give you enough of an energy boost, try adding some cordyceps extract to the mix.*

*Research has concluded that cordyceps is one of the best energy boosters on the planet.*

One of the main ingredients found in this powerful mushroom is adenosine, which is identified as a key component to ATP (your body’s natural energy source)...

This makes cordyceps a pure energy source.

Cordyceps also helps your body metabolize stored fatty acids, which makes for additional energy production...

That’s a lot of energy in one cup of coffee...

Energy that won’t only wake you up but will help you to build muscle and burn fat as well.

But hey, if you need it, you need it.

On top of the extra energy boost cordyceps is also a natural testosterone booster.

*A non-human study showed that a direct injection of cordyceps led to a 280% increase in testosterone levels...*
Because cordyceps aided in producing more cholesterol (which is a direct precursor to testosterone) in the subjects’ testicles.

So simply by adding cordyceps to your coffee you’ll get both an energy and a testosterone boost...

But wait...

*There’s a unique way that cordiceps can impact your gym performance as well...*

Cordyceps aids in oxygen utilization in your cells and tissues...

Which in simple terms means that your muscles breath better during your workouts.

*This oxygen boost can help you to train longer and harder without feeling the same effects as you would without it...*

Just ask the Chinese track teams that set 9 world records in 1993 – who also attributed a large part of their success to cordyceps.

*If you’re looking for an anabolic explosion that’ll boost your performance in the gym, [click here to to check out cordyceps.]*

Your morning cup of coffee will feel a lot different when you add cordyceps extract...
And so will your workout.

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**CONCLUSION**

Muscle building starts in the morning...

Your morning cup o’ Joe has some great benefits for you...

But a morning cup of coffee mixed with chaga or cordyceps can really change the nature of your workouts...

And quite honestly, the quality of your day to day grind as well.

Here are the links again if you want to try these herbal extracts out:

- [Chaga Extract](#)
- [Cordyceps Extract](#)
If you take building muscle seriously, you’ll also take sleeping seriously…

Because you won’t build muscle if you aren’t getting a healthy night of sleep every night.

Those hours when your eyes are rolled in the back of your head and you’re on a bizarre adventure in la-la land are the most important hours of muscle recovery.

The point?

Prioritize sleep.

Go to bed at a time that will afford you at least 7 hours of sleep every night.

Also, improve your quality of sleep by staying off your phone before you shut off the lights, turn the television off, and keep your room at a cool temperature so you don’t wake up in the middle of the night soaked in sweat.

If you’ve had trouble sleeping in the past, grab an herbal supplement to help you sleep.

Here are two I recommend:

- Ziziphus
- Albizia

If there’s anything worth investing in when it comes to your health and muscle growth, it’s sleep.

**ENJOY SLEEP TEA**

Of the other tips on this list to sleep better and as a result, build better muscle, this is the one that I can confidently say most of you aren’t doing (but should be doing)…

Drink a cup of Golden Milk Tea, or what I like to call Sleep Tea, before bed.

This particular tea supports successful sleep habits every night, which will keep you feeling great each morning…
And speaking practically rather than biologically for a moment, waking up from a good quality night of sleep will help you to build muscle because, well, you’ll have more energy in the gym.

*Sleep Tea is loaded with Turmeric, Reishi Mushroom, and Lemon Balm (among other superfoods), all of which have proven to be advantageous ingredients to healthy sleep.*

They support relaxation and recovery while you sleep...

And also, help you to feel rejuvenated in the morning when you wake.

If you’re skeptical about the taste of tea, I want to tell you that taste isn’t a factor when it comes to Sleep Tea. It’s a sweet and creamy milk tea that acts well to soothe your stomach before bed...

You could even make it a nighttime ritual to enjoy a cup of this tea with your wife to wind down from the day together...

*Really, improving your sleep patterns and muscle building is only the tip of the iceberg of benefits that this Sleep Tea offers you.*

[Get some more information of Sleep Tea here](#), and give it a trial run for yourself.

It could be a great way not only to look forward to sleep each night, but also to look forward to your pre-bedtime ritual, too.

Men, you need to put an end to sleepless nights if you want to build muscle...

Make sleep a priority.

Sleep longer. Sleep better. Build muscle. It’s that simple.