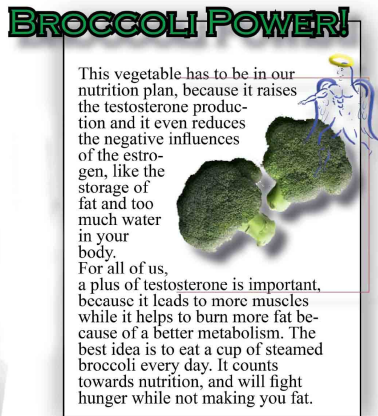


## Broccoli Power!

Written by

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Broccoli Power!

This vegetable has to be in our nutrition plan, because it raises the testosterone production and it even reduces the negative influences of estrogen, like the storage of fat and too much water in your body.

For all of us, a surplus of testosterone is important, because it leads to more muscles while it helps to burn more fat because of a better metabolism. The best idea is to eat a cup of steamed broccoli every day. It counts towards nutrition, and will fight hunger while not making you fat.

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