

■ PPW — PEAK T PROTOCOL · COMPANION HANDBOOK

THE PEAK T

QUICK ACTION HANDBOOK

What to throw out. What to eat. What to take.
What to do every day. No science. Just action.

THROW OUT

Seed oils, plastics,
processed food — today

ADD IN

8 proven supplements
with exact doses

FOLLOW

One daily routine
that rebuilds everything

EDUCATIONAL PURPOSES ONLY — NOT MEDICAL ADVICE

Consult a qualified healthcare professional before beginning any protocol.

Start here. This is the most important page in the guide.

You cannot out-supplement a kitchen full of testosterone killers. Remove these first — everything else builds on a clean foundation.

OILS — BIN THEM ALL

- ✗ Sunflower oil
- ✗ Canola / rapeseed oil
- ✗ Soybean oil
- ✗ Vegetable oil (any blend)
- ✗ Margarine and spreads
- ✗ Cooking sprays

REPLACE WITH

- ✓ Butter (grass-fed)
- ✓ Ghee
- ✓ Coconut oil (for heat)
- ✓ Extra virgin olive oil (cold only)
- ✓ Beef tallow or lard
- ✓ Avocado oil (for heat)

PLASTICS — REPLACE OVER TIME

- Plastic water bottles → glass or stainless steel
- Plastic food containers → glass or ceramic
- Plastic toothpaste tubes → glass jar or metal tube
- Plastic wrap → beeswax or parchment
- NEVER heat food in plastic. NEVER leave plastic bottles in sunlight.

KITCHEN CLEAR-OUT

- All ultra-processed food (anything with more than 5 unrecognisable ingredients)
- All fast food and takeaway cooked in seed oils
- Conventional full-fat dairy (swap to grass-fed butter, A2 cheese, goat/sheep)
- Alcohol — at minimum during the first 90 days
- Anything in aerosol form — cooking sprays, air fresheners, body sprays
- Synthetic fragranced personal care products — deodorant, shower gel, aftershave

Build every meal around these. Keep it simple.

BUILD EVERY MEAL AROUND	ALWAYS AVOID
✓ Whole eggs — 3-4 daily, yolk essential	✗ Any seed oil (read every label)
✓ Grass-fed beef, lamb, bison	✗ Refined sugar in all forms
✓ Wild salmon, sardines, mackerel, anchovies	✗ Gluten and wheat products
✓ Oysters — highest zinc food on earth (2x/week)	✗ Conventional dairy (non-organic)
✓ Avocado — daily if possible	✗ Alcohol
✓ Dark leafy greens — spinach, kale, swiss chard	✗ Soy protein isolate and soy milk
✓ Sweet potato, cassava, white rice (post-workout)	✗ Spearmint and peppermint tea
✓ Berries — blueberries, pomegranate	✗ Licorice and licorice-flavoured products
✓ Brazil nuts — 2-3 daily (selenium)	✗ Flaxseed over 1 teaspoon/day
✓ Garlic — raw or lightly cooked, daily	✗ Ultra-processed anything
✓ Ginger — fresh or powder, daily	✗ Fast food — all of it
✓ Turmeric + black pepper — on everything	✗ Microwave meals
✓ Fermented foods — kimchi, sauerkraut daily	✗ Low-fat products (full of sugar)
✓ Bone broth — gut healing, minerals	✗ Artificial sweeteners

THE 3 MEAL RULES

- Rule 1: Protein and fat at every meal — eggs, meat, fish, or nuts. Always.
- Rule 2: No seed oils ever — ask in restaurants, read every label, assume it's in everything.
- Rule 3: Eat within a 10-hour window — start eating no earlier than 8am, stop by 6-7pm.

What to take. When. How much. No brand names — look for these compounds.

CORE STACK — START WEEK 1

Zinc picolinate or bisglycinate — 25-45mg with food. Morning or evening meal. Not zinc oxide.

Magnesium glycinate or bisglycinate — 300-400mg. Evening meal or before bed. Not magnesium oxide.

Vitamin D3 + K2 (MK-7) — 4,000-6,000 IU D3 + 100-200mcg K2. With your fattiest meal. Always together.

Omega-3 (EPA + DHA) — 2-3g combined EPA+DHA daily. With food. Look for: IFOS certified, triglyceride form.

ADD WEEK 3 ONWARDS

Ashwagandha (KSM-66 or Sensoril) — 300-600mg. With food. Look for: standardised 5%+ withanolides, root extract only. Cycle 8 weeks on, 2 weeks off.

Boron (glycinate or fructoborate) — 6-10mg daily. With food.

Resveratrol (trans-resveratrol) — 250-500mg with your fattiest meal. Look for: from Japanese knotweed.

NMN (Nicotinamide Mononucleotide) — 250-500mg. Morning, fasted or with water. Sublingual preferred.

OPTIONAL UPGRADES

PQQ (Pyrroloquinoline Quinone) — 20mg daily with food. Mitochondrial support.

Tongkat Ali (Eurycoma longifolia) — 200-400mg daily. Look for: 100:1 standardised extract. Libido and LH support.

Fadogia agrestis — 400-600mg daily. Look for: standardised extract. Use in 8-week cycles.

Shilajit (purified) — 250-500mg daily. Look for: lab-tested for heavy metals, 50%+ fulvic acid.

CORE STACK ONLY

FULL STACK

~~~\$80-100~~

per month Zinc · Magnesium · D3/K2 · Omega-3

~~~\$160-200~~

per month All 8 compounds

Print this. Put it on your wall. Do this every day.

ON WAKING

- Go outside — 10 minutes sunlight on your face. Before your phone.
- Cold shower finish — 10 seconds minimum. Build to 60 seconds over weeks.
- NMN — 250-500mg with water on empty stomach.
- Breathwork — 5 minutes. Box breathing: 4 sec in, 4 hold, 4 out, 4 hold.

BREAKFAST

- 3-4 whole eggs cooked in butter or ghee. Yolk is not optional.
- Vitamin D3 + K2 — with your meal (fat-soluble, needs fat).
- Resveratrol — with food.
- Ashwagandha — with food (week 3 onwards).
- PQQ — with food.
- No screens at the table. Eat deliberately.

MID-MORNING

- 20-30 minute walk outside. Non-negotiable.
- Omega-3 — 2-3 softgels with any small snack.
- No snacking between meals where possible — 4-5 hour gaps.

TRAINING (AIM FOR 4-6PM)

- Compound lifts: squat, deadlift, press, row, hip thrust.
- 45-60 minutes maximum. Longer raises cortisol and cancels gains.
- Add weight or reps every 1-2 weeks. Progressive overload — non-negotiable.
- Eat within 60 minutes after training. Protein and carbs together.

EVENING MEAL — FINISH BY 7PM

- Quality protein, vegetables, healthy fat. Biggest or second biggest meal.
- Magnesium glycinate — 300-400mg with food.
- Zinc picolinate — if not taken in morning.
- Boron — 6-10mg with food.
- Include garlic, ginger, or turmeric in your cooking.

BEFORE BED

- Screens off 60-90 minutes before sleep. Non-negotiable.
- Room cool — 16-19°C. Dark. Quiet.
- Extended exhale breathing — 5-10 minutes: 4 in, 6-8 out.
- Same bedtime and same wake time — every single day including weekends.
- Goal: 7-9 hours. Missing deep sleep cancels your overnight testosterone surge.

Tick these off in your first 7 days. Everything else can wait.

REMOVE

- Binned or donated all seed oils from kitchen
- Replaced with butter, ghee, or coconut oil
- Read ingredient list on every product — binned anything with seed oil
- Stopped eating fast food and takeaway
- Switched plastic water bottle to glass or stainless steel
- Removed aerosol sprays and synthetic fragrance products

ADD IN

- Bought zinc picolinate or bisglycinate (25-45mg)
- Bought magnesium glycinate (300-400mg)
- Bought vitamin D3 + K2 combined (5000 IU D3)
- Bought omega-3 (EPA+DHA, IFOS certified)
- Taking all four supplements consistently
- Cooking with butter or ghee every meal

DAILY HABITS

- 10 minutes sunlight on waking — every morning this week
- Cold shower finish — starting at 10 seconds
- 5 minutes breathwork — morning before phone
- Same wake time every day
- Screens off 60 minutes before bed
- At least 2 resistance training sessions
- 20-minute walk at least 5 of 7 days

What to do each month. What to expect.

MONTH 1

REMOVE +
FOUNDATION

- Remove all seed oils, processed food, alcohol
- Start core 4 supplements: Zinc · Magnesium · D3/K2 · Omega-3
- Establish morning sunlight, cold exposure, breathwork
- Start resistance training — 3x per week minimum
- Consistent sleep time — same wake time every day
- Week 1-2: energy dip possible — normal transition
- Week 3-4: sleep improves, morning erections return, mood lifts

MONTH 2

ADD + BUILD

- Add Ashwagandha, Resveratrol, NMN, Boron
- Increase training to 4x per week — progressive overload
- Introduce 14-16 hour overnight fast (stop eating by 7pm)
- Cold exposure now 30-60 seconds consistently
- BLOOD TEST this month — testosterone (total + free), SHBG, oestradiol, vitamin D, zinc
- Expected: noticeable body composition improvement, better energy, stronger gym performance

MONTH 3

CONSOLIDATE +
ASSESS

- Adjust supplements based on blood test results
- If vitamin D still below 50 ng/mL — increase dose
- If oestradiol elevated — focus on reducing body fat
- Add sauna 2-3x per week if accessible
- Second blood test at end of month 3
- Sperm analysis if fertility is the goal — 90 days = one full sperm cycle
- Expected: most men at their best in years with full protocol adherence

BLOOD TESTS — WHAT TO ASK YOUR DOCTOR FOR

Total Testosterone

Target: 700-1000 ng/dL. "Normal" lab range starts at 300 — that is too low.

Free Testosterone

Target: top quartile for age. Low free T with normal total = SHBG problem.

SHBG

Target: 20-30 nmol/L. High SHBG makes testosterone inactive even if levels look fine.

Oestradiol (E2)

Target: 20-30 pg/mL. Over 40 = too much aromatase. Reduce body fat, increase zinc.

Vitamin D (25-OH)

Target: 50-80 ng/mL. Labs call 30 ng/mL "normal" — that is the deficiency cut-off, not optimal.

Zinc (RBC zinc preferred)

Target: upper third of reference range. Suboptimal zinc is the most common fixable cause of low T.

hsCRP

Target: below 0.5 mg/L. Above 1.0 = significant inflammation suppressing the HPTA axis.

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