

The *Higher* Your Testosterone, the *Happier* You Become

One of the greatest benefits of the carnivore diet? The massive boost in testosterone. I believe that when your testosterone is high, it transforms more than just your physical health—it elevates your mood and outlook on life.

With higher testosterone, there's a natural calm that replaces irritation. Feeling angry? No sweat. It's easy to brush off minor annoyances, and anger becomes a distant issue. Instead, you feel the urge to **spread love, smile, and share positive energy** with others.

The Misconception of Testosterone and Anger

People with low testosterone are often the ones struggling with frustration and anger. They're the ones shouting behind the wheel in traffic or trolling online from anonymous accounts. This image of "toxic masculinity" is based on a misconception. In reality, it's the people with lower testosterone who are more reactive and sensitive.

The higher your testosterone, the more kind, caring, and happy you become.

Forget the stereotype that high testosterone leads to aggression and wild behavior. The truth is, high testosterone brings calm, kindness, and confidence. The more balanced and natural your hormones are, the more you'll want to put positivity into the world. High testosterone is about grounded energy, not anger—embrace it, and let it transform both body and mind.