

THE PEAK MAN — SYSTEM —

**Your Complete Men's
Performance Reset After 40**



ENERGY



HORMONES



SLEEP



VITALITY

The Science-Based Blueprint for
**Energy, Hormones, Sleep &
Lifelong Vitality.**

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LEGAL

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INTRODUCTION

THE SILENT SHIFT AFTER 40

If you are reading this right now, chances are you've noticed a shift.

Maybe you wake up at 6:00 AM feeling just as exhausted as when your head hit the pillow at 10:00 PM. Maybe you've noticed that your recovery after a workout takes twice as long, or that stubborn belly fat is creeping in despite eating the same way you always have.

For decades, modern medicine has told men that this is “just a normal part of getting older.” They look at your blood work, tell you that your levels are in the “low-normal” range, and send you on your way.

But you don't want to feel “low-normal.” You want to feel optimal. You want to feel the way you did in your late 20s and early 30s—flooded with natural energy, sharp mental focus, and unshakeable confidence.

The good news? It's absolutely possible. The mistake most men make is trying to fix these symptoms one by one. They try to fix one problem at a time—a pill for sleep, another for energy, and something else for their prostate.

This guide introduces a different approach: The Peak Man System™ — a science-based blueprint designed to help men over 40 restore energy, improve sleep, support hormonal health, and enjoy long-term vitality.

The Peak Man System™ — The Four Core Pillars

PILLAR 1 Hormonal Foundation	PILLAR 2 Sleep Optimization	PILLAR 3 Prostate & Urinary Health	PILLAR 4 Lifestyle & Vitality
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BUILD THE SYSTEM. LIVE AT YOUR PEAK.™

THE FOUNDATION

THE PERFORMANCE SQUARE

To truly reset your performance, you must understand that your body does not operate in isolated compartments. Everything is connected. In the male body over 40, your health relies entirely on **The Performance Square**:

- **Hormonal Vitality:** Your testosterone levels dictate your energy, body composition, and drive.
- **Prostate Health:** Your prostate function directly regulates your urinary comfort and nighttime freedom.
- **Sleep Architecture:** Deep, uninterrupted sleep is the precise window where your body regenerates tissues and produces hormones.
- **Lifestyle & Long-Term Vitality:** Daily movement, nutrition, and environmental defense sustain your biological ecosystem for life.

THE FOUR CORE PILLARS OF PEAK PERFORMANCE



How the Pillars Interconnect to Drain or Build Your Energy:

When one corner of this performance square weakens, the entire system collapses. For example, if your prostate is irritated, you wake up 3 to 4 times a night to use the bathroom. This breaks your deep sleep cycles. Because your deep sleep is broken, your body cannot produce testosterone. Low testosterone levels then lead to low energy, muscle loss, and a decline in your daily vitality.

It's a vicious cycle. But when you strengthen all four sides of the square, your body starts working with you instead of against you.

GETTING STARTED

HOW TO USE THIS BLUEPRINT

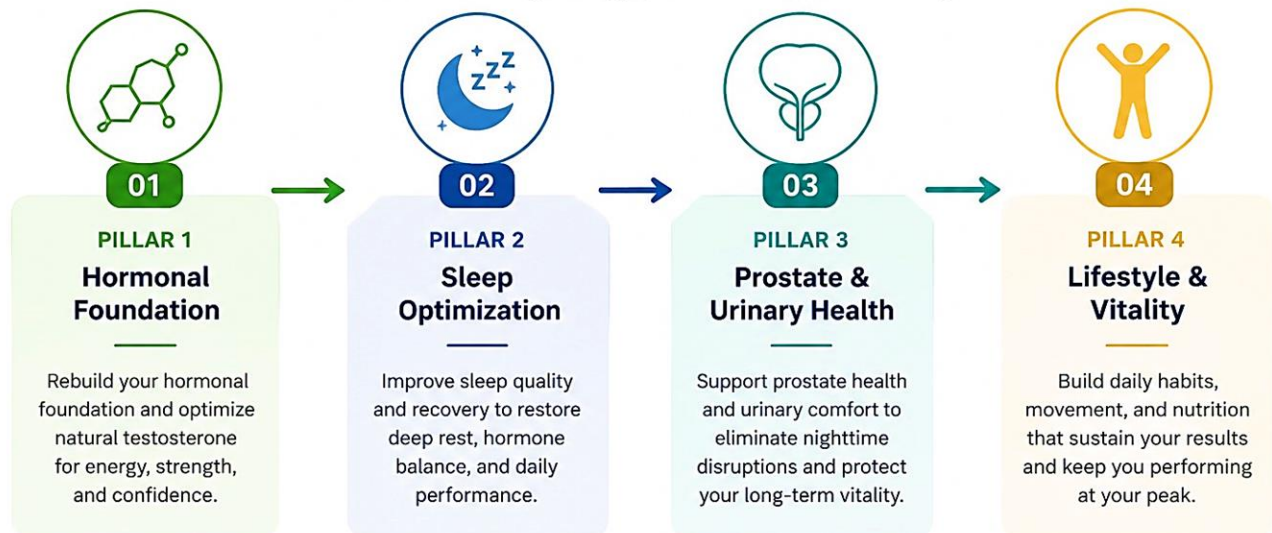
This isn't another book filled with vague health advice. It is a highly practical, step-by-step roadmap to reclaiming your edge.

In the next sections, we will break down the four foundational pillars of male performance after 40:

- **Pillar 1:** Rebuilding your hormonal foundation and maximizing natural free testosterone.
- **Pillar 2 & 3:** Managing prostate comfort to eliminate nighttime disruptions and restore deep sleep.
- **Pillar 4:** The daily lifestyle, movement, and dietary protocol to sustain these results for life.

THE PEAK MAN SYSTEM™ ROADMAP

Follow the 4 pillars in sequence. Each one builds on the last to create lasting energy, performance, and vitality.



THE GOAL: Strengthen all four pillars together for maximum results.
Build the System. Live at Your Peak.™

Turn the page and let's start building your Peak Man System.

PILLAR 1

THE HORMONAL FOUNDATION

Testosterone is the engine that powers the male body. It governs your energy levels, mental clarity, lean muscle mass, metabolic rate, and your overall sense of drive and confidence.

In your early 20s, your testosterone was likely at its peak. You had more energy, recovered faster, and felt stronger.

However, science shows that after the age of 30, most men experience a steady decline in testosterone levels—roughly 1% to 2% every single year.

By your 40s and 50s, that gradual decline often becomes much more noticeable. The symptoms aren't just subtle changes; they actively impact your daily life:

- Persistent afternoon fatigue that makes you reach for extra coffee.
- An unexplainable loss of strength and muscle tone, even if you exercise.
- Stubborn body fat accumulating around the waist and chest.
- Brain fog that saps your sharp decision-making skills.

This is what scientists call “Andropause” or age-related male hormone decline. But the drop in total production is only half the battle. The real culprit is a concept called **Free Testosterone**.



THE MYTH OF “NORMAL” TESTOSTERONE

When you complain about fatigue or muscle loss, many doctors run a standard blood test and look exclusively at your ***Total Testosterone***. If your number falls within a massive, arbitrary range (typically between 300 ng/dL and 1,000 ng/dL), they cross their arms and tell you, “Everything is completely normal for your age.”

But here is what they overlook: up to 98% of the testosterone your body produces is chemically bound to two proteins in your blood: **SHBG** (Sex Hormone-Binding Globulin) and Albumin. Bound testosterone isn't available for your body to use.

Your cells cannot use it. Think of it like money locked in a bank account that you can't access.

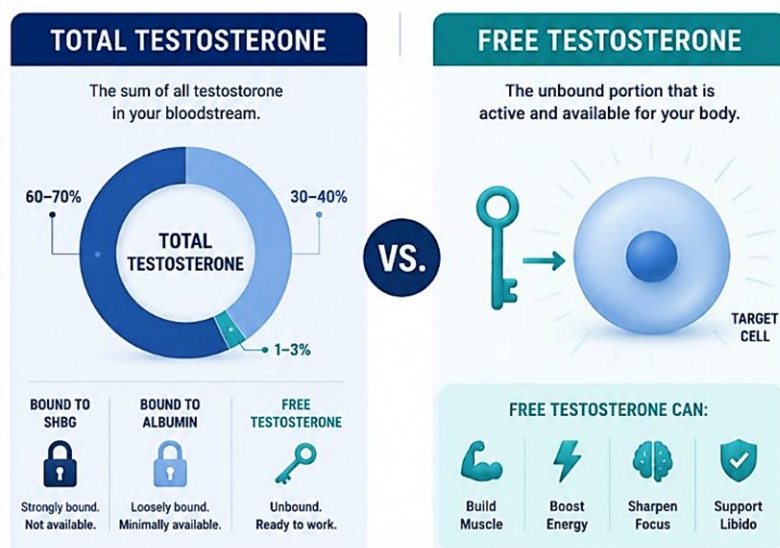
Only 2% to 3% of your hormone supply exists as **Free Testosterone**. This unbound, active hormone is what actually crosses into your cells to build muscle, torch body fat, elevate your mood, and supercharge your daily physical energy.

Only 1–3% of total testosterone is biologically active – the rest is locked away.

To feel like a peak man, your primary focus should not be just increasing total numbers; it must be unlocking and maximizing your Free Testosterone.

TOTAL TESTOSTERONE vs. FREE TESTOSTERONE

Not all testosterone is created equal.
Only the **FREE** portion is available for your body to use.



WHY FREE TESTOSTERONE MATTERS

Total Testosterone can look “normal” on a lab test, but if most of it is bound, your body may still experience low testosterone symptoms.



Free Testosterone is the **key** that unlocks your cells and drives real performance, vitality, and well-being.



THE BOTTOM LINE

Focus on improving your **FREE TESTOSTERONE** through better sleep, nutrition, exercise, and smart supplementation.



CLINICAL SCIENCE

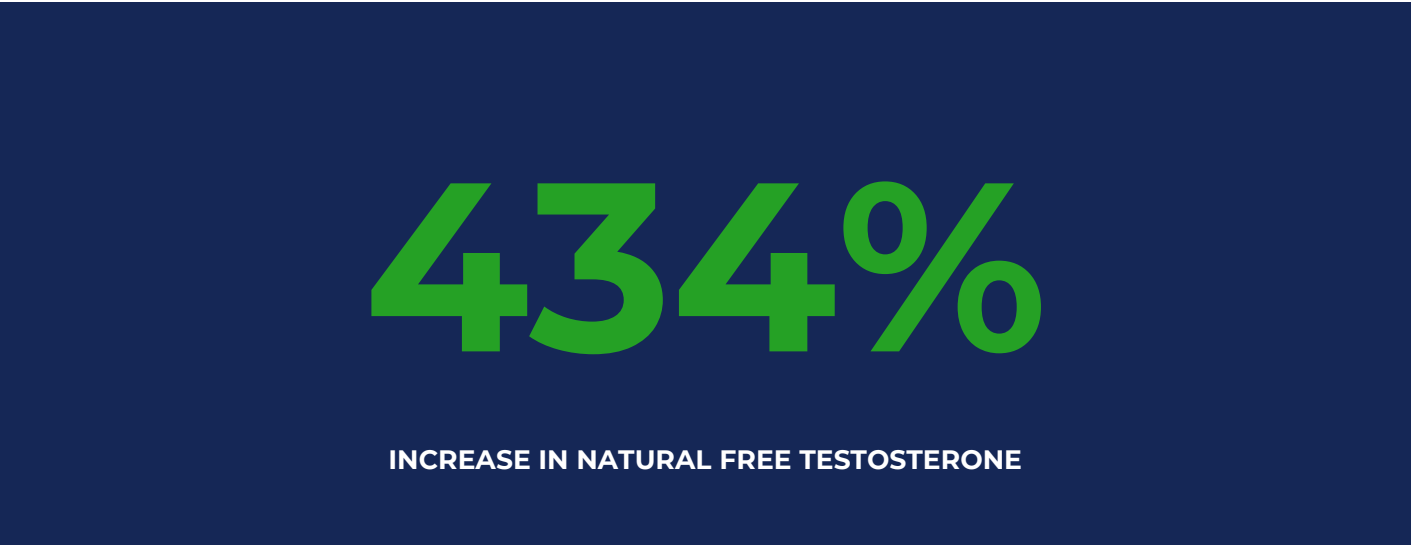
THE 434% BREAKTHROUGH

For years, the supplement industry has been flooded with synthetic chemical boosters that promise quick fixes but deliver nothing but jitters and dangerous side effects. Real, sustainable hormonal health cannot be achieved through artificial shortcuts.

True optimization requires giving your body the specific, high-purity organic compounds it needs to manufacture its own hormones naturally and safely.

Recent breakthroughs in nutritional science have focused heavily on a rare, specialized botanical extract known as **KSM-66® Ashwagandha**.

In a landmark, double-blind, placebo-controlled clinical study published in reputable medical journals, researchers tested this specific extract on men over a fixed period. The results were impressive.



434%

INCREASE IN NATURAL FREE TESTOSTERONE

Men utilizing this precise protocol experienced an astonishing **434% increase in their natural free testosterone levels** compared to those on a placebo.

Furthermore, this single compound was shown to significantly lower serum cortisol (the primary stress hormone that actively destroys testosterone production), leading to immediate improvements in lean muscle recovery and fat loss.

REBUILDING THE ENGINE FROM WITHIN

But KSM-66® is only one piece of the puzzle. To completely revive your hormonal foundation after 40, your body requires a precise matrix of complementary micronutrients that work in perfect synergy:

- **Fenugreek Extract:** Clinically proven to block the enzymes that convert your precious testosterone into estrogen, ensuring your hormone levels remain highly masculine.
- **D-Aspartic Acid:** A crucial amino acid regulator that signals your brain to initiate the natural production and release of luteinizing hormone, the direct precursor to testosterone.
- **Panax Ginseng:** A powerful adaptogen that enhances nitric oxide production, improving blood circulation, cellular oxygenation, and overall physical stamina.
- **Zinc & Vitamin D3:** The fundamental cellular building blocks of male health. Without optimal levels of these two nutrients, your body's hormone-producing factories completely shut down.

When you combine these high-grade ingredients in their exact, clinically tested dosages, you don't just patch up a symptom—you help restore your body's natural hormone production from the inside out.

BUYER'S GUIDE

CHOOSING A QUALITY TESTOSTERONE SUPPLEMENT

Before adding any supplement to your daily routine... make sure it meets these standards:

- ✓ Uses clinically studied ingredients
- ✓ Uses clinically effective dosages
- ✓ Fully transparent label
- ✓ Manufactured in certified facilities
- ✓ Third-party quality testing
- ✓ Strong money-back guarantee

A quality supplement should support your body's natural hormone production—not rely on stimulants or unrealistic promises. The good news? Some products meet these standards. One of them is the formula we selected for The Peak Man System™.

THE SOLUTION

STRATEGIC SOLUTION — THE HORMONAL ACCELERATOR

You could buy each ingredient separately, but getting the right forms, doses, and quality quickly becomes expensive and impractical; achieving the exact chemical purity and balance used in clinical studies is nearly impossible on your own.

This is exactly why we integrated **Testosil™** as the foundational cornerstone of *The Peak Man System™*.

**Testosil™**

is a premium, all-natural testosterone optimizer engineered specifically for men over 40 who refuse to settle for “low-normal” energy. It contains the exact patented **KSM-66® Ashwagandha** extract at the precise clinical dosage required to unlock that massive 434% free testosterone increase.

CLINICAL ACTION PROTOCOL

Unlike many testosterone boosters, this formula focuses on supporting your body's natural hormone production without relying on stimulants. It works with your body's natural circadian rhythms to gently elevate your baseline energy, accelerate muscle recovery, and sharpen your focus throughout the day without any afternoon crashes.

SECURE YOUR SUPPLY OF TESTOSIL™ →

PEAK MAN ACTION PLAN

MORNING ROUTINE CHECKLIST

To lock in your hormonal foundation, implement this exact protocol starting tomorrow morning:



- ❑ **Take Your Morning Stack:** Take your targeted dose of **Testosil™** with your first meal of the day to ensure optimal absorption of fat-soluble vitamins like D3.
- ❑ **Hydrate Immediately:** Drink 500ml of pure water within 10 minutes of waking up to combat nighttime dehydration and jumpstart cellular metabolism.
- ❑ **Delay Your First Caffeine:** Wait 60 to 90 minutes after waking before consuming coffee. This allows your natural morning cortisol to clear, preventing energy crashes later in the day.
- ❑ **Limit Plastic Exposure:** Switch from plastic water bottles to glass or stainless steel. Plastics contain xenoestrogens (like BPA) that mimic female hormones in your bloodstream and lower testosterone.

Now that your morning hormonal foundation is locked in, we must address the second and third corners of our square: what happens to your body when the sun goes down.

PILLARS 2 & 3

THE NIGHTTIME VITALITY PROTOCOL

While Pillar 1 helps you perform at your best during the day, Pillars 2 and 3 are all about helping you recover at night.

For men over 40, the bedroom often stops being a place of deep, restorative rest and becomes a source of frustration. You go to bed tired, but instead of sleeping deeply for 8 hours, your bladder wakes you up at 2:00 AM. Then again at 4:30 AM.

Every time you wake up, you drag yourself to the bathroom, only to find a weak, frustratingly slow urinary stream. By the time you get back to bed, your mind is racing, your sleep cycle is completely shattered, and you wake up feeling like you aged a decade overnight.



This is more than an inconvenience. Over time, it can affect your energy, focus, and overall quality of life. To fix it, we must fix the root cause: your prostate health.

THE HIDDEN ANATOMY OF MALE AGING

Deep inside the male pelvic region sits a small, walnut-sized gland called the prostate. Its primary biological function is to assist in reproductive health and manage the flow of urine.

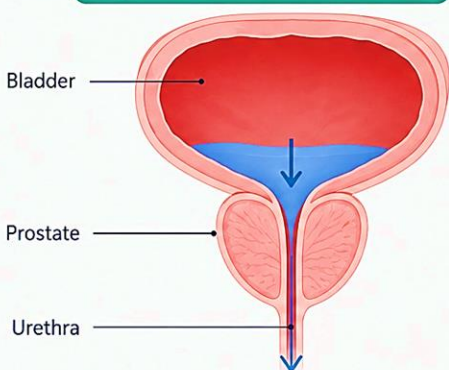
When you are young, the prostate is healthy, flexible, and perfectly sized. However, as men cross the age of 40, a natural hormonal shift occurs. An enzyme called 5-alpha reductase begins converting a portion of your testosterone into a highly potent hormone called **DHT (Dihydrotestosterone)**.

Over time, an accumulation of DHT causes the prostate gland to gradually expand. Because the prostate surrounds the urethra (the tube that carries urine out of your body), any enlargement causes it to act like a gentle squeeze on a garden hose.

THE PROSTATE: HEALTHY vs. ENLARGED

A simple comparison of normal prostate size vs. enlarged prostate (BPH)

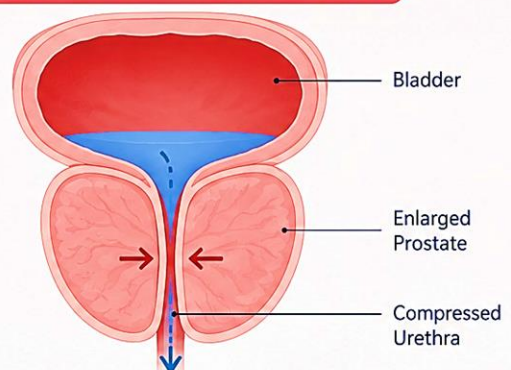
✓ HEALTHY PROSTATE



- Normal size prostate
- Urethra is open
- Smooth urine flow
- Comfortable urination, day and night

VS.

⚠ ENLARGED PROSTATE (BPH)



- Prostate is enlarged
- Urethra is compressed
- Weak or interrupted urine flow
- Frequent nighttime urination



KEY TAKEAWAY

As the prostate enlarges, it squeezes the urethra, causing weak flow, frequent urination, and nighttime disruptions.

This clamping effect is exactly why you experience a hesitant stream, incomplete emptying, and that constant, heavy feeling of pressure in your lower abdomen.

THE SLEEP-HORMONE CONNECTION

Why does an enlarged prostate destroy your daytime energy? The answer lies in the architecture of your sleep.

Human sleep is divided into 90-minute cycles that alternate between Light Sleep, REM Sleep, and **Deep Sleep (Stage 3 & 4 NREM)**. Deep sleep is one of the most important foundations of men's health and performance. It is during this specific, uninterrupted phase that your brain releases human growth hormone (HGH) and triggers the natural synthesis of testosterone.

If your prostate forces you to wake up every 2 to 3 hours to use the bathroom, you completely abort your deep sleep cycles before they can finish.

*Even if you spend a total of 8 hours in bed, your *actual* deep sleep might be less than 30 minutes. This massive disruption triggers an immediate spike in cortisol, which instantly binds to and neutralizes your free testosterone, leaving you exhausted, weak, and irritable the next day.*

DISCOVERY

THE BOTANICAL BREAKTHROUGH FOR PROSTATE COMFORT

For decades, men were told that their only options for prostate issues were heavy prescription medications with devastating side effects or invasive, uncomfortable medical procedures.

Thankfully, modern clinical science has revealed a safer, purely natural alternative. Researchers have identified a select group of rare, high-potency botanical extracts that can safely neutralize excess DHT, reduce inflammation in the pelvic region, and relax the smooth muscles surrounding the bladder.

By combining these specific plant-based compounds, science has proven it is entirely possible to reduce the urge to urinate, strengthen the urinary stream, and allow the bladder to empty—restoring the quiet, uninterrupted nights of sleep you enjoyed in your youth.

THE POWER OF CLINICAL INGREDIENTS

To successfully shrink prostate inflammation and protect your nighttime rest, your body requires a highly specific blend of raw, natural ingredients operating in precise harmony:

- **Saw Palmetto Berry:** The gold standard of male health. It directly inhibits the DHT enzyme, preventing further enlargement of the prostate tissue.
- **Beta-Sitosterol:** A powerful plant sterol that significantly improves urinary flow rates and reduces the amount of leftover urine trapped in the bladder.
- **Pygeum Africanum Bark:** Extracted from the African cherry tree, this botanical reduces nighttime urination frequency and calms bladder overactivity.
- **Lycopene:** A potent antioxidant found in high concentrations within healthy prostate tissue, known for neutralizing free radicals and reducing cellular swelling.

When sourced in their purest forms, these ingredients form an unbreakable shield that protects your urinary health and restores your sleep quality.

BUYER'S GUIDE

CHOOSING A QUALITY PROSTATE FORMULA

- ✓ Evidence-based ingredients
- ✓ Clinically relevant doses
- ✓ Transparent formulation
- ✓ Trusted manufacturing
- ✓ Money-back guarantee

If a formula doesn't meet these standards... keep looking. For The Peak Man System™, we selected a formula that checks every box.

THE SOLUTION**STRATEGIC NIGHTTIME SOLUTION — THE INTEGRATED NUTRIENT COMPLEX**

Just like managing your morning hormones, trying to source individual raw powders of Pygeum, Saw Palmetto, and Lycopene with the correct therapeutic purity is expensive and highly impractical.

To bridge this gap and complete the second and third corners of *The Peak Man System™*, we utilize **ProstaVive™** 

 **ProstaVive™** is a science-based nutritional formula formulated specifically to support healthy prostate size, maximize urinary flow, and guarantee deep, uninterrupted sleep. It aggregates all the clinically proven botanical extracts mentioned above into a highly bioavailable, easily absorbed daily serving.

NIGHTTIME RECOVERY PROTOCOL

By adding this specific protocol to your evening routine, you systematically eliminate the root cause of nighttime waking, allowing your body to slide effortlessly into deep sleep where natural cellular repair takes place.

SECURE YOUR SUPPLY OF PROSTAVIVE™ →

THE SYNERGY — WHY TWO ARE BETTER THAN ONE

A common question intelligent men ask when looking at *The Peak Man System™* is: “Can I just take one of these products and get the same results?”

The short answer is: not usually.

**Testosil™**

and

ProstaVive™

are engineered to be highly complementary, not competitive. They tackle two entirely different biological pathways that control male vitality:



- **The Morning Charge** **Testosil™** : Focuses on lowering daytime cortisol, freeing up bound testosterone, and driving physical and mental energy.
- **The Evening Shield** **ProstaVive™** : Focuses on blocking excess DHT, reducing prostate swelling, and preserving your deep sleep architecture.

Using one without the other is like replacing the engine of your car but refusing to put oil in it. When used together, they create a perfect 24-hour cycle of protection and optimization.

THE SCIENCE OF NUTRIENT ALIGNMENT

Some men notice that both high-quality formulations contain overlapping adaptogens like Ginseng or Zinc. This is completely intentional and scientifically verified.

In the male body, certain minerals and herbs can support more than one important function in the body—meaning they perform different, highly beneficial functions depending on the time of day they are consumed.

Zinc taken in the morning supports cognitive function and daily hormone synthesis. Zinc taken in the evening repairs prostate tissue and aids in muscle recovery during deep sleep.

This is not a redundant duplication; it is a highly calculated Nutrient Synergy designed to give your cells a continuous, uninterrupted supply of the vital elements required for a complete performance reset after 40.

THE NIGHTTIME ROUTINE FOR PEAK MEN

To maximize the effectiveness of your evening protocol and ensure deep sleep, implement this exact routine tonight:



ProstaVive™

- ❑ **Take Your Evening Complex:** Consume your targeted serving of ProstaVive™ roughly 30 to 60 minutes before your planned bedtime.
- ❑ **The Liquid Cutoff:** Stop drinking all liquids 2 hours before bed. This gives your kidneys time to process excess fluids before you sleep.
- ❑ **Kill the Blue Light:** Turn off all smartphones, tablets, and TVs at least 45 minutes before sleep. Blue light destroys melatonin production, tricking your brain into thinking it is daytime.
- ❑ **Cool Your Environment:** Drop your bedroom temperature to between 16°C and 19°C. A cool room signals your core body temperature to drop, forcing you into deep sleep much faster.

PEAK MAN ACTION PLAN

14-Day Nighttime Recovery Checklist

Track your nighttime progress over the next 14 days using this simple checklist:

DAY 1-3	Notice a gradual relaxation in the lower abdomen; urinary stream begins to strengthen.
DAY 4-7	Nighttime bathroom trips drop from 3-4 times down to 1-2 times. Falling back asleep becomes noticeably faster.
DAY 8-14	Uninterrupted sleep cycles unlocked. You begin waking up before your alarm clock with natural morning energy and sharp mental focus.



Now that your internal biological engine is optimized for both day and night, we must look at the final pillar: the external daily habits that sustain this peak performance for the rest of your life.

PILLAR 4**THE DAILY LIFETIME PROTOCOL**

The right nutrients create the foundation. But long-term results come from your daily habits.

To maintain peak performance, prevent future hormonal crashes, and lock in your results for life, your daily habits must support your body's new ecosystem.

Pillar 4 is your external blueprint. It governs how you move, what you eat, and how you protect your masculine blueprint from environmental toxins.

You don't need to spend hours in the gym or follow extreme diets. Instead, you need to implement specific, high-leverage lifestyle modifications engineered specifically for the male metabolism after 40.

Let's begin with the single most powerful form of movement for men over 40: Hormonal Resistance Training.

HORMONAL RESISTANCE TRAINING (HRT)

Long, exhausting cardio sessions (like running for miles on a treadmill) actually spike your cortisol levels, which breaks down muscle tissue and suppresses testosterone. To optimize your male hormone levels, you must shift your focus to resistance training.

Lifting weights signals your central nervous system that your body needs to remain strong, encouraging it to support healthy testosterone production and human growth hormone levels.

The Peak Man Movement Rules

- **Focus on Compound Lifts:** Prioritize movements that recruit multiple large muscle groups at once (Squats, Deadlifts, Overhead Presses, and Rows). The more muscle fibers you recruit, the higher the hormonal release.
- **Keep it Under 45 Minutes:** Intense weight training should be brief. After 45 minutes of heavy lifting, testosterone drops and cortisol begins to rise.
- **Train 3–4 Days a Week:** Recovery is where muscle grows, and testosterone is made. Rest days are just as important as training days.

NUTRITION WARNING

5 FOODS THAT WORK AGAINST MEN'S HEALTH

Before focusing on what to eat, you must eliminate the hidden compounds in the modern diet that may negatively affect hormonal health, lowering your testosterone and inflaming your prostate gland.

Start by reducing or eliminating these five foods from your routine:

1

Soy Protein Isolate — Found in many processed foods and cheap protein bars. Soy contains high amounts of phytoestrogens, which mimic female hormones in your body.

2

Refined Vegetable Oils — (Corn, canola, and soybean oil). These are highly inflammatory omega-6 fats that damage cellular health and slow down hormone synthesis.

3

Commercial Beer — Alcohol damages the Leydig cells in your testes (where testosterone is made). Furthermore, hops used in beer are highly estrogenic.

4

Flaxseeds — While marketed as healthy, flaxseeds contain some of the highest amounts of lignans, which actively increase SHBG and lock up your free testosterone.

5

Excessive Refined Sugar — A single high-sugar meal or drink can cause an immediate 25% drop in your circulating testosterone levels for up to two hours.

THE PEAK MAN NUTRITION BLUEPRINT

Your diet should be filled with nutrient-dense, whole foods that provide the clean cholesterol and micronutrients required to manufacture male hormones.

The Golden Dietary Rules

- **Healthy Fats are Mandatory:** Testosterone is derived directly from cholesterol. If you eat a low-fat diet, your hormone production will tank. Eat whole eggs, grass-fed beef, avocados, extra virgin olive oil, and raw macadamia nuts.
- **Prioritize High-Quality Protein:** Aim for 1.5 to 2 grams of protein per kilogram of body weight to support muscle retention and block age-related muscle loss (Sarcopenia). Sourced from wild-caught fish, pasture-raised poultry, and grass-fed meat.
- **Cruciferous Carbohydrates:** Eat plenty of broccoli, cauliflower, cabbage, and Brussels sprouts. These vegetables contain a compound called **DIM (Diindolylmethane)**, which helps your liver flush out toxic, unwanted forms of estrogen.

THE 7-DAY MEAL ARCHITECTURE

Here is a simple, sustainable framework you can follow to structure your eating days without counting calories obsessively:

THE 7-DAY MEAL ARCHITECTURE EXAMPLE

Simple. Nutrient-Dense. Built for Hormonal Health & Prostate Support.

	 MORNING FUEL Start Strong. Think Sharp.	 MID-DAY CHARGE Sustain Energy. Stay Focused.	 EVENING SHIELD Repair & Protect While You Rest.	 HYDRATION RULE Hydrate. Detox. Perform.
DAY 1	 Greek yogurt with berries, walnuts & chia seeds + Green tea	 Grilled salmon, quinoa, steamed broccoli, olive oil + Mixed greens	 Herb-roasted chicken, sweet potato, asparagus + Olive oil drizzle	 3L water throughout the day + Herbal tea at night
DAY 2	 3 eggs (scrambled) with spinach & avocado + Black coffee	 Lean beef, brown rice, roasted vegetables + Side salad	 Lentil soup, quinoa, steamed green beans + Turmeric	 3L water with lemon + Chamomile tea
DAY 3	 Protein smoothie (whey, banana, pumpkin seeds) + Green tea	 Grilled turkey, avocado, quinoa, mixed greens + Olive oil	 Baked cod, roasted veggies, quinoa + Garlic & herbs	 3L water with cucumber & mint + Herbal tea
DAY 4	 Oatmeal with almonds, blueberries & chia seeds + Black coffee	 Tuna salad (olive oil), chickpeas, mixed greens + Lemon	 Grass-fed beef, roasted broccoli, sweet potato + Olive oil drizzle	 3L water throughout the day + Peppermint tea
DAY 5	 Egg white omelet with mushrooms & avocado + Green tea	 Quinoa bowl with grilled chicken, veggies, tahini + Mixed greens	 Miso soup, tofu, bok choy, brown rice + Ginger	 3L water with lemon + Chamomile tea
DAY 6	 Greek yogurt, nuts, pumpkin seeds, berries + Black coffee	 Grilled shrimp, quinoa, asparagus, olive oil + Side salad	 Turkey meatballs, zucchini noodles, marinara + Basil	 3L water with mint + Herbal tea
DAY 7	 Chia pudding with almond milk, berries, walnuts + Green tea	 Grilled salmon, lentils, roasted vegetables + Olive oil	 Vegetable stir-fry, brown rice, sesame oil + Turmeric	 3L water throughout the day + Chamomile tea
 KEY PRINCIPLES  Whole Foods Eat real, unprocessed foods.  Balance Protein, healthy fats, and complex carbs.  Consistency Small daily choices create big results.  Hydration Water supports hormones, energy, and detox.				

✓ Hydration Rule: Consume at least 3 liters of filtered water daily, adding a pinch of Celtic sea salt to your morning glass to replenish essential trace minerals.

ENVIRONMENT & XENOESTROGEN DEFENSE

The final piece of the lifetime protocol is environmental defense. In the modern world, we are surrounded by synthetic chemicals known as **Endocrine Disruptors** or **Xenoestrogens**. These chemicals enter our bloodstream and mimic the female hormone estrogen, tricking our brains into shutting down testosterone production.

How to Shield Your Body

- ❑ **Ditch the Receipts:** Thermal paper cash register receipts are coated in pure BPA. Do not touch them; let the cashier bag them or ask for a digital copy.
- ❑ **Upgrade Personal Care:** Look at your shampoo, deodorant, and body wash. If they contain **Parabens** or **Phthalates**, consider replacing them with cleaner alternatives. They disrupt your endocrine system daily.
- ❑ **Never Microwave Plastic:** Heating food in plastic containers causes chemical toxins to leach directly into your food. Always use glass or ceramic.
- ❑ **Filter Your Tap Water:** Modern municipal tap water contains trace residues of pharmaceuticals and chemicals. Invest in a high-quality multi-stage water filter for your home.

ENVIRONMENT & XENOESTROGEN DEFENSE



REDUCE DAILY EXPOSURE. PROTECT YOUR HORMONES.

Xenoestrogens are chemicals that can mimic estrogen in your body and interfere with testosterone production. Small daily changes create a big long-term impact.



PLASTIC

- Avoid plastic containers, bottles, and food storage.
- Heat increases chemical leaching.
- Choose glass, stainless steel, or ceramic instead.



BPA

- BPA can disrupt hormones and lower testosterone.
- Avoid BPA in food cans, receipts, and plastics.
- Look for "BPA-free" labels.



WATER FILTER

- Tap water may contain hormone-disrupting chemicals.
- Use a high-quality water filter.
- Cleaner water, better hormone health.



GLASS BOTTLE

- Store and drink in glass bottles.
- Glass is inert, safe, and hormone-friendly.
- A simple switch with powerful benefits.



KEY TAKEAWAY

Your environment matters. Reduce exposure to hormone-disrupting chemicals and protect the system you're building.



CONCLUSION

THE COMPLETE STACK PROTOCOL

You now have a complete blueprint to help restore your energy, performance, and vitality after 40. You understand that your hormones, your sleep, and your prostate health are not separate entities—they are an interconnected square that dictates how you age, feel, and perform every single day.

Reading this guide is only the first step. Transformation requires decisive action.

To make everything simple and easy to follow, here's how the complete daily routine comes together: *The Peak Man System™* relies on **The Complete Stack Protocol**—the ultimate 24-hour synchronized nutrient routine:

By maintaining this dual-action routine alongside the daily movement and dietary habits outlined in Pillar 4, you actively shield your body from decline and step into your prime years with absolute confidence.

TAKE ACTION

YOUR NEW CHAPTER STARTS TODAY

As a man over 40, you stand at a crossroads. You can accept the modern narrative that aging means accepting constant fatigue, low drive, expanding waistlines, and fractured nights of sleep. Or, you can take control of your biology, rewrite your trajectory, and reclaim the energy and edge that belong to you.

You now understand how the system works. The next step is simply putting it into action—one habit at a time.

If you decide to begin today, these are the two formulas we selected to support The Peak Man System™. We have secured direct manufacturer priority access for both core pillars of the system, backed by industry-leading, ironclad money-back guarantees, so you can try the entire protocol risk-free.

Before recommending any supplement, we looked for five essential standards:

- ✓ Science-backed ingredients
- ✓ Clinically relevant dosages
- ✓ Transparent formulations
- ✓ Quality manufacturing
- ✓ Strong money-back guarantees

[Testosil™](#) and [ProstaVive™](#) were selected because they meet these standards and fit naturally within The Peak Man System™.

ACTIVATE YOUR MORNING ENERGY WITH TESTOSIL™ (Lifetime Guarantee) →

PROTECT YOUR NIGHTS WITH PROSTAVIVE™ (60-Day Guarantee) →

Over the next few days, I'll send you additional science-backed strategies, practical tips, and exclusive resources to help you get even more from **The Peak Man System™**.

Keep an eye on your inbox.

Welcome to the next chapter of your life.

Welcome to The Peak Man System™.

BUILD THE SYSTEM. LIVE AT YOUR PEAK.™

APPENDIX

SCIENTIFIC REFERENCES & CLINICAL STUDIES

At *The Peak Man System™* and *My Daily Hacks*, we believe in absolute transparency and science-backed facts. Below are the peer-reviewed medical journals, clinical trials, and scientific reference materials that support the protocols outlined in this guide:

1. On KSM-66® Ashwagandha & Free Testosterone Boost (434%):

Journal of Clinical Psychopharmacology & Clinical Therapeutics — hormonal effects of specialized Ashwagandha extract in aging males.

2. On DHT Inhibition & Saw Palmetto Berry Extract:

The Journal of Urology — synergistic mechanism of Serenoa repens in regulating 5-alpha reductase and protecting prostate tissue size after 40.

3. On Sleep Architecture and Testosterone Production:

JAMA — effect of continuous sleep restriction and fragmented sleep architecture on baseline serum testosterone levels.

4. On Beta-Sitosterol & Urinary Flow Improvement:

The Lancet / British Journal of Urology International — clinical efficacy and safety of plant sterols in long-term management of benign prostate symptoms.

5. On Xenoestrogens and Endocrine Disruption:

Environmental Health Perspectives — impact of daily exposure to Bisphenol A (BPA) and phthalates on male serum free-androgen indexes.

Medical research continues to evolve. This guide reflects the scientific evidence available at the time of publication and is intended for educational purposes only.

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My Daily Hacks

— Smart Health Hacks —
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