

Sack question

August 2, 2022 | 3 upvotes | by [gilamonster69](#)

Does icing your scrotum and exposing it to red light really increases testosterone?

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Comments

Antisocial_Nihilist • 3 points • 2 August, 2022 11:03 AM

Only if you use dry ice, and by "red light" you mean a 100 watt heat lamp.
It will raise your testosterone through the roof!

gilammonster69[S] • 1 point • 2 August, 2022 11:11 AM

But won't dry ice burn your skin?

Antisocial_Nihilist • 1 point • 2 August, 2022 11:57 AM

No seriously though, where did you hear this ridiculous theory?

Other than a general healthy diet, lifestyle, and exercise, only testosterone raising medications can really help.

gilammonster69[S] • 1 point • 2 August, 2022 12:01 PM

Look up simm land testosterone on YouTube

h1shman • 3 points • 2 August, 2022 06:54 PM

Go to the gym and lift with intensity. Lose bodyfat. Eat plenty of healthy fats like avacado, olive oil, egg yolks. Get plenty of sleep. Limit alcohol consumption.
Those will make a significant improvement.

SaltyGeekyLifter • 2 points • 2 August, 2022 06:57 PM

☐ honestly, I'm working so hard to resist saying something like: *"why yes, but not as good as placing a starter cable on each gonad, and turning the truck's engine over."*

Incellius_Maximus • 1 point • 2 August, 2022 11:55 AM

I heard that putting toothpaste on your scrotum is the best way to increase testosterone.

MasonSub4 • 1 point • 2 August, 2022 02:55 PM

So there's a lot of evidence that prove that putting an ice pack on your sack helps with sperm production and testosterone production because balls work better at somewhat colder temperatures, compared to body temp.
It's the reason your balls are outside your body, if they are too warm they don't work as optimally.
I think wearing loose undies and shorts could probably work just as well

no_bling_just_ding • 0 points • 2 August, 2022 07:42 PM

locked as this is out of scope. /r/nostupidquestions