



ERECT ON COMMAND



THE ALL-NATURAL GUIDE TO
**RESTORING AND BOOSTING
YOUR SEXUAL POWER**

BY JACK STONEWOOD



1	FOREWORD	5
2	INTRODUCTION	
	○ My Personal Story	5
3	CHAPTER 1	
	○ 30 Million & Growing(The OneClub You DIDN'T Want To Join)	23
	○ Defining Erectile Dysfunction	24
	○ The Medical Definition Of ED	25
	○ International Differences	26
4	CHAPTER 2	
	○ ED Through the Ages	32
	○ The History Of ED	32
	○ ED as a Sign of Something More Serious	34
5	CHAPTER 3	
	○ Causes Of Erectile Dysfunction	35
6	CHAPTER 4	
	○ Identifying The Problem & Seeking Answers	36
	○ Physical Or Mental?	36
	○ The Erection Self-Test	37
	○ Mental Vs. Physical ED: The Difference	37
	○ Common Psychological Causes of ED:	38
	○ Common Physical Causes of ED:	38
	○ Diabetes	38
	○ Depression	39
	○ Pronography	39
	○ Bad Diets	40
	○ Not Exercising	41
	○ Your Circulatory System	42
7	CHAPTER 5	
	○ How Erections Happen	43
	○ Getting Technical About ED	44
	○ The Role Of Nitric Oxide	44



8

CHAPTER 6

Why ED Drugs Are Not The Answer	45
Side Effects Of ED Drugs	46

9

CHAPTER 7

Optimizing Your Body	48
Let Your Body Do Its Job	49
Why Diets Makes Tou Fail	49
The Role Of Nitric Oxide, Part 2	55
Food Quality	55
Eating Organic For Your Organ	56
The Terrible Truth About Chicken	57
Chicken Science	58
Fat: It's Not All Bad	59
The Benefits Of Eating "Locally Grown"	60
Added Benefits Of Locally Grown Food	61
Understanding ANDI Scores	63
The Importance Of Hydration	64
A Quick Note On Drinking Alcohol	66
Milk	66
Smoking	67
Smoking-Related Diseases	68
Science Corner: Arteriosclerosis	69
Coffee, Tea and Other Caffeinated Drinks	69
Vitamin D Deficiency	69

10

CHAPTER 8

The Mind Can Be A Terrible Thing	72
How Your Mind Affects Your Erections	73
Erectile Dystopia	74
Stress: The Silent Erection Killer	74
Performance Anxiety	75
Causes Of Sexual Anxiety	76
Treating These Forms Of Anxiety	76
New Partner Syndrome	77
How Do You View Sex?	77



	○ The Five Senses: Setting The Stage For Success	78
	○ Meditation Vs Contemplation	79
	○ Releasing The Pressures Of Life	80
	○ Touch And Laughter	80
	○ Adding More Laughter to Your Life	81
	○ Giving Yoga A Try	82
11	CHAPTER 9	
	○ Getting Passionate About Exercise	83
	○ An Important Note For Bicycle Riders	85
	○ Air Cycling; An Exercise For ED	87
12	CHAPTER 10	
	○ Stretching For Success	88
	○ Focusing On The Psoas Muscle	89
	○ The Psoas Stretch	91
13	CHAPTER 11	
	○ Your Prostate	93
14	CHAPTER 12	
	○ Drugs That Cause ED	94
	○ Prescription Drugs Known To Cause ED	94
	○ Non-Prescription Drugs	94
	○ Pain Killers and Anti Depressants	95
	○ Science Corner: Understanding Pain Killers	96
	○ Science Corner: Understanding Antidepressants	96
15	CHAPTER 13	
	○ Are Your Viewing Habits Causing ED?	99
	○ Stop Watching Porn	100
	○ Eating Before You Sleep	100
	○ Exotic Fruits & “Miracle Berries”	101
16	CHAPTER 14	
	○ Natural Erection Boosters	102
16	CHAPTER 15	
	○ The “Stiffy Tea” Recipe.....	109



Hi, I'm **Jack Stonewood** and I want to welcome you to **ED Eliminator**.

This book will be unlike anything you've read or heard about erectile dysfunction. This is not a clinical, academic, or medical treatment of male sexuality. You don't need another discussion that speaks to you as if you're in an adolescent high school health class.

This book was written by a man for men, and uses the words, phrases, and expressions we use when we talk to each other. Most importantly, it was written by someone who's been there.

This system worked for me, and it will work for you.



Jack Stonewood

It will work even better, and it will be permanent, if you read this entire book and gain a complete understanding of **WHY** the different components of these methods were so effective for me, and for other men.

Maybe you're not the type of guy who enjoys reading books. But curing your **ED** for good is worth a little bit of effort, don't you think?

And I can assure you, whatever time you spend studying this book and applying the lessons is nothing compared to the time and money I poured into creating **ED Reverser!**

That's why I'd like to begin by telling you...

MY PERSONAL STORY

My personal struggle with erectile dysfunction started when I was in my late 20s. I'd met this beautiful woman named Lauren, and we moved in together.

Everything was going great. We had a comfortable home, a loving relationship, and she was as gorgeous as I could possibly want.

The only thing struggling was our sex life.

I'm not exactly sure when this all started, but I do remember the first time it happened...

We were lying in her bed, talking after dinner, and we were quietly undressing each other...I showered her with kisses and caresses, but when the moment came to put myself into her, I noticed that it wasn't quite as hard as it used to be.





In fact, it wasn't even hard enough to go inside of her.

At first, we just kind of laughed it off. Maybe I was tired, maybe I was stressed, these things happen. It's not like you get hard ALL the time, right?

Things happen!

But, the incident stuck in my head because it simply hadn't happened before.

After that fateful night, I had more incidents like this with Lauren. And, I still wasn't ready to admit to myself (or her) what was really going on.

Yet, in Lauren's mind it was because I found her unattractive. I tried to reassure her that it wasn't that. I kept using the same excuses like "I'm just a little tired" or "I've just been stressed out" but the more excuses I made, the less desired she felt.

...and the less desired she felt, the more she wanted a real man that could get it up for her every time and give her what she needs.

And so when Lauren broke it off with me for "reasons" just to end up in the arms of another man (my EX-best friend!) I knew the reason why deep down inside.

But, I still kept continuing on like nothing is wrong.

NOTE: I just want to stop for a moment and make something very clear, if you're in your early to late twenties and you've found yourself getting "chubbies" instead of "hard-ons" during sex (or even just after thinking about sex) or you've had even one or two incidents of not being able to get hard, then what I'm about to tell you throughout the rest of this story is basically where you're about to end up. Perhaps you're making the same excuses I was, perhaps you're saying you're too YOUNG for ED...well... the writing is on the wall! That's why it's so important for you to pay close attention all throughout this book!

After Lauren I did my own research into ED and heard some things about diet and exercise being important.

I had never exercised much, so I started to go to the gym and I made a few healthy decisions like cutting soda out of my diet and limiting my intake of alcohol (no more after work beers like I used to do).

And I started to feel better about myself! I even started to look better too.

With my new-found confidence I asked my new girlfriend, Sandra, to marry me.

Before long, she got pregnant with our first child.



And the sex? Well, it was great! We had sex regularly (before I found out about the “stiffy tea” we were kind of vanilla to be honest) and I thought everything was fine.

But then it started happening again.

Just like last time - a few not-hard-enough-to-get-it-in situations. A few can't-get-it-up-at-all situations.

But just like with Lauren, it wasn't so bad that we were never having sex. It was maybe once or twice a month. And again...we had a baby, we were stressed, I was working hard, so it sort of made sense.

And because of this, Sandra seemed to “understand,” where as Lauren simply left me for another man.

So, I didn't give it much thought.

Yet as we progressed into our early 40s and our marriage reached around its tenth year, neither one of us could deny it any longer - I had a problem.



You see, throughout my thirties those “once or twice a month” sexual problems turned into once or twice a week.

And by the time I was in my 40s it was almost every time we tried to get intimate together.

Something wasn't right. Although, as you're going to find out, diet and exercise play a role in ED, it is by far not the biggest contributing factor.

It got to the point where I was deathly scared of being intimate.



The anxiety of not being able to perform became such a weight on my shoulders, that I started pulling away from Sandra on purpose.

I would work later nights at the office and come home when I knew she would already be in bed.

I'd leave earlier in the morning, before she woke up.

I did anything I could to make sure I wasn't in the position where she would have time to initiate sex, simply because I didn't want to disappoint her again...I didn't want her to start kissing me and touching me, just to reach down and touch a weak, limp, lifeless dick.

One night I came home late again, thinking for sure Sandra would be sleep in bed, but she wasn't.

Instead, she was waiting for me in the living room, a box of tissues next to her on the couch.

Her face was red. Her eyes were watering. It was clear that she'd been crying all night.

Stunned at the sight of her sobbing there on the couch, surrounded by crumpled tissues, I asked her what was wrong....although I already knew the answer.



She looked up at me with those big, brown eyes, almost like a little puppy dog...

And she said in this broken, cracked voice, "Why don't you want me anymore?"

My heart absolutely sank.

I rushed to her side and said that of course I wanted her.



And that's when I broke down too, and confessed that I simply couldn't get it up.

I told her everything, that I'd been avoiding her because I didn't want to disappoint her in the bedroom anymore.

I told her how, even though I wanted to make love to her, I was incapable.

And I promised her that I would make an appointment with the doctor first thing in the morning to see if there was anything I could do.

The next day I did just that. I made the appointment. I waited in the lobby.

The whole time I felt **ashamed** and **emasculated**.

When I was finally called in, I began to tell the doctor about my situation. Ten seconds into it he scribbled something on a note pad, ripped off a prescription sheet, handed it to me, and ushered me out of his office.

I'm sure you can imagine what the prescription was for....

Yes, that little blue "miracle pill": Viagra.

I thought perhaps there was some other solution...but he was the doctor, so what else could I say?

And besides, I'd seen the advertisements everywhere, and it seemed to work for all the happy couples in the commercials... so why not give it a try?

The more I thought about my new little blue pills, the more optimistic I became.

May be **ED** didn't have to destroy my life and my relationship with Sandra after all.

Maybe I'd been worrying over nothing, I simply needed to pop a pill and we'd be good to go. That's not so bad, right?

That night I gulped down my first Viagra, and, **20 minutes** later, Sandra and I were going at it like rabbits.

We screwed each other's brains out....

But that's when the problems started. After we both climaxed, she rolled over satisfied... and I rolled over feeling nauseous with a gigantic headache.

It felt like there was a little man inside my head whacking me between the eyes with a sledgehammer.

Confused, I rolled over and began to read the label on the bottle. I got to the part about possible side effects....



“Diarrhea, dizziness, flushing, headache, heartburn, mild temporary vision changes, blurred, vision, sensitivity to light, stuffy nose, upset stomach...”

I have to admit that scared me, and out of all the times in my life that I’ve had sex, this was the only time I felt miserable afterwards.



Yet, I thought, if Sandra is satisfied then I’ll endure it....for her.

Over the next few months, Sandra and I started having much more frequent sex. And I started having much more frequent side effects.

Since you have to take Viagra at least **20 minutes** before sex, we often had to schedule our “play time.” (And even then, you’re not guaranteed to get it up, especially if you ate a meal anywhere within the last hour or two before you took the pill...)

If things started getting hot and heavy on the couch during an evening of Netflix, I’d have to pause, take a pill, and wait 20 minutes to an hour before we could actually do anything...

And then, I was having sex while drowsy, a little dizzy, sick to my stomach, a weird, stabbing pain in my chest, and always that **throbbing headache**...

Which would explode into a **full-on migraine** if I couldn’t finish. (That’s one of the other rotten side effects they don’t tell you about...sometimes I’d screw to the point of total exhaustion, but I just couldn’t climax.)



Then there was the cost. Viagra wasn't covered by my insurance (and very few insurance companies cover it), so I was paying nearly **\$16 a pill**...that comes out to **\$500 for 30 pills**.

So basically, it was like making myself sick with the flu and a brain-splitting headache, and paying \$16, every I wanted to have sex with my wife.

I would have kept gritting my teeth and suffering through it, as long it made her happy...

The thing is, though...she seemed to be withdrawing more and more.

As time went on, I could feel Sandra pulling away from me. She just wasn't there anymore when we made love.

I tried to talk to her about it, but she blew me off and told me everything was fine.

It felt like we were back at the beginning.

Then one evening Sandra left to run an errand at the grocery store, and I noticed she had left her laptop open.

She'd been spending a **LOT** of time on her laptop lately...

And even though it wasn't my intention to snoop, I couldn't help but read the first couple of lines on the screen...then the next line...and the next.

Before I knew it, I was sitting at my wife's laptop reading what looked like a post on a women's only forum.

**The title said,
“HELP! I'M LIVING WITH A HUSBAND THAT HAS ERECTILE
DYSFUNCTION!”**

“I've been with my husband now for over 20 years and everything is perfect...except our sex life.

It feels like everything revolves around his dick! And the fact that his dick doesn't work...

Our sex life is centered around him having to take a pill, wait at least 20 minutes, and then we can have sex.

If he is spontaneous and takes the pill without telling me, we have to have sex whether I want to or not because the medicine makes him feel really bad if he doesn't ejaculate.

Our sex life is ZERO about me... it is all about my husband and his dick.

There is no way to explain what ED is doing to me. I feel that the core of who I am...or who I was...is sexually destroyed.



My self-esteem, my self-worth, my sex drive, and my feelings around intimacy all feel scarred.

I don't get to have sex when I want to, I don't get to make out with my husband and have sex if we feel like it, my whole sex life is now centered around a little blue pill with a 20 minute wait.

20 minutes may not seem like a long time, but if you are hot and heavy and then you have to whoops – hold on for 20 minutes – it just ruins the moment.

Not to mention being in this crazy hot moment with your husband and you reach over and his dick is just soft as a sponge. It's a damaging blow to my heart, and it's impossible to not take it personally.

So I continue to be supportive all the while I feel like I am slowly dying inside.

I don't know what to do...



I was crushed...

Here I was, taking this little blue pill because I thought it made Sandra happy, but in reality it was - as she wrote - causing her to "slowly die inside."

By using this artificial so-called "treatment," I was just making matters worse. I was damned if I did and damned if I didn't.

As I heard Sandra walk through the door I quickly retreated from her laptop, and as she greeted me with a smile that I now knew was fake, I fought back tears and pretended I hadn't seen anything.

That night I laid awake...my head was racing.

And, although I'm not proud of it, I began to cry into my pillow.

I felt as though all of my self-worth was gone... like my purpose in life had disappeared.

And that's when some very poisonous thoughts started flooding into my head.

Maybe she's better off without me...

Or maybe... I thought... I should just end it all.

The next day I dragged myself into the office. I work as a local historian for my town, which many would see as a boring job...



But, for me, the only time I truly feel alive is when I'm immersing myself in history. It's like reading an interesting story or watching an action-packed movie or being a detective on the case...and the best part is, all of it's true.

Now, I don't know if you believe in destiny or a "higher power" or anything like that...but what happened to me that morning at the office - in my opinion - is nothing short of a miracle.

You see, a colleague of mine who specializes in Far East history - especially medical texts from China, Tibet, and Southeast Asia - strolled into my office. I hadn't seen him in over five years.

He told me he was in town for a few days, and wanted to see if we could grab lunch and chat.

Welcoming the distraction from my personal problems, I agreed, and we went off to a diner down the road.

Eventually our conversation steered toward what we'd been working on...and that's when he told me about an incredibly rare manuscript written by a Tibetan Buddhist monk in the mid 1400s by the name of Nyamnyi Dorje.



This medical text roughly translated to mean "Instructions on a Myriad of Medicines." And according to my friend, it contained an extremely interesting section about **male sexual power**.

I asked him...or perhaps begged him is a better word... if he had translated the entire book.

He said he had.

My excitement couldn't be contained as I begged him for a copy of the full translation. He was a little surprised, since ancient Eastern medical texts weren't my area of expertise, but nonetheless he handed me a copy of the translation.

After I thanked him and paid for my tab I rushed back to my office, locked the door, and immediately found the section.

And what I read rocked my world forever.

It said...

"In this world, sexual bliss is the most marvelous of all pleasures, the essence of the enjoyment of all senses.

Among the recipes which increase libido in **The Treatise of Eight Branches, the Astanga Shastra states: Yartsa Gunbu.**"



I paused for a moment... what is Yartsa Gunbu? I jotted down the words and read on...

Concerning this medicinal substance:

it grows in beautiful mountain regions on remote grass-covered slopes. In summer, it is a blade of grass on a worm similar to the leaf of mountain garlic. The flower resembles a silken green sedge. The root resembles cumin seed at the end of autumn. The taste is sweet.

All of this seemed like a strange riddle to me, but I wanted to know exactly what this yartsagunbu actually did for sexual power, so I continued scanning the text for clues. That's when I read...

"In particular, it increases especially semen. It serves best for the purpose of libido, increasing offspring and improving vitality. It completely sharpens the five sense faculties. It has innumerable qualities; to praise it in words would be endless.

[You will] enjoy the delight of hundreds of thousands of beautiful women."



It seemed as if this "yartsa gunbu" was some kind of ancient, 100% all-natural form of Viagra.

But the information wasn't enough for me to pinpoint exactly what this substance was, and if it even actually existed.

That's when I turned into a kind of madman. I began pulling every book and resource I could find to cross-reference mentions of this mythical "yartsa gunbu" - this magical dick-hardening elixir that made you into a sexual superman who could apparently "delight hundreds of thousands of beautiful women."



And what I found next changed my life forever...and will change your life today.

I found out that yartsa gunbu is, in fact, real.

Not only that, it's been used regularly to **cure erectile dysfunction** for over 2,000 years.

I found references of it in 17th and 18th century texts when it began being imported to China from Tibet.

In one issue of an old British Newspaper from 1876, called **The Colonies**, it was written that this 100% natural ED cure is "Reputed to possess strengthening and renovating qualities; but on account of its scarcity, it is only used in the palace of the Emperor, or by the highest mandarins."

This ED cure was so sought after that the richest and most powerful ruling elites of China tried to keep it all to themselves.

Because of the secretive nature of Asia, I had no idea where I could find this elusive ED cure...until I visited one of the strangest countries on the planet.

You see, I was so desperate to find out about yartsa gunbu that I spent what little money I had on a plane ticket to Nepal.

I knew from the texts I had read that this ED cure was found somewhere in the Himalayas, high up in the mountains.



After wandering around for days, looking in local markets and consulting guides, I finally came across a man who told me to go to a little neighboring country called Bhutan.

He said, "It's there that you will find what you seek."

So I took a long, bumpy van ride to neighboring Bhutan... and when I stepped out of the van, I felt like I'd been transported back in time to some ancient culture.

As I walked the streets of this mysterious place, I was in awe...

All around me, nearly everywhere I went, I saw GIANT erect penises!





They were painted on buildings and on the doors of homes. Statues were erected on every corner. Pottery, pendants, necklaces, and even key chains all had giant, throbbing erect penises painted on them.

I checked into a tiny hotel, and thankfully the shriveled old man at the front desk spoke some English.



I asked him why penises were painted everywhere and he simply said, “it is our religion.”

This shocked me even more – here I was in this tiny, little-known country that apparently **WORSHIPPED** penises.

The old man told me to go to a monastery called “Lhakhang.”

The next morning, I did just as he said. I hired a guide, and after a sweaty three-hour trek through the jungle we arrived.

That’s when a little smiling man in a red robe immediately walked up to me....



Bowed...

And whacked me on the head with a giant penis!

I was shocked and angry...but after calming down I learned that this was a good luck charm. The monks at this temple used a large wooden phallus, which they knock over your head and shoulders, to bless you with healing powers.

The wooden phallus itself is said to have been carved by a man named DrukpaKunley.

I learned that Drukpa Kunley was a 16th century Buddhist monk nicknamed "The Divine Madman..."

And his life consisted of wandering around the countryside of Bhutan and preaching enlightenment.

He said the path to enlightenment could be found through the use of the "Flaming Thunderbolt."

Now, I've heard a lot of clever nicknames for a guy's johnson, but "Flaming Thunderbolt?" That takes the cake.

This monk became so famous in Bhutan that hordes of women sought him out for his "thunderbolt" and paid him in - get this - beer!





In other words, the entire religion of Bhutan is based around a man who had sex with thousands of women and drank a lot of beer.

After learning this I asked the head monk, “But how did this man - who lived to be very old - have the ability to have sex with so many women so often?”

The monk replied, “Yartsagunbu.”

My jaw dropped. This is what I had been searching for!

“Can you show it to me?” I asked.

He pointed me in the direction of a local market and told me I could find it there.



And sure enough, there in that bustling market, was the yartsagunbu I had first read about in the ancient 15th century Tibetan Buddhist medical text.

This is what it looked like...

Yartsagunbu translates into “winter worm, summer grass.” It’s created when a creepy crawly worm called “The Ghost Moth” burrows underground during the winter.

Some of these ghost moths become infected with a parasite that begin to eat the moth from the inside-out, hijacking its brain, and causing it to burrow up to just below the earth’s surface.

Then, when the snow melts and summer begins to come around, a fungus grows out of the top of the ghost moth’s head and pokes through the dirt.

Tibetans first learned about its powers after their yak herds, who grazed in the fields, would be driven into a sexual frenzy after eating these little mushrooms in the ground.

The yak herders also noticed that these yaks had almost supernatural strength and endurance and could march much further without getting tired.

It’s said that one of the greatest conquerors in history - **Genghis Khan** - used this mushroom to have sex with literally thousands of women.

Genghis Khan was so virile that genealogists say that 1 in every 200 people on the planet today are his direct descendants.

His son, Kublai Khan, used this same mushroom with his harem of 7,000 women, who were cycled through his bedroom every night allowing him to sire literally thousands of children, even into old age.





This is the mushroom that “The Divine Madman” of Bhutan, who created an entire religion around his “flaming thunderbolt,” used to have sex with thousands of women as well.

And this is the same mushroom that the Chinese elite had kept secret from the masses for over 200 years.

So, I bought a handful of this “Himalayan Viagra” and brought it back with me to the United States, excited to try it out.

I was told to ground the mushrooms up and brew it in a tea, which is exactly what I did.

It only took me a couple of minutes to make it.

I sat down next to my wife on the sofa with my fresh cup of “stiffy tea” (as I’ve come to call it) and drank it down.

Then, I waited.

And oh boy, I tell you...I didn’t have to wait long.

I began to feel a SURGE of energy all throughout my body and an intense tingle “down there,” if you know what I mean.

I turned to my wife and almost attacked her like a wild animal in heat. And right there on the couch, with no “**20 minute** wait”...

With no pounding headache or queasy stomach...

And with a youthful virility I thought I had lost forever...

My wife and I made the most passionate love we have in years.

But the fun didn’t stop there...

Only about five to ten minutes after our first “session” I was as hard as a rock again, my energy was up, and I was ready to go again.

We had sex like that over five times, all the way until the wee hours of the morning.

I felt like a teenager again.

And even when I woke up, after only a couple of hours of sleep, where I’d normally be tired and exhausted... I was wide awake.

And guess what?

I had morning wood!



I stepped out of bed with my soldier at full attention, something that hasn't happened since I was in high school!

The next few days were the happiest I had been since I could remember. I found that simply drinking this "hard on cocktail" in the morning allowed me to gain an erection at will, anytime during the day.

Unlike Viagra, my erection wasn't forced. It was natural without any side effects. But the difference was that I could actually get it up when it was time.

And even though my libido was going wild, it was more like the libido I had when I was in my late teens and early twenties, where I was hungry for sex, but I could control it until the right time.

My wife Sandra didn't have to worry about getting intimate and waiting for me to take a pill anymore - we could be spontaneous again. We could be natural again.

Yet, as my supply began to diminish, I started to worry...

Would I have to fly all the way back to Bhutan's street markets every time I needed a fresh supply of this natural Himalayan Viagra?

I simply didn't have the money for that.

So, I began to look for ways I could get this miracle ED-reversing mushroom shipped to me.

But, what I found out next almost made me lose all hope.

I learned that China had a stranglehold on Tibet's supply of this miracle **ED** cure. In fact, ever since the communist party took over Tibet, they've been controlling the harvesting.

I was simply lucky enough to find some in the market. Usually it's impossible!

Chinese demand had caused yartsagunbu to become so rare and scarce that the price had skyrocketed....

Asia & Pacific

'Himalayan Viagra': Tibet's gold rush may be coming to an end

By Simon Denyer July 2, 2016

In fact, one pound can cost \$40,000 to \$50,000 or more!



It is the most expensive and prized ED cure in China. It's literally worth more than gold!

My heart sank and I became frantic...

I had finally discovered the solution to my **ED** problems - my life was back on track, my manhood had come back from the dead, my marriage had dramatically improved, and I felt like I had a new chance at life...

Yet, even if I could afford to spend \$40,000 on a fresh supply I'd have to spend months getting a special permit to import the stuff into the United States for just a month's worth!

And even if I could scrape together another \$2,000 for a round-trip ticket to Bhutan, the chance was one in a million I'd be able to find anymore in the markets there...and even if I did, I would only be able to take a limited amount back with me without a special permit.

I tried searching for any location in the United States that sold this miracle **ED** cure, but the only place I found was a tiny little apothecary in New York City's China town and it costed \$1,300 for an OUNCE!

It seemed like all hope was lost, until I started researching exactly what makes this Himalayan Viagra work the way it does.

I found there is one special property in yartsa gunbu that gives it its special **ED** reversing powers...

And that there's only one other similar type of fungus that has almost the exact kind of chemical makeup...and it's located right here in the United States.



In fact, you can buy it in bulk because it's grown and manufactured in labs. And you can buy a month's supply for about 50 cents a day.

I immediately ordered a month's supply and tried it out.

And even though the results were similar, they weren't quite as strong, or as predictable.

So I began supplementing with different herbs and foods, using myself as a human guinea pig, until I finally found the perfect combination of herbs, amino acids, and two special fruits that create the **EXACT SAME** results as the incredibly rare and expensive yartsu gunbu mushroom does.

In other words - I cracked the code and **completely eliminated my ED naturally**.

Now I'm ready to share this secret with you. I'm immensely proud of what I've put together here. This is a comprehensive volume of information and solutions for the man who wants to completely conquer his erectile dysfunction...

And yes, I'm going to share with you the personal cure that I came up with, which combines the readily available "yartsa gunbu" alternative with everyday items you can find in the grocery store to create this miraculous "stiffy tea."

But don't skip ahead, if you want to get the FULL results!

You'll find everything you need to know about the mental, emotional, medical and physical sides of the situation affecting you right now. And get answers to questions you didn't even know to ask.

So let's begin...



30 MILLION & GROWING (THE ONE CLUB YOU DIDN'T WANT TO JOIN)

When I was a kid, I imagined myself as an outlaw in the Wild West days. Whenever I went out to play, I pretended I was Billy the Kid or some other outlaw, who was a member of an outlaw gang.

As I grew up, that didn't change much: I continued to crave acceptance into groups, the way all men do.

The "popular kids" in high school...

The "cool fraternity" at my college...

And as an adult in the "real world," I sought the respect of my co-workers.

But there was one club that I never asked to join: the massive group of men who struggle with erectile dysfunction, in some shape or form, at least once a year. (Many of these men struggle with erectile dysfunction most days of the week!)

If you're reading this book, there's a good chance you belong to this group too. Just like me, I can make an educated guess that you didn't ask to join this group.



In fact, I would wager that you were drafted into the "ED army" the same way that 30 million other men have been - against your will, kicking and screaming.

The rules and regulations of this group are simple. They state that you can no longer enjoy a the intimate touch of a woman without a voice popping up in the back of your head whispering, "what will happen when she gets my pants off?"

Your penis used to be your best friend. But now you live in constant fear of betrayal. Is he going to turn against you the next time you are with a woman?

This army is made up of nervous men; men who feel a private shame and men who simply do not want to be here and struggle against it to the best of their abilities.

I hope you understand that you're not alone in this group, there are millions and millions and millions of us in the United States alone. And there are millions and millions more of us in every country in the world.



This condition (which, by the way, it completely reversible) doesn't seem to care about race, background or socioeconomic status differently at all.

Even your age isn't as big a factor as you might think. Guys in their 30s suffer from ED, just as men in their 60s and 70s do.

In fact, Americans are some of the biggest ED sufferers of all. Which is ironic, because the USA is one of the most prosperous countries on the planet!

The first thing to understand about this group you belong to is that you are defined by a common problem: the consistent, recurring inability to get or maintain a satisfactory erection.

So with this in mind, let's spend a moment on...

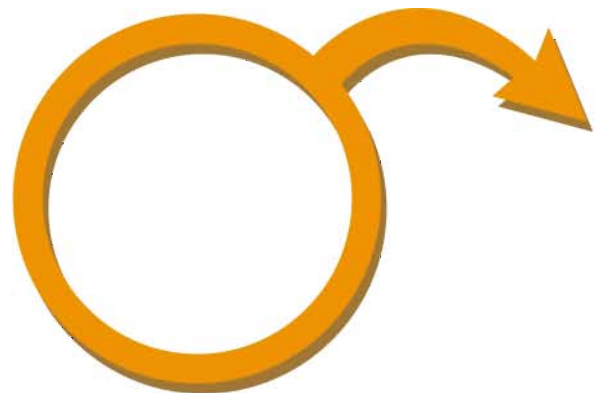


Defining Erectile Dysfunction

First, we have to define erectile dysfunction, which a lot of guys get wrong.

The first step is to figure out where you currently are on the ED scale.

Most people believe they have ED only if they are completely unable to get up all the time (or most of the time). That's not true.





If it's once a month, then your issue is annoying but not as stressful as if it were once a week. And the guy with daily ED problems would give anything to only have problems once a week.

So your first goal is to lower that ratio - to make your ED as infrequent as possible, on the path towards making it disappear completely.

The Medical Definition Of ED

This is NOT a science manual, and I don't want you to bore you with a bunch of complicated jargon. But I want to give you the complete picture, so here are four key facts about ED that are going to help you understand your condition so that you can get your problem solved as quickly as possible:



- 1** Erectile dysfunction (ED) is the inability of a man to achieve or maintain an erection sufficient for his sexual needs or the needs of his partner. Most men experience this at some point in their lives, usually by age 40, and in most cases it's due to physical factors that can quickly be reversed.
- 2** Some men experience chronic, complete erectile dysfunction (impotence), and others experience partial or brief erections. Frequent erectile dysfunction can cause emotional and relationship problems, and often leads to diminished self-esteem.

ERECTILE DYSFUNCTION SYMPTOMS MIGHT INCLUDE

- **Trouble getting an erection**
- **Trouble keeping an erection**
- **Reduced sexual desire**

- 3** Finally, a healthy lifestyle that incorporates a new "daily routine," and includes the "Stiffy Tea" recipe I'm about to share with you can not only reverse ED, but prevent it in the future.

This book will show you how to do it - quickly, safely and naturally.



International Differences

Here's another hard pill to swallow: if you live in the United States, you live in one of the most impotent countries in the world.

We have
30
MILLION

men who either struggle with erectile dysfunction or do without knowing it.

That is
10%
OF MEN

At any given time, one out of 10% men is struggling with this problem right now. So you are not alone! This is actually turning into quite an epidemic in the USA and it's happening to men at younger and younger ages.

Although stress and anxiety play a roll in ED, it is often the diagnosis of these “disorders” that cause ED.

In many other countries, stress and anxiety are signs that you're pushing too hard, that you need to calm down and bring some balance into your life.

But for Americans, feeling stressed out, anxious or even depressed is considered normal...and doctors are quick to prescribe drugs to “treat” these problems.

A lot of anti-depressant medications are erection killers. I know from personal experience! When ED started to become a real problem in my marriage, it made me depressed...so I got on some anti-depressants, thinking it might help the problem. But it actually made the problem worse.

In Eastern societies, balance is the thing you strive for in life. A harmonious relationship between mind and body. This is one of the reasons that ED isn't nearly as big a problem in Asia as it is in the USA.

We live in the most prosperous country in the world. We have running water, working sewers and all sorts of other pleasures and conveniences that we take for granted.

And yet, we constantly compare ourselves against others, and look at ourselves as “failures” if we don't measure up in some category - whether it's the money we make, the house we live in, the car we drive, or how we look in the mirror.



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And yet, we constantly compare ourselves against others, and look at ourselves as “failures” if we don’t measure up in some category - whether it’s the money we make, the house we live in, the car we drive, or how we look in the mirror.

Our minds and bodies are pulled in all of these different directions. These desires can get overwhelming, and we are often disappointed by our lot in life - even though we live better than 99% of the people on the planet.



Add to this the fact that Americans are some of the most overworked people on earth. Most of us are lucky to get two weeks of vacation per year, and a lot of people don’t even want to take this much vacation time, because they worry about falling behind.



ED Is A Wake-Up Call

If you're suffering from erectile dysfunction, don't see yourself as being "broken."

Don't think of yourself as "less than a man."

View it as a wake-up call that you aren't treating yourself as well as you should be. You are "out of balance." This could be in a psychological sense, a physical sense, or both.

So the first thing you should realize about your situation is that you need to become passionate with yourself.

Thinking of your penis as your enemy or betrayer only compounds the problem. You are part of the same body, and turning against him only pushes you further out of balance.

You should also understand that you are not alone. One in ten men in America have this problem. If you are feeling lonely, just go to the grocery store. I guarantee that there are at least several men in the store with you there that have the same problem!



Throughout the world, nearly one hundred million men are currently suffering from ED. And every single man who is alive - or who has ever lived - struggles with this at some point in his life.

Now, I don't expect this to make you feel any better. No matter how you view it, living with erectile dysfunction is a tough thing to do.



It can make you hold your head in shame. It can drain your confidence and can even tear apart your relationship. That being said, it should give you some small comfort to know that the suffering you're experiencing is a universal suffering - experienced by men from around the world.

This means there is nothing broken in you. You aren't "weak." This has nothing to do with your masculinity.

What it DOES mean is that today is the day that you need to start making some changes...

And that's a great thing, because the journey towards solving this problem is also the journey towards better physical and mental health.

You may have to change your physical habits, or perhaps some mental ones. You may have to change both. Either way, this journey may force you to confront some facts that you would rather just avoid thinking about.

In reality, ED is your body's way of telling you that something's wrong. Think about it as the "dipstick of the body." Just like you check the oil in your car using a dipstick, if your penis is not "working" properly, it's a sign of something bigger in your body.

The reason it's important for you to understand you're not alone, is because it allows you to realize the challenges you face are not unique. This is a journey that every man walks at some point in his life. These are challenges that human beings as a whole face, when we deal with the struggles and challenges of life.

There are challenges in the ways that we react to stress, weakness in ourselves and overwhelming circumstances in this modern life we face. Where everything is too large, too fast and too crazy to keep up with.

I designed this book to do several very powerful things for you:



It can give you back your health.

The ED Reverser system can help balance your physical body in a way that you've never experienced before. No matter how frightening erectile dysfunction can be, it is typically a symptom of other things going wrong, and is not an isolated problem.

This book will show you how to analyze which of the afflictions are affecting you and how to set them right.



It can give you back your pride.

As a man, I'm sure you're doing a lot of things RIGHT. In my case, I was a loving, faithful husband and a great dad to my kids. I've always been a hard worker who puts my family first. But when ED crept into my life, it wrecked my confidence and made me feel like I couldn't live up to my "manly duties."

When I reversed my ED (as I'll show you how to do), it restored my sense of pride. Even though there is a lot more to "being a man" than being able to maintain an erection, let's be real: ED can really crush our confidence and sense of pride. It's time for you to get this back.



It can give you back control over your life and relationship.

When something like erectile dysfunction happens to you, you can start to believe that life is out of your control. You can start to believe that your biology and nature are conspiring to act against you.

As opposed to believing that you have no control, this book will help you realize that you have a say, and you are the one who is the captain of your own body.

This book will show you how to reclaim control of the simple function you feel like you've lost control of, so you can reclaim faith in your ability to control different aspects and elements of your life.





And this, of course, will have a tremendously beneficial impact on your relationship. Even if your wife or girlfriend understands that ED is a very real condition that affects tens of millions of men, it can still be difficult for her to accept WHY you aren't able to get erect for her.

When I stopped getting hard, my wife went from thinking that I didn't find her attractive any more, to suspecting that I might be having an affair. In my case, I had to find a cure - or I faced the very real possibility of losing my marriage and children.

When I finally opened up to her and honestly explained what I was going through - and told her that it had nothing to do with her, or my sexual interest in her - she was understanding and compassionate.

But there's no question that not being able to perform sexually with your partner is going to have a negative effect on your relationship. Which is all the more reason to get this problem fixed NOW.

There are

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other men in the United States alone who wish you success in this endeavor. You are all on the same journey; moving towards the same goal and using the same powerful methods that I am about to share with you.

I hope that this gives you the inspiration you need to continue this journey and resist the urge to turn back or quit.

For now, just understand that I truly care about your success and I truly hope you find freedom with this program. Because I've been in your shoes, stood where you are standing, and I've looked out and seen that I was not alone. Neither are you.

And I discovered the light at the end of the tunnel. I'll share it with you shortly. But first, I want to explain to you why you're blessed to be living in this day and age - when a real, proven cure for ED does exist.

(And no, I'm NOT talking about Viagra!)



ED THROUGH THE AGES

As you can probably guess, erectile dysfunction is nothing new. In fact, for as long as men have had erections, we've had trouble getting it up and keeping it up.

What's more, throughout history, mankind has taken some extreme and even life-threatening measures to achieve and maintain erections.

So if you're feeling down in the dumps about your ED, just be thankful that you live in this day and age, when a REAL cure exists!

Wait until you hear what guys were going through a few centuries ago to try to get their soldiers to "stand at attention..."

The History Of ED

The first recorded instances of ED treatments date all the way back to the first century. Pliny the Elder, a Roman philosopher and author, wrote about natural "aphrodisiacs" including sap from turpentine trees, garlic, and various reeds and leaves that could be mixed with wine or vinegar to stimulate a man's libido.

The ancient Greeks and Romans believed that animal parts could be used to cure impotency - including snakes, the genitalia of roosters and goats, and lizard's feet!



In the 13th century

"impotence cures" included wolf penis (roasted in an oven, cut into small pieces, and then chewed).

As the centuries went on, quack doctors and healers began to realize there was big money in treating ED, so they kept coming up with their own wacky "cures" to sell to the gullible public.



In the 1770s

Dr. James Graham claimed that impotence was caused by either masturbation or infidelity - but not to worry, because he could cure you with a combination of cold baths and sessions on the "electrical bed" he had invented.

Another doctor came up with the idea of attaching electrodes to the testicles and penis in order to "shock" them into working properly.

**In the 19th century**

Frederick Hollick concluded that there was one substance that would restore a man's sexual power and desire: cannabis (marijuana).

Personally, I don't know of any potheads that have a huge sex drive...

Meanwhile, other patients were subjected to penile splints, vacuum pumps, "penis supports" made of metal, and even injections that contained solutions made of ground-up goat, ram, boar, and deer testicles.

One "expert" prescribed his patients a mixture of zinc, damiana, arseniousacide, and cocaine.

**Early 1900s**

ED remedies were being advertised on the radio - including goat gland implants, and injections of mercury (which is...um...poisonous.)

**In 1919**

Another shady doctor announced his own "breakthrough," which involved transplanting the testicles of chimpanzees into men. (He claimed this would not only give you erections - it would also improve your memory!)

**In the 1980s**

treatments for ED took a step forward when a British doctor showed that you could create an erection with an injection directly into the penis.

This injection was known as a "vasodilator." That means that it opens up your circulation by making arteries and veins larger.

(Later on, I'll tell you about sexual super foods you can eat that have the exact same effect on your penis - without you having to jam a needle into the most delicate part of your body!)

**In 1998**

Viagra became the first oral medication for ED to be approved by the United States Food and Drug Administration. It instantly became the fastest-selling pharmaceutical in history.

Pfizer, the company behind Viagra, saw its stock soar by 150 percent that year.

Soon, Pfizer had competition. Rival companies introduced Cialis in 2003, along with Levitra.



To this day, these “ED drugs” remain hugely popular around the world.

But do they have side effects? Yes.

Are they necessary? Not at all.

In this course, I’m going to give you an all-natural method that doesn’t just “treat” the problem temporarily.

A SIGN OF SOMETHING MORE SERIOUS?

Forty percent of men over the age of forty suffer from some form of erectile dysfunction.

This is big business for the legalized drug pushers. We’ve all seen the commercials. They bang it into our heads that you just need to take a little blue pill, and the problem disappears.

But there is a major problem with this idea.

Extensive studies show that ED almost never appears in isolation. It is not a disease. It is a symptom of disease. It is our bodies warning us that something is wrong.

When other parts of the body are ill and cannot warn us, we start to see other symptoms.

ED is a common “warning signal.”

This is why the time to fix your ED is NOW. Waiting will only make the problem worse...and could allow other, far more serious health issues to develop.





CAUSES OF ERECTILE DYSFUNCTION

The penis is a fairly complicated piece of our anatomy, and I could go deep into detail with diagrams and drawings of everything that is going on inside there, but you don't need all of that.

So let's run down the basics, starting with...

ED isn't a problem in the balls. ED is all about the shaft.

First of all, you should be aware that there is no bone "in there." (Only polar bears have an actual bone in their boners.)

Basically, the inside your penis is like a giant sponge, and when you are hard, it is filled up with blood.

This means your penis is dependent upon your circulatory system. If your blood isn't flowing properly throughout your body, your penis can't get "full."

But that isn't the only requirement for a rock-hard erection. In order for you to get (and maintain) an erection, three conditions must occur:

- 1 Your brain needs to send a strong, clear signal to the rest of your body that it's "erection time."
- 2 Your circulation must be healthy enough for a sufficient supply of blood to flow into your penis.
- 3 The veins inside your penis must be able to "trap" the blood in there.

So you see, erections are NOT all physical. There is also a mental component for some men.

Even if you're physically fine, if you're suffering from a psychological issue such as stress, depression or performance anxiety, and your brain isn't able to fire off a clear signal, it will prevent you from maintaining an erection.

The good news, none of these problems are permanent. You are not "broken." Your ED can be cured.

But first, we need to figure out the root cause of your ED. Is it physical? Is it mental? Or maybe it's a combination of both?

Whatever the case may be, you'll find the solution in these pages.



IDENTIFYING THE PROBLEM & SEEKING ANSWERS

So far, we've looked at ED mainly in generic terms.

“Erectile dysfunction” is this catchall phrase that means something is wrong with your penis. But there are actually a host of different problems and we want to separate them out to figure out what your issue actually is.

The first possible issue is with orgasming. Do you have trouble coming? Can you only finish if you have your eyes close and are imagining that you are with someone hotter or that you are watching some pornography?

That is usually the first type of sexual problem that a man runs into. It's basically the young man's ED and eventually the problem gets bigger.

The next type of problem is with maintaining erections. You get hard but then after a few minutes it fades away. Your penis gets so excited, but then it almost feels like he is losing interest.

The final type of ED, and the one that most guys think of, is when you can't get hard at all. No matter how horny you are and how horny the woman is, your penis just won't join the party.

Physical Or Mental?

So now let's divide our problem into two main categories - Is it a **physical problem** or a **mental one**?



There is an easy test to see where the root of your problem lies. When you wake up, do you have morning wood?

This is the one time you can get hard without being conscious of it. This is like a “thermometer” for your penis' condition. If you wake up hard but then that's it for the day, your problem is most likely mental.



If you can't get hard even when you are asleep, then your problem is most likely physical. Just figuring this difference out is the first step on the road to recovery. It will help you to start analyzing and fixing the problem.

The Erection Self-Test

Just because you don't get morning wood a few days in a row does not mean that your problem is purely physical.

I don't get morning wood every day. Just some days. So there is an even better test that takes a little bit of time but is much more effective.

According to a review published in the Journal of Endocrinology, the average healthy adult male will have between three to five spontaneous erections per night.

So here's how this "erection self test" works. You want to get a roll of 5-10 stamps. Enough that you can wrap around your flaccid penis once.

When you go to sleep, wear briefs or boxer-briefs. Pull your penis out through the hole in the front. Your briefs will keep your pubic hair out of the way and allow the test to run smoothly.

Wrap the stamps around your penis. The first stamp should be sticky and it is the anchor. Wrap the other stamps around your penis and then stick the last stamp on top of the anchor stamp.

Now you have a roll of stamps around your penis. The idea here is that if you get hard the stamps will break. You want to use stamps because it is so easy to break them apart.

When you perform this test you need to be sure your body is "clean." That means that you don't take sleeping pills, drink caffeine or drink alcohol for the two days before you start your test. You want to run this test three nights in a row to be sure you get accurate results.

A normal, healthy man with no signs of ED will have several erections throughout the night.

Mental Vs. Physical ED: The Difference

If your problem is purely mental, then we can start to figure out what is causing the disconnect that is occurring somewhere between your brain and your penis.

Your brain is sending the "let's get hard" message, but it's not making it to your penis.

Basically, something is getting "lost in translation."



Common Psychological Causes of ED:

- Depression
- Stress
- Performance Anxiety
- Relationship Problems
- Pornography

Common Physical Causes of ED:

- Alcoholism/Substance Abuse/Smoking
- Certain Prescription Medications
- Clogged Blood Vessels
- Diabetes
- Heart Disease
- High Blood Pressure
- Low Testosterone
- High Cholesterol
- Obesity



Once we have classified our type of ED into one of those two main categories, we can dig deeper. We want to figure out what is causing your ED, and then we want to really do something about it.

Diabetes

- Erectile dysfunction is common in people with diabetes. An estimated 10.9 million adult men in the U.S. have diabetes, and 35 to 50 percent of these men are impotent. The process involves premature and unusually severe hardening of the arteries. Peripheral neuropathy, with involvement of the nerves controlling erections, is commonly seen in people with diabetes.



- Diabetes is just a really common cause of ED. The key question is to see whether your diabetes is affecting your nerves or your blood vessels.
- If you have diabetes, this should be the first area you look at. Have your doctor test your nerves and blood vessels in this region. Then you can fine-tune your treatment strategy.

Depression

Depression is another cause of ED and is closely related to erectile dysfunction. You can be depressed without you fully realizing it. Rather than getting onto prescription drugs, which can often make your erections non-existent, I'm going to share some strategies with you in this book that will boost your mood naturally and lift you out of your depressed mindset.

High Blood Pressure, High Cholesterol, Low Testosterone

All of these conditions can be reversed naturally. These are perhaps the most common physical reasons for ED. Keep reading, and I'll show you how to handle them.

Pornography

Let's not dance around it. The explosion of internet pornography has dramatically affected modern men and women. We now have thousands of explicit images and videos available to us for free. Our brains were evolved and perfected in a world where we saw one woman naked a day, if we were lucky.

Now, we can see thousands of vaginas, boobs and extreme sexual acts every single day. This boils down to overstimulation.

The more we watch porn, the more it stunts our imagination. It damages creativity. This means that our ability to fantasize when with someone else, or to get lost deep in the sexual moment, becomes damaged.

That one-on-one sexual connection gets broken. Your mind is used to absorbing sexual images and then climaxing.

Enjoying the flush of all of those endorphins, without even touching another person. Your mind is trained to have the entire sexual experience in isolation.





We look at all of those young, nubile girls in the dirty movies and train our brains to only want to come for them. When you are with your wife or girlfriend, who isn't eighteen and fresh off a bus from Kansas, your body doesn't react. Your mind is now only willing to get horny for girls that you don't actually meet.

Then there is the physical problem. Masturbating excessively can actually damage the nerves in your penis. That's a big deal. The more you masturbate, the less you begin to enjoy actual sex.

Your hand is a LOT rougher than the inside of a vagina. The more you use your hand, the more your dick only responds to hard physical touch. It won't respond to the gentle touch of a warm vagina.

You are training your dick to only enjoy your hand, and not to enjoy women anymore!

Soon your heart will give out...and then you won't be worrying about your erections anymore.

Bad Diets

If you eat garbage, your body will turn to garbage. The overwhelming majority of Americans are overweight. That extra fat still needs blood to keep it alive. That means you are overtaxing your circulatory system.

It's the same thing that happens when too many people get on the same train. It's overcrowded and the parts start to wear out faster. The breaks have to stop more inertia. The engine has to pull more mass. It all adds up and shortens the lifespan of the train.



Your body was not designed to eat garbage!

If you are carrying around a lot of extra weight, ED is often one of the later signals from our bodies that something is wrong. First, you have trouble breathing. You can't walk up a flight of stairs without huffing and puffing. Then you start having the occasional chest pains.

Then, your dick stops working.

Your body is screaming at you: "Stop eating garbage and get rid of the extra pounds! You're killing us!"

Your dick wants to live forever and have tons of sex. Don't tell me that you don't know what the right foods to eat are. If I put a gun to your head in a grocery store and kept pointing at random items and told you to tell me if it was healthy or garbage, you would get the answers right.



We know what is bad for us. Nobody thinks fried chicken or pizza or tons of breads are good for us. So you don't need me to put you on some harsh diet.

If you aren't willing to fix your diet to start getting laid, your body is going to give up. It's the signal of last resort.

Soon your heart will give out...and then you won't be worrying about your erections anymore.

Not Exercising

If you think that you don't need to exercise, or if you listen to the government's suggestions and think you only need to break a sweat three times a week for twenty minutes, your dick is simply going to turn off.

Sex is a strenuous physical activity. And at a certain point, if your body is in really bad shape, it will be afraid to let you have sex!

Your body is thinking that the strain of sex might just kill you.

That's why so many older men have heart attacks on Viagra. Their bodies are telling them they are in no condition to have sex. So they pop a little blue pill anyway...they IGNORE the warning signs that their bodies have been screaming at them...and they die of massive heart failure.



The truth is that you need to exercise six days a week. That's if you want to be in great shape and bang into your eighties. I could tell you a bunch of lies about how working out two hours a week is enough. But it's not. This is really where the rubber meets the road.

How much do you like sex? Is it enough for you to overcome your laziness? Your body is sending a message of last resort. You need to take care of it before you fall apart.

The least amount of exercise you should be doing is walking 30 minutes a day. You can easily do this on a treadmill, preferably with a 5% to 10% incline.

If you don't have 30 minutes a day do you can do something called HIIT (High Intensity Interval Training), which cuts the time in half to 15 minutes.

Typically this involves a "mixed" workout. Such as 30 seconds of jumping jacks, 30 seconds of pushups, 30 seconds of squats, then sprint three times.



Typically this is done in “stations” where you train for three minutes at high intensity, take a 30 second to 1 minute break, and do another routine for 3 minutes until 15 minutes has been reached.

Your Circulatory System

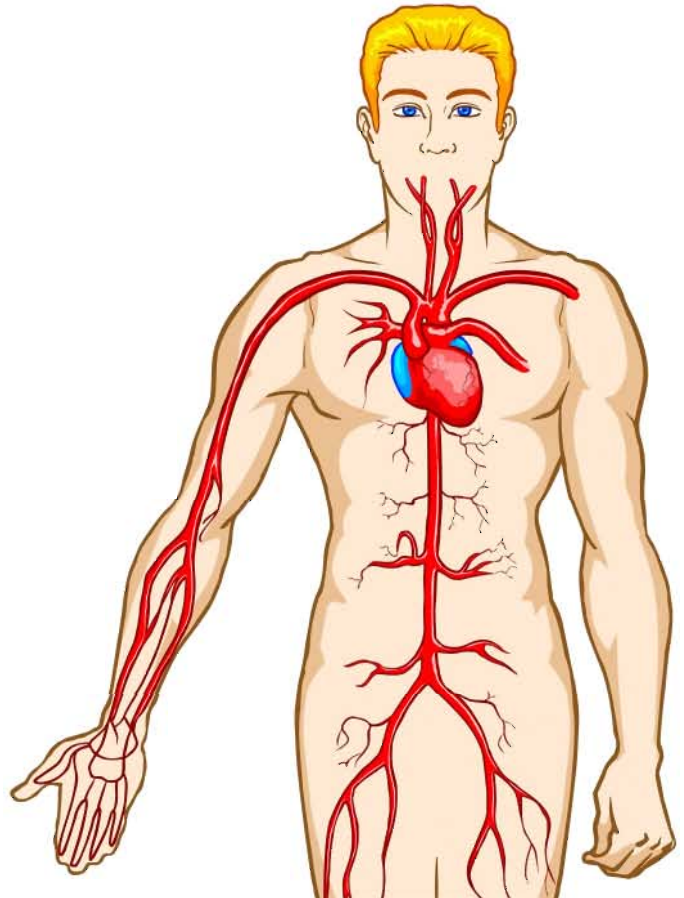
A bad diet and lack of exercise destroy your circulatory system. They are the precursors for when people talk about vascular problems in your penis.

This means that your arteries are clogged with cholesterol, so your body can't actually pump the necessary amount of blood into your penis.

The “roads are blocked” and you have a serious problem. This system is what holds everything else together, and if it collapses then you are in serious trouble.

So if you are in terrible shape, then you really need to deal with that issue.

In many cases, it's the problem behind the problem of ED.

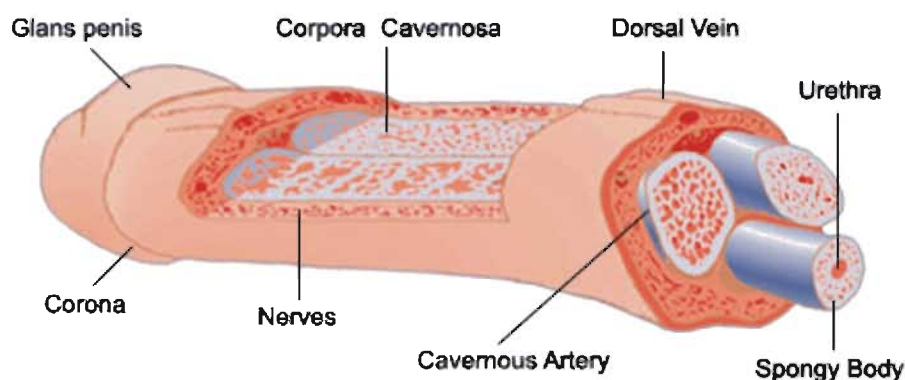




HOW ERECTIONS HAPPEN

The penis contains two cylindrical, sponge-like structures that run parallel to the urethra. These structures, which run along the length of the penis, become engorged with blood in response to nerve impulses.

The blood flow to the cylinders increases by about seven times the normal amount. This is what causes the penis to become erect and stiff.



This is starting to sound like serious “medical talk,” so let’s make it a little more simple...

There are three steps in the process.



You become aroused. If you’re not turned on, no signal gets sent to the penis.



Your brain sends a signal through your nervous system to the blood vessels near the penis.



The blood vessels relax and allow more blood to flow into the penis. This is the moment when an erection occurs.

In order to have an erection, you need to be able to become aroused, your brain needs to be able to send signals to your penis, and your blood vessels need to be able to relax.

If any of those three steps is missing, then you have ED.

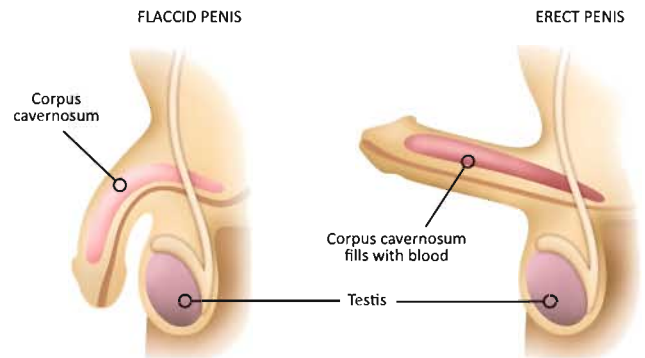


Getting Technical About ED

Just in case you prefer a more technical explanation of how erections happen, here it is...

The blood supply to the penis comes from arteries in the abdomen (belly). Smaller arteries branch off to carry blood down into the penis. When it's time for an erection, these arteries dilate. More blood flows into the penis, causing it to swell.

The relaxation of muscle (in parts of the penis and the walls of the arteries supplying it) allows blood to rush into the cylinder-shaped spongy tissue of the so-called erection chambers, and valves prevent the venous loss of this pressure. The resulting hardness persists until after stimulation has stopped or an ejaculation has happened.



The rush of blood creates high pressure in the penis that also slows down the flow of blood out of the penis. This produces a firm erection that can be maintained until orgasm - if the blood vessels are healthy.

This blood flow process is led by nervous and hormonal triggers that are activated when the brain is stimulated by touch or other stimuli, and these brain signals can be suppressed by anxiety.

The Role Of Nitric Oxide

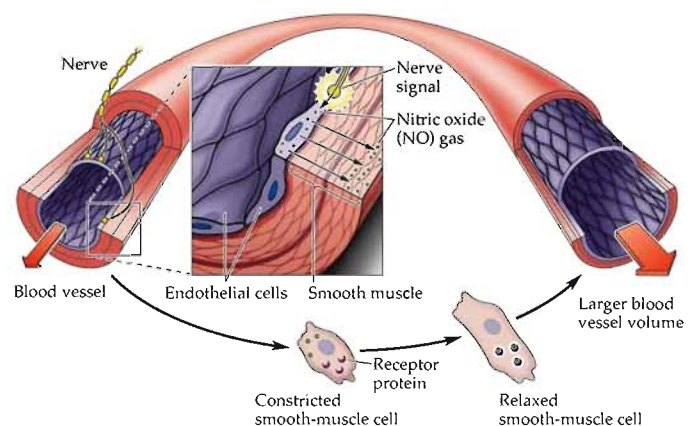
It boils down to this: the ability of your blood vessels to relax depends upon a chemical called nitric oxide. This is the chemical that dilates your blood vessels.

In other words, it makes the blood vessels in your body open up to allow the body to come rushing through.

No nitric oxide, no erection.

When your brain tells your penis it's time to get hard, and the signal is received, the blood vessels in your penis will dilate. Using nitric oxide, your blood vessels open up and pour more blood into those sponges inside your penis. They fill up and get hard.

Viagra accomplishes this artificially. Later on this book, I'll tell you about certain foods that are scientifically proven to boost the production of nitric oxide within your body, so that you don't need to rely on drugs.





WHY ED DRUGS ARE NOT THE ANSWER

You might think drugs like Viagra and Cialis are a quick fix. An easy solution. But while we've all heard of those little blue pills, and maybe tried them, few of us actually know what they do.

And that lack of knowledge can literally kill you!

As I said earlier, most of the causes of ED are warning signs that something serious is wrong in your body. You need to take care of the cause of your ED rather than just bypass it.

It's like when you get an email and then your anti-virus software tells you not to open it. Are you really going to click "ignore" and then open that mystery attachment? Now your computer is infected.

It's the same with ED. Your body is trying to warn you that something is wrong. Viagra was developed to work on heart conditions. They were trying to find ways to lower blood pressure.

What Viagra does is make all of your arteries bigger. It increases the diameter of everything for a little while.

Let's think about that for a moment. The reason that you can't get enough blood to your penis is because your arteries are clogged with plaque.

So, you pop a Viagra, and for a little while you artificially enlarge those passageways.

It will shake loose some plaque, let the blood come blasting through your body, and a lot of that blood will go to your heart, too. If your heart isn't healthy enough to deal with it, you could die as a result.

This is why those little blue pills are prescription only. If you've ever taken one, maybe you've gotten a headache. That's because it doesn't actually target your penis at all. ED drugs target the entire circulatory system.

If your ED problem is more psychological, you might get hard from popping a pill - but then, guess what? You won't be able to come.





Side Effects Of ED Drugs

The three most well-known ED medications include **Cialis (tadalafil)**, **Viagra (sildenafil)**, and **Levitra (vardenafil)**. These prescription drugs increase nitric oxide to stimulate blood flow upon sexual arousal.

As we know, nitric oxide is the key ingredient that is used to dilate the blood vessels. If we don't have enough, we can't get erections.

But our first answer shouldn't be to pump in nitric oxide from an outside source. Our first step should be to figure out WHY we are low on nitric oxide. ***That's very important.***

Before we do that, let's talk about the most common side effects of these powerful drugs in more detail.



Headaches are the most common side effect associated with erectile dysfunction medications. Some men also experience muscle aches, body aches and even lower back pain. Then there is the fun side effect of indigestion and diarrhea. There is nothing quite so fun as diarrhea combined with a massive erection. Talk about a nightmare!



Instead of a headache all that extra nitric oxide in your blood might cause dizziness. Then you fall and hit your head and start really bleeding because you've dilated all your blood vessels. What a horrible way to pass out! Or you might simply faint. This side effect isn't nearly as common as dizziness, but it does happen.



One of the weirder side effects, especially of Viagra, is that it can cause your vision to turn blue. You are finally hard again and the woman you are with starts to look like a Smurf. This is pure insanity. That would really kill the mood for me. Even worse your vision can completely disappear.



Your skin can also flush and turn red. OR you can get a runny nose or a stuffed nose. Who would have thought a dick pill would give you cold-symptoms? Some of the scarier symptoms include having an erection for longer than four hours, losing your hearing and losing your vision!



If you decide to try one of these pills, please keep your doctor's phone number on speed dial. You want that handy. **Especially if you go blind and can't see the numbers to dial.**



Most ED medications warn you not to take them if you have a whole host of existing medical conditions. The irony is that most of those conditions are what cause ED in the first place! **You are caught in a dangerous Catch-22.**

I know that was a long and scary list of possible side effects. These can be so overwhelming that your eyes glaze over and you skip through the chapter. The key is to realize that drugs are risky, and should be our last resort rather than our first one.

And if you want one more reason to avoid ED drugs...what's the worst thing that can happen if you take too many of those pills?

The doctor amputates.

If you think I'm joking and you have a stomach made of steel, type that into Google. I gagged during my research. I can tell you that I almost think a quick, massive heart attack and a lovely funeral is better than spending the rest of my days as a penile amputee.

My dick is one of my favorite parts of my body. He is a treasure, and I try to treat him the way I want him to treat me!



OPTIMIZING YOUR BODY

Let me state this up front: this is NOT a diet book, and a super-strict diet is not necessary in order to eradicate your ED.

However, it's important to understand that when you feed your body garbage, it isn't able to function at its best. And obesity and poor cardiovascular health are two of the leading causes of ED.

Therefore, if we didn't talk a bit about what you eat (and what you SHOULD be eating), this book wouldn't be complete, and you wouldn't get optimal results.

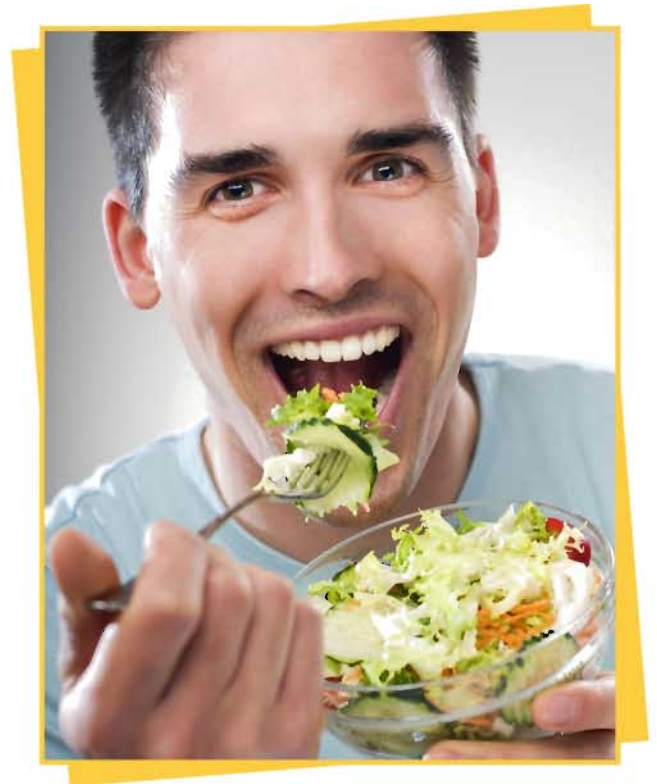
But don't worry. I'm not about to suggest that you get on some starvation diet and start hitting the gym or the treadmill six days a week.

I just want to explain to you some common sense principles about diet, nutrition and exercise that are sure to boost your health overall, and will help you on the road back to erection-land.

Later on in this book, I'm going to talk to you about specific “**sexual super foods**” that I want you to start incorporating into your daily routine. The results can truly be miraculous.

Not only are these foods great for your overall health and well-being, and are often quite delicious, but they've also been shown to have highly positive effects on your libido and erections.

But for now, let's talk about what you put into your body in more general terms, so that you can start “optimizing” yourself not only in the bedroom, but to give yourself better overall health, more energy, and a brighter, more positive attitude.



(Yes, what you eat and drink has a HUGE impact on your state of mind. If a psychological condition such as depression or anxiety is one of the root causes of your ED, then changing how you “fuel your gas tank” is one of the fastest and most effective ways to transform your mood!)



Let Your Body Do Its Job

When your body can't do its job properly, it rebels. It starts sending you warning signals to let you know, "Hey, gimme a break, would you? How do you expect me to do my job when you're dumping crap in my gas tank instead of giving me real fuel?"

Besides, people who try to stick to a strict "diet" wind up failing 95% of the time. And even if I told you to get on a serious diet, or else you'll never get hard again, you still probably wouldn't do it. That's just how people are.

You already know what foods are good for you, and what foods are terrible for you. So really, when I say "diet," I'm just talking about being sensible about what you put into your "gas tank."

If you fill your body with garbage, it stops working and systems start to break down. This is when your body starts sending you "warning signals," with ED being one of the most common ones.

If you want to see what I mean, try pouring a box of wine into your car's gas tank and see what happens. It might run for a little while. Hell, if you use vodka, that works even better. That stuff still combusts. But how long until your engine starts making funny noises, and then craps out completely?

So think about it. How come you'll put garbage into your body without giving it a second thought, but you would never dream of putting anything but pure gasoline into your car?

That's something worth considering. We care more about our cars than our own lives. That's actually kind of terrifying!

Let me state it one more time: 95% of all diets fail. That's why practically our entire country is overweight. We want the quick and easy solution. I would love to offer you that, but it's just a dream. It's vapor in your hand. It doesn't work and it leaves you in worse shape.

Tracking your weight is a waste of time, too. It's a terrible measurement of your condition and will only cause you to get discouraged.

Why Diets Make You Fail

When I first went on a diet, I would weigh myself multiple times per day. I would become obsessed with seeing the tiniest change in diet. I would weigh myself every time I used the bathroom. That's insanity and it is part of why dieting is so stressful and terrible.

So when you try a diet, you get excited for a week or two, but then it starts to fall apart. You get discouraged and you feel like a failure. Like you have no self-control, and you are worthless as a human being. You get fatter and then the cycle repeats.

You see a commercial for a new better diet, and you think that this time you will succeed, but the same thing happens. You get fatter and you get more discouraged. It's this merry-go-round from hell and there seems to be no way off of it!



This book is not about putting you back into that spinning death trap of insanity, and I don't advocate that because it doesn't work. Diets don't work. If ten diets haven't worked, why would I think that an eleventh one is the one that will work? The definition of insanity is doing the same thing over and over again and expecting a different result.

So here is a very simple rule for eating: if you eat garbage, your body will turn into garbage, and ED will be just one of the health issues you have to deal with.



You aren't a child, and you know what food is bad for you without me having to tell you. We could walk through a grocery store right now and I could point to every item and say "good or bad." You would be right most of the time.

Don't pretend you need a list of what's bad, because that is insulting to both of us, and it just kind of provides another excuse for bad eating.

You might say, "Well nobody said I can't eat X, so I don't know for sure that it's bad," but that's how diets start slipping, and then you slip more and more until your diet is forgotten. You deserve better, so I'm going to give you better.

Nobody thinks fast food is healthy, so why do we constantly eat it? It's convenient and kind of cheap and you can eat in your car and a million other reasons, but all of them are bad. Stop doing that to yourself. If you know something is bad for you stop doing it.

The first step is to ignore fad diets. That's just noise in your ears that is designed to distract you from what you should be doing. Instead, keep it simple and you might actually succeed.



Most diets are fads and are not backed up by science. Someone comes up with a cool idea, and a few people try it and lose weight. Suddenly everyone is scrambling to try that same diet, but where are the studies of people six months after the diet? Two years later?

They don't publish those studies, because everyone is fatter than before the diet. So just ignore all of that junk.

Here is a simple formula: Eat fewer calories than you burn, and you'll lose weight.

That's it. Just stick to that simple guideline. If you don't exercise, your metabolism slows down. So even if you eat the same as you did when you were younger, you will start to burn fewer calories each day and you will gain weight.

Exercise is really the key to longevity and healthfulness. You only need a few simple rules that will change your life.

Don't drink any calories. Only drink water. You can make that one change and start to lose weight.

I see all these people I went to college with who are now dealing with terrifying health complications. The stuff I thought didn't happen until your seventies. Now it happens to people in their forties. That's scary, and most of them are just guzzling soft drinks every day.

Some of them drink liters of soda. That's insanity. Sure it's sweet, but it's not even sugar in there anymore. Now it's corn syrup, and if you watch one documentary on that, or read a book about that it will have you throwing up. That stuff is a nightmare. So don't drink sodas. Don't drink juice, either.

Just drink water. Your system will run so much smoother. Limit or eliminate white carbohydrates from your diet. This is things like white bread, white rice, pasta, potatoes and sweets. You know that stuff is bad for you, so I don't have to tell you, but these two simple diet adjustments are all it takes.

When you stop putting bad stuff into your body, the good stuff starts to taste better. When I was younger, I used to hammer back cans of soda. I despised water. But now that I only drink water, it's so refreshing. My body craves it.

Just thinking about it right now, I'm getting thirsty for water - not for sweet, sugary juice, or soda, or anything else.

The same thing happens with food. Once your body adjusts to a healthier diet, it will crave healthy foods and stop craving the junk. After a few weeks, you'll never look back.





The last thing I will leave you with is that eating fish is really good for you.

You might not enjoy the taste of fish at first, but after you remove the garbage from your diet that is messing up your taste buds, you will start to really like it. Fish is wonderful for your body.

That's it. That's the perfect basic diet plan. If you need something a little more complicated I will dig deeper in the next section, but honestly that's more than enough.

You might want a few more diet details so let's dig in a little deeper together. Let's start with the basics.

Drink only water. Why is this so important? Our bodies evolved to run on pure water, and anything else we add to the mix is only diluting the value. We need water to survive, because your body made up of up to sixty percent water. You are constantly losing water through sweat and trips to the bathroom, so you need to keep replacing that to keep the machine going. It's the oil for your engine.

We have decided that we need to add sugar to our drinks; otherwise we learn not to like the taste. That is so bad for your body and fortunately it's so easy to reverse. Even juice.

The reason juice tastes so good is that it's filled with fructose, which is the fruit version of sugar. You can take one sip of juice and know that it's sweet. These drinks are insidious!



We don't pay attention to how many calories are in our drinks and that's one of the main ways that we lose our diets. And please don't tell me that you think diet coke is actually going to help you lose weight. All sodas are filled with toxins.

One of the most common science experiments when I was a child, was to take a tooth and put it into different drinks for twenty-four hours. I still remember it. In twenty-four hours the soda had completely dissolved the tooth.



That's not good!

Imagine if you just kept a mouthful of soda for one day. The next day all you would have left is gums. Do not put toxins into your body. It's much better to enjoy non-toxic beverages that give you vitamins and nutrition along with the calories.

When it comes to eating, don't eat grains and don't eat anything starchy. This is what people talk about when they talk about slow or low carb diets.

It's white carbohydrates. The easy way to remember this is to not eat white food. Don't eat bread, potatoes, pasta or white rice.

Those are like "filler" that we put into our meals so that our stomach feels full. But those foods don't contain the nutrients that our bodies need.

Have you heard of the Paleo diet? That one is all about trying to eat the way our bodies were designed to eat since the caveman days. It's all about eating only foods that we had access to thousands of years ago, when the design for our bodies was perfected.

So let me cut to the chase:

Basically, eat a **lot of meat, fish and vegetables**.

Cut out all "**junk foods**" and processed foods.

And only drink water. **LOTS of water**.

If you stick to that very simple plan, you don't have to play portion control games. You won't feel like you're chasing a dragon. Most diets are so complicated with lists of what you can and can't eat.

If a diet is hard, it will fail. Make it simple, and you will succeed.

Here's one last tip and then we're done talking about food...

Your sense of taste, and what you crave, will ADAPT depending on what you eat and drink consistently. And your body will crave what it **NEEDS** much more than what you "think" tastes good.

That's something really important to learn and understand.

I used to eat fast food at least a few times a week. McDonalds, Burger King, etc. I'd wolf down a Big Mac or a Quarter Pounder With Cheese and wash it down with a huge soda and some fries, and I would think that I was handling my hunger.

But a funny thing happens when you eat crap: you feel hungry again a short time later.

This is because your body is still craving **NUTRITION**. (There is no nutritional value in fast food or soda.)



And when you do switch onto a nutrient-rich diet, you'll be amazed at how "full" you feel and how little food you need to get through the day.

The other amazing thing about this: once you start eating a nutrient-rich diet and you stop putting garbage into your body, your body will do its part to DEMAND more of the same.



If you eliminate soda, and start drinking a lot more water, your body will crave water (because your body knows water is a lot more helpful than soda). If you then drink a can of Coke, it will taste way too sweet. You won't even want to finish the can.

If you eat leafy green vegetables, fish, and other nutrient-rich foods for a couple of weeks, and then you break down in a moment of weakness and order a Big Mac, that Big Mac won't taste the same as it used to.

Your body will TELL you: "Why are you forcing me to process this garbage? You don't want this, and I don't need this!"

Now, if I try to have a drink of sugary fruit juice, my mouth is almost shocked at how sweet it is, and my taste buds reject it. The same with soda.

The unhealthy foods and drinks that I used to crave, my body now rejects. Instead, my body craves what it NEEDS to function properly. And as a result, I have an erection whenever I want it.



Within two weeks you can train your body to actually like the taste of fish. And water. And green, leafy vegetables that are packed with nutrients.

You will lose weight, you'll look awesome, you'll have ten times the energy that you have now, and you won't feel like you are "missing out" on anything.

Plus, you'll have rock-hard erections.

That sounds like a pretty good deal to me, do you agree?

The Role Of Nitric Oxide, Part 2

Earlier I mentioned how important nitric oxide is when it comes to creating erections. When you have **free radicals** in your blood they eat up the nitric oxide before you can use it to make an erection.

Rather than go into what free radicals are, I want to keep it simple for you. Dark fruits release a chemical into your blood that fights the free radicals. They are like the guard dogs that stop the free radicals from killing your erections.

Dark-colored fruits release a chemical into your blood that fights the free radicals. They are like the guard dogs that stop the free radicals from killing your erections.

So start eating a fistful of **blackberries** every day. Finally those boring blackberry-picking trips with the wife have a purpose! Now I'm the one suggesting we go out berry picking. She has no idea what she's getting herself into, when I'm loaded up on blackberries.



You can also just start by putting blackberry jam on your toast every morning.

Again, later on in this book, I'll share with you a complete list of "sexual super foods" that have been shown to massively boost your erections and your overall health.

Right now, I just want to get you in a healthier state of mind about the importance of "optimizing yourself."

Food Quality

The quality of the food you eat will directly correlate to the quality of your erections. There are three key systems involved in getting an erection.



The first is your ability to be aroused. When you are lethargic and can't focus you aren't going to get horny. Think about if you don't sleep for three days. An erection is going to be the last thing on your mind.

The second system is your nervous system. You need to send that electrical impulse from your brain down through your spine and straight to your penis. If your nervous system is acting up and signals are getting lost then you will have problems with your erections.



Your third system and the one that is most often compromised, is your circulatory system. If something is wrong in your bloodstream then you can't open up the floodgates.

Stop eating garbage. Cholesterol is basically the “anti-erection!”

If you are overweight, you are putting a ton of extra pressure on your circulatory system. That extra pressure on the system means that the extra curriculars are the first to get cut.

When there is a problem with the school budget, it's the art program that gets the axe first. Same thing with your erections. You don't need them to stay alive. They are about pleasure not survival.

So if your blood is out of wack, your body stops letting you have erections.

Eating Organic For Your Organ

Most of our food nowadays is the result of a lot of high-tech science, which has had a lot of negative health effects on our bodies...and on our penises.

We now use fertilizers that are based on oils, and we use pesticides to keep bugs away. (Those same pesticides can kill the farmers if they get any on their skin. And when you buy processed foods from a supermarket, you are putting them into your body.)

I don't like those San Francisco hipsters who brag about their organic diets as much as the next person. I'm not talking about eating organic food to justify being pretentious.

This is about saving your dick! The more pesticides and weird chemicals you get into your bloodstream, the more problems you are going to have with your system.

If you start eating food that is fresh and was grown in your region, you will notice a bump in your quality of life.



You want foods from smaller farms. That is where you can get food that isn't covered in sketchy chemicals. Yes, organic food does cost a little more. It's like a ten or twenty percent price bump.

But if you stop eating in restaurants, and if you stop shoveling fast food down your gullet, then you can afford to eat organic. Just spend a little extra time paying attention to what you put into your body.

The Terrible Truth About Chicken

If you knew how the chicken industry actually worked, you might never eat chicken again.

Almost all chicken in the United States is controlled by four companies. The people who work for these companies are as close to pure evil as humans can get. They treat the chickens like garbage, but they treat the farmers even worse.

When you start out as a chicken farmer, you sign a contract with one of the big chicken companies. They make a ton of promises, but then the evil begins. They constantly force you to make extremely expensive changes to your farm. And they make you and the chickens live in horrendous conditions.

For example, if a farmer lets the chickens see the sun, the company will ruin him. That's right. The farmers are not allowed to let the chickens experience sunlight.

And here's the real kicker...

These companies pay off United States Senators. If a chicken farmer complains about how poorly they are being treated, the company can just stop paying them. Or mess with the chickens they get. They give them the worst eggs. Those eggs grow into low quality chickens. So then they don't pay the farmer for the chickens he produces.



They tried to pass a law saying that you can't hurt a farmer for speaking out. But a certain senator, well, he's personally fighting to bury that bill.

Like most politicians, he takes the money from the big companies and he doesn't care about the farmers. So now that you've had that little peek into the horror that is the chicken industry, you can see why I like to eat chickens that saw the sun.

Call me old fashioned but I don't like my chickens to grow like mushrooms. I like cage-free. I like free-range. That means that the chickens aren't treated like prisoners of war. You can taste the difference.

You shove a million chickens into a warehouse with no light. You are going to get some seriously gross effects. I wish I could unsee the documentaries I watched on chicken farming, before writing this chapter. Needless to say I will never eat chicken from those guys ever again.



They treat the farmers like garbage. They treat the chickens like garbage. You really think they care if they put toxins in your food that make you impotent?

Think again.

Chicken Science

Let's go a little deeper into the difference between **“regular”** and **organic chicken**.

Organic foods are grown and processed differently than conventional agricultural products. Meats, like chicken, are fed organic feed and provided with access to the outdoors. Organic chickens receive a balanced diet and clean housing, which helps decrease the propensity of disease. The use of antibiotics and feed made from other animal parts cannot be used in organic chicken farming.

Organic chickens are raised far differently than regular chickens. The feed for organic chickens must be grown without chemicals or genetically modified organisms. The chickens must be free-range, which means they are allowed outside. They also must have more living space than conventionally raised chickens. As a result, you will find some differences between eating organic and inorganic chicken.



Some people believe that organic chicken is superior because farmers are not allowed to use growth hormones on the animals. While this is true, know that the use of growth hormones in chicken and pork is banned for all types of farms--conventional and organic--according to the United States Department of Agriculture website.

Other chicken may have labels that read **“all-natural,” “free-range,”** or **“hormone-free,”** but these do not mean the chickens have been fed organic feed or given access to the outdoors.

You do not ingest hormones or antibiotics with organic chicken. If farmers want their products certified organic by the USDA, they cannot give their chickens growth hormones or antibiotics. Although no chickens raised in the United States can be given hormones legally, organic farmers must prove their animals have not been treated with either hormones or antibiotics.

Antibiotics are regularly given to nonorganic chickens because their close quarters encourage the spread of disease. But antibiotics are not magic, so a few food-borne illnesses can still spread from conventional chickens to consumers. In addition, some researchers theorize that overuse of antibiotics can lead to drug-resistant bacteria.



While eating organic produce can help limit your exposure to pesticides and chemical - based fertilizers, the benefits of choosing organic chicken are less obvious. Organic chicken farming is cleaner and may be more environmentally friendly. Choosing chicken or other meats that do not contain antibiotics can help prevent the development of resistant bacterial strains.

You might choose organic chicken because it seems to imply that the chicken was treated in a more humane manner during its life. Some people find they prefer the flavor of organic chicken.

Organic chicken can cost almost twice as much as conventional chicken. Organic chicken may appear slightly different than conventional chickens. The chickens are often smaller and paler as they do not contain colorings or salt solutions for preservation.

There is no guarantee that “organic” label means that the chicken was treated better than its conventional counterpart. Choosing organic chicken that has been trucked across the country may have more of an adverse environmental impact in terms of transport pollution than selecting a conventionally raised local chicken.

Organic may contain less salt and other additives. Many conventional and even **"natural"** chickens - but not organic ones - are injected with water, salt, and preservatives to add moisture and boost flavor. (Check the ingredients label for salt or other additives.) The upshot is higher sodium.

There are other foods worthier of your organic dollar. If you can't afford to buy everything organic, I suggest that you buy natural fruits and vegetables like apples, peaches, spinach, strawberries, and sweet bell peppers, as the treated types often have the highest pesticide residue.

But how does it taste? Well, there have been tons of blind taste tests and nobody can tell the difference between regular and organic chicken. You aren't going to lose any of the taste that you are used to. At first you might miss all that extra salt that is injected into the chickens, but since that is one of the culprits for messing up your blood vessels with cholesterol, it's ok to say goodbye to that extra sodium.

Fat: It's Not All Bad

Twenty years ago, all the fad diets were about “avoiding fat.” Now it's all about Paleo diets. I am not into the fad version but I get the diet.

Why not eat the way our bodies were designed to eat. Eat like a hunter-gatherer. That just means don't drink garbage and don't eat white carbohydrates. That's a really easy diet to follow. As long as you are just eating meat and vegetables and nothing is deep-fried you are fine.

It's the fats from fried foods and from bread that you want to avoid. Those are the fats that are bad for you.





My diet is really simple. I only eat meat and vegetables and I only drink water. It's that simple. It fits into a single sentence. If it's not in that sentence then I don't eat it. I don't eat bread or rice or anything that comes in a box or foil from the grocery store. A simple diet is the easiest one to follow.

The Benefits Of Eating “Locally Grown”

If you go to a big grocery store you will notice something amazing - every single fruit and vegetable is always “in season” now. It's almost like magic.

Most of us just assume that this is the way the whole world works, but it isn't. Most of the food in the grocery store was grown in another country. Take a look on that avocado you are about to eat and you will see that it was grown in South America.

Let's just stop and look at a map for a second. That's REALLY far away. If you grow an avocado in your back yard and then you harvest it, how long before it goes bad? If you think the answer is two weeks, then you have never grown anything.

The real answer is three to five days. So that avocado is plucked down in South America. It is processed and it ends up in a big truck. That truck is driven for a VERY long time. That avocado will probably bounce between three warehouses and several trucks before it ends up in the bin at your local grocery store.



That takes about two days.

So that means that you have one day to eat that avocado from the moment you buy it, but we know that we don't do that. Most of us only shop once or twice a week. So how is that guy lasting so long?

Well, spray a bunch of preservative chemicals on it. (Just don't get any in your eyes!)

That's the international food experience. No thanks. I would rather pay ten cents more to eat an avocado that is in-season and was grown in the same state I live in. No poisons. No weird toxins.

Look. I know that people that go to farmer's markets are so pretentious. It's another bastion of hipsters, but sometimes you have to just deal with it. You don't have to go in person. You can send your wife or your assistant. You will get better food. That is better for your body.

For many men, just switching from chain grocery stores to farmer's markets brings their erections back. That's the best reason in the world. Whenever some young guy in his twenties with an “ironic” mustache asks me why I shop at the farmer's market, I just tell him it helps to keep my cock rock hard.



Added Benefits Of Locally Grown Food

Let's dig a little deeper into why locally grown food is so great:



Locally grown food is full of flavor.

When grown locally, the crops are picked at their peak of ripeness versus being harvested early in order to be shipped and distributed to your local retail store. Many times produce at local markets has been picked within 24 hours of your purchase.



Farmstead products like cheeses are handcrafted for best flavor.

Livestock products are processed in nearby facilities and typically the farmer has direct relationship with processors, overseeing quality - unlike animals processed in large industrial facilities.



Eating local food is eating seasonally.

Even though we wish strawberries were grown year round in Michigan, the best time to eat them is when they can be purchased directly from a local grower. They are full of flavor and taste better than the ones available in the winter that have traveled thousands of miles and were picked before they were ripe.



Local food has more nutrients.

Local food has a shorter time between harvest and your table, and it is less likely that the nutrient value has decreased. Food imported from far-away states and countries is often older, has traveled and sits in distribution centers before it gets to your store.



Local food supports the local economy.

The money that is spent with local farmers and growers all stays close to home and is reinvested with businesses and services in your community.



Local food benefits the environment.

By purchasing locally grown foods you help maintain farmland and green open spaces in your community.



Local foods promote a safer food supply.

The more steps there are between you and your food's source, the more chances there are for contamination. Food grown in distant locations has the potential for food safety issues at harvesting, washing, shipping, and distribution.

**Local growers can tell you how the food was grown.**

You can ask what practices they use to raise and harvest the crops. When you know where your food comes from and who grew it, you know a lot more about that food.

**Local food preserves genetic diversity.**

In the modern agricultural system, plant varieties are chosen for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there is limited genetic diversity in large-scale production. Smaller local farms, in contrast, often grow many different varieties of crops to provide a long harvest season, an array of colors, and the best flavors. Livestock diversity is also higher where there are many small farms rather than few large farms.

**Local food is safe.**

There's a unique kind of assurance that comes from looking a farmer in the eye at farmers' market or driving by the fields where your food comes from. Local farmers aren't anonymous, and they take their responsibility to the consumer seriously.

**Local food supports local families.**

The wholesale prices that farmers get for their products are low, often near the cost of production. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their food - which helps farm families stay on the land.

**Local food builds community.**

When you buy direct from a farmer, you're engaging in a time-honored connection between eater and grower. Knowing farmers gives you insight into the seasons, the land, and your food. In many cases, it gives you access to a place where your children and grandchildren can go to learn about nature and agriculture.

**Local food preserves open spaces.**

When farmers get paid more for their products by marketing locally, they're less likely to sell farmland for development. When you buy locally grown food, you're doing something proactive to preserve our working landscape. That landscape is an essential ingredient to other economic activity in the state, such as tourism and recreation.

**Local food keeps taxes down.**

According to several studies by the American Farmland Trust, farms contribute more in taxes than they require in services, whereas most development contributes less in taxes than the cost of required services. Cows don't go to school and tomatoes don't dial 911.



Local food benefits the environment and wildlife.

Well-managed farms provide ecosystem services: they conserve fertile soil, protect water sources, and sequester carbon from the atmosphere. The farm environment is a patchwork of fields, meadows, woods, ponds and buildings that provide habitat for wildlife in our communities.



Local food is an investment in the future.

By supporting local farmers today, you are helping to ensure that there will be farms in your community tomorrow. That is a matter of importance for food security, especially in light of an uncertain energy future and our current reliance on fossil fuels to produce, package, distribute and store food.

All of these are other great reasons you can use to explain why you are at the farmer's market every Saturday.

Understanding ANDI Scores

ANDI stands for Aggregate Nutrient Density Index. It's fancy chart that scores foods on a scale from 1 to 1000. The lower the score is the more likely it is to kill you.

If from now on, you only eat foods with a high ANDI score, you will turn your entire body around. Those three key systems for erection forming will start operating at peak efficiency. They will run like a well-oiled machine. Foods like Kale, Swiss Chard, and Collard Greens all have perfect scores, so the more you eat of them the better. They are basically the perfect foods.

Radishes, turnips and carrots are also quite good for you. There are loads of great foods and the ANDI score makes it really easy to figure out what the right foods to eat are.

I just try to keep my score as high as possible.

Greens & Veggies		ANDI
	Kale	1000
	Mustard greens	1000
	Collards	1000
	Bok Choy	824
	Broccoli Rabe	715
	Spinach	707
	Brussels Sprouts	672
	Chard	670
	Arugula	559
	Carrots	458
	Radishes	554
	Bean Sprouts	444
	Red Pepper	366
	Radicchio	359
	Turnip	337
	Artichoke	244
	Tomato	190
	Butternut Squash	156



The Importance Of Hydration

We all need water to run our bodies. One of the main keys to my diet is that I only drink water. I don't drink sodas or juices or anything else; that way, I only get calories from food.

Your body was built that way. It doesn't really know how to adapt to drinking calories and all of that stuff is garbage. Would you put sugar into your gas tank? I hope not!

There is an easy way to see if you are getting enough water. How dark is your urine? I know we don't like to talk about things like that. I don't think I've said that word outside of a doctor's office in years. But it's true. The darker it is the more water you need. It should be almost clear. If it's not you have work to do.

The simplest way to make sure you have enough water in your system is to drink only water. Don't drink anything else. Your body was designed in a world where you could only get calories from eating.



Your body is not trained to deal with calories it gets from drinking liquids, so it doesn't know how to handle these calories properly.

I am sitting next to my water machine right now as I write this. It has five gallons in the jug and I know that every glass is nice and cold. My mouth is watering just thinking about it. Because I don't drink anything else, my body has been trained to crave water again.

The main thing is you want to maintain the balance within your body. Most of us are dehydrated, because we don't get enough potassium. When I was a young man, I saw these commercials with a bike rider, saying that when he's low on energy and needs more potassium, he just eats a banana.

Those commercials were misleading. Do you know how many bananas you have to eat EVERY DAY to get the potassium you need? TEN!

That's way too many for me. I know if you only eat carrots eventually you turn orange. If you start eating ten bananas a day, you might turn yellow. Or maybe just get hairy like a monkey. That's too hard. ;)



Plus, you are getting so much fruit sugar that it completely negates and benefits.

Instead you want to eat foods that are higher in potassium like:



**SUNFLOWER
SEEDS**



KALE



SPINACH



DATES



**SWEET
POTATOES**



MUSHROOMS

Just pick something off that list that you actually like. I hate kale but I know some people like the taste. Spinach is my favorite vegetable. When I was a kid I hated it so much. I don't like it chopped or whatever most people do to it. I hate it that way. When I'm making a stir-fry or just about anything on the stove, one minute before it's done I throw in a few handfuls of spinach. The leaves shrink up and they taste delicious. That's what works for me.

Maybe for you, it's sunflower seeds. That's ok. I think those taste pretty great too. Just make sure that you don't get any with like added salt or anything like that. Their natural flavor is good enough. Basically low potassium means your electrolytes are not in balance, and that slows down your circulation.

Your body was designed and perfected where there was only one drink option - water - so don't drink anything else. Any other drink that adds stuff to the water it decreasing its value to you. Pure water is the best drink when it comes to health and reducing cellulite. Everything else adds salt or sugar or something else that you don't need that decreases the effectiveness of water.

Sports drinks might tempt you, but those are designed for drinking right after you play a serious sport, where you sweat a few gallons for a few hours. Then you might need to replace the salts in your body with a sports drink. But unless you are operating at a professional sports level, water is the best choice.

The best way to start every day is with a nice glass of ice-cold water. This gets you hydrated right out the gate. It sets the tone for the day. And because it's ice cold it will kick start your metabolism.

Maybe you hate the taste of water. I was the same way at first. I was so used to my diet sodas and my juice and my smoothies. I thought water just tasted so boring, but there is something really special about your taste buds. They use a relative scale, not an absolute one.

That means that if you only drink water, after a few weeks your body starts to really crave it. I really love the taste of water now and other drinks don't appeal to me. I reset my taste buds.

Just thinking about a glass of water as I write this is making my mouth water. Water is so refreshing to me now. You can add a slice of lemon or even a little lemon juice to your glasses of water. Lemon is really great for your body. It's quite inexpensive and is just loaded with Vitamin C. Great for your body and your immune system.



A Quick Note On Drinking Alcohol

I know that some of us like to sneak in a couple of cocktails with dinner. Maybe you just want a couple of beers. There are tons of studies that say one glass of red wine a night is ok, but most people hear that and turn it into, “a six-pack of beer a day keeps the doctor away.”

The question is: Do you want to get drunk or do you want your dick to work again? Because that is a choice. We do all these things that damage our bodies, and damage our health, and then we just lie and lie to ourselves. If you are young to keep drinking just admit it to yourself. Just say that you would rather drink than ever have good sex again.



And if you say that and you mean it that's ok then, because you've actively made your choice. But if you are going to read this, pretend that I'm wrong, and then keep drinking - well, that's a passive choice. At least be a man about it if you are going to drink your dick away.

So only drink water and stop making excuses, and this alone will be a positive step towards eliminating your ED.

Milk

I want to break down some information about milk because there are a lot of misleading commercials. Before I dig into the science let me make it really easy for you. If you are depending on milk as your source of Vitamin D, you need to drink about 40 glasses a day.

Unfortunately, that will probably kill you. It will pretty much destroy your body. You will be a corpse with a really good amount of Vitamin D. You can get that from standing in the sun with your shirt off for 20 minutes a day.





Obviously, that is what I recommend since it won't kill you.

Then there is potassium, which you need that to stay hydrated.

Don't even ask me how many bananas a day you need to eat to get your "daily requirement" because it's still ten and that is a lot of bananas. So now we are basically talking about a day filled with banana milkshakes.

I hope you can see where this is going. Don't drink milk.

All that crap about milk giving you strong bones - there is zero science to back it up.

I know I mentioned local cheese before. If you are going to eat dairy, at least get the local stuff. Not milk that has been inside of like a dozen machines before it made it to your refrigerator. But I don't eat any dairy.

Look, I love cheese and ice cream and all of that, but I would rather have a rock hard erection. It's a choice that I've made.

Smoking

A recent study came out that focused on the links between smoking and erectile dysfunction. If you don't smoke you can jump to the next chapter. If you do smoke, then you need to quit right now.

If you love smoking so much that you need a little more evidence before you quit then, I'll happily share some more science.





You should know that I have been where you are. I used to smoke and it was killing me. I was having chest pains, I was coughing up blood and I could barely walk up a flight of stairs, but I didn't want to quit because smoking looked so cool.

Nothing quite so cool as a fat guy smoking!

The key to quitting comes down to a change in your core mindset. I liked smoking. So until I changed that core thought I would never really quit. So I changed that mindset and decided that smoking was gross

I hate being near people who smoke now.

If you can focus on changing how you feel about smoking, then the rest of it just falls into place. So let's talk about why smoking is bad for your dick.

First of all, smoking destroys your circulatory system. So when that starts to weaken you can't open those floodgates to erections. That's a two-step causality though. That's pretty bad but you can smoke for a long time without doing enough damage to your circulatory system to cause ED.

Don't worry! That is just the beginning. Smoking actually directly attacks the penis.

The first thing that smoking attacks in your circulatory system is your endothelium. That's the inner lining of your blood vessels, which allows them to enlarge or shrink. When these aren't working, you can't get erections. Smoking directly attacks the key part of your body that allows erections.

The second thing is that smoking releases free radicals into the bloodstream. They attack nitric oxide. That's the key chemical you need to actually open those floodgates. So now we don't have the guards AND we don't have the fuel to open the gates. Talk about a double whammy!

It also causes oxidative stress. Basically the part of your body that manages your oxygen system is broken. Imagine a bunch of steam valve bursting and you get the idea. That's not a good thing.

When these three systems are broken you can't get erections. There are also a host of other diseases associated with smoking, but the idea of an exploding dick makes me never want another cigarette.

Smoking-Related Diseases

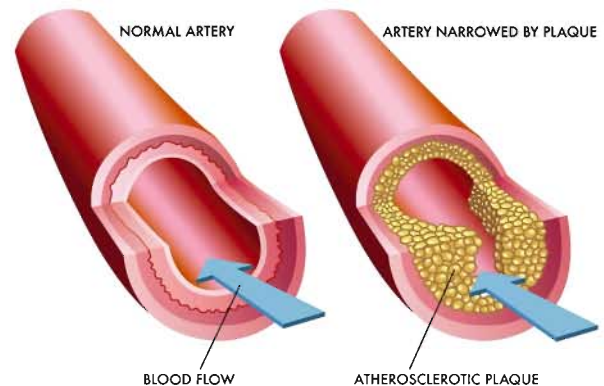
We all know that smoking causes tons of disease, but before we get specific let's just talk about death. Smoking kills more people than HIV, illegal drugs, alcohol, car accidents and guns COMBINED. It causes lung cancer and it causes about fifty other types of cancer. It messes up your blood. It messes up your heart.

I mean, there are enough commercials on TV that we all know smoking is terrible for us. So I'm not going to harp on this too long. You just have to quit. I know it's hard because I had to quit too.



Science Corner: Arteriosclerosis

“Atherosclerosis,” or “arteriosclerosis,” are big words that simply mean hardening of the arteries. When you smoke your circulatory system gets worn out and your arteries harden. When your arteries are hard then they can’t soften or dilate to allow blood into the penis. **Basically, you can’t get erections.**



Coffee, Tea and Other Caffeinated Drinks

Caffeine raises blood pressure, when it stiffens your blood vessels, making them smaller and harder. These blood vessels then can’t let blood into penis. They need to relax in order to allow erections and coffee causes the exact opposite.

Drinking coffee causes an increase cortisol and lowers testosterone in your body. This might only be for a few hours after each cup of coffee, but when you are a regular drinker this becomes a long-term condition..

These are two hormonal causes of ED, so coffee hits you in three different ways. It’s a triple threat when it comes to causing ED

I know you probably need a cup of coffee ever morning to start you day, but remember what I said about drinking? You should only be drinking water. Anything else is not great for your body. A simple diet is the easiest diet.



Vitamin D Deficiency

One of the possible causes of ED is Vitamin D deficiency, but before you start drinking Vitamin D milk or taking supplements I want to go to the original source - **The Sun.**

Is the sun good or bad? How often does the news change on that?

“Don’t get enough sun and you will die of Vitamin D deficiency.”

“Take Vitamin D pills, the sun is trying to kill you”

“Skin cancer! Skin cancer!”

“You need more sun, you need less sun.”





Stop listening to all of those idiots. We get so much noise and false information and facts that disagree with each other. It's impossible to know what to do to stay alive. Let's keep it simple and focus on the facts: We were originally outdoor people.

Remember our bodies were designed to be hunter-gatherers. That's what we are optimized for. And guess what? That involves a lot of walking around under the sun.

Vitamin D is good for you. You know when you have too much sun. This is just like deciding what to eat. You actually know the right thing to do. Spend time out in the sunlight.

This is the one time that it's ok to be similar to a plant and let the sun shine down on you. Just don't over do it. If it starts to hurt, or if your skin burns, then you are overdoing it.

You don't need to become like dark brown leather. You just need to find a good balance. You can be outside and just wear clothes and a hat. If you just wear clothes and a hat, a few hours of sun a day is fine in most areas.

Just spend time outdoors pursuing your a hobby or sport, and calibrate your level of sun protection using your brain.

Don't be afraid of the sun, because Vitamin D is so good for your body. Like a plant we turn the sun's rays into something that gives us energy and life. Vitamin D is good for strong bones and all these other amazing parts of your body. Studies have shown that it actually lowers your chances of catching awful diseases. It fights on your behalf. It is the first line of defense in your body against cancer.

There is this system in your body that does quality control. It checks for defective genes and mutations, the precursors to cancer. Vitamin D is the fuel for the quality control department in your body. All these people saying that the sun causes skin cancer are exaggerating.

The sun actually prevents cancer, by providing us with Vitamin D. We grew up outdoors; if the sun were so bad for us, we would have died out thousands of years ago from cancer. More recent research shows that skin cancer is actually caused by bad diet or toxins. The same bad diet and lack of exercise that can cause other types of cancer, also causes skin cancer. That makes sense.

And speaking of toxins, when we want to go for a swim, we sit by the pool in our new swimsuit. We don't want to get burned, so we slather on the sunscreen, and then we hop in the pool. But what are we really doing to ourselves here? Have you looked at the ingredients of sunscreen? Some of them are pure poison.

If they get through your outer layer of dead skin and actually get into your body, your liver can't fight them. They are horrifying. We put things on our body that if they get inside of it will kill us. You better not get any sunscreen on a cut!

Before you put something on or into your body, just do five minutes of research. One ingredient in many sunscreens is called titanium dioxide, and yes it is a carcinogen. That means it causes cancer, so please don't get it in your mouth! That took me five seconds of search on the Internet.



I just looked on a bottle of sunscreen and typed in one of the ingredients and that's what came up.

Here's the other thing: There are two types of UV rays. One type causes burning and one type causes cancer. Most sunscreen just stops the burning kind. So yet again we have this modern cure to a problem. It stops sunburn, which is really our body warning us we need to get out of the sun, but it doesn't protect us from the actual problem!

The sunburn is a warning from your body to get out of there. If you are tempted to try and get your Vitamin D somewhere else, don't bother.

You know that it takes FORTY glasses of milk to get you the same Vitamin D as twenty minutes in the sun. That's pure insanity, and supplements don't work as well either. A Vitamin D pill is delivering it into your body in the wrong format. It gets diluted when your body digests it. This is why once again, pills are not the answer.

It's worth seeing a skin doctor just once a year to make sure everything is ok and you should be fine. A little prevention is all it takes to make sure that nothing terrible happens to you.



THE MIND CAN BE A TERRIBLE THING

Do me a favor and take this test: Stop whatever you're doing. Sit completely still. Now listen to your breath go in and out.

Do thoughts drift through your mind, without your asking for them? Are you unable to keep your mind clear? If so, you're not alone: As a society, we're growing more and more natively stressed and natively addicted to thought and it's natural by-product, anxiety.

We're constantly on alert for Facebook updates, Twitter tweets and the next, big thing from any of the dozens of companies, friends, social circles, business opportunities and groups we belong to.

Even our phones update us constantly with texts, calls and notifications from every single app we've ever downloaded. (In fact, we're so addicted to this "always on" feeling; I bet you panic when you realize you've left your phone at home.)

Now, you can't blame modern technology or even the latest generation, because we've been heading in this direction for decades. We first started with the industrial revolution, turned the dial up with management strategies like and have simply taken this always on, always aware attitude to the next level with social media, the always connected reality and other interesting expressions of constantly connected culture.

Why am I going on about this? Because this always on, constantly connected culture is a MAJOR source of stress, for most people. And in this chapter, you'll see how stress... anxiety... and your MIND is a major problem, if you want to achieve and maintain erections reliably.





How Your Mind Affects Your Erections

Your mind is made up of thousands of parts. There are sections for speech, sections for hearing... there's a section, which controls the valve that you open in order to take a piss. However, for our purposes, we can think of the **BRAIN ITSELF** - the grey matter - as three major sections.

The first is the grey matter. This is the brain as we know it. It's language, thought and human emotion as recently as one hundred thousand years ago. (And that's **VERY** recent from an evolutionary standpoint.)



The second is the 'sub matter.' This is the brain you have underneath the grey stuff. This is the brain you had when your ancestors were lower forms on the evolutionary chain. (If you don't believe in - or don't like to think about - evolution, you can understand it this way: This is the part of your brain you **SHARE** with animals. The instincts as opposed to the thoughts.)

The final part of your brain is the brain stem itself. This is the part of your brain, which connects it all to your body. This is the most primitive part of your brain, period. Even insects have the instincts you have in your brain stem.

Why is this important? Because each "layer" of your brain contributes to a layer of thought. The brain stem thinks in a very subtle way - it controls your heartbeat, hormone functions, all without you being aware of it, at all. The sub matter works below the surface of thought - but it grabs your attention and pulls it to situations or entities it believes are dangerous to you. Your grey matter is your language and reasoning... but it's also your impulse and other drives, too.

We can combine this knowledge to develop a model of the way your mind - your subjective experience of your brain - as follows:

You experience verbal thought, which comes up - is bubbled up, is inspired - from connections the entirety of your brain creates from the stimulus you're providing it.

(The world around you, your recent thoughts, your stressors, etc.)

This is important for erectile health: Because it means that - as long as one part of your brain is aware of it - your mind will always be searching for some sort of connection to your erectile issue. Whether it's a reason why your dick's not working, a fear your lover will reject you or some sort of biological correction. It's just automatic.



Erectile Dystopia

Once we have a single instance of ED, the seed is planted and we start down the path of paranoia. We start to wonder if the world has abandoned us.

I remember the first time I ever had a problem with a woman. I met a girl in a club with my buddy. He took his girl up to his room and left me in the living room with mine. Things got down and dirty, but I just couldn't get it in.

I was freaking out but I refused to give up. I started wondering if I was just too drunk or what was happening. That same Dead Kennedys song was playing on repeat in the back of my mind. I fought and fought and finally, an hour later, I got it in. Only then did I realize that she was dry as a bone!

That night, I realized that women could have problems with their sexual parts, too. I was so caught up in my own head that I never considered that women could have "plumbing problems" also.

But that's how it starts. Even a hint of a problem and our minds are off to the races. Wondering what is wrong with us. Is the problem permanent?

Stress: The Silent Erection Killer

These seeds grow into anxiety and stress is one of the main causes of ED. This is the psychological cause - You start to wonder if your dick is going to act weird the next time you're with a woman and that anxiety grows into stress and paranoia. Suddenly all you can think about is your performance.

Instead of living in the moment and enjoying the experience, you are caught up with your thoughts. All those thoughts and fears are like a mental roadblock. They block the signals that tell your body it's time to get hard.

Do you remember those old cartoons where the coyote was chasing the roadrunner? He would run off a cliff and keep running. He wouldn't have any problems until he looked down, but the moment he looked down he would fall.

That's what happens when you get lost in your negative thought cycle. You are so obsessed with your fears that your body can't operate correctly.





Performance Anxiety

The first time you have a problem downstairs it plants that seed. What might have started as a physical problem has been compounded by a psychological one, and now we have two layers of problems.

The physical problem, which may be sporadic, and the mental problem, which might get you all the time. Whether you are with a different woman each time you have sex or the same woman every time, performance anxiety can become very real.

We very much equate sexual performance with masculinity



Examples:

The first time I ever had a problem with ED was when I was with that woman with the dry vagina. Sure in that moment it wasn't even my fault, but it planted the seed of worry that started a very real problem with my sexual performance.

From that moment on I had a lot of trouble with my orgasms. For some reason, I couldn't come with a woman. I was nervous, and skittish, and honestly I thought I was the only person in the world this ever happened to. They never talk about orgasms in all of those commercials about ED!

I was in the dark groping for a solution and that started to get into my head and from then on my problem got worse and worse. I felt this growing anxiety with women. Every time I would sleep with a woman I would start to wonder if I could come with her.

Eventually I could only come with my eyes closed and imaging a different woman. But if I was sleeping with THAT woman I had to imagine somebody else. The problem became this psychological dragon that wouldn't stop chasing me.

With another woman I slept with I simply couldn't get hard. My body abandoned me and she stormed out of my apartment, never to return. When you have mental ED, it just grows and grows.

It's like a slump in baseball. It feels like an unstoppable force. You keep swinging but you keep striking out. Each time you fail the pattern becomes more certain. Each time you fail, that is more evidence that you will never swing at full power again.



Causes Of Sexual Anxiety

There are a few key causes that can kick off sexual anxiety:

It might start the way it did for me with a bad sexual experience. If you are with an unkind woman she might critique your performance and that can kick off your soup. If you have poor body image, you start off afraid to take your clothes off.

I was a chubby child. I was one of those kids who swam with a shirt on. I would say that it was to protect me from the sun, but nobody believes that lie. It's way worse to wear a shirt and hide your shame. All that does is draw attention to it. But that childhood seed can grow into ED a few decades later.

If there are problems in your relationship, it can lead to problems in the bedroom. Whenever there is trouble in paradise, your dick becomes the canary in that coal mine!

If you are worried that your dick is too small, that single thought can cause him to shrink and shrivel. All of these thoughts didn't even exist fifty years ago. Back then the only erect penis a man ever saw was his own. Now we have all seen thousands or millions of the monsters!



You might have orgasm anxiety. I have been worried that I am taking too long with a woman and that caused me to be unable to come. I have also been worried about coming too soon. How can you have to worries that are exact opposites? I don't know, but I sure have been there!

Any of these can easily start off that anxiety and stress cycle that turns into ED.

Treating These Forms Of Anxiety

There are a couple of ways to deal with this type of ED, which is very different from ED caused by a medical or physical issue.



You can see a therapist.

I hate to recommend therapists but it can really help to have someone to talk to about ED. They can help you dial in what your personal cause is and break through that issue. I'm personally a big fan of NLP therapists, as they will fix you in just 1-2 sessions. Much better than the psychotherapists, who promise to heal your dick in 5 years.

**Talk to Your Partner.**

If you just tell the woman you're with what's going on, she can help you overcome the issue. Sharing your fears can actually make them disappear. Fears only have power when they are also secrets. As soon as you show the fears the sunlight they die. Like vampires and cockroaches they are powerless in the light.

**Get into the Moment.**

Your problem is that you are doing too much thinking. Find a way to distract your brain so that your body can do what it is meant to do. Thinking is your problem so just stop thinking.

Find something else to focus on and your body will work perfectly again. Meditation is a powerful way to do this.

New Partner Syndrome

When you're single, each time you find a new partner can be a whole mountain of stress, because each time with a new woman feels like starting from scratch.

You try to avoid the bedroom as much as possible. You claim to be sick or you have a meeting in the morning or you have a headache. Eventually, if you're anything like me you start dating less and less.

This turns into a cycle where you date less and you spend more and more time on the Internet looking at pornography. This is the ultimate in self-destructive cycles. Trying to break through ED with a new partner can be emotionally overwhelming.

In this situation, you need to work with a therapist to break through your mental barriers, so that you can be prepared for the next woman you sleep with.

You can also correct your ED before that next encounter with a beautiful woman. If you let a woman know your situation early on in the relationship, she will often be willing to work with you to overcome this obstacle. It's common enough that most women have experience dating a guy with some form of ED. Remember, you're not alone!

How Do You View Sex?

Everyone has different ideas about sex. Some men like sex on the first date and some need to wait six months.

If you sleep with a woman sooner than you are ready, it can cause ED. Anytime you are outside of your comfort zone you can cause mental distress. It doesn't matter what your comfort zone is or if you are attracted to men or women, ED can strike when you go outside of what that comfort zone is.

Don't let other people control your sexual cycle. You have to trust what you need. Nobody else can tell you when to get sexual.



The Five Senses: Setting The Stage For Success

Your senses are a very interesting part of your anatomy. Because they're both part of your ancient - even your primal - brain, while being 'completely' under grey matter, conscious control

When your senses are focused on something, there's no room in your mind for idle chatter, fears or other wasted effort. You're designed this way so that - when you were hunting or looking around for predators - you had the Jackal chance for surviving.

This means your senses, used correctly, can completely bring you into the moment and immerse you in what you're doing. No matter what idle chitchat was going on in the back of your mind.

Which means the senses are going to be our first weapon against the stress, anxiety and other bullshit which keeps you from achieving or maintaining an erection: I'm going to show you how to "disappear" into the experience of love making. (This is often enough to solve a psychological ED problem, itself.)

But here's the catch:

Our "animal brain" is always alert for danger. Any movement, any hint of sex and any hint of something dangerous is enough to trigger our fight or flight response.

This means a flood of hormones, chemicals and other systems, which do two things:

1 Bring us hyper into the moment (good)

2 Inspire a MASSIVE amount of grey matter chitchat (bad)

So we need a way to bring us fully into the moment, while silencing our grey matter so it doesn't inhibit our erection. Luckily for us, there's a method, which does just that. And it's been studied for more than three thousand years ...





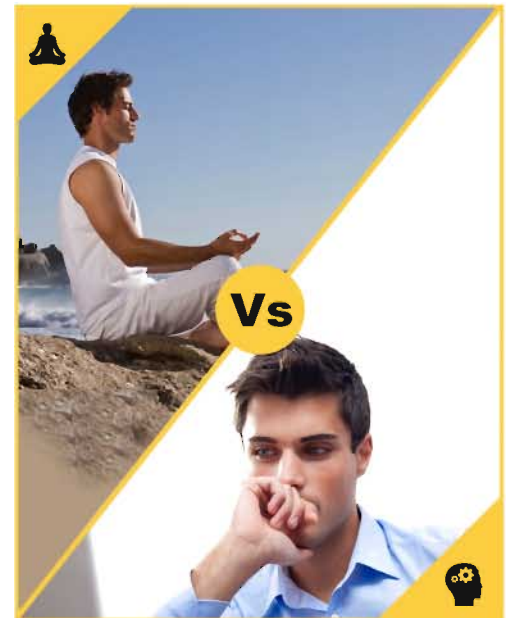
Meditation Vs Contemplation

Meditation is the most powerful way to clear up your mind and remove this form of ED. Using the power of meditation to overcome ED is actually quite simple

Practice meditation to relax your mind. This will help you escape those thoughts that cause sexual anxiety.

The basic difference between meditation and contemplation is that meditation is a human mode of prayer, whereas contemplation is divinely infused prayer.

In meditation, the method used is intended to lead to a prayer beyond all methods, which is contemplative prayer. Contemplation is often a misunderstood word. It is not a prayer that we can initiate or cause to happen. It is divinely produced and no amount of action on our part can produce or prolong it.



- **Meditation gives the message of vastness.**
- **Contemplation gives the message of inseparable oneness.**

If we meditate on a specific divine quality such as light or peace or bliss, or if we meditate in an abstract way on Infinity, Eternity or Immortality, then all the time we will feel an express train going forward inside us

We are meditating on peace, light or bliss while the express train is constantly moving. Our mind is calm and quiet in the vastness of Infinity, but there is a movement; a train is going endlessly toward the goal. We are envisioning a goal, and meditation is taking us there.

In contemplation, it is not like that. In contemplation we feel the entire universe and farthest goal deep inside ourselves. When we are contemplating we feel that we are holding within ourselves the entire universe with all its infinite light, peace, bliss and truth. There is no thought, no form, and no idea.

Meditation in the sense of calming the mind, as it is commonly thought of today, is a state which actually precedes concentration – and is therefore a world away from meditation in the sense of Samadhi. This is sometimes known as “watching the mind”, or “watchfulness”, and is highly beneficial – in fact it is essential if we are to make serious progress in yoga.

Contemplation is something slightly different. It is a state of mind where, number one, the thought is controlled; but, number two, the thought is left open to receive, and contemplation – **dhyana**.



Releasing The Pressures Of Life

Stress from work and life and relationships and children and finances can become overwhelming. Stress can be a cause of all the different forms of ED. It can raise your blood pressure, mess with your testosterone and affect your mental state.

We need to release the pressure of stress to allow our sexual performance to reach its peak.

Here are some easy ways that I personally release stress:



EXERCISE



YOGA



MEDITATION



PAINTING

These can be broken down into sweating, relaxing your mind or releasing your creativity. Bringing any of these three elements into your life will help to provide a release valve for your stress. The great thing is that many of these stress relievers will also help with the other causes of ED.

Touch And Laughter

Maybe you don't want to do yoga, and just don't have time for exercise.

That's a shame, but I don't want to leave you hanging. There is one more powerful stress relief technique that has been studied and vetted by some serious medical researchers:

Laughter has some amazing short-term benefits, including:



Livening up your organs

Laughter pumps more oxygen into your body, increases your endorphins and stimulating all the organs involved in a good laugh - from your hear to your lungs.



Stress relief

Laughter fires up your stress response and then let's it cool down. It causes a short-term spike in heart rate and blood pressure. This leaves you with a nice relaxed feeling.



Decreasing tension

Laughter is good for your circulation. It also causes muscle relaxation. This causes a decrease in the physical aspects of stress.



But that's not all. There are also some really wonderful long-term benefits to laughter:



It improves your immune system

Negative thoughts manifest into chemical reactions that can affect your body by bringing more stress into your system and decreasing your immunity. In contrast, positive thoughts actually release neuropeptides that help fight stress and potentially more-serious illnesses.



Relieving pain

Laughter may ease pain by causing the body to produce its own natural painkillers. Laughter may also break the pain-spasm cycle common to some muscle disorders.



Increasing personal satisfaction

Laughter can also make it easier to cope with difficult situations. It also helps you connect with other people.



Improving your mood

Many people experience depression, sometimes due to chronic illnesses. Laughter can help lessen your depression and anxiety and make you feel happier.

Adding More Laughter to Your Life

You need to “dial in” your sense of humor and understanding what truly makes you laughs, because everyone likes different things. That is why there are hundreds of stand up comedians, multiple TV channels dedicated to comedy and tons of sub-genres of comedy.

To bring more laughter into your life, you can start by going to a live stand up comedy show. They cost like ten bucks and comedy live is WAY better than it is on television. That's a great place to start.

The next resource that I recommend is Netflix. You can try out a ton of different comedians really quickly to find one that you like. Unfortunately, my favorite comedian has gotten too famous, so I'm currently looking for a new one. On Netflix you can look through a dozen stand up comics in a single night. You can try out tons of different styles of comedy.

I also really recommend logging into the British version of Netflix. To do this you can use a free app called Halo. It let's you tell Netflix that you're logging in from England. English comedy is WAY more sophisticated than US shows. They have less budget for special effects and sets and things like that, so they are much more script dependent.

You will find some REALLY great British comedies that can hit you right in the funny bone.





Giving Yoga A Try

I'm going to talk a lot more about exercise in a later chapter but we both know exercise releases stress. If you can get into a yoga class, do it. There is no better way to expend energy and release stress at the same time.

It's a really tough workout, but you are surrounded by beautiful women and it is so relaxing. Yoga is the best exercise to hit all of these different causes of ED at once. It's awesome.

Most people that knock on yoga are people who have never tried it. For most of my life I was into martial arts. I thought yoga was for pansies. That was until I saw all of the knockouts in my local yoga class.

You can easily get a yoga DVD, join a yoga website or start taking classes near your home like I do. It only takes twenty minutes a day to stretch away all that tension.

To be honest, I'm terrible at meditation. If I have to sit on the floor and try to find my "oneness" I will fail. But when I follow a good yoga workout and they end it with those relaxation techniques, it rocks my world. I get so relaxed I feel like I can float away.

You have to find the path that works for you. All I ask is that you try each of these powerful tools I offer you, before you make any decisions. Don't skip out on a solution just because it doesn't seem cool or manly enough.

It took me until my father was nearly seventy to convince him to try out yoga. Now he loves it even more than I do!





GETTING PASSIONATE ABOUT EXERCISE

Going to the gym is not that fun. I know that, but you still need to do it. It's just a necessary step on the path of a long and healthy life. It's like paying your taxes. You don't want to do it, but it's better than going to jail for tax evasion!

You go to the gym and you pay your sweat taxes so that you can outlive all of your friends, but you can go beyond that. The way to find really massive success is to find a sport that you are passionate about. Something that you can do every week. Combining passion with a physical activity is the key to maintaining your long-term health. It will open so many doors for you.



Just find something that you can see yourself doing for decades. My father loves fencing. He didn't start until he was in his fifties, but it really added a lot of time to his life. That physicality and the sweat; here is something really wonderful about it.

For you, it might be tennis or swimming or biking. It might be hiking or mountain climbing or running. For me it's kayaking. I have a passion for all ocean sports. I love surfing and snorkeling and stand up paddling, as well.

Those are all great, but kayaking is my primary physical passion. I can hop into my kayak and actually go places. I can take my family with me on these little adventures. I can listen to a book on tape or a podcast I really love. I can even kind of watch a movie on my iPad if I need to. I don't have to go that far because I love kayaking, but it's all possible.



Sometimes I even wear a GoPro camera and just record my trips, but I realize that those are videos that probably nobody wants to watch. I just love making them. When I was younger, I loved the movie *Endless Summer*. So, I imagine I'm recreating something similar, but I do all of these things to keep the fires of my passion burning bright.

The main reason we don't work out is because we don't enjoy it. That barrier is a killer and I know it's there. That's why we need to focus on passion, because that can get us over the hump and over the pain barrier. Past the excuses and into the victory lane.

There are some really great opportunities out there. There are a lot of great adult sports leagues and clubs you can join. If you loved soccer when you were a kid then you can join an adult soccer league. You can start out on a lower level team that matches your fitness level. As you get into better and better condition, you can switch teams or leagues. There are even ultimate Frisbee leagues and kickball leagues.

You just want to make sure that it's a sport where your heart gets racing and you sweat. Don't get caught up in golf, because you don't really exercise when you're doing that. The great thing about finding your passion is that the gym starts to make sense.

At first you go to the gym to live longer, but that's such a long-term goal and it's tedious. I know that. You need something right in front of your face. A short-term goal on the way to the long term. I am not going to pretend that going to the gym every day is my dream come true. But now, I go to the gym to support my passion.

I want to make my arms stronger. My legs stronger. My heart stronger.

I want to be able to paddle harder, paddle farther and last longer. It's about strength and endurance. Those give me the tools to move my kayak faster and farther. I love that. Your gym time should be training for your passion time.

If your passion is soccer again then going to the gym will give you the strength to kick the ball harder and score more goals. There is this amazing benefit right in front of you. That's a great feeling. That removes the tedium from those trips to the gym because now you have a more immediate goal right in front of you.

You should enter an exploratory phase right now, to see what you really love to do with your body. I would dedicate one day a week to your passion hunt. Make a list of 52 possibilities. That's how many you can try this year if you just spend Tuesdays trying new sports. You might find that you love rock climbing, hiking, caving or something that's less out in nature.

When we are in high school, we have a limited selection of opportunities. If you don't like the sports your school has you're kind of stuck in high school, but maybe you love martial arts, yoga or boxing.

It's never too late to find that passion. You'll know when you find it because you want to do it again, immediately. Like I wish I was in my kayak right now, instead of just writing about it. That's how I know it's my big passion sport.



There are a lot of sports that I actually really like. I love hiking, but I'm not fast enough so other people hate to hike with me. Liking something doesn't make it your passion. If it's something you kind of wish you did more, that's just a bit of a hobby.

You're going to find a sport out there that just hits the button for you. That you really enjoy and you get locked in to. For my father it's fencing and now also yoga. He got into fencing in his late fifties and it was the weirdest thing.

He was talking to someone about playing tennis, and she said to him in an offhand comment that he should try fencing. He found that idea interesting, and he was a member of a fencing club the next day.

Today, he has around a dozen swords and fences all the time and totally loves it. He never even considered it until late in life. Years later, he finally tried yoga, too, and loves it also.

It's NEVER too late for you to find that passion sport!

An Important Note For Bicycle Riders

I rode a bicycle every day for two years, and it got me into great shape. Riding my bike to and from work was terrific my body, but unbeknownst to me that bike was actually wearing out my body.

One day I was peeing, and I suddenly felt a strange pain...that then became like a stream of FIRE coming out of me!

I thought I had an STD. But I was wrong. I started a long and agonizing medical journey that took me through three continents and half a dozen doctors. The basic version is that the bike had crushed my prostate. It took a lot of exercise and a quick surgery to fix the problem. By that point I had been in pain for two more years.

If you really need to ride a bicycle get the most serious, crotch-protecting seat that you can. I loved riding my bike, but I will never get on another one. There is some good news for you though.

Recent studies have found that there was no link between riding a bike and erectile dysfunction, but it did find an association between longer hours of cycling and the risk of prostate cancer.

Men cycling more than three hours a week who are concerned that this may be resulting in erection problems could simply stop the activity for a period, and look for any improvement as a result.

For men, the health benefits of bicycling may involve a troublesome trade-off. While riding a bicycle burns calories and improves cardiovascular fitness, too many hours on a bicycle saddle can compress the artery and vital nerves leading to the penis.

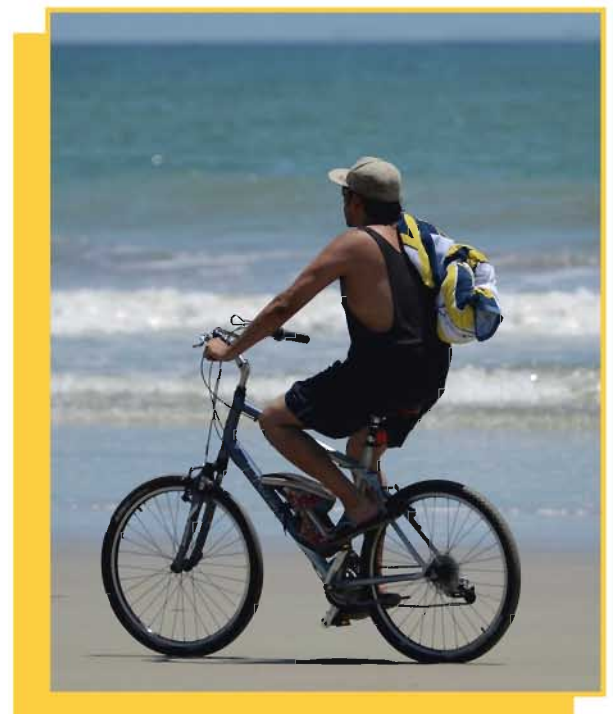
The result? A risk of numbness, pain, and erectile dysfunction.



A male cyclist can place a significant percentage of his weight on his perineum, an area between the scrotum and the anus where the nerves and arteries to the penis pass. This pressure, plus a narrow saddle seat, can injure the arteries and nerves. Even a young man may lose the ability to achieve an erection.

Nerve damage accounts for the penile numbness that some male bikers experience. Pressure on the pudendal artery can add to this nerve injury to produce temporary or prolonged erectile dysfunction. A narrow bike seat can reduce blood flow to the penis by as much as 66%, and even a broad seat may reduce flow by 25%.

Norwegian researchers evaluated 160 men who filled in a questionnaire after they participated in a bike tour of some 324 miles.





One in five of the men had numbness of the penis, which lasted more than a week in some. Thirteen percent (21 men) developed erectile dysfunction that generally lasted more than a week.

Researchers from the **National Institute for Occupational Safety and Health (NIOSH)** evaluated 17 members of a bicycling police patrol unit in Cincinnati, Ohio. The men averaged nearly 5½ hours in the saddle each workday. Almost all of them experienced genital numbness from time to time.

Those who rode the most were at the highest risk for erectile dysfunction, and the men who exerted the most pressure on their bike seats had the most problems. In a follow-up study, the NIOSH researchers found that bike-riding patrol officers who used a no-nose saddle reported penile numbness far less often than those using a standard saddle.

AIR CYCLING; AN EXERCISE FOR ED

Here's a quick and powerful exercise that may target the exact region causing your ED, without giving any of the negative side effects of "regular" cycling.

You know my philosophy about finding a sport for long-term success, but you need something right now to target the blood vessels in your abdomen that are keeping you from getting hard.

The exercise you want is called air cycling or the air bike. Here is exactly how to do it:

You lie flat on the floor, bend your hips, and pretend you are riding a bike.

This targets the exact region in your body that is causing your ED. You can take this to the next level by adding in a sit-up motion, keeping your hands behind your head.

Each time one of your knees is closer to your face, you touch that knee with the opposite elbow.

This takes the exercise through the stratosphere, and can totally eliminate your ED.



You might remember this from gym class as one of the "abs workouts." That's exactly what we are working here. The blood vessels in our abs are between our heart and our penis. This exercise targets them with laser precision to unlock those powerful erections.



STRETCHING FOR SUCCESS

There is a critically important muscle that is located between your spine and your sexual region. It's called the Psoas (pronounced so-az), and it can have a tremendous impact on your sexual functions.

This muscle attaches to the transverse processes of the lumbar spine and the top of the femur. When this muscle spasms or tightens, it can impact the low back by compressing discs, causing pain in the low back as well as restricting range of motion through the hip flexors. Another major problem that occurs is the effect on the digestion and sexual functions of the body.



If the Psoas spasms and pulls the lumbar vertebrae out of alignment, the nerves leaving the spine at those segments can become impacted, altering systemic function. Misalignment in the lumbar spine can lead to issues like erectile dysfunction, bladder and prostate issues and intestinal distress, to name a few.

Acupressure, massage and foam rolling are good for getting the muscle to release.

It turns out that erections are caused by the parasympathetic nervous system relaxing the muscles that control blood flow to the penis. It also turns out that the parasympathetic nervous system is different than what we think of as normal nerves and in most instances it is distributed following the blood vessels and not in large distinct nerves (like the motor nerves to our muscles or sensory nerves to our skin) and it is not very well localized.

The reason this is important for this issue is it turns out that the blood vessel that supplies the penis is very close to the blood vessel that supplies the hip flexor (iliopsoas) muscle.



Training of any muscle "**develops**" the parasympathetic stimulation to that muscle to help it relax.

As we better exercise the hip flexor muscles we might also expect that this might lead to better parasympathetic innervation not only to the iliopsoas muscle but also spilling over some to the penis, and better erections.

Focusing On The Psoas Muscle

Your psoas is the muscle that you want to stretch, as it is connected to your entire sexual region. Understanding how it is connected to the body will help you understand why stretching this region is so important and why sitting at a desk all day can be causing your ED. Or at least magnifying it.

(If you don't care about the reasons and just want to learn the stretch, you can skip to the next section.)

The psoas muscle resides in the body's pelvic region, connecting the lower back to the upper thigh. It is essential for many different body functions, including allowing a person to bring their knees to their chest. Because of its crucial placement in the hip area, the psoas can be to blame for a number of body ailments, so it's important to make sure you are stretching it properly.



Since flexing the hip is one of the main functions of the psoas, people use this muscle not only in sporting events but also in daily life. It's integral for walking, going up and down stairs, and even sitting down. Essentially, any activities which require the flexion of the hip utilizes the psoas.



The muscle can cause pain for several different reasons. Tightness and shortness of the muscle are the most common pain triggers.

A person with a short psoas muscle can find limitation as well as pain in their hip movements.

Sitting for extended periods of time can shorten the psoas, causing the muscles to tense and remain tense. People who live more sedentary lives or work at their desks for hours on end are at a higher risk for psoas pain or injury.

An injury of the psoas can greatly interfere with a person's daily life, and make even the simplest actions a challenge. "Often, lifting the leg up as if to step up a staircase will cause psoas pain if it is acutely injured,"

The psoas major is the biggest and strongest player in a group of muscles called the hip flexors: together they contract to pull the thigh and the torso toward each other. The hip flexors can become short and tight if you spend most of your waking hours sitting, or if you repeatedly work them in activities like sit-ups, bicycling, and certain weight training exercises.

A tight psoas can cause serious postural problems: when you stand up, it pulls the low back vertebrae forward and down toward the femur, often resulting in lordosis (overarching in the lumbar spine), which is a common cause of low back pain and stiffness; it can also contribute to arthritis in the lumbar facet joints.

On the other hand, a weak and overstretched psoas can contribute to a common postural problem in which the pelvis is pushed forward of the chest and knees. This misalignment is characterized by tight hamstrings pulling down on the sitting bones, a vertical sacrum (instead of its usual gentle forward tilt), and a flattened lumbar spine.

Without its normal curve, the low back is weakened and vulnerable to injury, especially at the intervertebral discs

The psoas originates from the lumbar vertebrae and forms a strip of muscle almost as big as a wrist along each side of the spine. Looking at the front of the body, you'd have to remove the intestines and other digestive organs, as well as the female reproductive organs, to be able to see the muscle in the very back of the abdomen. It proceeds down and forward, crossing the outer edge of each pubis, then moves back again to attach on a bony prominence of the inner upper posterior femur (thigh bone) called the lesser trochanter.

Along the way, the psoas picks up its synergist, the iliacus, which originates on the inner bowl of the pelvis (or the ilium) and joins the psoas on its path downward to attach to the femur. The two muscles work so closely together that they're usually referred to as one, the iliopsoas.

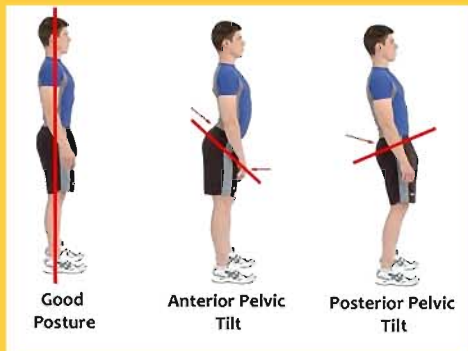
The other hip flexors include the sartorius, the tensor fascia lata, the rectus femoris, the pectineus, and the adductor brevis. Besides flexion, these muscles might also contribute to the internal or external rotation of the hip.



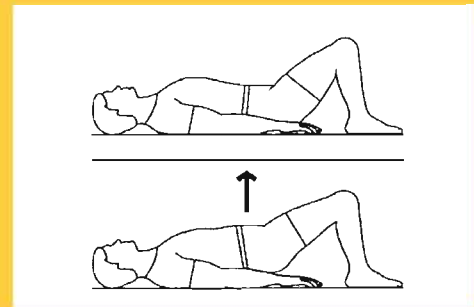
The Psoas Stretch

There are two main ways to stretch the Psoas, **standing** and **sitting**. I recommend you use both techniques to really open up the region. If you can only perform one of these, that's ok. You can still accomplish a great deal.

Our standing stretch is called the **“Standing Stance Pelvic Tilt”**.



Our sitting technique is called the **“Ground Bridge with Pelvic Tilt.”**



- | | |
|---|---|
| <ol style="list-style-type: none"> 1 Stand up straight with good posture, chest pointed up and shoulders back. 2 Push your pelvis back and under. 3 Hold this pose for 10-20 seconds and then release. 4 Repeat a few times until you start to feel looser. | <ol style="list-style-type: none"> 1 Lay down on your back with your knees up and arms on the ground. 2 Lift your pelvic region into the air (Imagine that there is a woman straddling far above you and you have to reach her with your penis.) 3 Hold this pose for 5-10 seconds and lower your pelvis back to the ground. 4 Repeat as many times as your comfort will allow. |
|---|---|

A variation on the ground bridge pelvic tilt can be done with an exercise ball. The idea is the same, but instead of bending the knees, a person rests their feet on ball, forming an acute angle with the ground.

You then lift your pelvis upward in the same motion as the ground bridge and hold it. This exercise is a bit more challenging than the other two.



In addition to these pelvic stretches for the psoas, both yoga and Pilates offer different stretches designed to stretch the psoas.

Here is the Pilates stretch:

- 1** Place your right foot forward with your left knee on the ground, and inhale.
- 2** Push your left hip forward while trying to tuck your pelvis, while exhaling.
- 3** Inhale while stretching your left arm into the air overhead, leaning slightly to your right.
- 4** Breathe deeply and then repeat with the other leg.

As you can see, we are finding more and more reasons to get into yoga to heal your body and recover from ED. These powerful exercises and stretches can release decades of built up gunk and tension in your lower abdomen.





YOUR PROSTATE

It's time for a quick overview of the role of your prostate, when it comes to your erectile health.

The treatment for prostate cancer can cause erectile dysfunction, although the cancer itself does not cause the problem. This is because prostate surgery to remove cancer - even when nerves are spared and procedures are done by the finest surgeons - can result in erectile dysfunction, as can radiation therapy to treat prostate cancer.

These procedures cause trauma to the delicate nerves and blood vessels that are necessary for erections - but for many men, the ability to have erections returns within the first few months after treatment.

Erectile dysfunction is sometimes a side effect of some hormone therapy medications prescribed for men with prostate cancer that has spread beyond the prostate

Even prostate cancer itself, in its advanced stages, can spread to the nerves and arteries that are necessary for an erection.

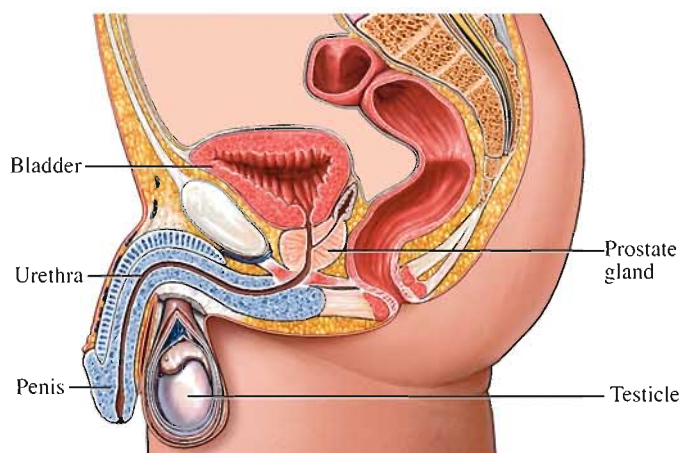
Even the treatment of non-cancerous, benign prostate disease can cause ED. Drugs called 5 α -reductase inhibitors are used to treat benign prostatic hyperplasia - prostate enlargement - and they can cause erectile dysfunction. If you have an enlarged prostate, or BPH, you may experience sexual problems. Studies have shown a connection between BPH (benign prostatic hyperplasia) and erectile dysfunction (ED)

Scientists aren't sure why, but they agree that the worse your BPH symptoms are, the more likely you'll have sexual issues such as reduced sex drive, trouble keeping an erection, and less sexual satisfaction

If you're undergoing prostate surgery, you may be concerned about how it will affect your sexual function. Any surgery that affects your pelvic area, such as prostate surgery, is a common physical cause of ED.

Studies show that urinary tract problems caused by an enlarged prostate, such as getting up many times during the night to urinate, may be associated with erectile dysfunction and other problems relating to sex in older men. They say these two extremely frequent conditions may share a common cause

A sudden onset of erectile dysfunction may actually be a sign that a man has prostate cancer.





DRUGS THAT CAUSE ED

There are many various legal and illegal drugs that are known to cause ED. Let's look at the prescription drugs first...

Prescription Drugs Known To Cause ED

- Diuretics and high blood pressure drugs
- Antidepressants, anti-anxiety drugs, and
- Antiepileptic drugs
- Antihistamines
- Non-steroidal anti-inflammatory drugs
- Parkinson's disease medications
- Antiarrhythmics
- Histamine H2-receptor antagonists
- Muscle relaxants
- Prostate cancer medications
- Chemotherapy drugs



Many of these medications are crucial to maintaining your quality of life. If you are experiencing ED as a side effect of your medication, you should talk to your doctor right away. You can ask about alternative drugs. That might not always be possible, so ask the doctor about other options such as blue pills or a vacuum device. He will let you know if it is too dangerous in your situation.

With medication-caused ED, talking to your doctor is simply crucial. You should reach out as soon as symptoms appear.

Non-Prescription Drugs

There are also plenty of non-prescription drugs that can cause ED. If you have any of these in your life, take a break for a month and see if your ED disappears.

Each of these has their own reasons for causing ED. Just know that if you are dabbling in any of these (or using them on a regular basis), then cutting them out of your life could be the key to eliminating your ED:



- Alcohol
- Amphetamines
- Barbiturates
- Cocaine
- Marijuana
- Methadone
- Nicotine
- Opiates



None of these are good for your general health anyways, so you should really consider removing them from your life. I'm all about living as long as possible so that you can have as many erections as possible.

Extended use of most of these will simply shorten your lifespan. Please realize that illegal drugs have a tendency to damage your sexual health.

Pain Killers and Anti Depressants

Any time you take a medication read the side of the bottle. I know that you don't, because I don't either. Take a look at the massive list of medicine types that can cause impotence. That list was pretty big!

There are tons of medicines that cause ED on their own or when combined with other medications. Any medicine you take, you should do a lot of research. Painkillers and antidepressants are notorious sources of ED. If you need to take either of these types of medication, you need to tell your doctor right away.



If you are taking medications and starting to have problems with performance, you should talk to your doctor immediately. You should read the side of the bottle and you should look up the medicine online.

You have these resources at your fingertips. Often, your doctor can find another drug to alleviate your main symptoms without the ED side effects.



Science Corner: Understanding Pain Killers

Regularly taking prescription painkillers, commonly called opioids, is linked to a greater risk of erectile dysfunction (ED) in men, according to a new study. Over 11,000 men suffering from back pain were involved in this research. The health records of the participants were analyzed to determine whether males taking prescription opioids were more likely to also receive prescriptions for testosterone replacement or ED medications.

The researchers found that over 19% of males who took high-dose opioids for 4 months or more were also given ED prescriptions, while fewer than 7% of males who did not take painkillers received prescriptions for ED.

Over 12% of men who took low-dose opioids for four months or more also received ED prescriptions or testosterone replacement.

Men who take opioid pain medications for an extended period of time have the highest risk of ED. This doesn't mean that these medications cause ED, but the association is something patients and clinicians should be aware of when deciding if opioids should be used to treat back pain.

Men who take painkillers regularly to treat pain such as the aches that come with age may be increasing their risk for another common condition of aging, erectile dysfunction (ED), a study suggests.

Middle-aged men in the study who reported regularly taking nonsteroidal anti-inflammatory drugs (NSAIDs) were more likely to have erection problems than men who took the drugs less frequently or not at all.

Doctors have long known that painkillers can reduce testosterone levels in both men and women, but this study links the drugs directly to erectile dysfunction.

The new research adds to a growing body of evidence suggesting that the long-term use of painkillers - also known as opioids - is ineffective and can have serious side effects. Opioid use may also result in osteoporosis, obesity, constipation, fatigue, reduced libido, and depression.

Science Corner: Understanding Antidepressants

Antidepressants can affect your sex drive at almost any dosage. Still, it makes sense that higher doses equate to an increased risk of sexual side effects. If you are experiencing sexual side effects, ask your doctor whether switching to a smaller dose can alleviate such symptoms.

For some guys, the sexual side effects of taking antidepressants can be excruciating. Ultimately, these same patients often give up their medications in hopes of having better sex lives. This type of desperation will only give you temporary satisfaction, as your depression will likely return and possibly even worsen.



Sexual side effects from antidepressants is an extremely common occurrence, so don't be shy about discussing solutions with your doctor

Sexual side effects are linked to antidepressants, but some types of medications cause greater sexual problems than others. The following antidepressants have been shown to be the most harmful to erections:

- Celexa
- Cymbalta
- Lexapro
- Paxil and Paxil CR
- Prozac
- Zoloft



There is a slightly decreased risk of sexual side effects with the medications Wellbutrin and Remeron. Still, it's important to understand that any antidepressant can cause sexual problems

Sexual dysfunction is a common adverse effect of antidepressants, particularly selective serotonin reuptake inhibitors (SSRIs) and serotonin norepinephrine reuptake inhibitors. The prevalence of sexual dysfunction has been reported to be about 60% among patients taking SSRIs.

The mechanisms by which antidepressants cause sexual dysfunction are not completely understood, but they may be caused centrally or peripherally from changes in function of serotonin, acetylcholine, norepinephrine, or dopamine.

One theory is that SSRIs appear to interfere with nitric oxide, which plays a leading role in arousal and sexual response, resulting in lowered libido. A proposed mechanism of antidepressant-induced sexual adverse effects involves stimulation of the 5-HT_{2C} receptors.

The sexual side effects of antidepressants may include:

- Lowered libido
- Reduced genital sensitivity
- Delayed or absent orgasm (for both men and women)



Experts acknowledge that it can be hard to tell whether sexual side effects come from medication or from the depression itself, which can also have an effect on sex drive. However, while depression may cause a lack of interest in sex, it typically does not cause physical difficulties with achieving orgasm or ejaculation.



If you are clinically depressed and also experiencing sexual problems, you're not alone. Sexual problems, such as erectile dysfunction (ED) or an inability to have an orgasm, often co-exist with depression. The good news is that doctors can usually treat sexual problems that are related to depression.

Think of the brain as a highly sensitive sex organ. Sexual desire starts in the brain and works its way down. That's because of special brain chemicals known as neurotransmitters. These chemicals increase communication between brain cells and trigger more blood flow to the sex organs. The problem is, with depression and other mood disorders, the brain circuits that communicate using these chemicals don't function properly.

Many men and women with depression tell of having low or no sexual desire. And that puts a tremendous strain on intimate relationships.



ARE YOUR VIEWING HABITS CAUSING ED?

There is a reason that the nicknames for television are all disparaging. “Boob Tube.” “Idiot Box.” Those aren’t exactly big complements.

The household television is actually one of the core causes of ED for many men, so I want you to spend as little time in front of it as possible!



Let me explain what I mean. I’ll start by giving you the reasons why I hate TV:

- It has you sitting on your butt the entire time
- It messes up your sense of what a beautiful woman looks like
- It keeps you from working out
- It encourages you to eat garbage food
- It messes up your brain waves

When you scan someone’s brain while they are watching TV, you get the same reading as if they are asleep. I like a bit of television now and then, but the less you watch the better.



When I was in college, they filmed an episode of the old television show “Dawson’s Creek” on my campus. I was about ten feet away from Katie Holmes, the girl that went on to marry (and divorce) Tom Cruise.

She was so hot on the TV show. But in real life...not so much.

I have a friend who shoots photographs for major fashion magazines in Europe. After a picture of a top-level model is taken, they have to process it in Photoshop. It takes up to 24 hours for them to fix up a single image, to make it absolutely perfect!

So every single woman you see on a magazine cover... doesn’t actually exist. She is a digitally-altered work of fiction.

That’s why those articles that show pictures of celebrities without their makeup are horrifying. It’s not about being attractive. It’s about being easy to Photoshop. And you better believe they do it in movies. (Or did 90% of the population suddenly get blue eyes a few years ago?)

And the worst crime of all is that TVs are gateways to porn...

Stop Watching Porn

When you watch porn, are not practicing for sex. You are messing up the signals that tell your dick when to be aroused. And you are desensitizing your dick. Now it can’t tell what feels good, because you used your hand so much that it’s all messed up.



Eating Before You Sleep

If you eat before you sleep, all that food turns to garbage in your bloodstream, and that garbage messes up your erections. Don’t believe me?

Try eating a block of cheese right before bed. When you wake up screaming from your nightmares a short time later, you’ll realize that late night food can really affect you!

It makes you fat and you already knew that, but it also pumps free radicals into your blood. Those are erection killers.





Exotic Fruits & “Miracle Berries”

You might have heard that fruits like acai berries can help with ED. Well, Canadian authorities started testing acai a few years ago, and discovered that a lot of it was laced with Viagra.

That’s right! The reason some people thought that acai was helping them achieve erections was that unscrupulous pill-pushers were mixing Viagra into the acai capsules.



If you think taking prescription drugs is dangerous, imagine what happens when you have no idea what’s in the stuff you are taking!

Like, these “miracle fruits” you see advertised online. There is a reason that they have a short life span before they disappear from the market.

Every so often you hear about this “new, amazing fruit” that has been found deep in the Amazon and has amazing restorative powers. There is all of this hype and excitement around it, and then a short time later, it’s a new fruit you are hearing about.

Why is that? It’s because these exotic fruits and so-called “miracles” can’t live up to scrutiny.

They have to make their money and disappear before anyone starts doing testing, because then people find out that there are zero positive effects, and that this “miracle fruit” is basically useless. But by then, the hype has moved on to a new fruit or pill.

Stop chasing a pipe dream. That is the modern version of snake oil. Don’t let some miracle cure keep you from taking real action to fix your ED right now.



NATURAL ERECTION BOOSTERS



One of the aspects of the ED Reverser method that distinguishes it from others is that we don't ask you to take any "supplements."

To be clear, when I say "supplements," I'm referring to pills, capsules, and injectable fluids that are created in laboratories.

In the United States, supplements are considered a food, not a pharmaceutical, which means there is very little testing and oversight. That's why most supplements don't work. There is real no research behind them.

If you want to put out a new medicine and say that it causes weight loss, you have to prove that claim. That means real research at an accredited university. But if you put it on a box of "supplements," you don't have to back it up with that kind of proof.

As a result, many supplements do nothing, or have negative side effects. Nobody knows what they really do (or don't do), because there are no studies behind them.

We do, however, recommend the use of all-natural ingredients such as herbs and plants. This is what the men of Genghis Khan's era used to great effect, centuries before it was possible to walk into a health food store or a gym and buy bottles of pills.

Let's take a closer look at some natural ingredients which have been shown to give your erections a boost, the all-natural way.

Later in this book, I'll give you my personal "ED Reversal" strategy, which incorporates some of these wonderful all-natural substances.



Garlic is perhaps one of the best herbs for targeting your ED. The reason this herb is so effective is that it improves the circulatory system. As you know, unless there are psychological reasons behind your ED, the problem is often rooted in circulation issues.

Garlic loosens up your blood vessels and makes erections much easier.



L-Arginine. There are few things better than this one. If you want rock hard erections and porn star-style performance, then try incorporating L-Arginine into your diet.

A highly useful amino acid, L-arginine is noted for its role in keeping the cardiovascular system at top form. It's capacity to help with blood circulatory problems, prevent heart diseases, and regulate blood pressure makes it the perfect supplement for ED.

L-arginine also helps with erectile dysfunction by improving the action of nitric oxide, which helps to relax your blood vessels that supply blood to your penis. The blood vessels in your penis expand allowing increased blood flow which helps maintain an erection.

L-arginine is found in red meat, poultry, fish and dairy products. It's also found in pumpkin seeds, sesame seeds, peanuts and walnuts.



Bee Pollen. This supplement has been used since ancient times, and is widely regarded as one of the best natural cures for ED. you can take. Rich in enzymes and amino acids, vitamins and minerals, bee pollen will give you more sexual energy, and more energy overall.

If you want more frequent and firmer erections, take bee pollen in its raw form.

Note that if you are allergic to bees, you'll want to stay away from this stuff. That's one of the reasons that we're mentioning several different possibilities. That way, if one of them winds up not working for you, or if you have an adverse reaction to something, you've got other options.



Ginseng. Different varieties of ginseng root have been used as treatments in Asia and North America for centuries. Ginseng is one of the most popular herbal medicines in the world.

There are two main types of ginseng: Asian or Korean ginseng (*Panax ginseng*) and American ginseng (*Panax quinquefolius*). Studies have found that the different types have different benefits. In traditional Chinese medicine, American ginseng is considered less stimulating than the Asian variety.

Although many other herbs are called ginseng -- like eleuthero, or Siberian ginseng -- they do not contain ginsenosides, which is the active ingredient in ginseng when it comes to ED.

Some studies have found that ginseng may boost the immune system. There is some evidence that one particular type of American ginseng extract might decrease the number and severity of colds in adults.



Several studies have also shown that ginseng may lower blood sugar levels. There is some early evidence that ginseng might even temporarily -- and modestly -- improve concentration and learning.

In some studies of mental performance, ginseng has been combined with ginkgo. While these studies are intriguing, many experts feel that we need more evidence.

Ginseng has also been studied as a way to improve mood and boost endurance as well as treat cancer, heart disease, fatigue, erectile dysfunction, hepatitis C, high blood pressure, menopausal symptoms, and other conditions. While some of these uses are promising, the evidence isn't conclusive.

Side effects from ginseng are generally mild. Since ginseng can act as a stimulant in some people. Ginseng has been reported to cause nervousness and insomnia. Long-term use or high doses of ginseng may cause headaches, dizziness, stomach upset, and other symptoms. Women who use ginseng regularly may experience menstrual changes. There have also been some reports of allergic reactions to ginseng.

Because ginseng may affect blood sugar levels, people taking drugs for diabetes should not use ginseng without talking to their doctor first. Ginseng can interact with warfarin and with some medicines for depression. Do not take ginseng without consulting your doctor if you take any medications. Caffeine may amplify ginseng's stimulant effects.

To avoid side effects from ginseng, some experts suggest that ginseng shouldn't be used for more than three months -- or sometimes just a few weeks -- at a time. After a break -- or "holiday" -- your doctor might recommend that you begin taking it again for another few weeks or months.

Also note that ginseng can cause sleeplessness and doesn't work well when combined with other substances such as alcohol and other medications.



Horny Goat Weed. Horny goat weed has been used for treating sexual dysfunction for years. Researchers at the University of Milan, discovered that the main compound (icariin), found in horny goat weed, has a similar effect that Viagra does.

As many as 15 horny goat weed species are known as "yin yang huo" in Chinese medicine. Horny goat weed is used for weak back and knees, joint pain, osteoarthritis, mental and physical fatigue, memory loss, high blood pressure, heart disease, bronchitis, liver disease, HIV/AIDS, polio, a blood disorder called chronic leucopenia, viral infections of the heart, bone loss after menopause, weak bones (osteoporosis), and as a tonic.

Some men use horny goat weed for sexual performance problems including erectile dysfunction (ED) and involuntary ejaculation. It is also used to arouse sexual desire.

Horny goat weed contains chemicals which might help increase blood flow and improve sexual function. It also contains phytoestrogens; chemicals that act somewhat like the female hormone estrogen, which might reduce bone loss in postmenopausal women.



Motherwort. A popular ‘ natural’ cure for ED, motherwort is an herb that works with blood circulation improvement. It’s currently available in pill form and can also be used for high blood pressure. So far, there are very little side effects associated with motherwort, which makes it ideal for many males.



Hawthorn Berry. This one works by helping the blood vessels to dilate during arousal. Once the blood vessels dilate, the penis becomes engorged and hard – providing the opportunity for penetration. Again, hawthorn berry is available as a capsule and currently sold online.



Cacao is the same plant where dark chocolate comes from – so it isn’t any wonder that it’s included in this list. It not only helps with libido but also makes it easier for the blood vessels to expand so that blood can flow quickly into every corner of the genitalia muscles.



Cayenne works very much like garlic in the sense that it helps with blood circulation. Note though that cayenne is best consumed in controlled quantities, otherwise the flavor may not be to your liking. Fortunately, cayenne is currently available in capsules as well and may be taken as per instructions of the seller.



Cordyceps is a fungus that lives on certain caterpillars in the high mountain regions of China. In its natural form, Cordyceps is used to treat coughs, chronic bronchitis, respiratory disorders, kidney disorders, nighttime urination, male sexual problems, anemia, irregular heartbeat, high cholesterol, liver disorders, dizziness, weakness, ringing in the ears, unwanted weight loss, and opium addiction.

It is also used for strengthening the immune system, improving athletic performance, reducing the effects of aging, promoting longer life, and improving liver function in people with hepatitis B.



Some people use cordyceps as a stimulant, a tonic, and an “adaptogen,” which is used to increase energy, enhance stamina, and reduce fatigue.

Cordyceps might improve immunity by stimulating cells and specific chemicals in the immune system. It may also have activity against cancer cells and may shrink tumor size, particularly with lung or skin cancers.



Maca is a plant that grows in central Peru in the high plateaus of the Andes Mountains. It has been cultivated as a vegetable crop in Peru for at least 3000 years. Maca is a relative of the radish and has an odor similar to butterscotch. Its root is used to make medicine.

Maca is used for “tired blood” (anemia); chronic fatigue syndrome (CFS); and enhancing energy, stamina, athletic performance, memory, and fertility. Maca is also used for weak bones (osteoporosis), depression, stomach cancer, leukemia, HIV/AIDS, tuberculosis, erectile dysfunction (ED), to arouse sexual desire, and to boost the immune system.

In foods, maca is eaten baked or roasted, prepared as a soup, and used for making a fermented drink called maca chicha.

Maca root contains many chemicals, including fatty acids and amino acids. However, there isn't enough information to know how maca might work.

The best approach is to stir a bit into a bottle of flavored water or a smoothie, and gulp it down. It will give you a big boost of energy both in and out of the bedroom, give you firmer, longer lasting erections and increase the amount of your ejaculate, making it a great all around choice.



Tongkat Ali is a tree native to Malaysia, Thailand, and Indonesia. The part of the tree used medicinally is the root. Tongkat Ali was dubbed the “Asian Viagra” in a May 1999 report in the New Sunday Times.

It has been used in Malaysia for many years by men to increase sexual desire, libido, sexual performance and to treat erectile dysfunction.

Tongkat Ali should not be used by people with weakened immune systems as some evidence suggests it may further weaken immune function. Tongkat Ali should not be used by people taking immunosuppressant drugs. Tongkat Ali may decrease blood sugar levels and there is concern that it may interact with medications that affect blood sugar or insulin levels.



Ginkgo is an herb. The leaves are generally used to make “extracts” that are used as medicine. It is often used for memory disorders including Alzheimer’s disease. It is also used for conditions that seem to be due to reduced blood flow in the brain, especially in older people. These conditions include memory loss, headache, ringing in the ears, vertigo, difficulty concentrating, mood disturbances, and hearing disorders.

Some people use ginkgo for other problems related to poor blood flow in the body, including leg pain when walking (claudication), and Raynaud’s syndrome (a painful response to cold, especially in the fingers and toes).

Ginkgo leaf is also used for thinking disorders related to Lyme disease and depression. Ginkgo been tried for eye problems including glaucoma, diabetic eye disease, and age-related macular degeneration (AMD).

The list of other uses of ginkgo is very long. This may be because this herb has been around for so long. Ginkgo biloba is one of the longest living tree species in the world. Ginkgo trees can live as long as a thousand years. Using ginkgo for asthma and bronchitis was described in 2600 BC.

Some people use ginkgo to treat sexual performance problems. It is sometimes used to reverse the sexual performance problems that can accompany taking certain antidepressants called SSRIs.

Ginkgo seems to improve blood circulation, which might help the brain, eyes, ears, and legs function better. It may slow down Alzheimer’s disease by interfering with changes in the brain that interfere with thinking.

Ginkgo seeds contain substances that might kill the bacteria and fungi that cause infections in the body. The seeds also contain a toxin that can cause side effects like seizure and loss of consciousness.

Ginkgo interacts with many medicines. Before taking it, talk with your healthcare provider if you take any medications.



Yohimbe is a fantastic herb that many people have reported great success with. It comes from a type tree that is found in Zaire, Cameroon, and Gabon. The bark of yohimbe contains a chemical called yohimbine, which is used to make medicine.

It has also been shown to give men longer-lasting erection and to arouse sexual excitement. It is also used for athletic performance, weight loss, exhaustion, chest pain, high blood pressure, low blood pressure that occurs when standing up, diabetic nerve pain, and for depression along with certain other medications.

Note, however, that this herb is NOT recommended for people with high blood pressure! If yours is even slightly elevated, and certainly if you have a heart condition of any kind, you should not be taking this one. Use with caution.



Saffron is a plant, and its dried stigmas (thread-like parts of the flower) are used to make saffron spice. It can take 75,000 saffron blossoms to produce a single pound of saffron spice.

Saffron is largely cultivated and harvested by hand. Due to the amount of labor involved in harvesting, saffron is considered one of the world's most expensive spices. The stigmas are also used to make medicine.

Saffron is used for asthma, cough, whooping cough (pertussis), and to loosen phlegm (as an expectorant). It is also used for sleep problems (insomnia), cancer, "hardening of the arteries" (atherosclerosis), intestinal gas (flatulence), depression, Alzheimer's disease, fright, shock, spitting up blood (hemoptysis), pain, heartburn, and dry skin.

Men use it to prevent early orgasm (premature ejaculation) and infertility. Saffron is also used for to increase interest in sex (as an aphrodisiac) and to induce sweating.



Maritime Pine refers to an extract taken from the bark of this type of tree. It's been shown to possess antioxidant and anti-inflammatory qualities, and has been studied for a wide range of clinical conditions, including chronic venous insufficiency, cardiovascular conditions, and erectile dysfunction.

Do not take pycnogenol if you take an immunosuppressant. Because pycnogenol has not had sufficient medical research, your doctor may not recommend you take this alternative medicine for your ED.



THE “STIFFY TEA” RECIPE

As I explained in my story earlier, when I first found yartsa gunbu I distilled it into a tea and it changed my life.

But what makes yartsagunbu - the most prized libido-enhancing, energy-restoring, immune-boosting supplement on the planet - actually work?

Yartsa Gunbu is native to the Himalayas and has been used by people in Tibet, Nepal, and China for hundreds (probably thousands) of years to fix ED.

But this “caterpillar fungus” (as it’s also known) is actually considered a type of mushroom and it’s categorized as a “cordyceps.”

In addition to revitalizing the sex glands and reproductive system the mycelium component of this ED-eliminating miracle makes it the world’s most powerful aphrodisiac for increasing sex drive.

Not only that, it provides immense energy, nourishes the lungs and kidneys, increases lung capacity, and improves your overall athletic performance (especially the athletic performance you’ll be performing in the bedroom!).

The original wild-growing version known as “caterpillar fungus” or “Himalayan Viagra” or its native name “Yartsa Gunbu” is become so sought after and protected it is more expensive than gold by the ounce.

A pound of this miracle ED-eliminating mushroom can cost more than most people’s annual salaries.

Yet, little-known to most people - back in 1972 a Chinese mycologists isolated a wild strain of cordyceps called “cordyceps Cs-4” and were able to successfully grow it both within what’s called a “liquid-culture” and a grain substrate.

Although there are some varieties of this process done today using silk worm larvae, the most high-quality cordyceps mycelium extracts, powers, and whole dried pieces are grown organically on a brown rice substrate (not on caterpillars as the native variety is).

The best part? It’s almost EXACTLY the same in effect and chemical biological make up as the original (highly expensive) Yartsu Gunbu strain!

In fact, these cultivated versions are ultra-concentrated.

It has the same ED-eliminating properties that the first indigenous Tibetan Mykot yak herdsman experienced when they noticed their free-roaming herds eating these and humping each other’s brains out!



Today, you can buy dried cordyceps (the same strain as what grows in the Himalayan mountains) for just \$4 an ounce!

Better yet? You can get it delivered straight to your door.

There are very few people out there that sell this and I've tried all of them.

My favorite is Nature Tea's dried cultivated cordyceps sinensis, **which you can find here:**

[Click Here For The Cordyceps We Recommend](#)

HOW TO MAKE THE TEA

The process is simple...

- Start with your dried cordyceps mushroom and water.
- Take 3 to 5 grams of the dried cordyceps (although for an "extra strength" solution you can safely prepare up to 15 grams). **NOTE: 3 grams is about a "heaping tablespoon" full of ground or damaged cordyceps.**
- If you're using the traditional 3 to 5 grams of cordyceps, you'll need to add about four to five cups of water.
- To prepare the tea, you need to pulverize the mushroom (or you can cut them up into small pieces or break them up with your hands).
- Bring the water to a boil using a ceramic or chrome steel pot (don't use aluminum because it will make the method of boiling last a lot longer)
- Once the water is boiled, add the dried cordyceps mushroom pieces.
- Then, lower the heat and let the mix simmer (avoid boiling) and let it simmer about two hours.
- After that, take the mixture from the heat, strain it, and put it aside.

I've found the best thing to do is spend a Sunday afternoon doing this process and make enough "Stiffy Tea" to last you the week!

That way, you have a week-long "batch" and there is no preparation needed, Monday through Saturday.

What I like to do is enjoy a relaxing Sunday afternoon, maybe watching a movie with my wife, or doing some work in the garden as the mix simmers for two hours.

Just know, you should take this mix every day for the maximum benefit.



Other “Aphrodisiac” Foods You Should Consume Throughout The Week

Oysters & Shellfish

The reason why oysters and shellfish are effective libido and erection-boosters is because they're loaded with zinc and magnesium.

(In fact, research presented at a meeting of the American Chemical Society stated that raw shellfish contains compounds that trigger the release of sexual hormones in both men AND women.)

These two minerals, zinc and magnesium, are essential for staying healthy and they are required for more than 300 biochemical reactions that happen within our bodies.



The health benefits of zinc and magnesium include detoxifying your body and producing energy - both of which are essential for getting and maintaining full-strength erections.

Zinc is especially powerful for combating ED because it plays an important role in the production of testosterone, our most critical male hormone.

When your body is lacking zinc, symptoms include hair loss, slow healing of cuts and injuries, and depression.

Other foods that are rich in zinc include beef, lamb, spinach, pumpkin and squash seeds, nuts (especially cashews), pork, chicken, beans, and mushrooms.

Other foods that are rich in magnesium include nuts (especially almonds), whole grains, wheat germ, fish, and green leafy vegetables.

Green Leafy Vegetables

Green leafy vegetables, such as celery and spinach, are said to improve circulation and blood flow because they contain a high concentration of nitrates. Beet juice is another powerful source of nitrates.

Nitrates are vasodilators (a term we talked about earlier), which means they open up blood vessels and increase blood flow. In fact, many years before the U.S. Food and Drug administration approved Viagra, case reports had been published on the beneficial effects that nitrates have on erectile dysfunction.



Avocados

Avocados, which are rich in fatty acids and vitamin E. These boost blood flow and naturally increase testosterone production.



Figs

Figs are another sexual super food because they're high in potassium - a key energy-boosting mineral.



And here are a few more super foods to incorporate into your diet:

Pumpkin Seeds

Pumpkin Seeds, which are loaded with nutrients that increase blood-flow and virility.





Watermelon

Watermelon, which is high in citrulline—which has been shown to give men stronger erections. Watermelons are also rich in phytonutrients, which are a form of antioxidants, and have also been shown to relax your blood vessels.



(Again, anything that relaxes your blood vessels and improves your circulation means more blood is able to flow into your penis!)

Dark Chocolate

Dark Chocolate is another great one, because it contains flavanoids which improve circulation. Flavanoids are natural antioxidants found in plants, which protect plants from toxins and help repair their damaged cells.

Studies have shown that flavanoids have a similar effect on humans. They also help to lower blood pressure and cholesterol. High blood pressure and high cholesterol and two of the common physical causes of ED.



Beets, Tuna & Salmon

Beets, Tuna and Salmon are also sexual super foods because they're rich in Vitamin B3 (Niacin). This vitamin is important for maintaining good overall health, partly because it reduces your cholesterol levels.



#5 Experiment with using natural herbs and plants to boost your sexual powers, particularly ginseng.

In Asia, ginseng has been used to treat male sex problems for centuries.

Chinese inscriptions mentioning the wonders of ginseng have been found on bones and tortoise shells that date back to about 3000 B.C., and the earliest record of its being prescribed for medicinal use dates from about 500 A.D.



For at least that long, people in China, Korea, and other regions of the Orient have used this incredible herb to boost stamina, decrease fatigue, and increase the male libido.

In modern times, research on the biochemistry of ginseng, and its effect on human sexuality, has proven that the ancient beliefs about ginseng are indeed based on scientific fact.

I do need to note that there are different types of ginseng. They all come from the same plant, *Panax ginseng*, but different varieties of it are cultivated under different conditions and processed in different ways.

The variety that has been shown to have the most beneficial sexual effects is called **Korean red ginseng**.

The authors of a scientific paper titled “Ginseng, Sex Behavior, and Nitric Oxide” stated that there is hard scientific evidence that certain active chemical ingredients in ginseng, called ginsenosides, have “prosexual” effects.

I incorporated this type of ginseng into my daily routine and definitely believe it enhanced my results. Ask your local health food store where you can pick some up, or buy some online and have it sent to you.

(But only buy ginseng in its raw root form. Remember, we’re going to fix your ED all-naturally, without pills, supplements or any artificial chemicals.)

You can chew a slice of a fresh or dry ginseng root like a sweet. This way, the potency of the active ingredients is maintained and more effective.

Or, you can make ginseng tea. Just boil two cups of water, slice a piece of ginseng off the root, and drop it in the warm water. Cover for five minutes, then drink it up.

The ED Game Plan That Worked For Me

As I’ve said before, ED is usually a sign that your body is rebelling. You’re not taking care of yourself properly, and so your body is sending you a warning signal that things need to change.

Once you make the necessary adjustments and get your body back into a healthy, happy state, it will perform as you need it to...

And you will be rewarded with firm, strong erections once again.

Basically, curing my ED came down to doing three things:

➔ I flushed my body out and cleansed it of all toxins.



- ➔ I got my body into an “alkaline” state so that it was able to function properly on all levels.
- ➔ I fueled my body every day with my “Stiffy Tea” recipe and watched the sexual fireworks play out day after day!

Achieving an Alkaline State

Now, if you aren't familiar with the term “alkaline,” it's time for you to learn a secret about ED which none of the other so-called experts seem to have figured out yet.

When it comes to your health, your overall pH balance is extremely important. This determines whether your body is in a healthy state of alkalinity, or if it's overly acidic and possibly in danger.

Disease cannot exist in your body when it's in an alkaline state. And erectile dysfunction can't exist, either!

So the goal here is to get your body out its unhealthy, acidic state, and into a healthy, energized alkaline state where your body is tuned up and firing on all cylinders.

You can test your pH with inexpensive pH strips that you can buy online or in health food stores. You simply tear off a piece and put it in your mouth, allowing the saliva to touch it for a few seconds.

Next, compare your strip to the color chart that comes with it, and see where you're at. This is best done first thing in the morning, before you eat or drink anything. Food and drinks can alter the pH reading of the saliva.

Another way to test your pH, which most health experts believe is a little more accurate of total body pH, is by testing your urine.

This also should be done first thing in the morning. The first reading will generally be a little more acidic, because your body was clearing out acid while you were sleeping. So usually, the second urine test of the morning will be the most accurate.

It's good to get a general idea of your pH reading, because it is a great indicator of your body's health status. If overly acidic, you may have some underlying issues that need to be addressed.

Some diseases and disorders that are associated with over-acidity are diabetes, obesity, migraines, cataracts, cancer, arthritis, stroke, gout, morning sickness, allergies, osteoporosis...

And yup, you guessed it...**erectile dysfunction.**

Every single system in your body is affected by too much acid, including your penis and libido. And everything we eat or drink affects our pH.



Some foods make us more acidic, while others make us more alkaline.

In general, animal based foods such as meat and dairy products are acidic, while plant-based foods like fruits and veggies are alkaline.

Environmental factors affect your pH balance as well. Household cleaning products like soap, detergent, air fresheners, glass cleaners and other various cleaning agents all contain chemicals that are toxic to the body and contribute to acidity.

It's the same with conventional bath and body products that contain not-so-friendly chemicals and toxins in them as well. If they go directly onto your skin, which is your body's biggest organ, then they can be some of the biggest offenders.

12 Ways To Alkalize Your Body:

- Drink a fresh green juice every single day. Remember what I said earlier about green, leafy vegetables. Not only are they terrific for your overall health, but they contain a high concentration of nitrates, which open up blood vessels and increase blood flow.
- Drink the juice of half a lemon squeezed in a glass of warm water first thing in the morning (citrus fruits seem acidic, but are actually very alkaline!)



- Eat a diet full of nutritious and alkaline vegetables and fruits.
- Stay away from all processed foods and fried foods, which are extremely acidic.
- Avoid refined sugar!



- Drink quality water such as purified water or even better, fresh spring water (tap water usually has fluoride in it and is very toxic to the body, which your dentist may not tell you.)



- Use natural household cleaning agents such as diluted apple cider vinegar.
- Use natural bath and body products such as shampoo, conditioner, body wash, soap, toothpaste, mouthwash, lotions, facial creams and make-up. Commercial ones are made with chemicals that have a massive toxic load to the body and make you acidic.
- Eat more plant-based foods and opt for only grass-fed, organic animal products.
- Include more wheat grass, barley grass, kelp, cayenne, chlorella and spirulina in your diet.
- Mix ½tsp of baking soda in a glass of water and drink daily. This may be the most effective and easiest way to bring your pH level up in alkalinity.
- And don't forget to drink your "Stiffy Tea" every day.

Make these changes starting immediately, and you should see some results within the next week.

So here is the plan I want you to follow for the next seven days:



- Stay well hydrated. Our bodies should ideally be comprised of 55-60% water. Right now I can be almost certain that you are dehydrated, even if you don't feel thirsty.

Your body needs more water every day than you realize! This is also essential for flushing the toxins out of your body that are interfering with your body's functions - including generating erections.

- Every morning when you wake up, drink a large glass of water. Then, throughout the day, you should be constantly re-hydrating yourself. You should aim to drink three liters of water every day. (I know that sounds like a lot, but this is what your body needs!)

Your body absorbs warm water better than cold water. Also, put a lemon or lime in your water bottle or jug. Lemons and limes help your body to absorb hydration, and increase your alkaline level.

- There is "good bacteria" and "bad bacteria." We want to eliminate the bad, and encourage the good. The right kind of bacteria are very important to good digestive health and optimal immune function. Eat natural yogurt, because it's loaded with probiotics - the kind of bacteria you want more of.
- Eliminate your intake of bread and baked goods. Replace them with whole grains, such as basmati, brown rice, or quinoa.
- Make "Super Foods" your friend. These include grasses like wheatgrass and the algae, like spirulina.
- Join the "Slow Food Revolution." Take time when you eat. Enjoy how your food looks and smells. Digestion begins in your mind. Chew well, and you will aid good digestion. Avoid drinking water with your meals, as it diminishes your digestive power.
- Meditate. Learn ways that help you quiet your mind and develop a peaceful mind. It's the only true way to relaxation and happiness. To start, spend 5 minutes each day observing your breath. Keep the mind focused on the breath moving in, through and out of your body. Bring the mind continuously back to the focal point of the breath whenever your mind wanders.
- Practice deep breathing exercises. This relaxes and alkalizes your body, too.





Jack Stonewood

RECOMMENDED RESOURCES

TACTICAL ATTRACTION

Tactical Attraction is the ultimate crash-course for learning every element of attracting and seducing women, and becoming the best and most attractive MAN you can possibly be. Inside this best-selling program, you'll discover how to develop **unstoppable Alpha Male confidence**, how to transform your "look" and become 400% more attractive, and how to use verbal and body language tactics to make any women feel **UNCONTROLLABLY ATTRACTED** to you.

[Click here](#) and learn how to use these stealth seduction secrets to score with all the hot women you want, or to get the loyal, loving, and **smoking hot girlfriend** you've always wanted. The choice will be yours!



THE BAD BOY BLUEPRINT

We all know that women are hard-wired to chase after "Bad Boys." (And despite what you see in the movies, "Nice Guys" are the LAST ones to get laid!)

Now, for the first time, you can learn a proven, step-by-step system that rewires you for **total unstoppable success with women** by giving you the "Bad Boy edge" that women crave. Get ready for women to chase you and even fight over you, once you [click here](#) and discover these **badass Bad Boy seduction secrets**.

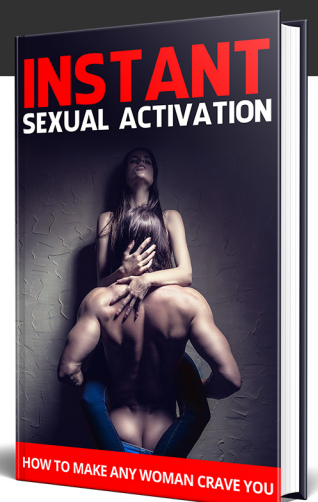


INSTANT SEXUAL ACTIVATION

What if you could "crawl inside" the mind of any woman, hijack her thoughts, and install feelings of uncontrollable HORNINESS in her brain...and then **direct all of those feelings towards you**? So that she feels an overwhelming desire to follow your suggestions, and **do whatever it takes** to please you?

This is the "seduction superpower" you will discover inside the **Instant Sexual Activation system**, which has been called "the holy grail of seduction."

[Click here](#) and use these **mind control secrets** tonight...but please use them ethically and responsibly, as they can be DANGEROUSLY powerful!



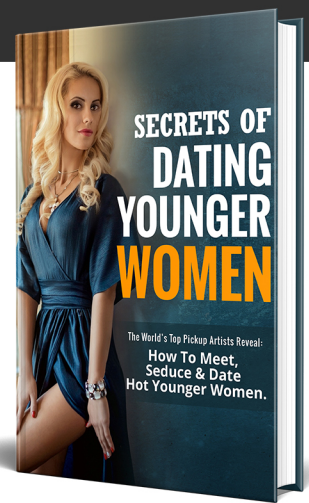
RECOMMENDED RESOURCES

SECRETS OF DATING YOUNGER WOMEN

If you're a guy in your mid-30s or up, you might think that sexy, fun, hard-bodied younger women are "out of your reach." Well, now you can learn the exact secrets and techniques that **the world's best pickup artists and seduction masters** use, to make your age your most powerful advantage!

The **Secrets Of Dating Younger Women** program combines the knowledge and techniques of more than a dozen of the most famous and respected dating experts on the planet, to give you a step-by-step roadmap that will make you a MAGNET for the young, hot women you deserve to be with.

[Click here](#) for more.



AUTOMATIC OBSESSION WORDS

Imagine if you knew the EXACT words to say, in any situation, to instantly command a woman's attention and trigger feelings of **raging sexual desire** inside of her. And then...imagine using short, simple phrases to make her want to come home with you and give you **all the sex you can handle?**

[Click here](#) to discover these closely-guarded "**Obsessions Words**" and start using them tonight. Rejection will become a thing of the past, because you'll have **the perfect words to say** hard-wired into your mind.



SECRETS OF STRIP CLUB SEDUCTION

What guy hasn't fantasized about scoring with a sexy, curvy stripper or exotic dancer who has ALL the right moves in bed? The problem is, for most guys, the idea of banging a stripper is nothing more than a fantasy...and strip clubs exist only to drain your wallet and send you home with a case of blue balls.

But now, a team of seduction experts from Las Vegas...the strip club capital of the world...have peeled back the curtain to show you EXACTLY how they dominate strip clubs and hook up with the hottest strippers for FREE.

[Click here](#) for a hot, private presentation and discover the **Secrets Of Strip Club Seduction**.

