

E.D. ELIXIR

THE FAST, PROVEN & ALL-NATURAL FIX FOR
ERECTILE DYSFUNCTION



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Introduction



Hi, I want to warmly welcome you to **ED Elixir** and congratulate you on taking action.

This manual will be unlike anything you've read or heard about erectile dysfunction.

This is not going to be a boring, clinical discussion of male sexuality. Nor am I going to speak to you as if we're conducting a high school "Sex Ed" 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 a guy who's *been there*.

This game plan worked for me, and if you follow the steps and trust the process, it will work for you, too.

Later on in this manual, I'm going to reveal the unique method that I used to fix my ED and optimize my overall health and happiness.

I have a feeling this method is going to work wonders for you., too.

But it will work even better, and will be *permanent*, if you read this manual all the way through and gain a complete understanding of WHY the different components of this method have been so effective for me, and for other thousands of men.

In other words, you will not gain the full, lasting benefits if you skip around. So read each page. Study each chapter. Take notes.

Maybe you're not the type of guy who enjoys reading books. I normally am not. But fixing your ED for good and reclaiming your manhood is worth a little bit of effort, don't you think?



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 this program.

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

My Personal Battle With The "ED Demon"

 Back in the days when I was a young man pumped full of testosterone, I never would have dreamed ED would become a problem in my life someday.

Getting *too many* boners at inappropriate times used to be an issue!

I remember waking up every morning of high school with a stiffy I could pound nails with. Heck, I'd have to "take care of myself" in the shower before I got dressed and caught the bus to school.

Then throughout the day, my pesky pecker had a life of its own...

I'll never forget my ninth grade biology teacher, Miss Edelstein...her short skirts and big full breasts that looked ready to burst out of her blouse...

I used to pray she wouldn't call me up to the front to solve a problem on the blackboard! Just being in the same room as her gave me a stiffy that nearly ripped a hole in my pants.

My unexpected erections came *too* easily, and it was embarrassing!

Years later, after serving in the U.S. military, I met my soulmate. Angie.

We got married and wasted no time starting a family. We were blessed us with two beautiful children, a boy and a girl.

I was a rising star at my job at the local car dealership, racking up "Salesman of the Month" awards and big bonus checks...

And Angie and I had a fantastic sex life. Even after years together, we were so affectionate towards each other we made other couples jealous.

Yet once I reached my 40s, my energy and motivation began to slide downhill.



My belly grew while my hairline shrunk.

By my mid-forties I struggled to get out of bed in the morning. My muscles ached and my bones creaked...

And I wasn't interested in sex the way I used to be. It wasn't Angie's fault. She kept herself in tip-top shape and still turned heads wherever she went....

But now, I was make excuses to NOT have sex because I knew I couldn't perform. It was as if *my brain* still found my wife as attractive as ever, but the message wasn't getting passed down below my waist.

I blamed it on stress from my job, or my diet. But as I continued to fail in the bedroom it caused me more embarrassment and anxiety, which only made the problem worse.

Some nights I could *get* hard, but I had trouble "staying hard." I'd go limp as a wet rag and wind up tugging on my sad, shriveled soldier, praying for a miracle...

Until Angie would let out a disappointed sigh and say "It's okay, honey," and crawl under the covers and turn away.

Other times I'd get myself hard enough to penetrate her, but I was so worked up I'd lose control and "blow it" within seconds.

There were nights when Angie would be beside me in bed. She'd reach over and start massaging me down there...

And even though I was wide awake, I'd pretend to be asleep and move away, because I didn't want to disappoint her with another pathetic performance.

She'd tell me "it's okay," but as men, we know...this is NOT okay.

It's not only humiliating for us...

It's also hurtful and embarrassing for HER.

She worries you aren't attracted to her the way you once were.

She feels ugly. Fat. Old. Unwanted.

You know how women remember every little insult and disappointment...



I felt so ashamed and furious with myself. What kind of man can't fulfill his most basic duty to his wife?

I went to my doctor and asked him about testosterone injections, but he rejected that idea. He said once you get on the fake stuff, your body's natural testosterone production shuts down and your risk of prostate cancer rises.

Instead, he scribbled me a prescription for the "little blue pills." Good Lord, they were expensive!

Worse, it felt like cheating to me. A man who has taken his vows before God—to love and cherish his wife—shouldn't need to depend on some artificial drug to make love to her!

But I was desperate. The next night, I popped a pill after Angie and I put the kids to sleep. As we lay in bed watching TV, I began to feel some tingling and stirring down there...

Thank you Lord, I thought. At least I could pleasure my wife again, like a man is supposed to...

I moved Angie's hand onto my stiffening erection and she giggled like an excited schoolgirl. She thought the "old me" was back...

But suddenly, I felt flushed and sweaty. My heart started pounding like a jackhammer. I felt so dizzy I barely managed to stumble to the bathroom.

I was slumped over the sink, splashing cold water on my face, when Angie opened the bathroom door and glared at me with ice-cold daggers in her eyes.

This time, she didn't look disappointed. She was **PISSED!**

"This has gone on long enough," she said.

And then came five words that hit me like a sledgehammer...

"Tell me who she is."

My wife was suspicious that I was seeing another woman!

It felt like a cruel joke. How could I be screwing around with a mistress when I couldn't even get it up for my own wife, the mother of my children?



I swore to Angie there was no one else. Out of sheer desperation, I made up the only excuse I could think of...

I told her an old injury from my military days had flared up and my doctor had me on some pain medication that was known to have "side effects" when it came to a man's sexual function.

So now on top of it all, I'd just lied to my wife for the first time.

I got her to believe me (for now), but as I hugged her close to my chest, I choked back tears of shame and frustration.

Angie, being the incredible wife she is, kissed me and said, "It's going to be alright. Whatever you're going through, whatever the problem is, we're going to get through it together."

Right then I silently swore to myself that I would get to the root of this problem and fix it—no matter what.

I was desperate for answers. My wedding anniversary with Angie was coming up. We hadn't been intimate in months.

And this led us to...

The Night In Egypt That Changed Everything



I decided to book us a trip to Egypt. Angie, being a history buff, had always dreamt of visiting the Pyramids. I figured this would be my last chance to revive our marriage.

If we could just get away and be alone together for the first time in years, somewhere brand-new and romantic...

Maybe, just maybe, God would answer my prayers and I'd be able to perform like a man again.

When I showed Angie the tickets, she cried tears of joy. She wanted to fix our relationship just as badly as I did.

We promised each other, this trip would be a new beginning for us.



So, we dropped off our kids with Angie's sister and off we went to Cairo, the sprawling capital of Egypt.

The first two nights there, I avoided sex by saying I was wiped out from jetlag. I didn't feel ready to try yet. My libido was still missing in action.

But on the third night, after a long day of visiting the pyramids, Angie sprung a surprise on me.

She'd booked us a table at some fancy restaurant along the banks of the Nile River.

"We came here to make a fresh start," she said, "and I brought a special outfit for later tonight..."

Angie opened her suitcase and held up some *naughty* lingerie in front of her curvy body.

There was a time when just *seeing that* would have made me harder than third year calculus. Yet instead, I felt anxious and sick to my stomach.

But then I remembered: I'd brought along something in my luggage, too.

A "secret weapon," which I'll explain in a moment...

So now we're at the restaurant, on our second bottle of wine. I rarely drink, but I needed some liquid courage to steady my nerves.

Angie was buzzed and feeling frisky. Under the table, she slipped off her shoe and nuzzled her foot into my groin.

"Honey, thank you for this trip," she said. "It's just you and me here, and tonight I'm going to show you my appreciation."

A movie played out in my worried mind...I imagined myself later tonight, in bed next to Angie...

She's in her red lace lingerie and I'm sitting there tugging on my sad, shriveled junk...as useless as soggy spaghetti...

Humiliating myself and letting her down AGAIN.

That's when I knew I couldn't risk another pathetic performance.

Tonight was **do or die**.



I excused myself to go to the bathroom, locked myself inside a stall, and pulled my “secret weapon” out of my pocket...

A penile injection kit I’d ordered from some shady website.

I must have looked pathetic. Cringing in a bathroom stall like some junkie, shooting up my limp penis while I clenched my teeth to keep from screaming in pain...

Ten minutes later, back at our table, as Angie ordered dessert and I gulped another glass of wine, I felt a painful cramping in my crotch.

Jolts of searing pain shot down my legs, and I could feel my junk swelling up like a balloon hooked up to a pump. It felt like it was going to BURST!

I excused myself to go back to the men’s room, unzipped my pants, and pulled out my penis. It was grotesquely swollen, turning black and blue.

I had to get to a hospital NOW!

I ducked out a back door and staggered down a crowded side street, clutching my throbbing crotch. Every step was agony...



Then the world went blurry and began to spin. From there, I only remember bits and pieces...

In the back of a speeding ambulance, sirens wailing...

Being wheeled through hospital hallways, strapped to a gurney, staring up at the ceiling lights flashing by...

Then I'm on an operating table...a team of doctors and nurses hovering over me...a nurse preparing a gigantic syringe that looked like something you'd use on an elephant...

And then sharp, mind-exploding pain as she inserted it deep into my swollen penis and I saw the syringe sucking out thick, black blood.

My world faded to black.

A day later I came to, feeling like I'd been run over by a train. Immediately, I yanked down the bed covers and checked the damage.

By the grace of God, my soldier was still there. Back to its normal size, though it looked like it'd gotten a beat down from Mike Tyson.

I noticed Angie sitting beside me. The doctors had already told her everything. I thought she'd be furious at me for taking that stupid injection...

But she told me she only cared about getting me through this. Getting us through this.

Once again, I thanked God for blessing me with a wife I didn't deserve, and I prayed for an answer.

The next morning, Angie was resting back at our hotel when the doctor in charge came to see me. His name was Dr. Mustafa.

"We must attack the root cause of your problem right away," he told me, "because erectile dysfunction is a symptom of something larger and deadlier."

He continued:

"ED means your arteries are clogged with plaque, which is preventing proper blood flow to your penis. In over 90% of my patients, this also means plaque in your coronary arteries, which puts you at risk of a heart attack at any moment. Or clogging in a brain artery, which can mean a massive stroke at any time."



Dr. Mustafa scribbled something in Arabic on a piece of paper. He handed it to me.

"This is all you need," he said. "Before you go back to your country, show that to a taxi driver. He'll know where to take you to get this."

"To get what?" I asked.

"It's a 'local remedy,'" he said. "You'll never hear of it in America, but it's a formula that's been used for thousands of years in Asia and the Middle East, going back to the days of the great emperors and conquerors. Think of it as an '**elixir**.' An ancient drink of the Gods."

Enter "The Elixir"



The doctor explained that the richest and most powerful men in Asia have always been obsessed with boosting their *Jing Chi*, or "sexual energy."

Back in ancient times, the emperors used their Jing Chi to produce dozens, even hundreds of children with harems of women...to pass on genetic legacies that would last forever.

It's said the legendary warlord Genghis Khan drank this elixir every night before he laid down with his wives...

And he wound up having so many children – well into his 80s – that historians say today, 1 in 200 men can trace their DNA back to him.

According to Dr. Mustafa, men in this part of the world have sworn by this all-natural instant ED fix for centuries, because it gives you even more than rock-solid erections on demand...

It also has powerful anti-aging effects and can rewind your energy levels and vitality back to when you were in your physical prime.

Dr. Mustafa personally swore by it. He was living proof of its powers! He didn't look a day over 35, but he was actually 49 and still made love to his wife twice a day, every day.

I thanked Dr. Mustafa for the recommendation, even though I was skeptical. My problem still felt hopeless.



The next day I was released from the hospital. We had one more day in Egypt. While Angie went souvenir shopping, I headed out on a mission.

I showed Dr. Mustafa's "prescription" to a taxi driver and he brought me to a crowded street market, then down a back alley to some hole-in-the-wall shop that looked like a pharmacy from a hundred years ago.

The toothless old lady behind the counter looked at my piece of paper and handed me a bag filled with brown powder. She didn't speak a word of English. I paid her and went on my way.

Once we were back in the USA, I used the powder to make a pot of tea. The smell of it brewing was awful. The taste was ten times worse. I was barely able to gag it down.

At first, I felt nothing. But a half-hour later, I started feeling some tingling and movement in my crotch...

I could actually feel the blood flow being transferred from other areas of my body, directly into my rapidly stiffening penis. The sensation was incredible!

But then...it *stopped*.

I was about 70% erect when the tingling faded and my boner began to shrink.

I knew there was something to this exotic brew. But I wasn't going to tell Angie about it yet. I didn't want to get her hopes up.

Over the next week, I experimented with different dosages and took it in different forms...in a tea, mixed with coffee, as a smoothie...

Each time the results were a little different, but not quite right. I'd drink a batch of my "magic powder" and within minutes I'd have an erection, but it wasn't 100% firm, and it wouldn't last...

Or I'd feel nothing until many hours later, and suddenly get a raging erection while I was at my job trying to sell some old lady a car! That was no good, either...

Then it happened. One night I drank my brew an hour before bedtime. Angie and I were in bed watching TV, when suddenly I felt that tingle again...except this time, I got 90% erect. And it didn't go down!

I pulled Angie towards me and we made love. She had her first **screaming, body-shaking climax** in years. She was delighted and amazed.



It felt like a miracle, but to be honest, I still hadn't gotten that **full, rock-hard firmness** I used to get as a younger man. And my ejaculations were a weak dribble.

But hey, I got the job done and she was happy.

However, now I had ANOTHER problem...

I was almost out of my "magic powder."

I needed to know *what was in this stuff* so I could get my hands on some more.

I tried calling the hospital in Egypt and asking for Dr. Mustafa, but the receptionist told me in broken English that he'd transferred somewhere else.

I gave them my phone number and begged them to pass it along to the doctor, but I doubted I'd ever hear from them again.

So I did the only thing I could think of: I sent the spoonful of powder I had left to a lab, and asked them to analyze the ingredients.

Two days later, they emailed me a list of five herbs and minerals...

And to my surprise, I was able to locate them at my local health food stores and even the supermarket I shop at.

These all-natural ED-reversing ingredients have been under our noses the whole time, right there on the shelves of our local stores...

Yet as I would discover, while each of these ingredients, on their own, can help with certain aspects of ED and your overall male vitality...

It's when you *combine* these five ingredients that you get a "synergistic effect."

Now that I had the ingredients, I kept experimenting and found that one cup of my "magic brew" taken every day, 30-60 minutes before sex, was ideal for me.

Taking more of it or upping the dosage didn't boost the effect. One cup, taken at the right time, gave me the most benefits. And I figured out how to add a couple of things to smooth out the taste, and even make it enjoyable to drink.

Before long I was waking up with "morning wood," and making love to Angie with no difficulties.



Everything seemed to be back in working order, though to be honest, I still missed those *raging* hard-ons I had in my 20s.

You remember what it was like, when you get so stiff it feels like it's throbbing, and your orgasms are like giant explosions...

But hey, I couldn't complain. This elixir had saved my marriage and given me my manhood back.

Then one afternoon while I was at work, my phone rang. It was Dr. Mustafa, finally returning my phone call!

I thanked him for everything. He told me I was lucky I'd had my 'accident' in Egypt, otherwise I never would have found out about the elixir.

While I had him on the phone, I had to ask him: was there anything I could add to my brew to make it more potent? I felt like I was 90% there, but if there was just some way to tweak it, to give it some extra firepower...

Dr. Mustafa understood. He said the ingredients were powerful enough for the average man in his part of the world.

But men from *our* side of the world have been exposed our whole lives to pollutants, processed foods, pesticides, toxic chemicals in our water.

Even the chemicals in plastic water bottles have been shown to lower our testosterone and sex drive.

In other words, we might need a stronger, more potent form of this elixir.

Dr. Mustafa gave me some simple instructions over the phone...

And I made a tiny addition to my "magic brew" that **unleashed my full sexual beast** a few nights later.

I remember stepping out of the shower, opening the door, and standing in the doorway looking into our bedroom.

Angie was in bed, half-asleep, scrolling through Facebook on her phone...

When I dropped my towel to the floor and stood before her, naked, exposing my *fully erect manhood* in all its throbbing glory.



At last, I had 100%, hard-as-steel firmness.

Angie looked over at it and gasped!

Never again would she look at me with sadness and disappointment.

The look in her eyes was different now.

It was a look of awe.

For the next 24 hours, our bedroom became the Sexual Olympics. I'd never seen my wife so turned on! And I came through like a champ.

I was in complete command of my ejaculations, too. No matter how intense the sex got, no matter how amazing it felt, I no longer had to worry about finishing too quick. I was *in control*...

And when it was time for my big finish, the volume of my ejaculation was massive...much thicker and more explosive than before. I was shocked at the level of intensity, too!

Those were just the bedroom benefits. After that night of explosive passion, my wife had a new kind of respect and passion for me. She physically *wanted me* and *craved me*, to the point of being addicted to me.

Slaying The ED Demon...For Good

 Today, my elixir is part of my every routine and it hasn't let me down yet.

My marriage is stronger than ever. Angie is thrilled about our sex life and makes sure she keeps me FULLY satisfied. Because she knows the new, "super confident" me is getting looks from other women...

Including Shawna, the new receptionist at my car dealership who's half my age. I swear, ever since I started having a LOT of sex again, I exude a type of confidence that other women notice.

It's like I'm giving off some "animal scent" that women pick up on!

Now don't get the wrong idea. I'll never cheat on my wife. But I don't mind the attention. I'll admit it sure feels good for an "old guy" like me...



More importantly, when I'm alone with Angie, instead of feeling worried or nervous, I'm now confident that we can fully enjoy each other.

No more embarrassing limpness.

No more lame excuses.

Just rock-hard performances every time.

Now it's time for you to discover the secrets behind **ED Elixir** for yourself.



Chapter 1:

30 Million And Growing (The One Club You DIDN'T Want To Join)



When I was growing up, there were groups I eagerly wanted to be accepted into.

- The “popular kids” in high school...
- The Varsity Football jocks...
- The “cool fraternity” at my college...

And once I ventured out into the real world, I sought the respect of my co-workers (and of course, from the women I wanted to date).

But there was one club that I never asked to join: the huge (and growing) group of men who struggle with erectile dysfunction in some shape or form.

If you’re reading this, there’s a good chance you belong to this group. And just like me, I can make an educated guess that you never asked to belong to it!

In fact, I’d wager that you were drafted into the “ED army” the same way that 30 million other men have been—against your will, worrying and freaking out every step of the way.



The rules and regulations of this group are simple. They state that you can no longer enjoy 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. Your most important ally. But now you live in constant fear of betrayal.

The next time you're in the heat of battle, is your "soldier" going to fail to show up for duty?

I hope you understand you're not alone in this group. There are millions and millions of us in the United States alone, and tens of millions more of us around the world who suffer with ED issues.

Our condition (which, by the way, is completely reversible) doesn't seem to care about race or background.

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. (The difference is, with men below the age of 40, the reasons for ED are more often mental or psychological.)

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.

Erectile dysfunction is a common, everyday problem for millions of men of all ages. But let's make sure we're on the same page about what it means to have this condition.



The truth is that tons of men suffer from some sort of “performance anxiety” when it comes to sex. At some point in every man’s life, he’s going to have trouble getting an erection, or maintaining and keeping it up. This causes you to feel stress, which only compounds the problem.

If these hassles are only happening occasionally, it’s normal. It’s nothing to get too worried about—especially if you’ve had some alcohol to drink, or you haven’t had a lot of sleep recently, or you’ve been under a lot of stress.

Erectile dysfunction is when these struggles and problems turn into your default mode of operation. When every single time (or most times) you want to get it up, you either have trouble becoming erect, or you have trouble maintaining an erection.

That’s when there is cause for alarm.

The real issue is how frequently your ED rears its ugly head. Is it every single time you are in the bedroom? Is it around 10% of the time? Or something in between?

The first step is to figure out where you are on the “ED scale.” 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 this 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, and in most cases it’s due to physical factors that can be reversed.
- 2 Some men experience chronic, complete erectile dysfunction, while others experience



partial or brief erections. Frequent erectile dysfunction can cause emotional and relationship problems, and often leads to diminished self-esteem.

- ③ “Impotence” and “erectile dysfunction” are not the same thing. Impotence is an umbrella term that covers *any* situation where a man is unable to perform sexually. This could include disease, a physical injury, or a permanent disability.

A lot of forms of impotence are incurable. With erectile dysfunction, on the other hand, the situation can be fixed when you use the right methods.

Erectile dysfunction symptoms might include:

- Trouble getting an erection
 - Trouble keeping an erection
 - Reduced sexual desire
- ④ Finally, a healthy lifestyle that incorporates a new “daily routine,” and includes certain “sexual super foods” in your diet, 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 “dysfunctional” countries in the world.

We have 30 million men who either struggle with erectile dysfunction or have it, without knowing it!



This means roughly *one in five men* suffer from ED. And it's only getting worse.

One of the reasons why is that in the USA, we live in a society that doesn't understand or appreciate problems with the mind-body connection.

Take stress and anxiety, for example.

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. Doctors are quick to prescribe drugs to "treat" these problems.

A lot of anti-depressant medications are huge erection killers. I know from personal experience! When ED started to become a real problem in my marriage, it made me depressed.

At one point I got on some anti-depressants, thinking it might help the problem. But it actually made the situation worse.

In Eastern societies, *balance* is what they 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 a highly prosperous country. We have clean water, reliable electricity, and all sorts of other modern pleasures and conveniences that we take for granted.

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. The desire to always have MORE can get overwhelming, and we're 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

Here's a quick mindset shift for you. 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.

WAKE
UP
CALL



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 be *compassionate* 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.

Also remember what I said earlier: you are not alone. One in five men in America have this problem.

Throughout the world, nearly 100 million men are currently suffering from ED. Virtually 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 drain your confidence and 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.
.....

Right now, you may be tempted to skip ahead to the section of this guide where I give you the recipe for the elixir and the instructions for using it. However, we need to make something clear at the beginning:

Our goal in this guide is to improve your overall health and help you make some important adjustments to your mindset, too. As you improve in these areas, the elixir will become much more powerful and effective.

Think of it this way: you can put premium high-octane gasoline into a junky old car, but it would be a waste, wouldn’t it?



It might help the car's performance slightly, but it wouldn't make a radical difference. The right fuel isn't going to turn a broken-down "lemon" into a high-performance race car.

The same goes with your body. We're going to talk about some simple, natural ways for you to boost your performance and optimize your health in ALL areas, so that when you drink the elixir, it will be the equivalent of filling a race car with high-octane fuel.



The journey towards solving this problem is also the journey towards better physical and mental health—a stronger, more energetic body, a sharper mind, greater confidence, and a more optimistic mood.

But you may have to change certain physical habits, and perhaps some mental ones, too. This journey may force you to confront some facts that you would rather just avoid thinking about.



For me, I had to deal with the struggle of being a control freak. I had to learn to give up control and stop trying to FORCE my body to respond the way I wanted to.

I also had to adopt a healthier overall lifestyle, because the foods I was eating were making my body revolt against me.

I realized that my ED was a way of my body telling me, "You need to start treating me better, so that I can do my job properly."

Hopefully, this guide will help ease your journey and give you a safer, saner transition into this next phase of your life. However, it won't be all rainbows and sunshine.

That is why it's important to understand that you are not alone.

Understanding this means understanding that these challenges you face are not unique. This is a journey that every man walks at some point in his life.

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

1. It will give you back your health. The ED Elixir program can help balance your physical body in a way that you've never experienced before. Erectile dysfunction is typically a symptom of other things that are going wrong in your body, and is not an isolated problem.

This guide will show you how to identify the factors that are causing your ED, and how to set them right.

2. To give you back your masculine 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 using the methods in this guide, 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 manhood. It's time for you to get this back.

3. 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 body is actually working against you.



Now, instead of believing that you have no control, this guide will help you realize that *you* are the captain of your own body.

This book will show you how to reclaim control of simple functions 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 (if you are in one). 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 started experiencing my "limpness" problems, 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 fix—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.

For now, just understand that I truly care about your success and I 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.

I discovered the light at the end of the tunnel, and 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 real, natural solutions for ED do exist.



Chapter 2:

ED Through the Ages

 While there are aspects of modern society which have made erectile dysfunction more common, this condition has been around forever. For as long as men have had erections, some guys have struggled to get it up—and keep 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 REAL fixes exist!

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

A Brief History Of Mankind Vs. 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).

Really? Personally, I’ve never met a pothead who had much of a 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, arsenious acide, and *cocaine*.

By the early 1900s, ED remedies were being advertised on the radio—including goat gland implants, and injections of mercury (which is actually straight-up poisonous!)

And 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!)

Fast-forward to the 1980s. Treatments for ED took a leap 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!)



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

You’re going to get a legitimate fix that doesn’t involve a single pill or injection.

But first, I want you to understand that this is about *more* than restoring your sex drive and erections.

40% of men over the age of 40 suffer from some form of erectile dysfunction. This means ED is an immensely profitable business for Big Pharma.

We’ve all seen the commercials. They drill it into our heads that you just need to take a little blue pill, the problem is solved, and next thing you know you’re running on a beach with your wife and jumping for joy.

But there is a major problem with this idea.

Extensive studies show that ED almost never appears as an isolated problem. It’s not a disease, yet it’s a *symptom* of disease. It’s a way for our bodies to warn us that something else 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, more serious health issues to develop.



Chapter 3:

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."

(Fun fact: only polar bears have an actual bone in their boners!)

Basically, the inside of your penis is like a giant sponge, and when you're hard, it's 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:

- Your brain needs to send a strong, clear signal to the rest of your body that it's "erection time."
- Your circulation must be healthy enough for a sufficient supply of blood to flow into your penis.
- 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 involved.

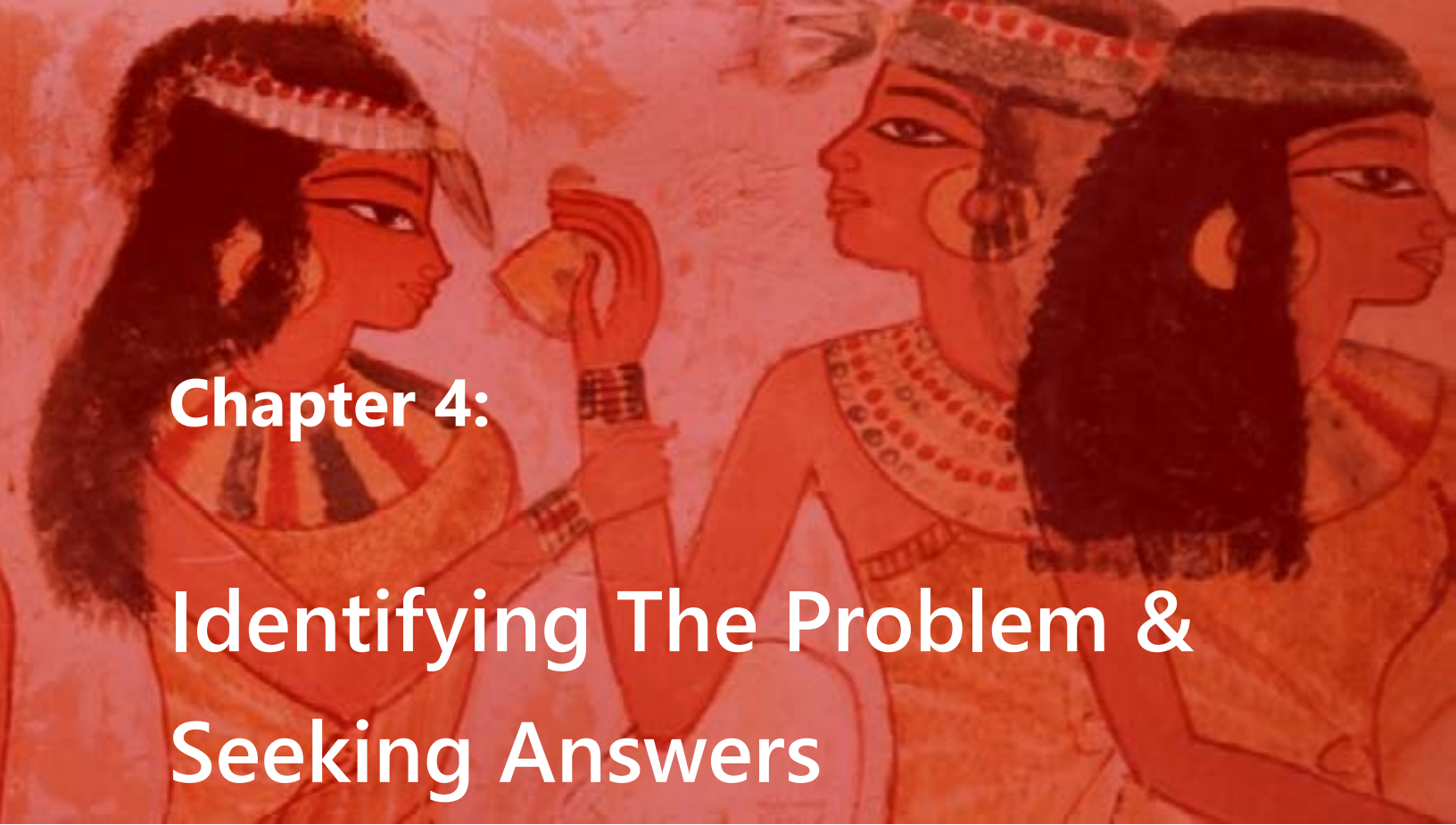
Even if you're physically healthy, if you're suffering from a psychological issue such as stress, depression or performance anxiety, and your brain isn't able to fire off a clear signal, it will prevent you from maintaining an erection.

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

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.





Chapter 4:

Identifying The Problem & Seeking Answers



“Erectile dysfunction” is a catchall phrase that means something is wrong with your penis. But there are actually a host of different potential problems, and we’ll want to explore the possibilities to figure out what your issue actually is.

The first possible issue is with climaxing.

Do you have trouble coming? Can you only finish if you have your eyes closed and are imagining that you’re with someone else, or while watching pornography?

This is often the first type of sexual problem that a man runs into. It’s basically the “young man” version of ED, and if it goes unaddressed, eventually the problem will get worse.

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

The final type of ED, the one that most guys associate with this problem, 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.

Is Your Root Cause Physical Or Mental?



So now let's divide our problem into two main categories, and figure out: is this 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?"

The formal term for morning wood is Nocturnal Penile Tumescence (NPT). This is a sign of a properly functioning blood and nervous system in and around the penis, and men of all ages can experience it.

Boys as young as 6 to 8 years old may experience NPT. Men in their 60s and 70s can have it too, although it becomes less frequent as age-related ED issues begin to occur.

There are a couple of reasons why NPT occurs, and why it's a sign of a healthy penis. First, your testosterone level is at its highest in the morning when you wake up.

Second, when you're awake, your body releases hormones to suppress your erections. However, when you're asleep, your body shuts off this function and releases less of those hormones. So, erections happening while you sleep are more likely.

If you've got NPT in the mornings, it's a fairly sure bet that you're physically capable of getting and maintaining an erection while awake. When you stop experiencing NPT and never wake up with erections anymore, this could be an early sign of an underlying medical problem.

So how does this relate to determining whether your ED issue is physical or mental? Well, if you wake up hard—but struggle to get an erection at other times of the day or night, when you're awake during the rest of your waking hours—it means your issue is most likely mental.

The fact that you're waking up with morning wood means you've got healthy blood flow going on down there. Physically, you shouldn't have a problem summoning another erection later that day. But there's something happening on the mental side that is blocking you.



On the other hand, if you never wake up with an erection, your problem is most likely physical. Your blood flow down there isn't as strong and healthy as it should be.

Figuring out this difference 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, or drink caffeine or alcohol for 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
- Watching Too Much Porn

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 the two main categories, we can dig a little deeper.

We want to figure out what is causing your ED, and then we want to really do something about it. Everyone has a slightly different problem, and that is why a one-size-fits-all solution can end up making things worse.

Let's dig into some of the different types of problems you can have within each category.

Diabetes



Erectile dysfunction is common among people with diabetes. An estimated 10.9 million adult men in the U.S. have diabetes, and 35 to 50 percent of these men suffer from ED as a result.

Peripheral neuropathy is a common side effect of diabetes. This means nerves throughout your body, which carry messages to and from your brain, have been damaged. The signals aren't being passed back and forth the way they should be.

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—and it's possible for you to be depressed without being fully aware of it.

Rather than getting onto prescription drugs, which can often make your erections non-existent, I'm going to share some strategies later in this book that will help to boost your mood naturally.



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 ways to handle them.

Pornography



There's no denying it: the explosion of Internet pornography has dramatically affected the "brain chemistry" of modern men.

For millions of years, our brains evolved in a world where if we saw one naked woman a day, we were lucky!

Now, you can simply go online and have endless hours of hardcore porn available to you for free—including the freakiest, most extreme stuff you can imagine!

We take this for granted, but what we don't realize is that this *overstimulation* is not healthy for us.

The more we watch porn, the more it stunts the sexual part of our minds. Our ability to fantasize when we're with someone else, or to get lost deep in a sexual moment, becomes damaged.

The one-on-one sexual connection gets broken. When you watch too much porn, your brain begins to rely on seeing that hardcore sexual imagery before it can send the signals that get you hard and make you climax.

Your brain becomes "trained" to expect the rush of endorphins (the "feel good" chemicals your brain produces) without you even touching another person. Your mind becomes trained to enjoy sexual experiences in isolation.

Then there is the physical part of the 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 comes to expect that rough treatment. It responds less to the gentle warmth of a vagina.

So be aware: indulging in excessive amounts of porn and masturbation doesn't only reduce your desire to have "the real thing." It can also be physically and mentally harmful, and is a common root cause of ED.

Excess Weight & Your Circulatory System



It's no coincidence that obesity is an epidemic in America, and so is ED. They go hand in hand.

Most Americans are overweight, and the big bellies many of us are lugging around require constant blood flow to maintain them.

When your circulatory system is already working overtime to keep blood pumping to other parts of your body, it won't be able to send blood to your penis when you need it.

Over time, your circulatory system will deteriorate if you remain overweight and eat an unhealthy diet. Your arteries become clogged with plaque.

The "roads are blocked" and now you have a serious problem. Your circulatory system is what holds everything else together, and if it collapses, you're in serious trouble.

If you're lugging around a lot of extra weight, ED is often a signal from our body 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.



At this point, your body might as well be screaming at you: *“Stop eating crap and get rid of these extra pounds! You’re killing us!”*

This is not a diet book, but we’ll cover some of the basics of healthy eating that will optimize your body and assist with your erections—without you having to starve yourself or give up the foods you love.

Exercise and ED



Sex is a strenuous physical activity. If you get to the point where you’re in such poor shape that your body knows it can’t handle the strain, it’s going to be afraid to let you have sex!

That’s right. Your brain will actually shut down your ability to get an erection because it knows the exertion might kill you.

This is why so many older guys in awful shape have heart attacks on Viagra. They can’t get hard the old fashioned way, because their bodies flat-out refuse to cooperate.

So they pop a pill, ignoring the warning signs that their bodies have been screaming at them, and die of massive heart failure.

The truth is, you’ve got to keep yourself in decent physical condition in order to maintain your ability to keep screwing into your elder years.

So ask yourself, how much do you like sex? Personally, I think it’s one of the greatest joys in life. I decided that being able to stay hard into my 50s, 60, 70s and beyond was enough reason for me to get more physically active and healthy.

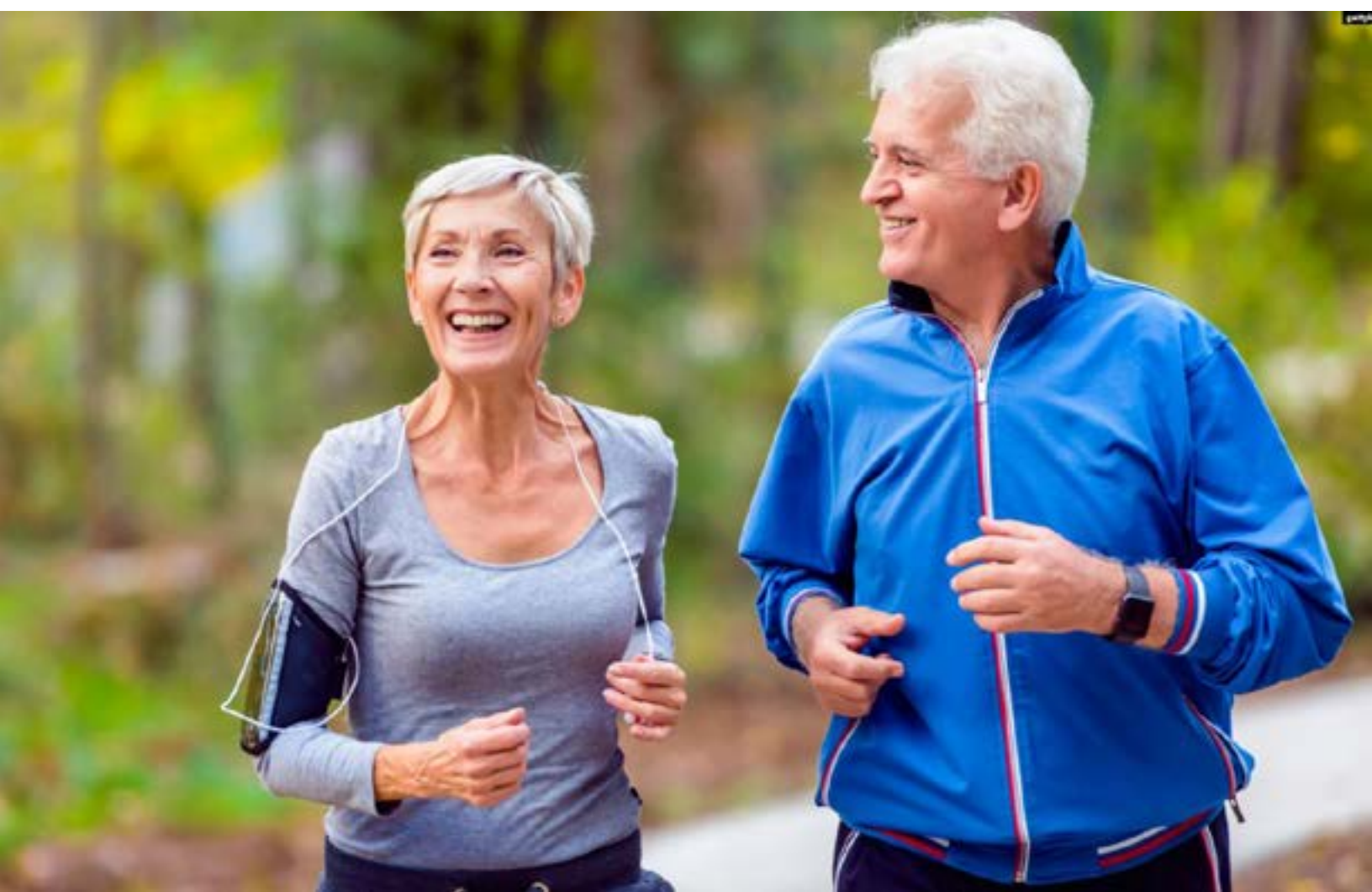
As it turned out, once I dropped a few bad habits and incorporated some new ones into my daily routine, it did much more than improve my sex life. It made me feel like a new man, all around.

I slept better, I had more energy, I performed better at my job, and I was generally a happier, more confident person. I also felt like I was a better husband and father.



Remember, ED is your body's way of sending you a warning signal. You need to take action and respond to this message before it's too late—not only for the sake of your erections, but for your survival!

When you do this, following the tips in this guide, you'll improve more than your bedroom performances. You can improve your life in every way.



Chapter 5:

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.

When an erection happens, 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.

The ability of your blood vessels to relax and allow your penis to fill with blood depends upon a chemical called **nitric oxide**.

This is the chemical that *dilates* (expands and opens up) your blood vessels.

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.

Thanks to the 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, 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 pills, injections or anything else.

If this is starting to sound like serious "medical talk," let's make it a little more simple...

There are three steps in the process. The first step is that you become aroused. If you're not turned on, no signal gets sent to the penis.



The second step is that your brain sends a signal through your nervous system to the blood vessels near the penis.

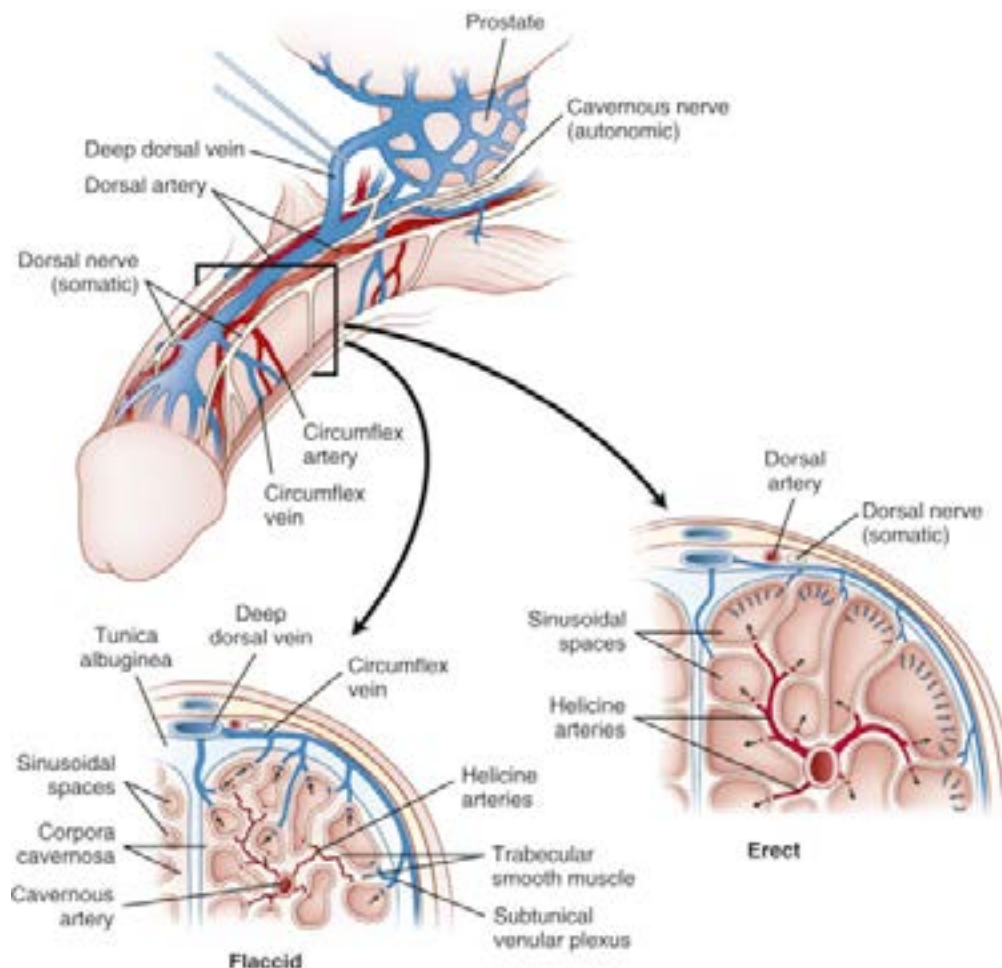
The third step is that the blood vessels relax and allow more blood to flow into the penis. This when an erection occurs.

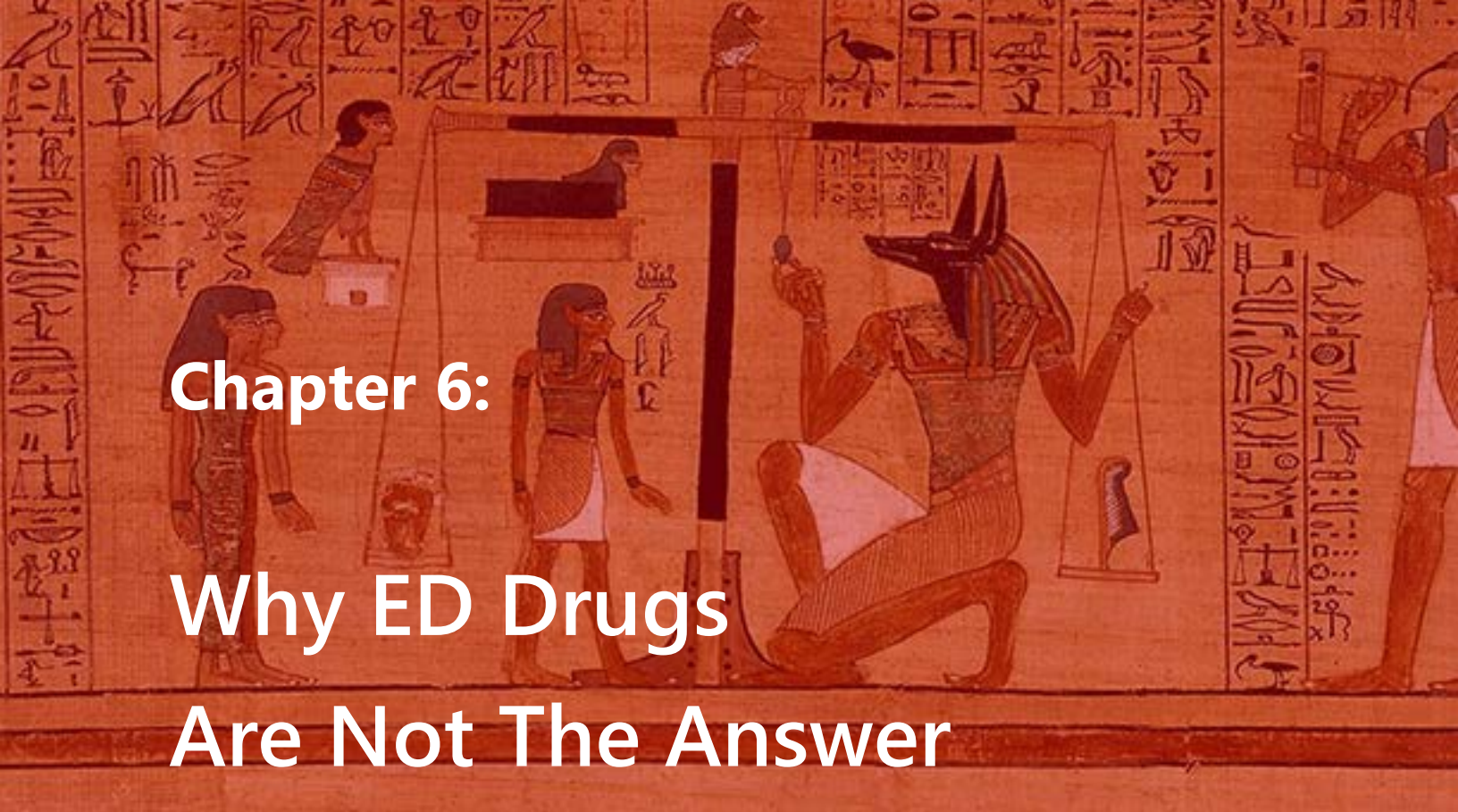
In order to have an erection, you need to become aroused, your brain needs to be able to send the right signals to your penis, and your blood vessels must be healthy enough to relax and allow your penis to fill up.

If any of those three steps can't happen, the result is a "failure to launch." You'll struggle to get hard, or if you do, your boner won't achieve full strength.

For some men, Step #2 is where the problem lies: your brain sending the right signals to your penis. If you suffer from low sexual confidence or perform anxiety, these signals can get suppressed, or they'll "short circuit" and the signal won't get passed along properly.

For many guys, it's the *mental* aspect of ED that is causing their problem. Later in this guide, we'll talk about how to conquer this.





Chapter 6:

Why ED Drugs Are Not The Answer

↳ You might think drugs like Viagra and Cialis can provide a quick fix or an easy solution. But while we've all heard of those pills, and maybe tried them, few of us actually know what they do...

And this lack of knowledge could literally kill you!

As I said earlier, most of the causes of ED are warning signs that something else is wrong in your body, and it could be quite serious.

This is why you need to take care of the root cause of your ED rather than just cover up the symptoms, which would be like slapping a band-aid on a gunshot wound...or taking Viagra.

Did you know Viagra was originally developed to help with heart conditions? The makers of Viagra 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.

As we discussed earlier, one of the most common reasons you can't get enough blood flow 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 and let more blood circulate throughout your body. But while some of it goes to your penis, a lot of it goes pumping through your heart, too.

If your ticker isn't healthy enough to handle it, you could die of a sudden heart attack.

This is why those little blue pills are prescription only. If you've ever taken one, maybe you've experienced some of the side effects—like a headache, or blurred vision.

This is because it doesn't actually target your penis. *ED drugs target your entire circulatory system.*

If your ED problem happens to be more psychological than physical, you might get hard from popping a pill—but then, guess what? You won't be able to come. (And where's the fun in that?)

Side Effects Of ED Drugs



The three most well-known ED medications include Cialis (active ingredient: tadalafil), Viagra (sildenafil), and Levitra (vardenafil).

These prescription drugs increase the *nitric oxide* in your body to stimulate blood flow when you get sexually aroused.

Nitric oxide is the key ingredient that dilates 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.

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

- Headaches are the most common side effect associated with ED medications. Some men also experience muscle aches, body aches and even lower back pain. Then there is the indigestion and diarrhea. There is nothing quite so bad as diarrhea combined with an aching, throbbing erection that won't go down!



- Instead of a headache, all of that extra nitric oxide in your blood might cause dizziness. If you fall and hit your head, you'll bleed like crazy because your blood vessels are opened up and pumping a lot of blood. 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're finally hard again and the woman you are with starts to look like a Smurf! 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 flu symptoms? Some of the scarier scenarios include having an erection for longer than four hours, while losing your hearing and losing your vision!
- Look, if you decide to try one of these pills (and it should NOT be necessary after reading this guide), please keep your doctor's phone number on speed dial. You'll want that handy. Even better, memorize it—just in case you temporarily lose your eyesight and can't see the numbers to dial!
- Most ED medications warn you to *not* take them if you have other existing medical conditions. The irony is that many of those conditions are what cause ED in the first place.

The bottom line is, these drugs can be risky, and at best they're going to "cover up" your problem temporarily instead of fixing the root cause.

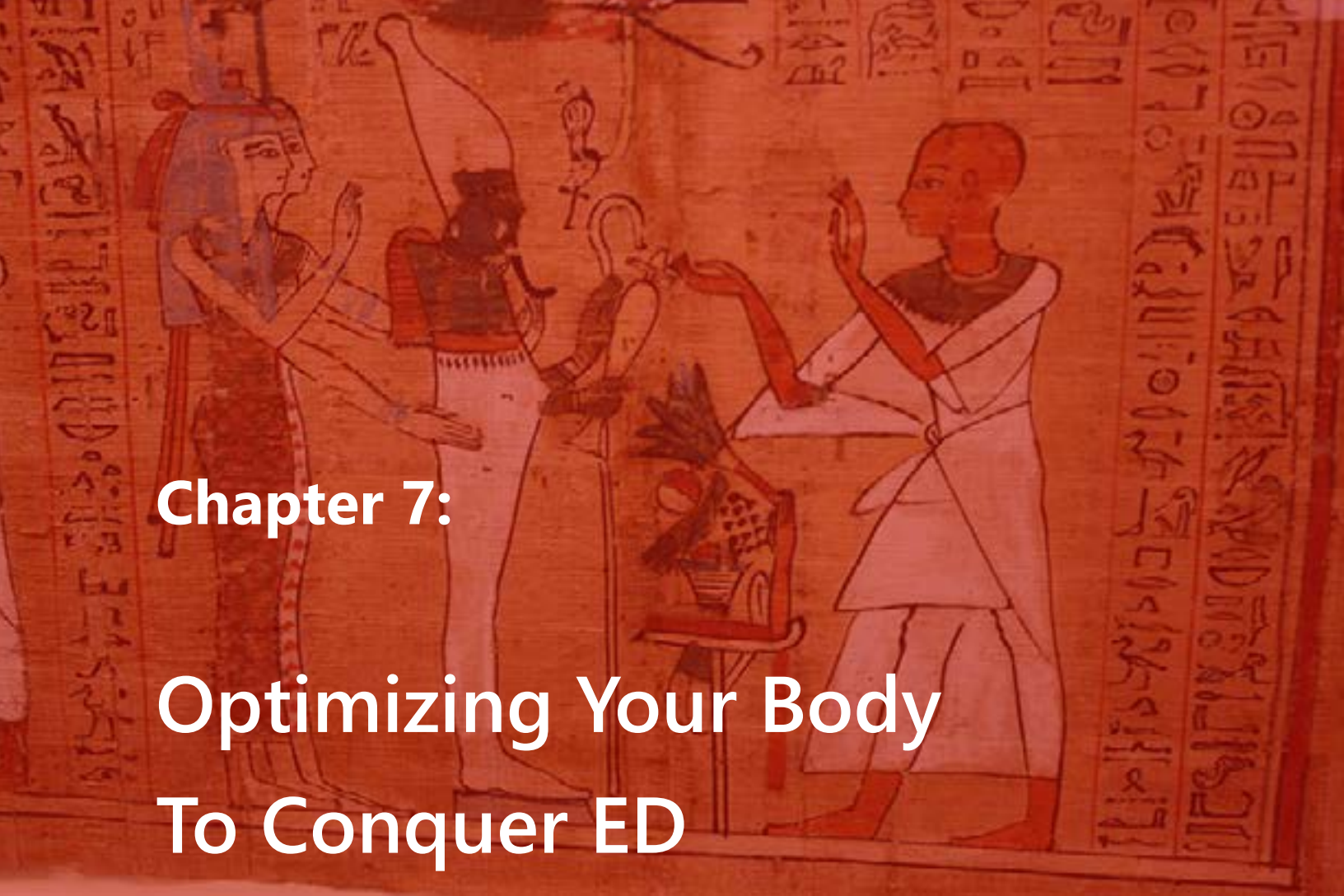
And if you want one more reason to avoid ED drugs...what's the worst thing that can happen if you things *really* go wrong after you take these pills?

Amputation!

This is no joke. If your erection balloons up and refuses to go down, with all of that blood trapped in there, unable to circulate...amputation may be the only way to save your life.

If you have a strong stomach, do some Google research on this. Personally, I think a quick, massive heart attack and a lovely funeral might be preferable to spending the rest of my days as a "penile amputee!"



An ancient Egyptian wall painting in a reddish-brown hue. It depicts several figures in traditional Egyptian attire, including long robes and head coverings. One figure on the right is seated and holding a large bowl or basket, while others stand around. Hieroglyphs are visible in vertical columns on either side of the figures.

Chapter 7:

Optimizing Your Body To Conquer ED



Again, 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 the connection between your overall health, and the health of your penis. Improve the former, and you're sure to improve the latter.

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 guide wouldn't be complete, and you wouldn't get optimal results.

But don't worry. I'm not going to suggest that you get on a rigid diet, or 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.

A bit later, 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.

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 fights back.

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 sugar in my gas tank instead of giving me real fuel?"*

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

You've already got a pretty good idea of which foods are good for you, and which 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. 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 most of the USA is overweight. We want the quick and easy solution. I would love to offer you that, but it's just a dream. It won't work and might leave you in worse shape than before.

Tracking your weight can be a waste of time, too. The numbers on your scale are not an accurate measurement of your health.

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 my weight. I would weigh myself every time I used the bathroom.

That's the wrong approach, and it's part of why dieting is so stressful and frustrating for most people.

Usually, 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. You get fatter, and the cycle repeats.

Then you see an advertisement for a new, *better* diet, and you think this time you will succeed—but the same thing happens. You get frustrated and lost interest. Then you get fatter and more discouraged.



It's like a merry-go-round from hell and there seems to be no way off of it!

Diets don't work. If ten different diets haven't worked for me, why would I think that an eleventh one will be the magic answer? The definition of insanity is doing the same thing over and over again and expecting a different result, right?

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 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 one of the most powerful keys to longevity and health. And you really only need to stick by a few other simple rules to enjoy a long, healthy life...and sex life!

The next rule to remember, don't *drink* any calories (or drink as few as possible). Ideally, you should only drink water. Making this one change is enough to start seeing the extra pounds start melting away.

I see guys I went to high school with who are now dealing with terrifying health complications. Medical conditions I thought only happened to "old people" are now frequently occurring with men in their forties.

One habit they tend to share? They drink a ton of soda and other sugary drinks. Actually, in my cases it's not sugar that makes the drinks taste sweet these days. It's corn syrup, but it's still terrible for your health and is a leading cause of diabetes and obesity.

So don't drink soda. Or juice. In fact, there are a lot of drinks—even supposed "health drinks"—which contain far more sugar than you would ever guess!

Sneaky "Sugar Bombs" You Never Knew About



I used to make a daily stop at Starbucks for a large ("Venti") Caffe Mocha. I'd often drink two of them per day until I finally discovered, a 20-ounce venti Caffe Mocha with whole milk and whipped cream contains a whopping 45 grams of sugar!

Meanwhile, Starbucks' Venti Frappuccino is loaded with an astounding 76 grams of sugar. *That's the equivalent of 19 sugar cubes in one cup.*

A 20-ounce bottle of Pepsi contains a horrible 69 grams of sugar. A bottle of Coke the same size has a barely-better 65 grams.

A 16-ounce bottle of Red Bull? 52 grams of sugar.

Howbout Vitaminwater? How can vitamins + water be bad? Because it's a "sugar bomb." A bottle of Vitaminwater Kiwi Strawberry has 32 grams of the stuff!

A bottle of Gatorade is only slightly worse, with 34 grams.



The World Health Organization recommends consumption of no more than 25 grams of sugar a day. So you can see, drinking just one of these “healthy” drinks per day puts you way over the limit.

Start checking the labels on the back of foods and beverages before you buy them. (And be aware, they’ll often tell you the amount of sugar *per serving*. Their idea of a “serving” is probably a lot smaller than how you define it.)

For me, besides Starbucks, one of the biggest shockers was Naked Juice. I thought it was a legitimate health drink. I preferred the “Green Machine” flavor, since it sounded like the healthiest of their flavors.

Who would ever guess it contains a whopping 53 grams of sugar? That’s insane!

Unfortunately, it’s harder nowadays to spot the sugar on the labels. The food industry has come up with all kinds of creative names to disguise the processed or added sugars.

The “other names” they use on the labels include Agave, buttered syrup, glucose syrup, crystalline fructose, high-fructose corn syrup, fruit juice concentrate, liquid sweetener, lactose, molasses, sucrose, table sugar, organic raw sugar, powdered sugar...and the list goes on.

Watch What Goes In Your “Gas Tank”



If you want to lose the flab and stay healthy, it’s not enough to just avoid the obvious enemies like candy, cookies, soda and pizza.

Start becoming more conscious about the sugar in all of the foods and beverages you consume.

Americans, on average, weigh about 25% more than we did just 25 years ago. In 1980, only about 15% of American adults were overweight or obese. Today, the percentage exceeds 55%.

But when you decide to make the switch and start eating healthier, your body is standing by to help you. It *wants* to lose the excess weight, and it *wants* you to give it “clean fuel” instead of junk.



This is why, when you stop putting bad stuff into your body, the good stuff actually starts to taste better. This is your brain's way of encouraging you to continue eating the good stuff!

For example, up until a few years ago, I used to knock back cans of soda constantly. I rarely felt thirsty for water. But now that I only drink water, my body craves it.

Just thinking about it right now, I'm getting thirsty for water—not for sugar-filled fruit juice, energy drinks, a \$5 cup of Starbucks, or any of that other belly-bloating junk.

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

One other tip: eating fish is *really* good for you. If you're aren't a fan of the taste of fish, after you remove the garbage from your diet that is messing up your taste buds, you'll start to really like it. Fish is wonderful for your body.

Pointers to remember:

At least 80% of success in losing weight and getting fit depends on what you eat and drink, not how much you exercise.

Subtract alcohol and the excess sugar that comes in processed, fake products.

Drink more water, and eliminate sugary drinks. Our bodies are made up of 60% water and we are designed to run on it. We need it to survive.

You're constantly losing water through sweat and trips to the bathroom, so you need to keep replacing it ("hydrating") to keep your machine going.

Note: While water is the ideal drink, unsweetened coffee and tea are also fine.



How “Low Cal” and “Sugar Free” Foods Make You Fatter



According to an August 2017 study by researchers at Yale University, sugar free, low calorie and other “diet” drinks and foods actually trick your brain into making you *fatter*.

This is because these foods and drinks are still sweet, and your brain associates the sweet taste with an infusion of sugar and energy. Your brain responds by telling your pancreas to create more insulin, which puts your body in “fat storage” mode.

Fruit juice normally has more teaspoons of sugar per cup than soda! 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. This is what triggers your brain and body to produce insulin and store fat. These drinks are insidious!

From now on, instead of “drinking your fruit,” eat it whole, and get the benefits of fiber as well.

When it comes to eating, avoid grains and anything starchy. This is what people are referring to when they talk about slow or low carb diets.

This means, lay off the white carbohydrates. The easy way to remember this is to not eat white food. Don’t eat bread, potatoes, pasta or white rice.

Those foods 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.

You’ve probably heard of the Paleo diet, right? Basically, it’s about trying to eat the way our bodies were designed to eat since the caveman days. This diet says you should only eat the types of foods we had access to thousands of years ago. You may want to give it a try.

For now, let me cut to the chase:

- *Basically, eat a lot of meat, fish and vegetables.*
- *Cut out all “junk foods” and processed foods.*



- *No more sugary beverages. (This means if you drink alcohol, it MUST be done in moderation.)*
- *Most importantly, drink water. LOTS of water.*

If you stick to these simple guidelines, you don't have to worry much about controlling your portions. And it shouldn't feel too difficult.

If a diet is hard, you're setting yourself up to fail. Keep it simple, and you can succeed.

Here's one last tip before 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 a few times per week. I'd devour a Big Mac or a Quarter Pounder With Cheese and wash it down with a huge soda and some fries, and I thought 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 actually need to get through the day comfortably.

The other amazing thing about this: once you start eating a nutrient-rich diet and you stop putting poison into your "gas tank," 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 begin to crave water. 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 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 this is a big reason why I can get an erection whenever I want.

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 five times the energy that you have now, and you won't feel like you're missing out on anything.

Plus, when you combine this simple strategy with the ED Elixir you'll soon learn how to make, you'll enjoy rock-hard erections.

That sounds like a winner all around, wouldn't you agree?

The Role Of Nitric Oxide, Part 2



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

Rather than go into a whole scientific explanation of free radicals, I want to keep it simple for you.

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

Start eating a fistful of blackberries every day. I used to dislike going on boring blackberry-picking trips with my wife, but now I'm the one suggesting it because I know their ED-destroying powers!



She has no idea what she's getting herself into later that night, when I'm loaded up on blackberries...

You can also put delicious blackberry jam on your toast every morning.

Later, I'll share with you a list of "sexual super foods" that have been shown to massively boost erections and overall health, along with instructions on how to make the mighty ED Elixir.

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.

This is because there are three key systems involved in getting an erection. The first is your ability to be aroused.

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

Your third system, and the one that is most often compromised, is your circulatory system—the system which keeps blood flowing smoothly throughout your body, and rushing to areas that require more. (Like your penis, when it's time for sex.)

This is where the quality of what you eat comes into play. An unhealthy diet leads to high cholesterol, which is an erection destroyer. And if you're overweight as a result of a poor diet, you're putting a ton of extra pressure on your circulatory system.

This extra pressure on the system means the parts of your body which are *not necessary for survival* will be the first to be denied blood. Your brain knows which body parts to prioritize.

And as wonderful as erections are, you don't need them to stay alive—so if your brain is forced to make a choice about which organ to shut down, your penis will "go dead" before other parts will.



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.

For examples, highly toxic pesticides are used on crops to keep bugs away. Some of these pesticides are so powerful, farmers can die from getting it on their skin—and yet when you buy processed foods from a supermarket, you are putting them into your body.

We're talking about tiny amounts...but still, it sure isn't helping with your hard-on problems.

Now don't get me wrong, I'm not some hipster trying to preach about how we all need to eat "organically." I'm not saying any of this to be 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 improvements in your quality of life.

Foods from smaller farms are the best. This is how you can get food that isn't covered in sketchy chemicals.

Yes, organic food does cost more, maybe 10-20% more. But if you cut back on eating at restaurants, especially fast food, you can afford to eat organic.

The Ugly 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 huge companies. They treat the chickens with great cruelty, and some say 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 once you're signed up with them, the dirty tricks begin.

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 makes a fuss about how poorly the animals are being treated, the company can stop paying them. Or mess with the chickens they get. They give them the worst eggs. Those eggs grow into low quality chickens. Then, they don't pay the farmer for the chickens he produces.

Now that you've had that little peek into the horror show that is the chicken industry, you can see why I like to eat chickens that have seen the sun and were raised in a healthier environment.

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.

Look, if they treat the farmers like garbage, and treat the chickens like garbage, do you really think they care if they put toxins in your food that make it "harder to get hard?"

Chicken Science



Let's dig 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, the popular Paleo diet goes against those teachings.

Why not eat the way our bodies were designed to eat? Eat like a hunter-gatherer; that’s the essence of eating Paleo-style.

Don’t drink sugary crap, and don’t eat white carbohydrates. As long as you’re eating meat and vegetables and nothing is deep-fried, you’re okay.



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 may notice that every single fruit and vegetable is always “in season” nowadays. It's almost like magic!

But here's the thing: most of the food in our grocery stores was grown in another country. Take a look at those avocados in the bin, and you'll see that they were grown in South America.

Now hold on a minute. 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.

This means, that avocado that was plucked down in South America got processed and wound up in a big truck. That truck then underwent a long journey. The avocado probably bounced between three warehouses and several trucks before it ended up in the bin at your local grocery store.

That process took about two days. So by the time the avocado arrives in your local store, and you buy it, you should have one day to eat it before it goes rotten.

But we almost never eat our fruits and vegetables right away. We keep them around for a few days. And yet they don't go rotten, do they?

This is because of the *chemical preservatives* that were sprayed on it during its journey from the fields to the grocery store. And these toxic chemicals wind up inside of YOU when you eat these foods.



No thanks. I'd 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 preservatives. This is why I now shop at my local farmer's markets.

And don't think for a minute this is about me trying to keep up with the young, environmentally-conscious "hipsters." It's about one thing only: keeping my body lean, mean and optimized, so I can get rock-hard on command!

Before we wrap up this chapter, let me mention a few other common "erection enemies" to be aware of...

Erection Enemy: Alcohol



I know some of us enjoy a couple of cocktails with dinner. Maybe you like a few beers after work. Meanwhile, there are tons of studies that say one glass of red wine a night is ok.

However, a lot of us don't do well with the concept of "moderation." We figure if a glass of red wine is good for the heart, why would drinking a whole bottle be a problem?

For me personally, back in my drinking days, my definition of "moderation" was way different from the definition doctors give. To them, anything more than a few drinks a week is on the "dangerous" side. When I drank, I could easily drink 15 beers a night. Or polish off a bottle of Jack Daniels, which I'd drink with a liter of Coca Cola. My buddies all drank to the same extent, or more.

Now, we all know that alcohol and erections aren't a good mix. Booze can make it impossible to get a hard-on. But I want you to consider the effects of alcohol on your body, and your erections, on the days that you are *not* drinking.

If you're overweight, the huge number of calories you're guzzling in the booze you drink is a major contributing factor to your waistline. You know by now that being overweight leads to poor blood circulation, and blood circulation is the key to getting erections.

So by quitting drinking (or severely cutting back), you're sure to get leaner. This improves your blood flow, which results in easier and firmer erections.

Of course, there are many other reasons to eliminate alcohol from your life. Here, we'll



keep it focused on ED. If you're a heavy drinker, and *especially* if you're overweight, this is one of the first changes I suggest you make to your lifestyle.

Erection Enemy: Milk and Dairy



Low-fat milk and cheeses can be great sources of protein (as you aren't allergic or sensitive to them), but "regular" milk and cheese are high in saturated fat and can be damaging to your arteries—including the ones that your penis needs for blood flow.

Many of us are aware that eating tons of meat can cause problems. You should also be aware that milk and cheese can have the same effect on your body (and your erections).

The worst mistake is to combine meat, milk and cheese. (Think, a bacon cheeseburger with a milkshake.) A meal like this is loaded with saturated fat and can severely reduce blood flow to the penis.

Erection Enemy: Smoking



Speaking as a former smoker, I know how hard it can be to kick this habit. I also know, you don't need another lecture about the dangers of smoking. Every smoker already knows the health risks. We've heard it all a million times.

But for the sake of conquering your ED, now really is the time for you to put down the smokes for good.

For me, the key to quitting came down to a change in my core mindset. I wasn't one of those people who "hated" smoking but kept doing it because I was addicted.

I actually enjoyed smoking. I still thought it was sort of "cool."

So until I changed those core thoughts, I could never really quit.

I was able to change that mindset by finally deciding that smoking *wasn't* cool. It was actually a gross, disgusting, smelly addiction.



I was able to quit, and now I can't stand being around cigarette smoke.

If you can focus on changing your core beliefs about smoking, then the rest of it just falls into place.

And for added motivation, let me tell you *why* smoking is so bad for your erections.

First of all, smoking destroys your circulatory system. When that starts to weaken, your body can't "open the floodgates" that make erections possible.

You've got to smoke for a fairly long time before you do enough damage to your circulatory system to bring on ED. However, before you think you can get away with smoking for a few more years, you should know two things.

The part of your circulatory system that smoking is slowly destroying right now 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 this key part of your body that allows erections.

Secondly, smoking releases "free radicals" into your bloodstream. They attack the nitric oxide, which is the key chemical you need to actually open those floodgates. So now we don't have the guards, AND we don't have the power needed to open the gates. Talk about a double whammy!

On top of those two destructive factors, smoking also causes oxidative stress. This means the part of your body that manages your oxygen system is broken. Imagine a bunch of steam valves bursting, and you get the idea. Not a good thing at all.

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'm not going to harp on this for 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, they can't soften or dilate to allow blood into the penis. Guess what this means? Goodbye, hard-ons.

Coffee, Tea and Other Caffeinated Drinks



Caffeine raises your blood pressure by stiffening 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 an opposite effect.

Drinking coffee also causes an increase in cortisol and lowers testosterone in your body, making it 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



Another cause of ED is Vitamin D deficiency, but before you start drinking more or taking supplements, go to the original source—the sun.



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

"If you don't get enough sun, you'll die of Vitamin D deficiency."

"Take Vitamin D pills instead. The sun will kill you!"

"Skin cancer! Skin cancer!!"

"You need more sun."

"No, you need LESS sun..."

We get so much noise and false information, and facts that disagree with each other. Let's keep it simple and focus on this fact: we were originally outdoor people.

Remember, our bodies were designed for us to survive as hunter-gatherers. That's what we are optimized for. And guess what? That involved 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.

If you just wear clothes and a hat, a few hours of sun a day is fine in most areas. Spend time outdoors pursuing a hobby or exercising, and use common sense to calibrate your level of sun protection.

Don't be afraid of the sun, because Vitamin D is good for your body. Like plants, we turn the sun's rays into a source of 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.

The sun actually prevents cancer, by providing us with Vitamin D. If sunlight was so harmful, we would have gone extinct 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.



And speaking of toxins, have you ever looked at the ingredient label on a bottle of sunscreen? Some of them are pure poison.

If they get through your outer layer of dead skin and actually get into your bloodstream, your liver can't handle this stuff. We're put things on our body that could kill us if they get inside. You better not get any sunscreen on a cut...

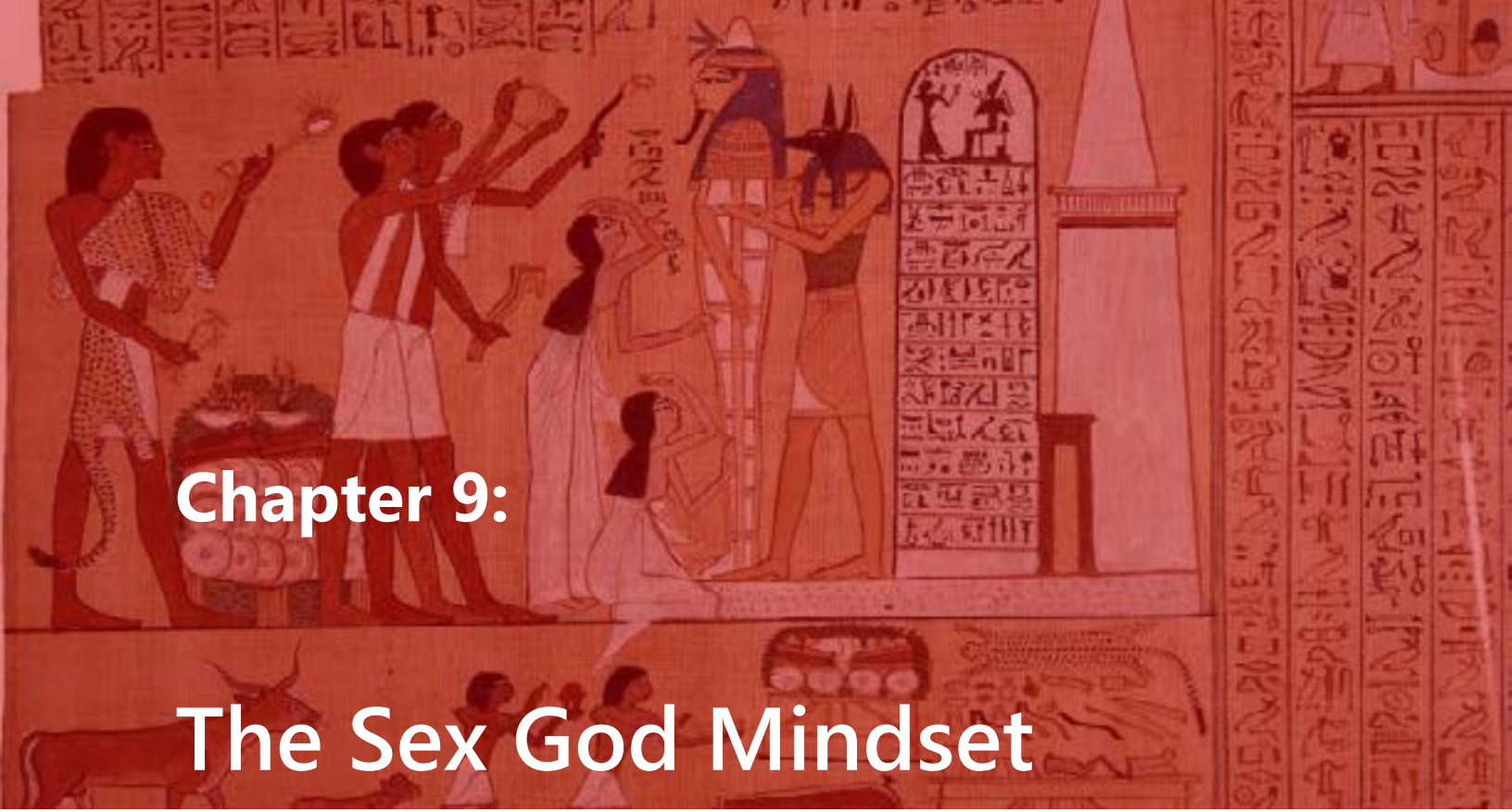
So before you put something on or into your body, do a quick bit of research. One ingredient in many sunscreens is called titanium dioxide, and it's a carcinogen. That means it causes cancer, so please don't get it in your mouth! (That took me all of five seconds of search on the Internet to find out...)

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 again we have a questionable modern "cure" to an age-old problem. Sunscreen prevents sunburn, which is really our body's way of warning us that we need to get out of the sun. But it doesn't protect us from the real dangers of excessive sunlight.

Just don't overdo it. It's worth seeing a skin doctor once a year to make sure everything is ok, and you should be fine. A little prevention and common sense is all it usually takes.





Chapter 9:

The Sex God Mindset



Most people don't spend much time thinking about the mental and psychological aspects of ED, but the simple truth is that *the right mindset* is instrumental to having a good, satisfying sex life.

ED can quickly wreck the mindset of even the most confident man, so this chapter is just as important as any chapter about health and nutrition.

Thankfully, with some simple adjustments to your mindset, you can crush any limiting beliefs that may be hindering your ability to fully enjoy sex with your partner.

Know that sexual anxiety and the problems that result from it are more common than you probably think. Erection and stamina issues stemming from anxiety happen to the best of us.

It's not really an issue most men are willing to talk about freely, so it may seem at times as if you're alone with this problem.

You're not. All men deal with it at one point or another. I know what it's like – as soon as you start questioning your erection, worrying and doubting, and giving yourself mental obstacles – your erection begins to fade.



It's a fact that anxiety is one of the primary factors underlying sexual dysfunction. Particularly anxiety surrounding your performance, along with relationship issues.

It's a negative cycle. You worry about your ability to satisfy your woman (or the women in your life), which gives you anxiety.

You feel your erections aren't hard enough, which may lead to issues in your relationship or dealings with women. Which causes further anxiety, and hurts your performance even more.

This vicious cycle must be put to an end.

What I've talked about so far in this section may or may not be a serious problem for you. Even if it's not an issue for you right now, sooner or later it's almost destined to come up, so we're going to go into detail about solutions.

When you need these "mental fixes," you'll have them at your fingertips.

Here's the bottom line: Irrational beliefs can kill your erection as quickly and completely as physical issues can, but it IS possible to defeat them by changing your thoughts.

That's obviously easier said than done, but with practice and willpower, you can certainly get there. Next, we'll talk about some of the more common "limiting beliefs" men face in the bedroom.

Destroying Limiting Beliefs

"I'm going to let her down again, like last time..."



I started with this one because it's a thought that everyone who suffers from ED has. The very first time ED leads to a poor performance in bed, it plants a seed in your mind, and that seed stays with you.

I experienced this myself, as I described in the first part of this book, and it nearly cost me my marriage.

The best way to overcome this irrational belief is to realize what you're doing: *you're over-thinking it.*



The best way to defeat this is to stop thinking so much. Seriously. Your body knows how to have sex and enjoy it.

Tune out those thoughts. Be in the moment. Focus on your partner. Touch her. Feel her curves....the texture of her hair...the way she responds to your touch.

You should know that a big part of a woman's pleasure comes from knowing she's pleasing YOU. So show her that. Tell her how good it feels.

Get lost in the moment and let your body do what it was designed to do.

This might sound like such simplistic advice you'll be skeptical that it could ever work. Try it and see for yourself. You might be amazed at the results.

"I'm not going to last long enough to satisfy her..."

First, let's get rid of the notion that there's some fixed amount of time you "need to last." There isn't. It varies from one person to the next and it's not like you're being judged by an Olympic panel or anything.

Having said that, you DO want to last long enough to make her climax.

Here are a few tips to make sure you get her to the "finish line" every time:

Extend the foreplay. Don't rush right into the main event. Turn sex into an extended game. Spend lots of time exploring your partner's body with your fingers and tongue. Give her a sensual massage to start things off. Learn to love giving (and receiving!) oral sex if you don't already. Take your time.

Bring toys into the mix. Buy her a vibrator and when you feel yourself getting close to the edge, pull out and use it on her for a few minutes to give yourself a chance to ease back from the edge.



Help her play with her new toys, and when you're ready for more, set them aside and enjoy.

PRO TIP: Here's one of my favorite moves that gives my wife a mind-blowing orgasm every single time.

We're having sex. I feel myself starting to get "close to the edge," so I pull out, lay her beside me, and put her vibrator in her hand. I move her hand to her pussy and let her start playing with it.

While she's doing this, *I kiss and suck her neck* while talking dirty in her ear. The combination of these different types of stimulation makes her EXPLODE within 90 seconds!

She has a screaming orgasm and immediately reaches out for my erect penis. *She needs it back inside of her...NOW!*

Her vagina is now hyper-sensitive due to her cumming seconds ago, and now, every one of my thrusts makes her go wild. She usually cums two or three more times before we're done.

Our whole session may have lasted around five minutes, but that's fine. We're both completely satisfied and drained, and in her eyes, I delivered like a champion.

Figure out your "go-to position." This is a sex position that gives *her* massive stimulation, but doesn't stimulate *you* so much that you need to cum.

Use this position to give her an orgasm (or several) before switching to YOUR favorite position to finish in.

For me, I have two of these positions:

#1 Having her ride me. I lie back and let her do the work, gripping her hips and giving her ass a good slap now and then. My wife loves this position (as most women do) because she's got my boner fully inside her, balls-deep, and she's grinding her pubic area against me as hard as she can.

It's incredibly stimulating for her, yet this position allows me to "hold out." For my big finish, I'll switch over to my personal favorite, doggy style.



#2 "Reverse cowgirl" (a position you see in many porn scenes). This is where she is riding you, facing away from you. For her extra orgasmic pleasure, have her use her vibrator on her vagina while she's riding you in this position.

There's nothing wrong with letting the vibrator take care of some of the work. Trust me, she doesn't care whether it's your penis driving her crazy, or a toy, or the combination of both of them.

All she knows is, you're making her feel AMAZING.

It seems that men and women rarely have the same "favorite position" to get them off. Use this to your advantage. You can prolong the sex by letting her climax in the position that stimulates her the most. Then, take your turn.

Let her get off on knowing how amazing the sex is making you feel. Tell her. This will help her to climax sooner, and once she climaxes, it really doesn't matter if you go for another 60 seconds or another 30 minutes. You've done your job.

Sure, there are women who enjoy long, super-intense sex sessions and getting plowed for hours. But I can tell you, having spoken to a lot of women during my research, this isn't usually the case.

Give her one huge, thrilling orgasm, and you'll never need to worry about whether you "performed" adequately. She'll be a very happy lady.

The more times you give her satisfying sex, the less you'll worry about delivering. Your anxieties will disappear. Soon, the only thing you'll be thinking about is figuring out new ways and ideas to expand upon your sex sessions, to make them even better for both of you.

By the way, for a lot of guys, worrying about "lasting long enough" goes back to the negative effects of watching a lot of porn. Porn scenes are usually 20 or 30 minutes long. The actor pounds the actress in numerous positions and seems to make her cum her brains out a million times before he delivers his "money shot."

This is *not* how most women expect (or prefer) to be banged in real life!



“I’m not big enough to please her.”

At one point or another, this is a thought that runs through almost every man’s mind, especially if you start thinking about the other people your partner may have been with.

Here’s the thing: When both of you start undressing and you find yourself worried about whether or not she’ll think you’re big enough, she’s not thinking about your penis at all.

She’s thinking about (and worrying about) whether you’re going to like HER body.

(This is why it’s important to include “dirty talk” in your lovemaking. Tell her how AMAZING it feels to be inside of her, how HORNY she is making you, how you LOVE her body, etc. This intensifies her pleasure and makes her lose her inhibitions and go wild...)

Unless other women have told you that you’re not big enough to please them, don’t assume it’s an issue. Even if, at some point, some women did say that to you, if your current partner has never brought it up, you have NO reason to assume that will be true.

Even if you’re a little on the small side, if you learn to make a woman levitate with the tip of your tongue, do you think she’s going to care?

Or if you learn to use your fingers to give her one mind-blowing orgasm after another before you ever thrust inside her, do you think she’s going to care? Almost never.

Your confidence will soar when you reach the point where you can give a woman a whole series of powerful orgasms, first with your fingers, then with your lips and tongue, then with a toy you’ve bought for her, and then with your penis.

She’ll see you as a Sexual God.

“I’m not capable of satisfying her.”

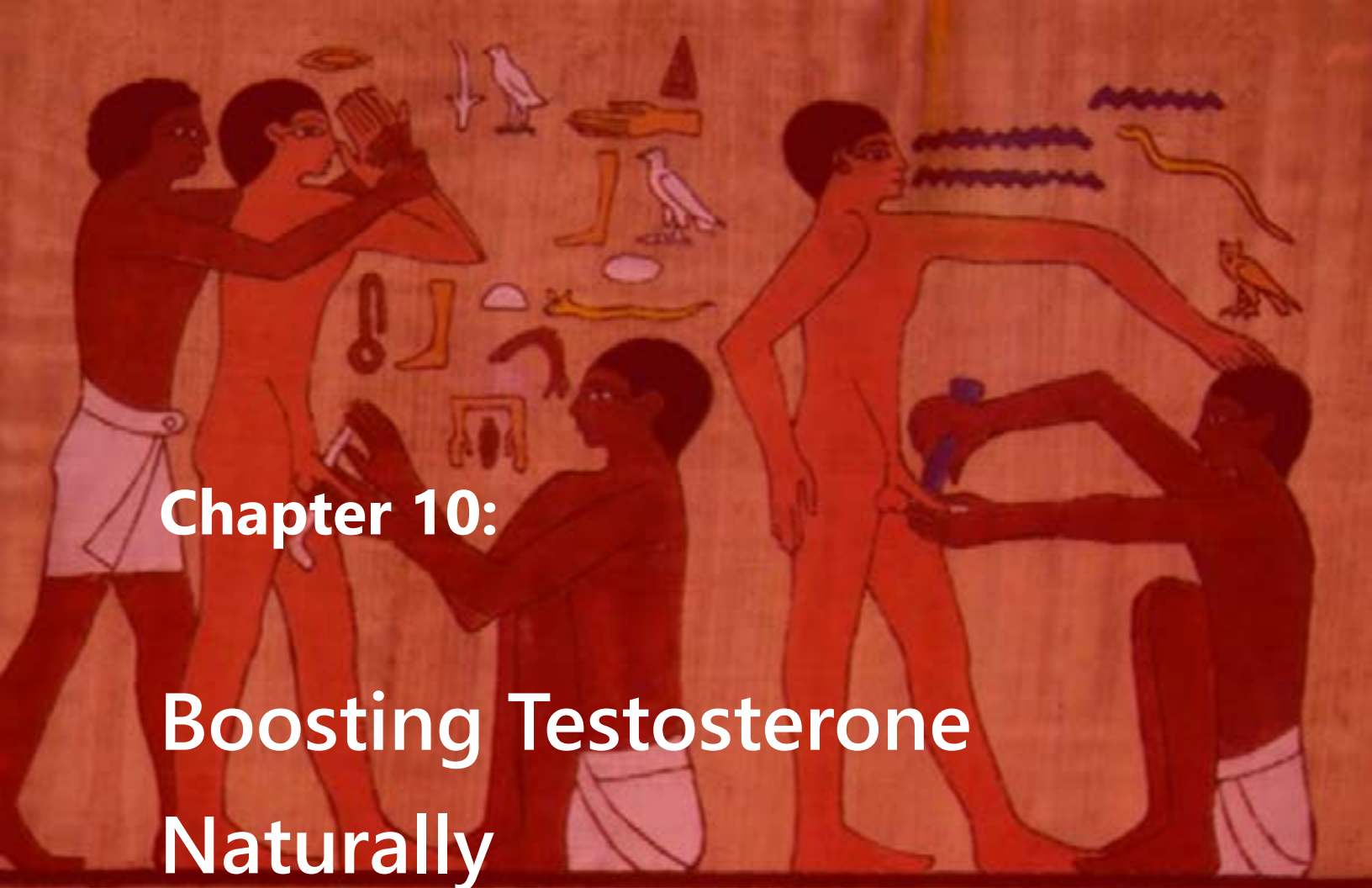
This one touches on every other limiting belief we’ve talked about so far.

Again, remember that a HUGE part of a woman’s sexual pleasure comes from her seeing you enjoying being with her.

If you show her that, and take the other tips we’ve talked about and implement them, you’re going to give her the most deeply satisfying sex she’s ever experienced.

And the best part? Now, she’s going to work extra hard to pleasure YOU like no other woman possibly can.





Chapter 10:

Boosting Testosterone Naturally

 Testosterone is our primary male sex hormone. As we get older, our T-levels begins to decline, which causes all sorts of problems—not the least of which are problems relating to sex.

Your T-levels peaks at around age 20 and begin to slowly decline after that. The decline becomes more rapid (and obvious) after the age of 40.

Men with “Low T” experience:

- Problems with erections
- Fatigue
- Depressed mood
- Hair loss



- Reduction in the amount of semen you ejaculate
- Difficulty sleeping
- Lowered sex drive
- Reduced muscle mass
- Mental slowness
- Laziness & lack of motivation

Raising your T levels is not a “magic bullet” that will fix ED. But if your level is low, as it is for pretty much all American men over the age of 35 (compared to generations ago), it’s can only help if you use some natural methods to boost it.

In my case, boosting my T levels didn’t turn out to be the answer to getting stronger, firmer erections. Optimizing my health and a daily dose of the ED Elixir (which you’ll learn about shortly) was my key to getting firmer, stronger erections on command.

But fixing my low T level *was* a part of the puzzle, because I noticed a definite increase in my libido (my *desire* to have sex).

I was also able to enjoy deeper, more restful sleep, more energy, a more positive mood, and other benefits.

Testosterone Replacement Therapy (TRT)

 You may be aware of TRT. This means seeing a doctor, getting a prescription, and injecting artificial testosterone into your body on a regular schedule, such as twice a week or several times per month.

For the record, I am not against TRT. I tried it for several months, and I have friends who swear by it. But there are some drawbacks to going this route, which is why I decided to stop using it, and focus on ways to raise my T levels naturally.

I believe that whenever Mother Nature can provide the answer, you should choose this route over drugs or medications. (This will save you a lot of money, too.)



Drawbacks of TRT

Doctors tend to be against prescribing testosterone, unless you suffer from a medical condition that stops your body's ability to produce testosterone on its own.

If you go to a doctor and say you want TRT, he's likely to order a blood test, get the results, and tell you that you're "normal" and don't need it.

The problem is, there's a lot of disagreement about what is a "normal" testosterone level for a men of a certain age.

Testosterone is measured in nanograms per deciliter (ng/dL).

When I tried TRT in my mid-40s, my levels were in the low 300s.

For a guy my age, "normal" is usually defined as 270-800. That's a pretty wide range.

But the idea behind TRT is, why feel like a "normal" man your age, when you can boost your levels and feel fantastic? If you feel "okay" at 300, you're sure to feel and perform a lot better if you can get to 800. And if you can go beyond the "normal" range, you'll feel and experience greater benefits.

Studies show our levels have been declining for decades. On average, male testosterone levels drop by around 1% every year.

Rather than look at ways to raise our levels, doctors simply adjust the definition of normal. The "suggested" T levels for men between the ages of 30-50 keep slowly declining.

This means what was considered a normal T level for your father, when he was your age, would be considered extremely high for a man today.

And what is considered normal for you, today, would be considered extremely low a generation ago.

The bottom line is, a higher T level is a good thing—as long as you're not going WAY beyond the normal range, which can only be done through large doses of artificial testosterone.

Within about a month of getting on TRT, my levels rose from the low 300s to a much more respectable 850.

So why didn't I stay on it?



Well, there are drawbacks, too. Once you introduce “fake” testosterone into your system, it signals your body to stop producing testosterone naturally. (One side effect of this is shrinkage of your testicles.) TRT is like getting on a treadmill that is difficult to get off of.

A competent doctor who understands TRT isn’t going to let you screw up your body permanently. The side effects I just mentioned can be countered by taking other supplements, orally and with injections, that tell your body to continue producing testosterone on top of the artificial T you are injecting.

However, this means needles. A lot of needles. And I *hate* needles.

Plus, it required a lot of trips to the doctor, since I found it difficult and bloody to try to inject myself.

So, my brief experiment with TRT required me to visit my doctor twice a week for multiple injections, and to take the oral supplements. It was inconvenient, it was expensive, and it involved too many needles.

By doing research, I found there are things you can do to naturally increase T levels in your body. This is when I ended my TRT therapy and went the natural route, which is what I would recommend for you.

The benefits of raising your T levels naturally include:

- Improved heart health
- Lower blood pressure and fewer wild blood pressure swings
- If you struggle with your weight, elevated T-levels will help you lose weight more easily
- Increased energy
- Improved cognitive function
- Fewer aches and pains
- More stamina, both in and out of the bedroom
- Higher overall sense of well-being
- Increased libido



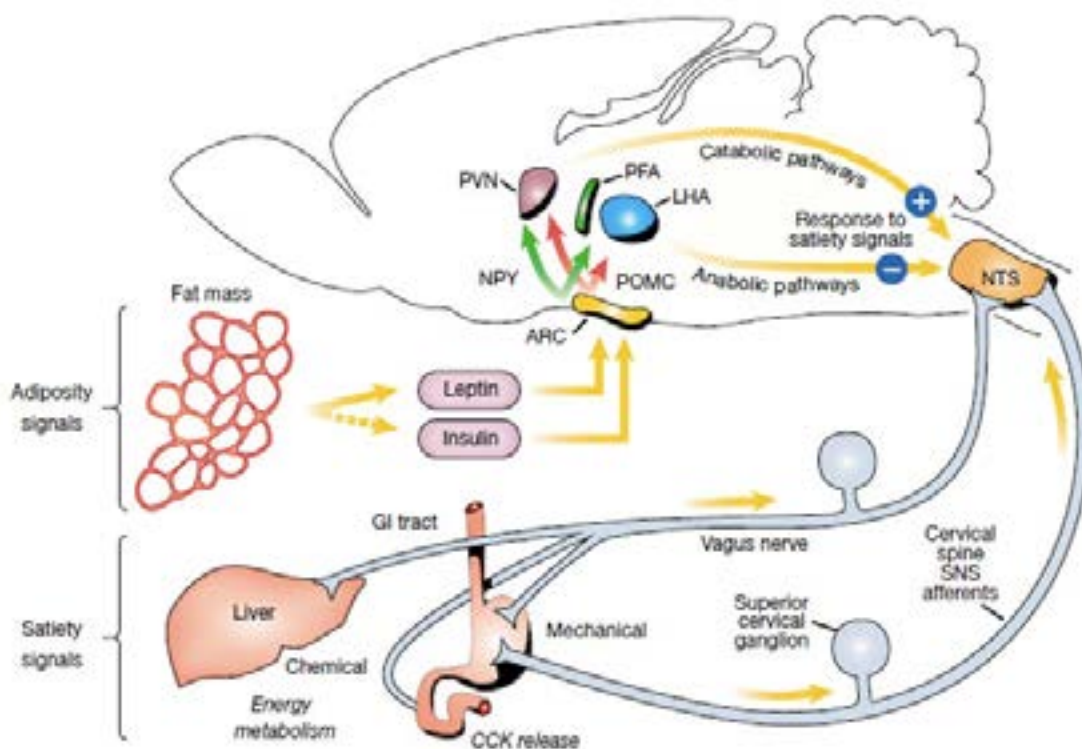
Before you begin, get your levels tested to know your starting point. There are two ways your doctor can test your T-levels: saliva or blood.

Of the two, the blood test provides the better and more comprehensive answer, because the saliva test only measures the amount of free testosterone floating around your system at the time the test was conducted. The blood test provides a more detailed picture.

Then, from time to time, you'll need to have your levels rechecked so you can gauge your progress.

Note: You can find home testing kits online, but the quality of these varies and reviews are mixed. Unless you're a doctor yourself, you don't have a good way of knowing if any of these tests are giving you legit numbers or not, so your safest bet is to have your tested properly.

Testosterone Killer #1: Leptin



🧠 Before we get into ways to raise your T level, you should be aware of some factors that are holding back it back.



For starters, you have a foe inside your body that is silently working against you: a hormone called Leptin.

Science has shown there's an inverse relationship between Leptin and testosterone. If you have more of one, you're going to have less of the other. Odds are excellent that you've got a lot of Leptin in your system currently.

Leptin has one job. It sends a signal to your brain when your body has had enough to eat. Unfortunately, when you have a habit of overeating, which is common among people who struggle with their weight, your body produces more Leptin than it should. This drives your T level down.

Even if you don't typically overeat, you still probably have higher levels of Leptin in your system than you think because of one thing: High Fructose Corn Syrup.

This stuff is found in almost everything these days. Remember how we talked about the importance of reading labels before you buy food at the grocery store? It's depressing how much of the food we eat contains High Fructose Corn Syrup, and the problem is that every time you eat it, it sends a signal to your brain that it needs to make more Leptin.

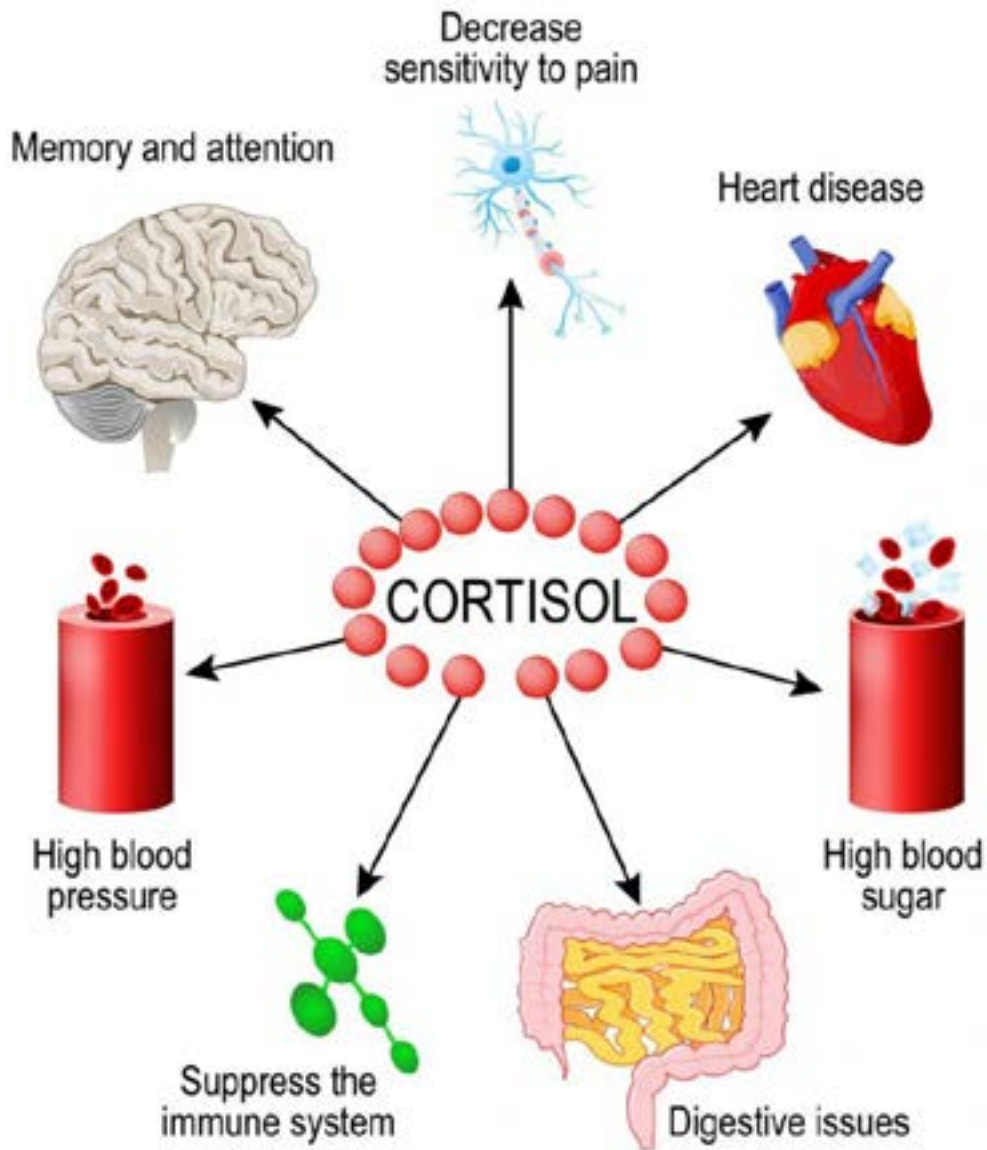
Unless you grow your own food, there's almost no way you can avoid this completely. Just be aware that in your quest to get your T levels up, you'll want to avoid High Fructose Corn Syrup as much as possible.

If you want to get precise, shoot for no more than 20 grams per day. Your body can't process more than that in a day, and all the excess gets turned into triglycerides, which are stored as fat...which increases Leptin production!

Ugh. It's a vicious cycle, but now that you understand it, you can avoid this testosterone-crushing trap.



Testosterone Killer #2: Cortisol



 Cortisol is the "stress hormone." It is released by the adrenal glands to help your body deal with stressful situations.

But when your cortisol levels are too high for too long, this hormone can hurt you more than it helps.

Over time, high cortisol levels may cause weight gain and high blood pressure, disrupt sleep, negatively impact mood, reduce your energy levels and contribute to diabetes.



Cortisol is also a direct enemy of testosterone. It breaks down the testosterone in your body. So, as with leptin, the more you can minimize the amount of cortisol in your bloodstream, the higher you can keep your T levels.

Therefore, anything you can do to relax and “de-stress” is going to decrease cortisol and prop up your T levels. My favorite methods for this are meditation, and going for long walks outdoors.

Another way to reduce cortisol is to cut back on your consumption of caffeine. By itself, caffeine doesn’t add cortisol to your system, but it creates the conditions that lead to it.

Because caffeine keeps you awake, most people who are hooked on it have trouble going to sleep at night. They wake up tired, and reach for yet another cup of coffee to “jump start the day.” The cycle repeats.

Your body sees the disruption in your normal sleep patterns as an attack. It responds to attacks by giving you a jolt of cortisol. So by limiting your intake of caffeine and getting a good night’s sleep, you’re keeping your cortisol in check, and supporting your body’s natural testosterone production.

T-Boosting Herbs



Herbs are easy to consume and can be blended in with whatever cooking you do, which makes them an easy and convenient means of boosting your T levels.

Here are some for you to try incorporating into your meals:

- Bulbine Natalensis – This remarkable South American herb does two things: It encourages your body to produce more testosterone naturally and it enhances your libido. You can take this herb in capsule form, or brew a tea out of it. This herb can be taken up to twice a day.
- Chrysin – If you’re not a big fan of eating fruit, Chrysin is an alternative. Taken from the blue passion flower, it’s a powerful antioxidant. Most people ingest Chrysin in capsules or in tea. However you choose to consume it, it will help boost your testosterone levels over time.



- Ginseng – This is the most popular (and perhaps potent) testosterone boosters. It has been used for this purpose around the world for centuries. A standard dose is 600 milligrams a day, but if your T levels are on the low end of the range, taking more will boost your level more rapidly, without side effects.
- Horny Goat Weed – This is another popular and widely-used herb because it provides two fantastic effects. One, it naturally boosts your T levels, and two, it can make you horny (thus the name!). If you're looking for a fun, easy way to spice up your sex life, take this herb for a test drive.
- Pinus Pinaster – Made from pine trees in the Mediterranean, this natural herb will not only boost your testosterone levels, it also encourages better blood flow to the penis, resulting in firmer and longer-lasting erections. As such, it's an excellent addition to any regimen designed to fix ED.
- Puncturevine – You normally find this in syrup or capsule form. (The syrup tastes surprisingly good.) Whatever form you buy this all-natural herb in, you'll find that it provides a nice, natural boost to your testosterone levels.
- Saw Palmetto – This herb also encourages your body to produce more testosterone naturally, and has the added benefit of shrinking your prostate if yours is enlarged.
- Withenia Somnifera – Another herb that is useful for treating a variety of sexual maladies. It's a solid ED treatment in its own right, and also increases T levels in the body naturally and increases semen production. On top of that, it helps reduce cortisol levels in your body, which will help you feel less stressed and give you more energy.

Exercise Hacks To Boost Your T Levels



Estrogen (the main hormone in females) is basically the opposite of testosterone. Men and women have both. Men are supposed to have much higher levels of testosterone, and women are supposed to have much higher levels of estrogen.

Men can get elevated estrogen levels—which blocks testosterone production—when they sit around too much. (If you're sitting in front of a computer all day, you're at risk.)



The answer is exercise—but *the right types of exercise*.

Besides all of the other benefits, the following exercises do a powerful job of clearing excess estrogen from your system, while encouraging your body to crank out more testosterone.

6 Exercise Tips To Super-Charge Your T Levels

Tip #1 Lift Heavy Stuff

It's been proven that to significantly boost testosterone, the way to train is with heavy weights, for low numbers of reps.

This is the opposite of how most people work out (lighter weights, higher number of reps).

Focus on heavy, full-body exercises like squats, deadlifts, bench presses, and Olympic lifts (the snatch, and the clean and jerk. These are overhead lifts and involve a full body range of motion).

Demonstrations of how to do these exercises, and other testosterone-building exercises, can be easily found on YouTube.

You'll need to do 2-3 full body weight lifting workouts per week to see good testosterone gains. And if you're new to weight training, don't let the idea of "heavy lifting" scare you away. You can simulate many of these exercises on weight training machines until you're strong and skilled enough to perform them with barbells or dumbbells.

Tip #2: Use Long Rest Periods

Scientists have studied how taking short breaks in between heavy sets, versus longer breaks, affects testosterone. Their research showed that longer rest periods of 2-3 minutes are better for building testosterone.

(Note: During your rest period, it doesn't mean you need to rest your entire body. You're resting the muscle, or muscle group, that you're targeting with the exercise you're doing.)



For example, you can do one heavy set of bench presses, recover for 60 seconds, then do one heavy set of squats.

Go back and forth until all your sets are done. You'll get through your workout faster, while getting the testosterone-boosting benefits of lifting heavy and taking long rest periods.

Tip #3: Do Forced Reps

A forced rep means you perform a weight lifting exercise for as many reps as you can, and then have partner (a "spotter") assist you with completing 1-5 additional reps.

Research shows that forced reps generate more testosterone than doing as many reps as you can do on your own.

You don't need to perform forced reps for every exercise or set that you do. But if you're trying to increase testosterone, it can be helpful to do your last set of any exercise as a forced rep set.

Tip #4: Work Your Legs

Another study showed that adding lower body-training to your routine generates much more testosterone than only training your upper body. A lot of guys avoid leg workouts because they're more concerned with getting a bigger upper body.

This is just plain dumb. Training your legs not only gives you powerful testosterone boosts, it also cranks up your metabolism so that you burn more fat throughout the day.

Tip #5: Do Sprints

You can raise your testosterone levels by sprinting, too. After you've lifted weights, head out into the backyard, a park, or your neighborhood block and do a few sprints.

Push yourself to run at full speed for no longer than 15 seconds. Then spend about a minute recovering, and go again. Do this 5-10 times.

Tip #6: Don't Overdo The Cardio

Endurance sports such as cycling and marathon running are shown to lower testosterone, in the same way that lifting heavy weights increases it.

When one of your goals is to jack up your T levels, avoid long sessions on the treadmill or other forms of "endurance" cardio exercise.



Foods That Naturally Boost Your T Levels



Herbs and exercise aren't the only game in town when it comes to naturally boosting your body's testosterone levels. There are foods that do the trick, too.

Avocados & Olives

These delicious foods are loaded with just about everything your body needs to produce more testosterone on its own, including plenty of "good" fats.

Beans

Pretty much any type of bean can help T levels, but the big winners are baked beans, pintos, kidney beans, lima beans and navy beans.

They're loaded with zinc, which increases sperm production, *and* there's evidence suggesting they cause your body to convert estrogen into testosterone! That's a powerful one-two combination.

Berries

If you're wondering how you'll get by once you start cutting down on sugar and high fructose corn syrup, berries are your answer. Naturally sweet and delicious, they'll also be filled with antioxidants which destroy free radicals, which cause all sorts of damage to your body and keep your T levels down.

The more berries, the better!

Green Veggies

The simple truth is that any vegetable you eat is going to be hugely better for you than anything you can pull out of a box. And green, crunchy veggies are the best. Most of them are packed with anti-estrogen compounds that encourage your body to produce more testosterone.

Meat

Not all meat is created equal. Focus on grass-fed meat, which costs a little more but has more of what your body needs to stay healthy and in "testosterone production" mode.



Also try to choose meats with a high protein to fat ratio. Lean red meat, chicken and turkey are especially good. And if you haven't tried venison meat, give it a shot. I love it!

As for meats to avoid, steer clear of fried meat of any kind.

Other Foods

Here's a list of other foods that are all really good for you, and contain ingredients that foster natural testosterone production in your body:

- ⊙ Tuna
- ⊙ Asparagus
- ⊙ Broccoli
- ⊙ Pineapple
- ⊙ Dark Chocolate
- ⊙ Oils
- ⊙ Citrus Fruits
- ⊙ Celery
- ⊙ Grass-fed beef
- ⊙ Animal livers and hearts
- ⊙ Eggs
- ⊙ Banana
- ⊙ Watermelon
- ⊙ Garlic
- ⊙ Ginger
- ⊙ Onion
- ⊙ Mushroom
- ⊙ Kelp
- ⊙ Yogurt
- ⊙ Spinach
- ⊙ Honey
- ⊙ Dry fruit
- ⊙ Sea salt
- ⊙ Parsley
- ⊙ Pepper
- ⊙ Oysters



Foods That Work Against Testosterone Production



Foods high in *trans fats* work against your body's natural production of testosterone. Without getting too deep into the science, the short explanation goes something like this:

Trans fats contain a lot of polyunsaturated fatty acids, which is a mouthful to say, so we'll shorten it to PUFA.

PUFAs create inflammation in your body, which it sees as an attack. We already know how the body responds when it feels it's being attacked. It gives you a jolt of cortisol, which lowers your T-levels.

Trans fats are found in many kinds of foods (especially tasty ones). We're not saying you have to cut all of the following foods out of your diet, but the more of them you eliminate or cut back on, the stronger your T-levels will be.

Here's the list:

- ◉ French fries
- ◉ Anything fried or battered
- ◉ Pie and pie crust
- ◉ Margarine
- ◉ Shortening
- ◉ Cake mix and frosting
- ◉ Pancakes and waffles
- ◉ Ice cream
- ◉ Nondairy creamers
- ◉ Microwave popcorn
- ◉ Ground beef
- ◉ Cookies
- ◉ Biscuits
- ◉ Sweet rolls
- ◉ Breakfast sandwiches
- ◉ Frozen beverages
- ◉ Jerky
- ◉ Crackers
- ◉ Frozen dinners
- ◉ Canned chili
- ◉ Pudding
- ◉ Fast food
- ◉ Potato chips
- ◉ Doughnuts



It would be virtually impossible to list all the foods on the market today that are high in trans fats, especially since more are being added all the time. But this gives you a good idea of what to keep an eye out for. The rest comes down to getting in the habit of reading food labels.





Chapter 11:

Drugs That Cause ED

 We've covered the foods, drinks, sneaky hidden ingredients, and bad habits that wreck erections. With so many people being on multiple prescription medications these days, this manual would be incomplete if we didn't provide a run down of most commonly known drugs that are known to cause ED.

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

Some of these medications are life-savers, or essential for your quality of life. We're certainly not suggesting that you suddenly stop taking them if you think they may be contributing to your ED. Talk to your doctor about it. Ask about possible alternatives.

Non-Prescription Drugs



There are also plenty of non-prescription drugs that can cause ED. If any of these substances are part of your routine, try taking a break for a month while you follow the other steps in the ED Elixir program:

- Alcohol
- Amphetamines
- Barbiturates
- Cocaine
- Marijuana
- Methadone
- Nicotine
- Opiates

None of these are any good for your general health, so you should really consider removing them from your life. I'm all about living as long as possible, so you can enjoy as many erections as possible!



Antidepressants and Painkillers



Antidepressants and painkillers (opioids) are known to create sexual dysfunction in men, from loss of sex drive to the inability to achieve erections.

Of course, for the millions of American men who are addicted to opioids, their sex life is often the least of their concerns. These addictive and highly dangerous pills cause 130 Americans to overdose and die every day.

Still, there are those who are taking these pills for legitimate reasons and not abusing them, and suffer from ED as a side effect.

If you're taking any of these pills and having sexual performance problems, do some Internet research on the ingredients. Learn about the possible side effects. Do they include ED?

If so, talk to your doctor about it. In many cases, there is another drug he can prescribe that can ease your symptoms without the penis-softening side effects.



Chapter 12:

The ED Elixir

 Now it's time to reveal the ED Elixir, the “ancient drink of the Gods” that I discovered and updated through my own experimentation.

This is what I consider to be the winning recipe:

- ♥ 10-20 drops of Muira Puama alcoholic extract
- ♥ 10 drops of Catuaba alcoholic extract
- ♥ ¼ Teaspoon of Citrulline
- ♥ 1 Capsule of Tribulis (taken separately, just before drinking the Elixir)



Note: If you read my personal story, you know that the original recipe given to me by the doctor in Egypt was not quite enough to give me full, maximum-strength erections.

This is because as a Westerner, my body and mind had been affected by certain erection-killing factors, such as environmental toxins and stress.

When Dr. Mustafa later recommended the fourth ingredient to me—Tribulis—I experienced my breakthrough.

It was the *combination* of the four ingredients above, plus the adjustments I made to my mindset, that created a synergistic effect.

A “chain reaction.”

This was when my ED issues vanished for good.

ED Elixir Enhancers & Alternate Recipes

Note, the recipe above is the core elixir. It’s powerful as it is, but below, we’ve included some additional ingredients that you can use with hot or cold versions of the ED Elixir—including one that my wife and I like to call our “Romance Enhancer.”

You may find that these extra ingredients supercharge your results. Some will give an added boost to your libido, while others work to increase the “bioavailability” of the ingredients—so that they’re absorbed faster into your bloodstream, and the drink becomes more effective overall.

Black Pepper and Turmeric

Turmeric comes to us from Southeast Asia and India, where it has been used for centuries as everything from a sexual stimulant to a restorative agent, given to women immediately after childbirth.

As an aphrodisiac, it’s so legendary that you’ll even find mentions of it in the Kama Sutra. According to the Encyclopedia of Aphrodisiacs, turmeric was the one of the key ingredients in an Indonesian love potion used to enhance tantric sex.



Ancient legends are all well and good, but now we have solid science to back up what our ancestors knew all along. According to a 2016 report published in the *Journal of Steroid Biochemistry and Molecular Biology*, a compound in turmeric called *curcumin* was responsible for significant elevations of testosterone in laboratory rats.

Other studies have shown that curcumin also provides relief from inflammation, poor digestion, chronic headaches and nausea.

However, there is a catch with this “wonder compound.” The curcumin in turmeric isn’t absorbed easily by the human body. Very little of it makes it into your bloodstream, where it needs to be to have an impact.

The solution? Combine black pepper with turmeric. Black pepper contains a bioactive compound called *piperine* that makes it easier for our bodies to absorb curcumin. (Up to 2,000% more easily, according to some studies!

This is why black pepper and turmeric are a winning combination for you to try adding to your own “Elixir formula.”

Cacao

The studies that talk about chocolate’s amazing health benefits are not referring to your average store-bought chocolate bar. The chocolate they’re referring to is raw cacao.

Raw cacao is made by cold-pressing un-roasted cacao beans. The process keeps the living enzymes in the cacao and removes the fat (cacao butter).

Cocoa, with its slightly differently spelling, is raw cacao that has been roasted at high temperatures. Unfortunately, the roasting reduces its nutritional value. It doesn’t have the same health benefits as raw cacao, which is known to reduce the risk of stroke and cardiovascular disease; lower blood pressure; and even boosting your mood and sense of well-being.

This is because the same brain chemical that is released when we experience deep feelings of love—phenylethylamine—is found in chocolate.

But the chocolate we’re talking about here isn’t the heavily processed stuff you buy in a store. This is the deep, rich chocolate flavoring that nature intended, and even better, it’s got most of the same antioxidants and phytonutrients found in high quality red wines.

The ancient Incas referred to cacao as the “food of the gods.” It’s a nutritional



powerhouse, providing your body with a variety of vitamins and minerals, along with healthy fats, fiber and protein.

These ingredients work together synergistically to help your body in a number of ways—from improving the function of your liver, pancreas and brain, to enhancing your skin and strengthening your immune and digestive systems.

If that isn't enough, studies conducted by the National Health Institute have found evidence linking the regular consumption of cacao with improved cardiovascular health and long term lowering of blood pressure.

Yet for our purposes, the most important thing cacao brings to the table is that it's loaded with anandamide, which is commonly called "the bliss chemical," and phenethylamine, which is fondly called "the love chemical."

Put it all together, and cacao becomes an obvious ingredient to try adding to your own Elixir.

You can find it cacao in three different forms: whole beans, powder or nibs (small pieces of crushed beans). Powder is probably our best option, since it's the easiest to add to our recipes.

Note: raw cacao tastes extremely bitter. But if you add just a touch of the sweetener of your choice to it, this is when the magic happens—and it transforms into a delicious flavor that your taste buds will love.

Ginger

Ginger has a long and well-known history as a sex-enhancing herb. Centuries ago, the Portugese would supplement the diet of their slaves with ginger because it increased their sex drives, and thus, their slave population.

It was one of the most highly recommended sexual stimulants in *De Materia Medica*, a five-volume set of books about medicinal plants written almost two thousand years ago, when the Roman Empire ruled much of the Western World.

Today, studies have shown that ginger does indeed have testosterone-boosting qualities, and helps with blood flow to our extremities (the furthest points of our bodies).

Our penis is an extremity, and this is why ginger makes our list. You may feel a warm, pleasant sensation when you consume ginger...and even the scent of this delightful ingredient is said to have arousing effects!



Note: to get the most out of ginger's effects, take 30 minutes prior to having sex.

Maca

Maca has been known as a powerful natural aphrodisiac for centuries. Warriors of the Incan Empire used to consume large quantities of it the night before they fought battles, to boost their strength and virility.

In some parts of the ancient world, maca was so highly prized that it was even used as a form of currency.

Modern science has confirmed what our ancient ancestors knew. Maca is rightly considered to be one of the great "super foods," containing a wide range of powerful ingredients including:

- ⊙ Calcium
- ⊙ Potassium
- ⊙ Iron
- ⊙ Iodine
- ⊙ Copper
- ⊙ Manganese
- ⊙ Zinc
- ⊙ Vitamin B1
- ⊙ Vitamin B2
- ⊙ Vitamin C
- ⊙ And Vitamin D

Maca is also a complete protein, containing nine essential amino acids that the body cannot produce on its own.

Even better, studies have shown that regular consumption of Maca increases sperm count and the volume of your ejaculations.



If this was all Maca was good for, it would be an amazing addition to our list—but there's even more. It also helps lower stress levels and reduces anxiety, which are big contributing factors for a lot of men who suffer from ED.

Taking Advantage Of These Ingredients

Now that we've introduced the ingredients, let's explore some additional recipes that make good use of them.

Passion Milk

Ingredients:

- ♥ 10-20 drops of Muira Puama alcoholic extract
- ♥ 10 drops of Catuaba alcoholic extract
- ♥ ¼ Teaspoon of Citrulline
- ♥ 1 Capsule of Tribulis (taken separately, just before you drink your milk)
- ♥ 2 cups of the milk of your choice (we recommend almond or coconut milk)
- ♥ 1 teaspoon of ground Turmeric
- ♥ ½ teaspoon of cinnamon powder
- ♥ 1 pinch of ground black pepper
- ♥ ¼ teaspoon of ginger powder or a tiny piece of freshly peeled ginger root
- ♥ 1 teaspoon of raw honey or maple syrup (your choice)
- ♥ 1 pinch of Cayenne Pepper (optional ingredient)

Preparation Instructions:

Add all ingredients except for the Tribulis capsule into a blender and mix until smooth. Transfer the mixture to a small saucepan and heat for 3-5 minutes over medium heat, without bringing it to a boil.

Pour into two large mugs, take your Tribulis capsule, drink and enjoy.



The Winter Fire Libido Booster

This is a fabulous wintertime drink, combining the warm, rich flavor of hot chocolate with the ED-eliminating powers of the core Elixir recipe—and adding a nice libido boost, for good measure!

Ingredients:

- ♥ 10-20 drops of Muira Puama alcoholic extract
- ♥ 10 drops of Catuaba alcoholic extract
- ♥ ¼ Teaspoon of Citrulline
- ♥ 1 Capsule of Tribulis (taken separately, just before you drink the hot chocolate)
- ♥ 2 and ½ cups of Almond Milk
- ♥ 2 tablespoons of raw Cacao powder
- ♥ 1 tablespoon of Maca powder
- ♥ 1 teaspoon of coconut sugar
- ♥ ½ teaspoon of Coconut Oil
- ♥ A dash of Cinnamon
- ♥ A dash of Sea Salt

Preparation Instructions:

Pour all ingredients except for the Tribulis capsule a blender and mix until smooth.

Transfer to a medium saucepan and heat on medium heat for five minutes without bringing the mixture to a boil. Adjust sweetness to taste by sampling as needed. If the mixture proves to be too thick to your liking, add small amounts of additional Almond Milk and thin to taste.

Pour into two large coffee mugs and serve!



“The Romance Enhancer” (My Favorite)

Here's a special treat my wife and I enjoy when we have the chance to spend a romantic evening together. It's a smoothie drink loaded with ingredients to get both of us in the mood, plus some side additions (which you may or may not want to incorporate).

Ingredients:

- ♥ 10-20 drops of Muira Puama alcoholic extract
- ♥ 10 drops of Catuaba alcoholic extract
- ♥ ¼ Teaspoon of Citrulline
- ♥ 1 Capsule of Tribulis
- ♥ 1 handful of almonds
- ♥ 1 handful of chocolate covered almonds
- ♥ 2 large bananas
- ♥ 2 apricots
- ♥ 6 ripe strawberries
- ♥ 6 slices of cheese
- ♥ 4 slices of turkey
- ♥ 1 tablespoon of crystallized ginger
- ♥ ½ ounce of shredded coconut
- ♥ 1 cup of yogurt
- ♥ 2 cups of the milk of your choice (we recommend almond or soymilk)
- ♥ 2 tablespoons of cocoa powder
- ♥ 1 teaspoon of vanilla extract
- ♥ 2 tablespoons of the sweetener of your choice
- ♥ 1 pinch of sea salt



Preparation Instructions:

Step 1 – Initial Preparations

Place almonds in a small bowl and pour water over them until they are covered completely. Set aside for two hours or until the almonds plump up to twice their normal size.

Slice bananas and apricots and place them in the freezer for one hour

Place the six strawberries in the freezer for one hour

Arrange turkey, cheese and crystalized ginger on a dinner plate and set to one side

Step 2 – Making The Smoothie

Pour water into a kettle or saucepan and bring to a boil.

Pour 2 ounces of water into a coffee mug

Add drops of Muira Puama and Catuaba to the water, along with the Citrulline. If this is your first time using this recipe, use the minimum dose. If you've been drinking it for a week or longer, you can begin using a higher dose.

Mix until dissolved and set aside

In a blender, add yogurt, milk, cocoa powder all of your almonds (both the water-soaked ones and the chocolate covered ones), vanilla, your chosen sweetener, and salt

Blend for 45 seconds or until smooth. If the mixture is too thick for your liking, incrementally add more milk to taste.

Add coconut, apricot, strawberries and bananas.

Open one capsule of Tribulis and add the contents to the blender. Add your liquid herbal extracts and the water they're in. Blend for an additional 30 seconds or until smooth.

Taste test for sweetness and adjust to taste.

Pour over ice in two glasses garnished with a strawberry or pineapple wedge. Enjoy this beverage with your partner, along with the turkey and cheese.



Notes: I know there are a lot of parts to that recipe. Skip the turkey and cheese on the side if that doesn't appeal to you, along with any other ingredient you'd rather not include.

You don't need to follow any of these recipes word-for-word. I want to encourage you to come up with ideas for your own "Elixir variations" and unique blends.

Brewing "ED Elixir Teas"

You can use the core Elixir recipe in any type of tea, if you'd prefer that approach. Here's the recipe for reference:

Ingredients:

- ♥ The tea of your choice
- ♥ 10-20 drops of Muira Puama alcoholic extract
- ♥ 10 drops of Catuaba alcoholic extract
- ♥ ¼ Teaspoon of Citrulline
- ♥ And 1 Capsule of Tribulis (taken separately, just before drinking your tea)

Preparation Instructions:

Prepare your tea of choice with boiling water and sweeten to taste. In order to keep the calorie count to a minimum, we recommend using zero-calorie sweeteners like Monk Fruit, Xylitol, or Stevia. If you don't like any of those options, try substituting a teaspoon of coconut sugar.

Once the tea is ready and sweetened to taste, add in the drops of Muira Puama and Catuaba extract, along with the ¼ teaspoon of Citrulline and mix well. Drink and enjoy!



General Notes About The ED Elixir & Its Variations



There are no “fluff” ingredients in these recipes. Every ingredient has a specific purpose geared toward improving your sex life and eliminating ED.

Yet that’s just the beginning of the benefits to your body. For example, some of these herbs help to activate the body’s nitric oxide pathways. This means a healthy flow of oxygen is delivered to *all* of the cells in your body, which is one of the keys to preventing, or wiping out, different types of diseases.

Some herbs on our list have a “magnifying effect” when you combine them with others. Research shows that the positive effects of many of these herbs are magnified when you add cocoa or ginger to the mix—and you may love how they improve the taste, too.

Now you’re armed with the knowledge and recipes to begin mixing, brewing and blending your own ED Elixirs. But before you whip up your first batch, I want to remind you: the Elixirs will always work best if you use them as part of a healthy daily routine.

We spent a significant part of this book discussing why you should avoid certain foods and drinks from now on, because they contribute to ED—and why other foods and drinks will help you to combat this problem and enjoy greater overall health and vitality.

Arginine, Nitric Acid and Antioxidants are very important to your success, and they’re found in certain foods we’ve been recommending.

Arginine is critical because it activates nitric acid pathways. This allows your blood vessels to relax, so more oxygenated blood can flow into your penis. Sources of Arginine include coconut, nuts, dairy products, protein powder, spirulina and both chicken and turkey.

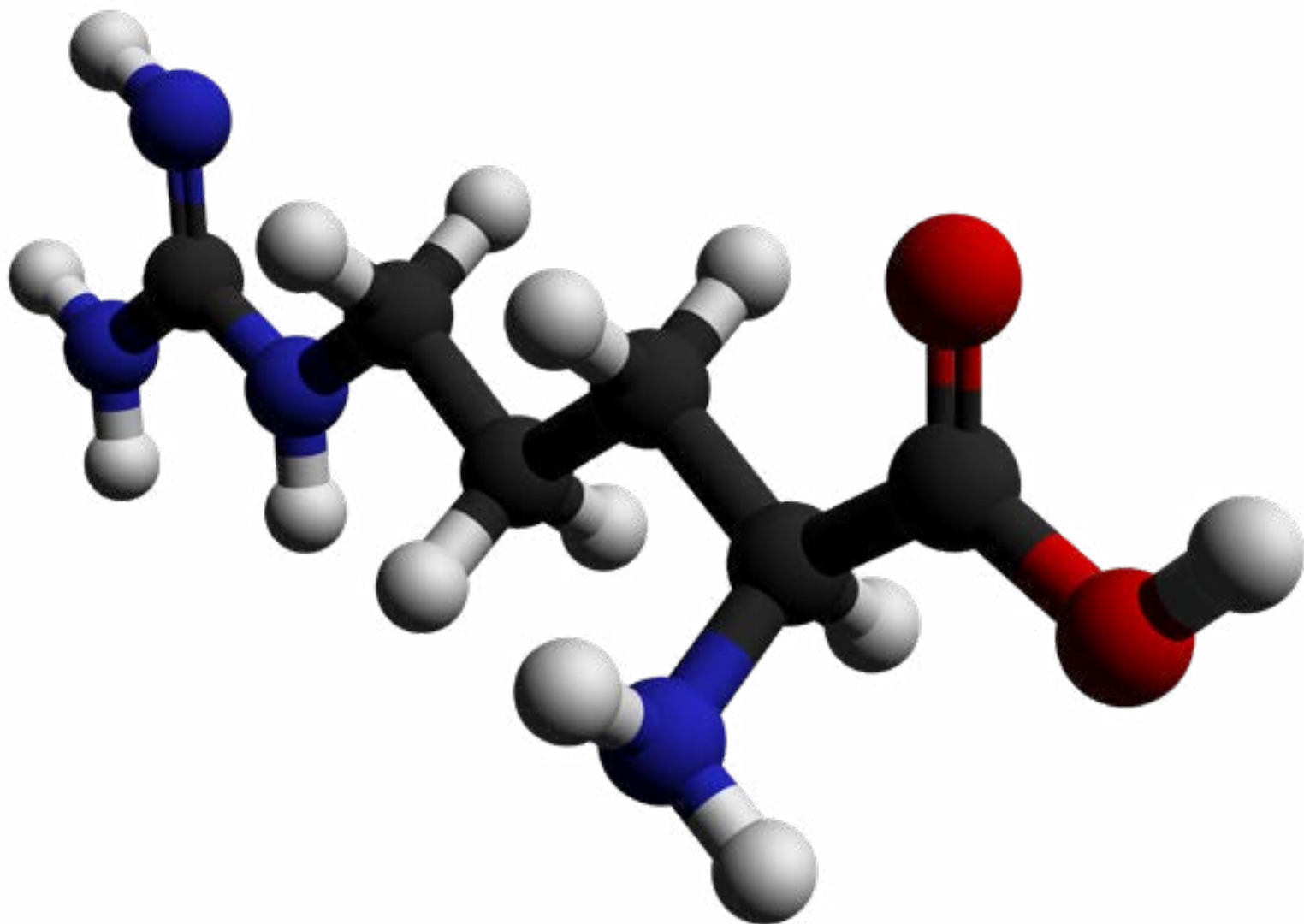
Nitric acid is a precursor your body uses to produce nitric oxide. Most green, leafy vegetables are excellent sources of nitric acid.

Antioxidants destroy free radicals which are roaming in our bloodstream, damaging cells and accelerating the aging process. They can dramatically inhibit your body’s sexual function. The good news is, you can neutralize them by eating fruits, which are a powerful source of Antioxidants.



The bottom line is, while ED Elixirs are highly effective, you will experience far greater results if you drink them as part of an *overall lifestyle* that is geared towards optimizing your body and health.

In the next chapter, I'll lay out the exact game plan that worked wonders for me.





Chapter 13:

Putting Together Your ED-Reversing Game Plan



As I explained earlier, ED is often a warning sign from your body that other, more serious problems are going to develop if you don't start taking better care of yourself.



But once you make the necessary adjustments and get back into a healthy, balanced state, your body will perform as you need it to...

Which means full-strength, vein-bulging erections again, any time your brain sends out the signal that it's "go time."

Some men, however, require more of an "adjustment period" than others to get their bodies balanced again.

You see, we're not all built the same.

We're not all the same age.

Some of us have been mindful of our health.

Some of us, to be honest, "let ourselves go" a long time ago!



No matter how severe your situation might seem, you now have the tools to reverse it...

But to maximize your chances of success, I want to give you a COMPLETE game plan to follow. It involves going an extra step in order to balance and optimize your body. I'll share this with you in a moment.

In my case, a few weeks of healthy eating, moderate exercise, and a daily ED Elixir (plus a loving wife who provided lots of encouragement, including in the bedroom) was enough to put me back on the path to boner land.

Yet it's important to note, when I started this process, I was in halfway decent shape. I had quit smoking years ago and rarely drank. I didn't go to the gym, but I got exercise from taking long walks almost every day. I was maybe 20 pounds overweight, but not what you'd call "obese."

So the adjustments I had to make to my routine weren't *that* dramatic.

However, some of the men I shared my method with had to make bigger adjustments. Eating less crap, and drinking a daily Elixir, wasn't enough.

So over time, I came up with a more advanced version of my game plan. It goes like this:

#1. Flush out your body and cleanse it of all toxins.

#2. Get your body into an "alkaline" state so that it can function properly on all levels.

#3. Experimented with some recipes and figure out several different versions of the ED Elixir that you can enjoy every day.

#4. Work on the mental aspect of ED and destroy any stress or anxiety you have come to associate with sex.

These four steps can be followed using the exact same information you have in this manual. Your roadmap is right here, in front of you. Much of it, you've already learned how to do.

Steps #1 and #2 do require some explanation. These steps are all about cleansing your body and getting it into the right "state."



Achieving an Alkaline State



Your **pH balance** is an important indicator of the overall health of your body. When you've got a healthy pH balance, you are in an "alkaline" state. This means you have high levels of oxygen in your blood.

An alkaline state also means more energy, better sleep, a sharper mind, and slowing down the aging process.

In fact, experts say that diseases, including cancer, *cannot exist* in an alkaline environment.

The opposite of this is being in an "acidic" state. This is the state the average guy is in when he's overweight, stressed out, and isn't mindful of what he eats and drinks.

Acidic environments are a breeding ground for parasites, viruses and dangerous bacteria. And when your cells aren't getting enough oxygen, they may turn cancerous.

So here's how this works.

You're going to start testing your pH balance. You can measure it with small strips which you can buy online, or at pharmacies or health food stores.

You simply put the strip in your mouth, allow some saliva to touch it for a few seconds, and it tells you where you are on a scale of 1-14. (1 being the most acidic, 14 being the most alkaline.)

You can also test your pH level using your urine. Some health experts say this may be more accurate.

So what number are you shooting for?

The body is always trying to maintain a pH level of around 7.3, which is slightly alkaline. Anything under 7 means you're acidic. If this is the case with you, your first order of business should be to get your body out of that "danger zone" and into a healthy, energized alkaline state.

Some diseases and disorders that are associated with over-acidity are diabetes, obesity, migraines, cataracts, cancer, arthritis, strokes, gout, morning sickness, allergies, osteoporosis...



And yes, *erectile dysfunction*.

Every system in your body is affected by too much acid, including your penis and its ability to function.

And everything we put in our body affects our pH. Some foods and drinks 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 vegetables are alkaline.

Environmental factors affect your pH balance as well. Household cleaning products like soap, detergent, air fresheners, glass cleaners and other cleaning agents all contain chemicals that are toxic to the body and contribute to acidity.

Even bath and skin products may contain harmful chemicals and toxins. Your skin is your body's biggest organ. When you come into contact with these products and absorb them, it can cause acidity.

So how do you turn this around? Let me run down the tips that have worked wonders for my students and myself.

11 Ways To Alkalize Your Body

- Drink a fresh green juice every 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 may *taste* "acidic," but they're actually highly alkaline.
- Eat a diet full of nutritious and alkaline vegetables and fruits.
- Stay away from 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 toxic to the body).
- Use natural household cleaning agents such as diluted apple cider vinegar.



- Try to use natural bath and body products (shampoo, conditioner, body wash, soap, toothpaste, mouthwash, lotions, facial creams, etc.) instead of commercial products that are loaded with chemicals.
- Eat more plant-based foods and opt for only grass-fed, organic animal products.
- Include wheat grass, barley grass, kelp, cayenne, chlorella and spirulina in your diet.
- Mix ½ tablespoon of baking soda in a glass of water and drink it daily. This is one of the most effective and easiest ways to keep your body in an alkaline state.

Start making some of these changes today, and you should be feeling the results within a week. Here are some other guidelines I suggest you follow for the next seven days:

- Stay well hydrated. If you think you currently drink enough water, I can promise you, you need more. Most of us are walking around dehydrated even if we don't *feel* thirsty. A lot of water is essential for flushing the toxins out of your body that are interfering with your body's functions, which include getting 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.)
- Warm or room temperature water is actually better for you than cold water, because your body absorbs it more easily. 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 important to good digestive health and a strong immune system. 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.
- Schedule in some exercise every day. Doing a 10-minute walk in the mornings will get you on the path to doing 45-minute walks.
- Stop drinking alcohol completely. If you smoke, stop immediately.



- ⊙ Omega 3 essential fatty acids are vital for your health and your erections. Eat fish at least twice per week.
- ⊙ Check out what's in your kitchen cupboards. Throw away vegetable oils. Use Rice Bran oil or coconut oil for cooking. Get rid of all processed foods containing hydrogenated fats, fructose, artificial colorings and flavorings.
- ⊙ Eat "rainbows." Try to involve all colors of the rainbow in your salads and vegetable choices to ensure you are getting a wide range of antioxidants.
- ⊙ Eat at least a half-dozen oysters at least once per week. Also, refer to the lists of foods I mentioned earlier that are other powerful sources of zinc and magnesium. Incorporate a variety of these foods into your diet as well.
- ⊙ Take ginseng every day, in its raw root form. (Chew it, or boil it in tea.)
- ⊙ Eat "Super Foods." 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 five minutes each day observing your breath. Keep your 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 it wanders.
- ⊙ Practice deep breathing exercises. This relaxes the body and actually alkalizes it, too.
- ⊙ Start following as many of these guidelines as you can. Combine them with your daily ED Elixir, and you've got a winning formula.



Bonus Chapter:

Sexual Secrets Of The Ancient Rulers



Remember the gut-wrenching story I told you about my personal struggle with ED?

My struggle culminated in the most horrible night of my life—when out of sheer desperation, I injected a drug into my penis to make sure I could get it up during a trip to Egypt with my wife.

I wound up on an operating table in some crazy third-world hospital with a dick that looked like an eggplant that was about to explode. Seriously.

All I can say is, thank God this catastrophe happened in Egypt. Because that's where I met the amazing Dr. Mustafa, who told me about the "Elixirs of the Gods" and how men in his part of the world had been super-charging their erections for centuries—all naturally.

Once I was back home in the United States, I experimented with some different versions of the Elixir, but I was unable to achieve 100% success. I'd either get a full erection and then slowly begin to lose it during sex, or I'd get 75% there and be unable to reach a totally rock-hard state.

Eventually I learned from the great Dr. Mustafa that Western men are exposed to a great many more toxins than men in Asia and the Middle East.

The ancient formula he showed me, while surprisingly powerful, wasn't as strong as it needed to be for me and other men suffering from ED in the United States.



Other ingredients needed to be added to enhance the Elixir's power. There was also a *mental* aspect of ED that I had to explore and figure out how to conquer.

It took a lot of time, effort and experimentation, but I eventually "cracked the code" and came up with the complete roadmap you are now reading.

If you're interested, I'd like to share some of this research with you—especially what I discovered about the legendary ancient kings, emperors and conquerors who paved the way for this manual.

It begins with an interesting concept called "Jing Chi."

Mastering Your Jing Chi



ED is a problem that men throughout the ages have had to deal with. We know this because of ancient medical texts that describe various ways to treat it.

These ways range from incredible discoveries (like using the herbs I talk about in this guide), to...

Well, let's just say I highly doubt anyone ever cured their ED by eating a deer penis or chugging bull urine. *No thanks!*

All of these solutions (and wanna-be solutions) were attempts to give men greater "Jing Chi." In Chinese, this roughly translates into "sexual energy."

The early practitioners of Traditional Chinese Medicine, which has been around for more than 3,500 years and is still widely used today, believed the human body was made of five vital components:

- Qi (Life force)
- Xue (Blood)
- Jinya (Bodily Fluids)
- Jing (Essence)
- And Shen (Spirit)



From this list of five, we can drill down into what Traditional Chinese Medicine refers to as the “Three Treasures” which form the foundation for the Chinese understanding of the human body. All of their healing practices arose from this understanding.

The Three Treasures are: Qi, Jing, and Shen.

This refers to mind, body and spirit.

The Chinese thought that an imbalance with any of the Three Treasures could lead to illness or other difficulties in life, including the type of sexual dysfunction we now refer to as ED.

Traditional Chinese remedies took a “whole body” approach. They didn’t just try to treat the part of the body that had the problem.

They sought to restore balance to the mind, body and spirit.

Today, Big Pharma wants you to buy a little blue pill to make the problem in one part of your body go away temporarily. It’s exactly the opposite approach that the ancient Chinese took.

We’ve taken a similar approach in this manual. We’ve looked at all of the root causes of ED, including mental blocks and damaging beliefs, and we’ve looked to the needs of your body—not just the area below your waist.

This is the essence of building Jing Chi—taking a unified mind/body/spirit approach that restores your manhood to full vigor, using all-natural methods that have been refined over thousands of years.

Now let’s take a closer look at one of its greatest practitioners, the legendary Genghis Khan.

The Great Khan



Genghis is quite possibly the most epic example of manliness of all time.

He was perhaps the greatest conqueror in history. The empire he established was vastly bigger than what Alexander the Great was able to achieve.



Yet he is also known as one of the most virile men to ever walk the earth. He had thousands of children—so many that today, researchers say that 1 in 200 men on this planet can trace their DNA back to the Mongolian conqueror.

Genghis was getting wood, and impregnating women with his super-sperm, all the way up until his death at age 72. (Which meant he lived more than twice as long as the average man of his day!)

So obviously, Genghis was doing some things right—not just in terms of maintaining his astounding sex drive and ability to get multiple erections every day of his life, but with his overall health.

Through my research, which included getting some of Genghis' journals translated into English, I discovered that it came down to him practicing a daily routine known as the "Iron Horse" way of living.

Many Chinese men practice it to this day. This includes millions of Chinese who live in remote villages and have never heard of ED drugs. Yet they're somehow able to procreate at a rate way beyond what we see in the Western world—and remain virile and active well into their elderly years.

Let me tell you five key points about Genghis Khan that I discovered, that explain why he possessed incredible sexual powers right up until he died of old age.

We'll also talk about how you can incorporate some of these secrets into your own life.

#1 Genghis's body was virtually toxin-free.

There were no processed foods back then. Crops were not sprayed with insecticides. The animals that supplied meat were not injected with hormones. Water supplies were not contaminated. Alcohol was not consumed, because it did not exist. Neither did cigarettes.

And plastic had not been invented.

You probably read that line and thought, *"Plastic? What does plastic have to do with this?"*

Actually, it has a lot to do with it. According to a study published in the Journal of Clinical Endocrinology, middle-aged men who are exposed to high levels of certain chemicals found in plastics have reduced levels of testosterone.



You're being exposed to these chemicals all the time without even realizing it. They're called "phthalates" and they're added to plastic products to increase their flexibility and durability.

(For example, water bottles, shower curtains, and the plastic hangars you hang your clothes on...just to name a few examples.)

These erection-killing chemicals also found in every day products such as shampoo and laundry detergent.

Tests have shown that 90% of American adults have detectable levels of these chemicals in their bloodstream!

This plays a part in making the modern man softer, slower and weaker than the men who walked the earth in Genghis's era (the 13th century.) And it's having a negative effect on your libido and your erections.

So, Step One of the Iron Horse method is to get your body "back to nature" as much as possible. This means:

- ⊙ Avoid plastics. Don't drink out of plastic bottles.
- ⊙ No processed foods.
- ⊙ Increase your intake of fresh fruits and vegetables.
- ⊙ Drink water ONLY.

(No alcohol, no caffeine, no sugary sodas or fruit juices.)

According to Genghis's journals, he lived on a stricter version of what is known today as "The Paleo Diet."

This diet is fashionable nowadays, and there are lots of so-called health experts that want to sell you their Paleo courses and cookbooks, but you can save your money because I'll tell you the basics right here:

You eat fish, meat, vegetables and fruit, and cut out dairy products, grain products, and processed foods.

Genghis, however, took it a step further. He understood the importance of eating large servings of fruits and vegetables.



In fact, while his soldiers were feasting on giant portions of animal meat cooked over an open fire, he discovered that consuming more fruits and vegetables—in place of huge, heavy meals—increased his energy and his “manly strength.”

#2 He understood the importance of eliminating unnecessary stress so he could focus on his mission.

Genghis was a devoted practitioner of meditation. Every morning upon rising, and at least twice more during the day, he would take some “time out” to meditate and reflect.

Stress is one of the biggest causes of ED and poor health, and meditation is one of the best ways to combat stress.

To get started with meditation, you can look up the topic on YouTube and find tons of videos that will teach you the basics and walk you through it.

#3 He believed that sex needed to be a part of his every day routine, because it was a way to maintain and build up his power.

Modern scientific studies prove that once again, Genghis was right. Technically, your penis is not a muscle. However, it does contain muscle fibers and capillaries that will deteriorate when they remain inactive.

You’ve heard the expression, “use it or lose it?” Well, medical studies have shown that your penis will lose strength if it isn’t being used for its intended purpose, just as your muscles will atrophy if you stop exercising and lie in bed for a month.

In my own case, once I started feeling embarrassed about my inability to stay hard during sex with my wife, I stopped trying to have sex with her altogether.

This made my ED worse.

Masturbating is not an answer here. (Jerking off does not count as “using it.”) You can’t fool your brain into thinking that your penis is inside a vagina.

Your penis and your ability to get erect is the result of thousands of years of evolution. Your penis has a “mind” of its own, when it comes to fulfilling your biological duty as a man.

So part of your fixing your ED involves using your penis for its intended purpose—and using it frequently.



You should be able to speak openly with your partner about how you're working to overcome this problem, and her cooperation and understanding will definitely help with the process.

Soon, you'll be able to reward her with rock-hard erections whenever she wants it.

#4 He ate a diet that was rich with "sexual super foods."

Genghis was a big fan of seafood, particularly oysters, because he believed they boosted his sexual stamina. And again, he was right!

(The Chinese were using oysters for this purpose for centuries, long before Westerners ever heard about their sexual benefits.)

This part of Genghis Khan's routine deserves some up-close examination. Let's explore the idea of "Sexual Super Foods" more closely.

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 a 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, which means they open up blood vessels and increase blood flow. 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.

Genghis also ate a lot of **avocados**, which are rich in fatty acids and vitamin E. These boost blood flow and naturally increase testosterone production.

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, which are loaded with nutrients that increase blood flow and virility.

Watermelon, which is high in citrulline—one of the key ingredients in the ED Elixir.

Watermelons are also rich in phytonutrients, which are a form of antioxidants, and have been shown to relax blood vessels.

Remember, anything that relaxes your blood vessels and improves your circulation means more blood is able to flow into your penis!

Dark Chocolate is another great one, because it contains **flavonoids**, which also 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 are two of the common physical causes of ED.

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.

Now let me give you the fifth and final reason why Genghis Khan's routine explains why he had the sexual strength of ten men:

#5 He experimented with using natural herbs and plants to boost his powers, particularly ginseng.

Genghis's journals contain many references to herbs, plants and other substances that he would ingest on a daily basis to give him more energy, strength and even mental sharpness.

Genghis believed that one of the keys to his virility was the ginseng root. (The word ginseng comes from the Chinese term *renshen*, which literally means "man root.")

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 in Asia have used this "super 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 **Korean red ginseng**.

The authors of a scientific paper titled "Ginseng, Sex Behavior, and Nitric Oxide" stated there is hard scientific evidence that certain active chemical ingredients in ginseng, called *ginsenosides*, have sexual benefits for men.

I incorporated Korean red ginseng into my daily routine and believe it enhanced my results. Pick some up at your local health food store, or order it online.

Note: only buy ginseng in its raw root form. Taking it in pills or capsules will not have the same effect.

Ginseng root can be consumed in various ways. It can be eaten raw (if you don't mind the taste). You can lightly steam it to soften it first, if you like.

It can also be stewed in water to make a tea. To do this, just add hot water to freshly sliced ginseng and let it steep for several minutes. Then drink it.

And as with so many of the plants, herbs and roots you've learned about in this guide, ginseng can give you multiple health benefits.

In addition to improving sexual function, many experts believe that consuming ginseng can:

- Reduce inflammation in the body
- Improve brain function
- Boost the immune system
- Increase energy
- Lower blood sugar



A detailed background image of an ancient Egyptian wall painting. It features a central seated female figure, likely a goddess or queen, surrounded by various symbols, hieroglyphs, and smaller figures. To the left is a bull-headed deity (Apis), and to the right is a large figure of a deity or pharaoh. The scene is filled with traditional Egyptian iconography.

Frequently Asked Questions

What if I can't find the necessary herbs and ingredients for the ED Elixir in my local stores?

Click here to get the full list of ingredients for your ED ELIXIR:

<https://edelixir.com/resources/members/432432dsfvv.php>

Use this password to access the page: mikemanningelixir

How soon will I see the results?

If you're like me, you'll begin to notice the effects of the Elixir almost right away—but for maximum effect, you'll want to give your body time to adjust to the changes you're making to it.

Consider 30-60 days to be the standard window for seeing powerful, lasting results. During this time, by following the other tips in this manual, you'll be improving your overall health and stamina as well.

During the first 60 days, if you're not happy with the short-term results you're getting, consider taking two doses of your Elixir every day. Spread them out by at least four hours.

Can my partner take this Elixir with me, or is it something I'm doing strictly solo?

In the chapter where I laid out various ED Elixir recipes, I included one called "The Romance Enhancer" which I enjoy with my wife. So the answer is, you can certainly do this along with your partner.



Remember, aside from their ED-reversing effects, the ingredients in the recipes have numerous health benefits for anyone.

Once a week, my wife and I will snuggle up on the living room couch, put on a movie, and enjoy our “Romance Enhancer” smoothies...and before long, we’re going at it like a couple of horny teenagers.

It’s like a fun “secret ritual” we share together as a couple.

The active ingredients in the herbs have been shown to increase sexual performance and libido in men, not women, but I can tell you this: when you make your wife/lover aware of this journey you are on, and have her be your “partner” in this, it can make it more fun and exciting for both of you.

Also, by having her go along with the healthy eating and lifestyle tips in this guide, she’s sure to experience better sleep, better moods, more energy, and the confidence that comes with losing unwanted extra weight and looking and feeling great.

This should increase HER desire for sex with YOU!

Are there any precautions I should take, or other things I need to be aware of?

If you are currently taking any prescribed medications, do not stop taking them in the belief that the information in this manual will naturally take care of your medical issues. Any changes to your medication routine need to be discussed with your doctor or medical care provider.

Are there any potential side effects?

The only “side effects” we’ve seen have been enjoyable ones. For example, Catuaba—one of the core ingredients in the Elixir—is a popular herb with newlyweds around the world because it has been shown to increase “erotic dreams.”

(Most of us would pay good money for that side effect...I’m just mentioning it so you aren’t too surprised if you experience it!)



Other than that, after taking the Elixir and following the tips in this manual for at least 30 days, you can expect to experience most or all of the following:

- Stronger and longer-lasting erections
- Heightened sex drive
- Greater sexual satisfaction
- Bigger, more powerful ejaculations
- Improved mood and sense of well-being
- Looking and feeling younger
- Reduction in aches and pains due to inflammation
- Increase in your overall energy levels
- Sharper mental focus
- Loss of unwanted extra weight

The list goes on...

But most importantly, **you'll have your manhood back.**

Your woman will have a new level of **respect** for you.

She will desire you, feel bonded to you, and even physically **crave you** in ways she will never feel with any other man.

Never again will you feel ashamed because you couldn't "perform" the way you wanted.

Never again will she feel unattractive or unwanted because you couldn't "rise to the occasion."

From now on, you will be in complete control of your **sexual powers.**

You will be the **confident, powerful and passionate lover** that every woman secretly fantasizes about being with.





I congratulate you for deciding to take action, and allowing me to guide you on this journey.

I hope to hear your success story very soon ;)

To Your Health, Happiness & Hardness,

Michael Manning

