

BRIAN "UNCLE B" AYERS



GO HARD

THE PEAK SEXUAL PERFORMANCE GUIDE FOR MEN

Brian "Uncle B" Ayers

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Introduction

If you are reading this, more than likely something is not right. You want to enjoy a wonderful sex life but your body is not cooperating.

- You want erections on demand.
- You want to get back to having morning erections.
- You want to have the exciting embarrassment of a spontaneous erection.

I get that. Having erections...and losing them...is something I have also experienced.

My name is Brian aka Uncle B and as the sexual performance coach with African Fly (Africanfly.com) for over 20 years, I have been blessed to talk with thousands of men who have lost the priceless confidence that comes with erections. I have also seen what works as well as what is just plain stupid when it comes to men's sexual health.

Unfortunately, there is a lot of ignorance out there.

You were born without an instruction book. This is the instruction book for your erections. With it, you will get executable information and the techniques that will take you from where you are to where you want to be. This journey will take time but you will come out of it a different man...literally. My goal is to accelerate that process by giving you what works without a bunch of fluff or over complicating it.

Yes! You can Get better -- Get bigger -- Last longer and Get back up again faster.

What I share with you in this book has worked for men aged 18 to 88. It has improved the sex lives of guys who have gone years without erections to guys who lost their erections during sex.

Experience confirms that just giving information is not enough. Some guys get it and run with it. While others need constant nudging to get over the hump and make healthy living a part of their lives.

If you want real change in your life...you have to change. This book will challenge your beliefs about the "healthy" lifestyle that we have all heard should but does not work. Read the whole book and challenge yourself to improve your life every day and you, as I stated before, will be a different man...literally.

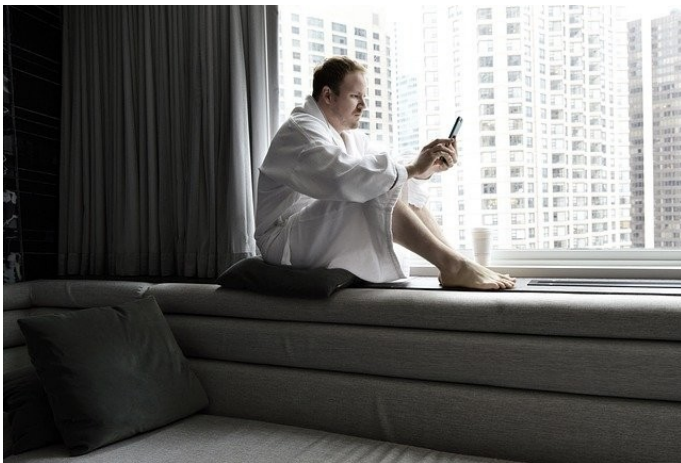
No more introduction...let's get to it!

Chapter 1 Brutal Honesty About Men's Sexual Health

Now I'm going to be brutally honest about your sexual health. And this is because, as a coach, I have to give you the information and I have to push you so you are also executing it.

And the way I do that is with questions. You have to be honest because, if you're not doing what you're supposed to do, there are consequences. And we are talking about your sexual and physical health. We have to go through those consequences.

Right now, I'm going to hit you with the brutal questions that I ask my clients just to get them to think differently, perform, and act on it.



Where are you now, compared to where you want to be? That's a very important question. You have to know what your starting point is and have a realistic expectation of where you want to go. We tell kids all the time, "You know what you're supposed to do, you're just not doing it." Well, I have that question for you. Are you doing it?

Do you know what you're supposed to do? Are you checking out the other 150 plus videos that I have on my YouTube channel? Are you checking out some other channels? And of course, more importantly, is

what you're supposed to do correct? The way to figure that out, of course, is to know what you're supposed to be doing and do it...

Is it working?

Now, the thing to remember, is not what you do some of the time. It is what you do all of the time that counts. So that whole thing of, "Yeah, I'm going to work out two days a week. I'm going to sleep for eight hours two days a week and that should do it."

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You know that's not going to happen, player. Your body is a visual recording of what you have been doing and what is going on right now. Just think of it this way. If you're 40 years old, and you've been eating crap for the past 20 years, it's obvious you'll have a different body than if you'd been eating healthy stuff for the past 20 years. It all adds up.

What Do You Want?

Now, let's go into something a little bit differently here. Ask yourself, "What do I want?"

A lot of people get confused by this because the first thing they start talking about is money when it should be their health. Here is a question; are you working harder at your job than you are at your health? Think about that one.

I get it because I've done it, myself. You have your job, meetings, and work stress going on. You end up doing the wrong things. But the question comes up, what happens with that job if you get chronically ill? Or have to be out for a while? Is your job secure until you get back? Will your income stay the same? Or will they just let you go?

We've heard that trading time for money is not a great thing, but trading time for your health is really...I don't normally curse, just fucking idiotic.

If you're at the job for eight hours a day and are heavily stressed, your lunch will probably come from a vending machine and you may have fast food for dinner. If that's the case, by the time you get home, you'll have no energy. What can you do to create a better quality of life and a prosperous job?

I suggest you sit down and take the time to think about it. Do you need to be closer to home? Do you need a work environment that promotes a healthier lifestyle or allows you to break away from the office, go outside or enjoy a walk? Things like that. Getting a job is not a priority in life. But it is a priority for money. There is a huge distinction there.

Living In Pain

Now, let's go into that pain. I know I have been talking about some agonizing things already, but let's take it even deeper. Are you waking up aching or living with discomfort? Now, there are no shortcuts to making these changes. A lot of people think that their only option is to go to the doctor so the doctor can diagnose and prescribe pills. Well, that's a problem.

The pharmaceutical industry is silently saying, "Like any good drug dealer, I want you to keep on coming back. So I'm not going to give you something to fix the cause. I'm going to give you something that fixes the symptom so you keep coming back and I can keep selling these drugs."

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I hate hearing people say, "Oh, I've been taking this pill for 10 years." That means it doesn't work!!

The cause is the same and that pain will not only stay there, but it will also actually intensify over time because you haven't taken care of the cause. And here's something to think about. People don't die of old age. They die of multiple organ failures. And each one of those organ failures is painful. No one said, "You know what? I want to have that heart attack again because it felt so good."

The most important thing to remember, for my guys who're getting older, is the average American male dies at the age of 78. That means you're on the clock. Time is ticking. If you want to extend this life, you have to start executing and taking care of your health. That's your number one priority.

Now, here's one of the more important questions we deal with, "Is your sex life unhealthy? What's the cost of that?" If the answer to the first question is yes and you don't know to the second, let me help you out. The price we're talking about is the possibility of divorce, losing the kids, dealing with an ex-wife. Those are real issues that I talk with guys about constantly.

And also, for my guys who're going out on dates, my guys who're looking to get deeper into a relationship or even get married, if you're having issues with your sexual health, then that causes some issues – such as lack of confidence or avoiding a promising relationship. So it's on you to take care of your health.

Your Real Legacy As A Man

All right. If all of that was not painful enough, let's take it one level deeper and talk about the possible impact on your kids. For instance, if someone took off running with your young child, while you were standing with them, could you run three blocks at full speed to save them?

This is a real question. This isn't a question like, "Hey, Uncle B, can you run three blocks?" It ain't my kid. It's YOU that has to be in shape. You needing to be healthy for your kids may be difficult to hear or accept, but it would be even more torturous to deal with if the kidnapping happened and you couldn't do anything about it because you weren't physically fit. You can't be the defender, the protector, or the superman for your kids if you're unhealthy or not fit physically.

What kind of example are they seeing from you?

I want you to think about it in a completely different way. If you currently have chronic pain or illness, imagine giving that to your kids. Your kids see everything you do, good or bad. You're their example. So when they see you making unhealthy choices regarding your health or body, they think, "This is normal and this is what I'm supposed to do, just like my dad." You're possibly creating a mindset in them that will cause them psychological and physical pain in their future life. You have two choices. You can either set them up for failure or success.

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Let's start by taking a look inside your refrigerator and day to day living. Is your frig filled with processed or unhealthy foods? Any fruits or vegetables in there at all? Is physical and recreational activities a norm in your family? Do you guys go out, get on the bikes?

Do you let them see you exercise, during the week or on the weekend? Are you taking your children to the kiddie side of the gym when you go workout so they understand making a habit of working out is what they should do too? You're the one to give that perspective to them, through your example.

That's the legacy to give your children. Will you live to see your kids as adults and your grandkids? I said I was going to be brutally honest. That's because this counts for real. This is not TV. This is about you handling your health.

Conclusion

Do you know what you're supposed to be doing? Are you doing it? Are you working harder at your job than you are at your health? What's an unhealthy sex life going to cost you? What kind of example are you setting for your kids? What're you doing to save them from ill-health or sexual dysfunction in the future?

Because this counts in real life.



Chapter 2 The Sexual Performance Scale

If I got a call from you and I started asking how old you are. What's your weight? How much sleep do you get at night? What type of exercise do you do?

I could ask you all those questions. But what advice could I give you relatively quickly? I came up with the sexual performance scale.

It applies to so many situations including yours. But it helps because I've heard about it and experienced it myself, the whole thing of being unreliable. And me, I got access to African Fly. I've been studying this stuff for years, and for me to not be reliable is like, "What's going on?"

What's important about the sexual performance scale is the fact that you're always changing. Your body is changing from year to year, day to day, hour to hour, and second to second. But how are these changes affecting you and what things can you look out for once you know where you are on the sexual performance scale?

The Sexual Performance Scale

So let's hop into the sexual performance scale. Like I said before, it's a scale of one to 10, with 10 being the highest. When we say you're a 10, picture this, for example, you're a college athlete. Everything's in working order. Your health is right and your diet is right. You've got good energy going on. Your erections are at a 45-degree angle because your core is tight, everything's working properly. Because you're in good physical shape, you get morning erections, spontaneous erections, and erections on demand. All of that's working perfectly for you. So that scenario is a 10.

A one on the scale means you're impotent. We're talking about impotence on a scale like we're not sure if you can get back up health-wise because it's not just you not having erections. You have a huge number of issues going on and impotence is the symptom.

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SEXUAL PERFORMANCE SCALE



10 everything works
High libido / Stamina / Fantasize / Lubrication
Morning, Spontaneous & On Demand Erections
Typically 20 to 30 Years Old

7 not the same
Losing libido / Less lubrication / Low energy
Erections not as strong / Random erection loss
Typically 30 to 40 Years Old

5 need lots of help
No libido / No Lubrication / No Energy
No Erections

3 not interested
Can't remember last time having sex
Haven't thought about it

1 see a doctor
Not healthy enough for sex



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LIQUID APHRODISIAC



source: www.africanfly.com

Five means your sexual performance is unreliable. That's the beginning stage for us - one of the last stages of being reliable before going to impotency if you do nothing to correct the situation.

Most of the men that I work with are usually fives, sixes, and sevens. If you're an eight, nine, or 10, everything's working correctly. You are good to go.

If you're a five, six, or seven that means it takes a lot of stimulation for you to get an erection. If you're at a five, you're losing erection even during sex and it takes a lot for you to get up.

If you're a six or seven, your erections are unreliable on the scale. You may be saying, "Yesterday everything was fine. Today it's not. What just happened?" That can lead to those awkward conversations you have with your woman. Thinking, "I'm not sure what happened," which is never good.

So like I said, that's a five, six, and seven. You really want to pay attention because you can start going in a downward cycle. If you hit a four, you're in that downward cycle. It takes a lot of work to get back up the scale.

You need to have the right information and knowing where you are on the sexual performance scale is very important. Where do you think you are?

Now that you know where you are on the sexual performance scale, we can start breaking down what's going on, what're the things that you need to be looking for? Because, as mentioned before, your erection is a culmination of how healthy you are right now.

Think about your erection strength as if you have been drinking for the past three days straight. It's not strong. What if you drank three hours ago? What about three weeks ago? What about three months ago? Your body remembers every drink, even if you don't. Your sleep, your exercise, your stress level, all of those things come into play during an erection.

The Peak Sexual Performance Guide For Men

So as a male as said before, be happy you have a measuring stick there so you can figure things out pretty quickly. Other than just being turned on, you should be able to have an erection without an issue. Most healthy men can have five erections while they are asleep.

Why the scale is important

The reason why all of this is important is that we can start looking at what's going on with your sexual health. When you're talking about erections, you're talking about testosterone and blood flow.

Those are the main parts of making sure you have a strong erection. We can start looking at where you are, what patterns are going on, and really what comes up in our next chapters in this book. We're going to be talking about those patterns. So we know where you are. Let us take a look at some of the patterns that we have in general that most people may or may not think about. We're going to break those patterns down so we can identify exactly where there's a break in your health conditioning and your health performance so that you can move yourself up the sexual performance scale.

I have talked to 23-year-old guys, in tears because they're losing their erections while having sex. That's not a good thing to happen at any age. If you're an eight or nine on the sexual performance scale at the age of 65 or older, please let us know what you're doing.

Chapter 3

Losing Your Erection During Sex?

Have you ever been in the middle of making love and then all of a sudden your erection leaves? Or your erections have been strong all day, but when it's time for your erection to show up and prove itself, it's not there? I'm going to break down why your erections leave during sex and what you need to do about it.

Constantly we get this question because it's a big problem with a lot of guys. They're saying, "Everything was good and then my erection just left. What's going on?" Well, what I'm going to do is break that down, specifically, what you eat and drink, what time of day it is.

I'm going to also tell you about partner erectile dysfunction, which a lot of people, specifically men, don't know about, and some of the other reasons that will cause you to lose your erection during sex.

Read this through to the end because I'm going to tell you what you can do in the "Where did my erection go?" moment so you won't have this problem again.

Obviously, you can lose your erection for several reasons. We're talking about your overall health, what you eat, your fitness levels, the amount of sleep you get, and any number of other things that affect erections. If this is happening to you, don't worry. This damn near happens to all men at some point in our life, especially as we get older.

Erectile Dysfunction

Erectile Dysfunction happens when you're not maintaining or getting an erection the way that you want to. Some of the causes are sort of obvious stuff. We're talking about tobacco use, heavy alcohol use, your body's general health, whether you have high blood pressure, low blood pressure, or high cholesterol because all of those things can affect your body.

When we talk about erections, let's not forget African Fly's sexual performance scale. It's that scale I came up with to help you quickly identify where you are in your sexual health. It's a scale of one to 10, with 10 being the highest level and indicates everything's working. One being the lowest, meaning your libido isn't working at all.

Losing Erections On The Sexual Performance Scale

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Most of the guys I talk to are sitting right in the middle at a five or a six. Five means you need a lot of foreplay and a lot of stimulation for things to work. Six is just right above that. You're sitting in that range where it's like, "Hey, things should be working, but they're not". This can apply to a seven also.

We use this scale because it also helps you understand where you are with your testosterone levels. It's the bursting and burning of testosterone that fuels erections. Your testosterone changes all day long. It does stay in about the same range though. The higher your range is, the greater chance you'll maintain an erection during sex.

Remember that testosterone is the highest in the morning. That's why you get your morning erections and morning sex is so great. You lose 20% of your testosterone throughout the day. That loss doesn't include deficits caused by drinking alcohol, eating meat, or consuming sugar.

Your testosterone is created while you're asleep so make sure you get sufficient rest.

What Are You Eating?

Let's talk about what you eat. This is very important because what you consume has the most direct effect on your body. Of course, that affects your erections. Eating foods that cause inflammation is going to slow down the blood flow. Good blood flow is what you need for strong erections. If your body is constantly dealing with bad foods, it doesn't have time to help you get better erections. It is trying to fight off what you just ate meaning fighting off the inflammation that's occurring.



When we're talking about foods that are going to cause more inflammation we have got to talk about that fried food. I know...not fried food.

Of course, we always talk about animal protein. The animal protein stays in your system for six to eight hours. You may be thinking, "Oh, I ate that crabcake early during the day.", but it still stays in your blood and it causes inflammation and affects blood flow and your erection.

Next is highly refined flour and sugar because that lowers your testosterone levels immediately. Milk and cheese do that too. Be careful with juices. They tend to have a lot more sugar than you need.

Now, this may seem like a lot because this is the stuff that we normally eat. We're not supposed to be doing this. We're in an unnatural state when we're eating this way.

Bonus Tip

If your erections are leaving during sex avoid eating for a minimum of three hours before you have sex. It's like going swimming. You must have your stomach empty so you can function properly.

Partner Erectile Dysfunction

Now let's talk about something that a lot of people aren't familiar with or haven't thought about, and that's called partner erectile dysfunction. That's when you're with someone you want to have sex with, but you can't get or keep an erection. There may be some underlying reasons that you haven't thought of.

Part of that is just dealing with overall stress. If you're stressed and she's stressed and you guys are bringing your stress together, it's not a great recipe for lovemaking or your erections. One of the things that you can do about that is more foreplay. I always say foreplay is for men because it helps build testosterone and blood flow for better erections.

One of the things you can do is have a Nuru massage. It's a fun, adult slip and slide, giving you time to play with each other, have that foreplay, so when it's time to have sex it's much easier.

One of the things you have to do though to remember is the best sex is when you're present. When you're into the moment, where you're not thinking about anything else but the person you're with and enjoying yourself.

You also have to experiment with condoms. You have to make sure you have the right size condom. Sometimes you may not be even thinking about it, but you do have a piece of plastic that's covering the most sensitive part of your body.

Of course, that's going to affect you. We want you to use condoms, but let her know you may have to try out different ones before finding a pleasurable match, so both of you are on the same page and understand that this is a situation that you need to work through together.

Real quick tip, a lot of guys don't know about this. This is the old school, player trick of keeping your socks or shoes on. It actually helps with the blood flow. Blood flow moves up and down throughout your body. If your feet are warm, then that blood flow stays in the center area of your body and gives you more blood flow for erections.

Just a couple of other quick tips, you want to make sure that both of you warm up. I know this sounds non-romantic, but if you're sitting around, and you just start having sex without limbering up, you limit the range of motion for new positions.

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When you're using these tips for better sex, it helps with your confidence. You want to get your confidence back. Your confidence carries a lot of testosterone with it. When you get your confidence back, you won't have this problem going forward.



Bonus

Let's go ahead and talk about when the erection doesn't show up. You're with your partner and about to have sex, but your manhood is asleep. That moment gets a little bit uncomfortable, but there are things you can do about that.

The first thing you do is let her know. Give her an explanation of what's going on because you two could be doing things that kill the mood. I call it the Valentine's Day Effect.

Valentine's Day is the worst day for most guys to have sex. If you're already having issues, there's the added stress of performing that night. Then add in your thoughts on how the night's activities will increase or decrease your sexual performance...

- "We ate the candy I bought her." Testosterone going down.
- "We're going out to eat meat and seafood." Your testosterone and blood flow will take a downward hit because of the protein and cholesterol.
- "Oh, wait, aren't we going to drink something? Testosterone levels go down after consuming alcohol.

Both of you are inadvertently sabotaging your "nightcap" experience and not realizing you're affecting your love life.

Women can drink and still perform. For guys, it's not that easy. Since you know what could happen if you eat meat, and have wine, educate your partner so she'll know why you've declined that steak or alcohol. When you get home, she won't regret your restraint at dinner.

One of the other things you want to make sure you don't do is stress about this situation. As I said, all men are going to experience this at some point in their life, unless you're super great with your testosterone and your health.

Here's another thing to do during that moment. Take a break! Stop, relax, and start with the foreplay. Just say, "Hey, let's go ahead and relax. We'll be able to get back into it." Start with the foreplay, then jump back in. One thing to make sure you don't do during this break is to go eat something or drink something, especially alcohol.

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The most important thing out of all of this is to learn from it. Go ahead and think about it. Write it down, if you have to. What did you do? What happened? You know, as you get older, you may realize that back in the day, you used to be able to drink and then have sex. Now, if you drink the night before, it's going to mess you up the next day. This is just the process of getting older. Your testosterone levels are going down. That's what happens.

African Fly

I have to mention this because this is what I do, I take African Fly. It's going to help you. But you do need to make sure you take it as recommended and then about a good hour beforehand. If you're a five or six on that performance scale, it'll help move you up that one point.

I always say it's a supplement that's supposed to supplement the other things you're doing so you can get better, get those erections when you want to, and be able to function how you want to.

Conclusion

You can lose erections for several reasons, mainly your health, fitness, diet, and sleep habits. Eating and drinking have the most immediate effect on your erections. Pay attention to that and modify accordingly.

Do not get stressed about slow performance. This does happen to guys. But you're going to be all good, especially if you learned the lesson from the last time.

Important...make sure you talk about this with your partner because if she's not getting information from you, she may start making things up in her mind. Like, "Well, he doesn't love me anymore", or, "He's cheating on me." Believe me. I've heard some other things that are just sort of crazy so just let her know.

Chapter 4 Practical Eating For Stronger Erections

Did you know that 70% of your body is made from what you eat? Of course, that includes your penis. With erection issues, what you have eaten in the past has added up to where you are now.

In this chapter, we'll talk about the types of food to look for and where to get it. Specifically, we're going to talk about how food has changed, what those differences are when they talk about local, fresh, and organic, and the differences in food stores. And as a bonus, I'm going to give you some tips on how to make this all work well together.

• **The thing to remember is that food is the most important part of overcoming sexual health issues or health issues. Period.** •

You eat every day unless you're fasting. You are what you eat and if you're getting live energy from fruits, vegetables, beans, nuts, then you will have more sexual energy.



However, there is a catch...

A Quick Lesson On How Food Has Changed Over Time

One day at my grandmother's house there was an apple sitting on the counter. She said, "I'm not going to eat that apple."

I'm like why not? She said, "Well, because it's been sitting there for over a week".

I asked, "What's wrong with that?"

She said, "Boy! Apples are not supposed to last that long. They're supposed to start spoiling and they shouldn't last for over a week."

I thought to myself, "Wow, that is how much food has changed."

The food industry is about making money so they took produce and genetically modified it to last longer. That's how a supermarket in Maryland can get "fresh" oranges that were shipped from Argentina. It's a long trip, but they were altered to last that long.



That's the catch. These modified fruits are now much sweeter and have few to no seeds anymore. This is very important for my guys who are trying to lose weight or who are trying to cut back on the sugar. They've been genetically changed to get people to eat more which results in people buying more. So you have to be careful with going heavy on fruits.

Let's talk about the food chain and the way to think about fresh, local, and organic.

Fresh

Think of fruits and vegetables as balls of energy. If you pluck it from the plant or pull it out of the ground and eat it, that's the most energy you're going to get. As soon as produce comes off of the tree or out of the ground, it will keep losing energy until it is spoiled.

The fresher it is, the more energy you're getting. Remember that going throughout this entire list.

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Local

The food did not come from your backyard but a farm near you. You're still getting that energy since it is still a shorter period since it was plucked or pulled.

Organic

Organic is great because you're avoiding pesticides and herbicides, which mimic estrogen in your body. Estrogen takes away from your erections.

Raw

Eating the fruits and vegetables raw gives you the highest level of energy and nutrients. A fresh apple is better than a cooked apple. Some vegetables like potatoes have to be cooked but are still nutritious.

Frozen

So they took a ball of energy and froze it. Sure, it's better to have it fresh, but if you need it frozen, hey, go for it.

Canned

Canned food is the *least* beneficial due to the high sodium content that takes blood flow from your erections. Also, the lining of the cans have plastics that can increase your estrogen levels.

Where To Buy Good Food?

Local Farmers Markets

The top of the list is your local farmer's markets because as you get local fruits and vegetables, you get more of that energy.

Organic Food Stores

They focus on the organic side, local farmers providing for the supermarkets near you, seems to be a growing trend. Hopefully, it keeps growing. So if you see something local, get that at your local supermarket.

Supermarkets

Supermarkets tend to have a good variety of fruits and vegetables and some things you may have never tried before. Check those out and take a look at what they have.

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Big Box Stores

The big box stores like Walmart are where you can get big bags of cheap mass-produced fruits, nuts, and vegetables at the lowest price possible. It's not the healthiest produce but healthier than dead food.

Processed Food Is Dead Food

All processed food is dead on purpose. Adding sugar and salt to food allows it to be shelved and edible for much longer. If you go into the 7-Eleven or a gas station food section you'll be surrounded by food that has sugar, salt, or corn.



They can stay on the shelves for a year or more. Eating dead food gives you energy temporarily but it comes at a cost that negatively impacts your body for a long time.

Meat is the most processed food because the process of hunting or raising an animal to be slaughtered is huge.

Don't Bring in Crap

Number one, don't bring crap into the house. Not the potato chips or the big box of cereal and leave it sitting on top of the refrigerator advertising sugar to you all day. You want to do things so you can get into the habit of eating live foods first.

Put the grapes on the counter so you can see them with apples and oranges. It reminds you...I want my erections to get better. So let me eat this first.

It'll help you lower your hunger as you're getting more nutrition. You won't feel as hungry as you would if you're eating the dead food, which doesn't have enough nutrition and your body says, "I need some more, I need some more."

Conclusion

The goal is to buy fresh, local, organic, and get the right energy food into your system. When you're looking for where to shop, the local farmer's market is at the top of the list. But once again, wherever you need to get it from, get it from there. I've been on the Walmart budget. I understand if that's what you need to do, then do it -- go to Walmart.

Eat properly, however you can. And of course, stay ready by turning this into a lifestyle.

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If you have serious erection issues, that's your body showing you how your health is. This isn't an option for you. You have to switch over to eating a lot more fruits, vegetables, beans, and nuts so that the body gets the energy and you can return to top form.

Challenge #1 - Consistency

When you stay ready, you don't have to get ready.

If you are consistently eating raw, fresh, local fruits and vegetables, you don't have to worry about your erections at all. Plant fiber is the most optimal food for your body. The more you eat the healthier you get...simple.

It's very important to communicate with your wife, girlfriend, or whoever about the food that you're eating.

Let them know, "*The better foods I eat, the better sex we get*". That will get them to help you use your diet to get healthier erections.

Chapter 5 Plant Based Erections



If you want to know the number one thing that will dramatically affect your health and your sexual performance, then keep reading because I'm going to break down whole plant-based diets, why you should use it, what it is, and why it is so effective.

What I'm specifically talking about is, what a whole plant-based diet is, how is that different from vegan and vegetarian. Why you should use it, and why the Western diet will never work.

Also, I'm going to talk about how quickly you will see those results, and as a bonus, I'm going to explain the food matrix to you. Yes, Neo, we are going to explain the food matrix.

All right, let's jump into it. A whole plant-based diet, what's that? Well, it's just like what it sounds like, it's whole plants. You want to get as close to the source of the plant as possible. There are no processed plants, and obviously, there's no meat involved.

This is what makes it different from being a vegan, a vegan will eat processed plants. We're talking about potato chips, vegan pizza, cookies, lasagna, etc. They now have scrambled eggs that are made out of mung beans, and new products that are coming online. These are plant-based and vegan products, they are better than eating meat, but they're still highly processed plants.

The difference between a vegan and vegetarian is a vegetarian, though plant-based, will eat eggs and dairy. A study was done with young boys, where they drank milk and their testosterone dropped within an hour. So no, that's not a good idea.

I'm about to talk about meat, and first I want to say that I used to eat 200 animals a month. Pretty easy to do. Sausage and egg biscuit for breakfast, a chicken sandwich for lunch, and the four wings and shrimp fried rice for dinner, that's about 10 right there. I have personally committed chicken genocide. I have taken out countries of chicken, but that was before I knew better.

Meat Myths

Let me break down the meat myths. All protein comes from plants, and animals are a horrible substitute for getting to protein. Plants have all the amino acids that you need in varying amounts.

People say, "Well, what about the B12?" B12 is a fungus that covers the entire earth, the animals eat the grass or whatever, they're getting it into their system, and then you eat it from them. That's not necessary. You can just eat the whole plant and you'll get the B12 in there, and you only need two nanograms. If you want to get it in there are B-12 supplements.

Every nutrient that you need is in plants. People will say things like, "Oh, you need Omega 3 fatty acids from the salmon." Nope! You can get that from walnuts, hemp seed, flax seed."

Here's something to think about, eating flesh to gain or keep flesh, makes as much sense as eating hair to grow more hair. Because if that was true, I'm working on my hairline.



Humans Are Not Carnivores

This is very important because I hear people say this all the time and it irritates me, humans are not carnivores or omnivores. I want to break this down exactly so we don't have to have this conversation anymore.

If you think of yourself as an energy unit, from a 3000-foot view, you've got animals and you have humans, and as an energy unit, you have to consume more energy and hopefully efficiently remove waste. You do those correctly, you have a healthy life.

The more energy you consume, the healthier you are. The more efficiently you remove waste from your body, the more healthy you are. Now back to the carnivores. Carnivores and omnivores eat meat alive or recently killed to get the energy from that animal.

You as a human cannot do that. As soon as you get that blood into your mouth, well you wouldn't even be able to get through the fur, but as soon as you get the blood into your mouth, game over. It doesn't work!

GO HARD

Our energy has to come from plants. Carnivores' energy has to come from other animals. That's just the way it works. The big difference is, humans have to kill the animals to eat them. In other words, you're eating death. When you're eating meat, you're eating death.

Now, you can do this for a long time, I did my chicken genocide and I lived. However, I had a whole bunch of issues, shoulder issues, knee issues, dandruff, erections, all types of different issues. As soon as I started coming off of that, all those issues went away.

Eating death contaminates the body because waste cannot leave efficiently. So you eat death aka the animal...chicken, beef, fish, shrimp, pork, ostrich, whatever...and parts of it stays in your body.

Your body turns everything you eat into you. When you eat death, it's not as efficient as getting rid of it, and though you're getting some energy, you're losing a lot more. Getting live energy from whole plants gives you energy.

There is no physical reason to eat meat. Let me repeat that, no physical reason to eat meat. It's all psychological. It was like, "Oh, mommy made this" or "The fast-food spot is right there." Meat is cheaper than vegetables, which is weird, and I'm going to get to that in a second.

Men Are Life Givers

All right. I'm about to give you some useful, insightful information that you've probably never heard before

First thing, men give life, women give birth. Let me repeat that, men give life, women give birth. As men, we have an awesome responsibility because we only get one shot at passing the healthiest version of ourselves on to our children. You want your sperm to be as healthy as possible so you can pass on the best of your health.

This is how it all shakes out. Think about this. Women can have sex and be completely out of shape. They call them BBWs. Men cannot have sex when they are completely out of shape. You may have some guys who say, "Well, he looks like he's 400 pounds and they had a baby." True, that was then and that window is closing rapidly.

If you're consuming death, that means you can't create the healthiest life. If you're dying, you can't give the healthiest version of yourself to your child. Consuming death is going to slowly, over time, take away your power of giving life, and before that, it's going to take over your power to have an erection.

A lot of guys take this lightly and say, "I'm doing this, I'm doing that, I'm exercising. I'm good" Look at the food you're eating every day. If you're eating death, it's not going to work out well because it's death.

GO HARD

Just do a quick thought exercise, replace the word animal, whether it's chicken or beef or pork and replace that with death, and listen to the things that people say about it, such as,

- Death helps you grow strong muscles
- You need death for testosterone
- Death, that's what real men eat

That sounds disgusting to me. You have to ask yourself, "Why are we doing this?"

If you eat death you'll die...painfully. That's exactly what's happening and it's harsh but true. When I say you're going to die painfully that's because eating death will lead to cancer, hypertension, heart attack, stroke, erectile dysfunction, lupus, and a bunch of circulatory diseases.

Eating energy can cure you of all of these diseases. Huh? Your doctor never told you that? And this is even funnier, scientists cannot figure out why the sperm count around the world is going down, and it's like, "Hmm. Is anyone paying attention to the fact that we're eating death?" I think that would be a good one to look at.

What happens when you go on a whole plant-based diet? You reverse your circulatory diseases, I'm going to show you some proof of that in a second. You can eat as many whole plants as you want to. In three weeks on a whole plant diet, your inflammation levels will go down by 28%, which is significant, so you have more blood flow to your penis and other organs.

Many of my clients who switch to just eating the fruits and vegetables that I recommended could tell the difference in performance within one week,

When it comes to going whole plant and cutting out meat, a lot of people ask, "How much weight do you lose?" Your body still functions off of the volume of food going in. What are you consuming and how much are you getting rid of through breathing (84%) and sweat, urination, and defecation (16%)?

Here's the great thing, when you're on a whole plant-based diet, you have more energy. You don't get injured as often. You don't feel sore as often, so you're able to do more workouts. Not only that, you have so much more energy to work out. I can do 50 rounds of high-intensity interval training every morning. That would've been hard to impossible before, now it's easier, much easier.



The Food Matrix

It just comes down to this, we have just been taught to believe that we're supposed to eat meat. We have meat at every meal, death at every meal, and that's because it costs a lot to create animals, to farm them, to slaughter them, to get them packaged and get them all over the planet. It costs a lot of money, so the people who are doing this are making a lot of money because all of us are running around eating all this meat.

They'll say at the same time, "Well, there are such things as food desserts, there's places in inner cities, or places in rural areas, where you can't get to the food." My question is, "Is there grass growing? If there's grass growing, you can plant something to grow and eat."

Not only that, when you're dealing with a garden, you're dealing with the issue of controlling the output that the fruits and vegetables are giving you. They're going to give you too much.

Every person that you know with a garden is eventually going to come up to you and say, "Hey, you want some tomatoes, because we just got a bunch of them left." So yeah, that's the matrix, we've been taught to believe that we're supposed to eat this meat, and we can't grow the food for free out of the earth.

Quick, I want you to check out this chart. This showed when the Nazis invaded Norway. The Nazis came in and said, "Hey, we're taking all the meat for ourselves so we can do our war type stuff." You look at a chart of the Norwegians circulatory diseases, it has been going up because they were eating meat, as soon as Nazis took it all, it plummeted.

As soon as the Nazis got defeated and left, it started going back up again. We had a war that showed us that not eating meat makes you healthier. Imagine that, not eating death makes you healthier.

In conclusion, the whole plant-based diet is the best for you to get energy and to cure a whole bunch of issues. There is no physical reason to eat meat. The effect of this diet on your erections can be seen as fast as a week.

If you want to save the planet, plant your food, join a co-op or something similar. It'll help.

Chapter 6 Erection Foods

If you're having issues with erectile dysfunction or unreliable erections, then what you need right now is the grown man's grocery list. We're talking about *foods* that you should be eating consistently to help you with your erections based on scientific research. In this chapter, we'll also bust some myths that people assume about erections.

We'll also be discussing why people should think about the foods that they're eating. Food affects people more than anything else. You need to have the right food, the right amount, and make sure to eat them consistently.

All About Nitric Oxide

Guys who go to the gym and take supplements have heard about nitric oxide. The reality is you don't need it as a supplement. Just eat nitric oxide-rich food which helps increase blood flow throughout your body. Blood flow is important for erections to happen because that's really what an erection is, an increase of blood flow into the penis. Let's break this down.

Nitric oxide helps with your cardiovascular system and with better blood flow. You get more blood to the different organs in terms of getting oxygen in the blood that it needs to nourish those organs: your liver, your kidneys, and of course your penis.

Nitric oxide is important for your overall health because it helps prevent heart attacks and strokes. Good blood flow means you're keeping your system clean with blood circulating freely.

Remember that the veins in your penis are the smallest in your body. So you need to have as much blood flow going in there and nourishing your organs as much as possible. As a bonus, the great thing is good blood circulation lowers your blood pressure. The release of nitric oxide greatly depends on other elements: L-Arginine, B6, B12, and folic acid.

GO HARD

If you're suffering from high blood pressure, then you have a problem. Blood pressure affects the linings of blood vessels and blood vessels are everywhere! Lower the blood pressure, fix the lining, and get your blood flowing right.

So if you're on blood pressure medication, get off the medication, and get on to the foods we're going to discuss in the chapter. Let's see what those foods are.

Pomegranate

Number one choice on the list. One cup of pomegranates are great for increasing nitric oxide in your body, and therefore your blood flow. The daily value of one pomegranate is 282g. This fruit contains 11% daily value (DV) of B6, and 27% DV of folic acid.

The daily value is what you need per day to have a functioning healthy body. Aside from these two vitamins, there are loads of minerals, other vitamins, and benefits from eating this superfood. You want to get pomegranates into your diet.

Dark Cocoa

Who doesn't want chocolates? Not unless you are highly allergic to this stuff, then I suggest you go for it. The chocolate itself is not fattening -- it's the sugar that they put in it which can cause weight gain. Why Dark Cocoa?

Manufacturers put so many things in regular chocolate that it's no longer a healthy choice. Some chocolates don't even have chocolate in them. So go for the pure stuff. Dark chocolates contain *flavanols*. This lowers blood pressure and optimizes vascular function. Some dark chocolate manufacturers include the percentage of cocoa in their bars. *Tip: read the nutritional value and reviews before you buy it.*

Cayenne Pepper

Let's talk about vasodilation. Vasodilation is when your blood vessels grow wider and cayenne pepper helps with widening your blood vessels. The wider your vessels, the lower the blood pressure, and the better your blood flow. As a bonus, cayenne also has *capsaicin* which helps in reducing inflammation in your digestive tract.

So sprinkle cayenne pepper into *everything!* Not really, just make sure you get enough cayenne in your diet. 1 ml. of cayenne tincture per day or one 30mg of the cayenne capsule.

Arugula

GO HARD

Arugula is great especially if used as a salad. It has more nitrates than any other vegetable. The nitrates turn into nitric oxide in your system and get the blood flowing. High intake of nitrate-rich food can have a wide range of benefits from a reduction of cancer risks, lower blood pressure, and enhanced performance from the track and field to the bedroom. Yes, that's not a typo-- the bedroom. How much arugula does your body need? About two cups per day but switch up the quantity, periodically, by mixing with the other items on this list.

Kale

Kale is just great because it's one of the most nutrient-dense vegetables out there. You've probably heard a lot about Kale. Kale is great for your body overall, period. Kale is nitrate-rich and increases the amount of nitric oxide (which we've mentioned in the previous pages).

Spinach

Let's go here with Popeye The Sailor Man's secret. We're talking about that spinach. Spinach in your system helps with nitric oxide, it helps your muscles become stronger and more efficient. When you're having sex, that's pretty important.

So yeah, get that spinach into your diet. Spinach is also found to contain vitamins B6 and B12. These are needed along with the L-Arginine found in other foods to increase the release of nitric oxide.

Watermelon

Watermelon is sometimes called nature's Viagra. Well, this is why. Watermelon contains L-Citrulline, which is converted into nitric oxide. I never really liked watermelons. But as soon as I heard this, I said, "Well, okay. This is going into my diet whether I like it or not." So get that watermelon in there for you too.

Walnuts

The next one on the list is walnuts. which contain a large amount of the amino acid L-Arginine. For my weight lifting guys out there, you've probably heard about this. There are a lot of supplements out there for L-Arginine. Just go natural.

That's going to help you out. One quick thing though for my fellows who're trying to maintain or lose weight, don't go overboard with any of the nuts out there. Even though it's healthier for you don't need to go overboard with the walnuts. But they are great for helping you out, especially with your nitric oxide and the blood flow.

Beet juice

GO HARD

Beet juice is my thing. Studies have shown that beet juice helps increase your performance by 18%. And that's a lot. If you're bench pressing 100 pounds and you're throwing on an extra 18 pounds, that's significant. And I'm not saying that's exactly how it works. But I do kickboxing, and I can tell the difference between when I've had beet juice and when I don't have beet juice. With beet juice, other people in the class are getting worn out. Me, I'm still rolling strong, because the beet juice is giving me that 18% boost. So definitely get that into your diet.

A couple of things though. Beet juice has a strong taste. I used to juice it myself. Now I just go to the store where they have it in jars. You want to get the actual beet juice. They have some beet juice powders but I'm not too impressed with those.

You should be aware that when you go to the bathroom, your stool and urine may turn red. Yeah. It'll catch you off guard if you aren't ready for it. It's that power inside your body.

I get the beet juice with a little bit of lemon inside of it now, because it cuts the taste. You don't need to drink a lot of it. Just take a swig at a time. But one glass a day contains nitrates and folates, two of many more nutrients you can get from drinking one glass.

One of the other things that beet juice also does is lower estrogen levels. And if you're lowering estrogen levels, then you're increasing testosterone levels. So that is another benefit of drinking beet juice.

And the last two things on this list, I do in combination. Because this combination is really powerful, and it makes it easier to go down. I didn't come up with this. I just did the research and it makes sense.

Garlic and Oranges

Garlic is proven to increase nitric oxide synthesis activity. Oranges contain a high amount of vitamin C. And vitamin C helps protect nitric oxide in your system.

So that combination is really powerful. If you've ever had garlic by itself, you know it's just overwhelmingly powerful. What I do is just cut the garlic up into small little slices, put them inside the orange slices, and eat them that way.

The oranges tones down the garlic so that it isn't overpowering to the point you almost can't tell it's there. I mean, you can tell because of the little crunch you get from the garlic. But, it's so worth it. So definitely try that.

Execute on Your New Food List

GO HARD

These are the foods that you should have. Go ahead and put it into your phone and save it so while you're shopping you can pull it out.

If you have somebody else that's doing the shopping for you, make sure they get it. It makes a huge difference. And even better results.

We're talking about just as far as your sexual performance, you're hanging lower, you ejaculate more and you have more water in your system. Also, your refractory period is shorter. Your refractory period is the time from ejaculation to when you get back up.

With that there, your performances are just overall so much better. So it's worth it to get these foods into your system. In the next chapter, we're going to get into the thought processes behind why these fruits and vegetables are so powerful. It's not just the nitric oxide. There are some other things that you should be aware of when it comes to your diet.

Chapter 7 Want Erections? Don't Eat This

If you're reading this right now, it's either because you want to prevent ED (erectile dysfunction), know someone who suffers from ED, or is suffering from ED yourself. You're not alone. ED can be attributed to several things like heart problems, blood pressure issues, and so on but there is hope.

Impotency, erection issues, erectile dysfunction

There's a lot of information out there that is not pointing to what-not-to-eat but that you have to pay attention to this because you may be doing this right now, or you've been doing it for the past two weeks or even two decades!

One of the top causes of these issues that men have is *eating meat*. Let me break this down a little bit more for you. One consistent factor that research keeps pointing to is the fact that we're eating way too many animals.

Way too many animals!

And me personally (as I mentioned before) I used to eat 200 animals a month. Now, you may be asking how you can eat 200 animals in a month.

It's pretty easy...

If you get a bacon, egg, and cheese sandwich in the morning, well there's bacon, there's an egg--that's two animals, and then you get a chicken sandwich for lunch, that's three, and then maybe for dinner four wings and shrimp fried rice. So we got four wings, and shrimp, that's a lot of animals right there.

If you do this for 30 days, maybe some days you eat less. But then again you go to Happy Gourmand get the endless wings, or you go to Golden Corral, and eat endless crap. Then there is Thanksgiving, Christmas...there's just so much meat around us and we're eating it constantly.

GO HARD

One of my viewers asked the question, "*What kind of food should I eat, my man?*" Well, I wanted to start with what kind of food we shouldn't eat too much. What I want to do first is break down how eating animal flesh affects your body and the scientific reasons for what is going on. And then specifically, we're going to talk about how it messes with your erections.

We'll also break down the myths around eating meat, and there's a lot of myths we need to bust. In this chapter, we'll discuss some of the things that I did to scale back on the amount of meat I was eating and some of the thought processes that you can use, so you can slow down on eating meat as well. Eliminating meat will help get your erections on track and your health back up.

What Happens When You Eat Meat?

When meat goes into your digestive system, it goes into your gut and digestive enzymes get to work on your food and start breaking it apart.

But the reality is your body isn't designed for eating meat, and so your body's just compensating by doing this one thing that causes more problems. When meat goes into your stomach it gets broken down into a molecule called TMA, Trimethylammonium. That gets moved to your liver.

Your liver's main work is to cleanse your blood, but it's looking at poison. It's like, *I don't know what to do with this*, so it then takes it and turns the TMA into TMAO, Trimethylammonium oxide. That is the part of the process where that changed toxin gets connected to your bloodstream.

This molecule, in turn, drives cholesterol into the artery walls. Your arteries start clear but as you continue to eat meat, the TMAO drives cholesterol to coat the artery walls.

This causes two major issues. First of all, the more it gets clogged, the less blood flow can go through. And when we're talking about erections, obviously we're talking about blood flow. If your arteries are clogged, then the blood is not going to flow the way it should.

Not only is it affecting your heart but it's going to affect your penis. Now, we run into another resulting problem caused by the thickening of the coating.

The second issue happens inside the artery walls. When nitric oxide is released it expands the arteries. Not only is your body getting clogged up because of meat, but your veins are unable to expand properly without the release of nitric oxide.

Now, humans have been eating animals for years. I've been eating animals for years! This process doesn't happen all at once, but it builds up over the years and causes a huge number of issues later in life.

Myths

You need meat for protein. So before I dive any deeper, I want to mention some of the myths that are out there. And the first one is humans need meat for protein.

No, we don't.

We don't need to eat animal flesh for protein, because...science! All protein comes from plants. When you're eating an animal, you're eating the recycled plant. You're better off getting the amino acids that are in a plant. Only plants can take nitrogen from the air, break the molecules apart, and turn them into amino acids, which are the building blocks of protein.

Some meats are better than others. What we're doing when we're eating meat is just getting the recycled protein. It's not a good thing right there. When I talk about animal flesh, I'm talking about all animal flesh. It doesn't matter if it's chicken, beef, fish, buffalo, octopus, giraffe. It's all broken down the same way and this also includes chicken eggs.

Milk is the ultimate protein. A lot of people talk about milk. But milk also demonstrates how much we don't need that much protein in our diet. So if you look at animal milk, including cows', giraffes', and rats' milk, humans have the lowest amount of protein in mother's milk.

So you're getting one gram of protein in mother's milk, whereas, in a cow, it's 3.6 grams, in a cat it's 9 grams, in a donkey, it's 1.8 grams. We don't need that much protein from cow's milk.

Cow's milk increases estrogen and decreases testosterone in humans which makes sense because you're drinking the milk of a 1,600-pound female.

What happens when you stop eating meat?

Let me just go ahead and break down the effects of what happened when I stopped eating 200 animals. I'm now an 80% whole plant consumer. What does that mean? It means that 80% of the time, I'm eating whole plants, vegetables, and the other 20% is vegan food.

First of all, I had arthritis in my right knee and after changing my diet, it's gone. I also suffered from carpal tunnel in my hand for a short time. I did the research, found out that when eating meat, you have thicker blood going through your veins. This causes your wrist to lock up.

After all that typing and eating meat, it locked up my wrist...and it was very painful. That's gone. I also had BPH, which is a precursor for prostate cancer. I was getting up in the middle of the night, felt like I had to go and pee a whole bunch and just a little bit would come out, it was very irritating.

There's a whole host of things that changed. I've had dandruff my entire life, but when I changed what I ate, my dandruff issue was gone. I live outside the city limits of Washington DC. I used to hate it when it got cold. That would be the time my dandruff would be at its worst. Now I don't have that problem at all, cold weather or not.

There's a lot of small things that you'll notice when you move away from eating so much meat.

Walk Away From Crazy!

You may have some crazy habits. You've been eating animals constantly for so long it's a part of your life. It's a part of our culture. It's what mom made, it's what we've been fed in school. You have seen all the commercials saying you've got to eat meat.

You shouldn't be getting your health advice from commercials. These people are trying to make money, they're pitching you for a sale whether you need the product or not. And they're selling it to you en masse. I mean, the number of layers of burgers has gone up in some restaurants and fast-food chains.

Give yourself some slack.

It's going to take a while to cut your meat back from meat at every meal to maybe once a month. Forgive yourself. If you slack off and you get a piece of meat, just think, *"Okay, okay, that was it. The next day, I'm going to look for ways to get better."*

Get substitutes.

GO HARD

Look for plant-based meat substitutes. Several new meat substitutes are coming on the market. Plant-based foods are the largest and fastest-growing segment in grocery stores. Just remember, you can season the food for how you want it to taste.

Use seasonings.

Meat doesn't taste great until you season it. Get some raw chicken, put it on the grill with no seasoning and it won't taste good. So it's the seasoning that helps it taste good. The same thing goes for plant-based meat substitutes.

If you're going to get some substitutes that may not taste the way you wanted at first, add some seasoning to it, it's going to be good.

Watch movies and join the community.

It's very important to educate yourself. I get my information from other folks and I look at a lot of documentaries on food, it's just easier for me to do that. There are a lot of videos on YouTube. There are websites on cooking, and a lot of people who are moving away from the animal-based diet, and embracing plant-based food choices – it's all positive. I am here to support you.

Some movies I've watched repeatedly are...

- “*What The Health?*”
- “*Forks Over Knives*”
- “*Game Changers*”
- “*Feel Rich*”

All of these movies are on Netflix.

Do a Netflix and Heal evening and just look at these movies. It will open your eyes to make you think more about what you're putting into your body. You have to share your journey, especially if you're living with someone who likes eating meat. If they have meat in the refrigerator all the time, it makes it harder for you.

Hopefully, they'll want to join or help you. If they don't want to join you right then, they'll at least respect what you're trying to do and give you the support that you need.

What do you have to lose?

It takes a while to come down from eating meat, but the benefits are huge, and the number one benefit that you're looking for in terms of your erections is there. It makes a huge difference.

The Peak Sexual Performance Guide For Men

GO HARD

How much weight will I lose?

Weight is just one measurement of your health. Although cutting back on meat will help you lose weight, you still have to watch the amount, type, and when you eat along with exercise. It's hard to exercise if your arteries are clogged. You could have a heart attack. You may look healthy, but if your arteries are clogged... that's not a good thing.

I want to make sure you understand there are support systems and information available for you. Look for it, because it does make a difference in your sexual health. I don't even think about eating meat anymore. I rarely eat what I used to eat. I've changed and I'm much healthier for it.

Chapter 8 Food Injuries

If you want to improve your overall sexual health and sexual performance, then you have to be aware of food injuries, what they are, and how they affect you.

What is a food injury? How does it work? What's going on? I'm going to break down specifically how to identify a food injury, why it is happening, and what you can do about it. And of course, as always, I'm going to give you some tips on how you can improve upon what you're eating already.

This is an Uncle B exclusive. I've Googled it, and I couldn't find anyone else talking about a food injury. So what is it? A food injury is an uncomfortable, nagging reaction your body has to food after you've eaten it. This uncomfortable and sometimes painful response builds over time. You will be able to determine if you have experienced a food injury if you pay attention to it, monitor how you feel, and what happens once you've had a meal.

The injury isn't always immediate. It could take a little time, but if you're alert to your body signals, you'll start noticing how some things affect you differently. Your body is sending you a signal that. It's saying, "You ate something that you shouldn't have eaten. Stop doing that!"

Uncle B's Personal Food Injury List

I'm going to break down some personal examples. Salmon hits my knee in hours and I feel pain for days. I just can't eat it, that's completely off the board for me.

One time I had a big plastic bag of leftover Thanksgiving ham. The next day I had a ham, egg, and cheese sandwich for breakfast, a ham and cheese sandwich for lunch, and ham with the rest of the leftover Thanksgiving food. That night my feet, hands, and lips swelled. My body let me know that I can't deal with the pig.

Red meat is a problem, too. Within 24-48 hours, it affects my knee. If I've been eating bad food, it takes a lot less time. Chicken, shrimp, and crabs do the same thing - swells up my knee and feet. If I'm sitting down for a long time and I stand up...my feet hurt, if I haven't eaten properly.

What I'm saying is these are some examples that I've had of how you can feel it.

GO HARD

The important thing is for you to understand that you have to pay attention to your food because food can affect you and give you different issues. So what is happening? Why is this happening like this? Well, let me break down the new science and the gut microbiome.

Gut Microbiome

We're talking about from the rootie to the tootie, from the mouth to the anus, that entire tube that goes through your body, that contains your gut microbiome. Especially in the large intestines where you have a hundred trillion bacteria, fungi, and viruses, and they're all working together.

So what do these bacteria do? They ferment the food. When the food gets into the large intestines they start eating it and they're pooping out things that help fuel your body. The waste that they're leaving out, 86% of it leaves out as air, what you're breathing out. The rest leaves out in sweat, urination, and fecal matter. And of course, whatever doesn't leave is you.

So when they're saying, "You are what you eat", it's more like, you are what your food becomes. So here's the way it works. If you eat whole plant fiber, you're going to have great gut bacteria. If you eat bad food, then you're going to have bad gut bacteria. It's important to have very diverse, healthy gut bacteria for your body to work correctly for you. Otherwise, over time, it's going to build up with the bad bacteria and you're going to feel that pain.

The Same Four Plant & Animals

The problem for most Americans is that we only eat four processed plants and four processed animals. When it comes to the plants, we're talking about rice, wheat, corn, and soy. Corn and soy are the most processed of plants. On the animal side, we're talking about cows, pigs, turkeys, chickens, and chicken eggs.

Now, what are the things that you have to be aware of when you're just eating these four animals? That's all we're getting. You're not getting diversity in your body because these animals are dead. Once they get into your gut, they're not increasing the biodiversity of your microbiome, they're decreasing it. And to make matters worse, what's the worst enemy to all these bacteria in your body? Antibiotics. Who gets the most antibiotics in the USA? Animals.

So if you're sitting there thinking, "I'm going to get raised by a cow who was raised by a Buddhist monk that eats holy grass off of a blessed field", just remember factory farming accounts for...

- 70% of cows
- 99% of turkeys
- 98% of chicken eggs
- 99% of pigs and chickens.

GO HARD

All factory farming animals by law have to have these antibiotics in them. You're constantly eating the same food with antibiotics in it, very limiting to your gut microbiome. You're going to have a bunch of problems, overall health problems, but more specific for what we're talking about, your testosterone and your erections are being affected by it.

Of course, if you're eating the same four processed plants and processed animals, you're going to run into problems because all you're doing is feeding the bad bacteria in your body. What this leads to is chronic inflammation. And how do we know? What's the one way you can tell if someone has chronic inflammation? Just watch a senior citizen. They're stiff. That's what inflammation does.

And not to be cruel, but think of it. What happens when you die? You're completely stiff. So if you're stiff your entire life from constant inflammation, you're on your way to dying faster. It's just what it is.

To put a nail on it, the longest living humans on the planet have a very diverse microbiome, and they also practice fasting.

Now here's the question. What happens if you don't pay attention to these little aches and pains that come after you eat something? Here's the thing to remember. 30% of your DNA is what makes you unique. As in your height, eye color, number of fingers, thumbprint, and more. The other 70% is made up of what you eat.

If you're 5'10", you can be 5'10" and 120 pounds or 5'10" and 420 pounds. Your height doesn't change, but your weight changed because of the food. So food is highly important to how your body develops.

One interesting thing is that what causes pain or is a food injury for me may not be the same thing for you. Everyone's body is different. However, our bodies are close enough that we know which foods are going to cause problems.

You may not be getting the food injury signal as clearly as having pain.

But Wait...It Gets Worse

Why is all this important? Whenever we're talking about erections if you have inflammation anywhere in your body, you have inflammation. But inflammation is not good for the penis, it slows down the blood flow to the penis. This means you're not getting the blood flow or the erections you're looking for.

Over time, if you don't pay attention to your food injuries, they'll keep adding up and get worse. The last time I had a really serious knee injury was because I was eating the wrong things. It wasn't an injury from working out. I didn't bump my knee. I just kept eating the wrong thing until I realized, you know what? I need to stop this because this pain isn't going away.

GO HARD

Other signs to look for when it comes to food injuries,

- Brain fog
- Skin issues
- Dandruff
- Disruptive sleep pattern
- Low energy or lethargy

If you try to avoid all of this, which I would highly suggest you do, pay attention to what you eat. If it makes you feel ill afterward, write it down. If you write it down, then you'll start remembering. When you start remembering that pain, it'll make it much easier to get away from those foods.

There is no way you can get me to eat salmon, that pain is unbearable for me.

If you want to find out specifically about certain foods and how that's affecting your body, the one thing you need to do is just go ahead and do a fast. Why do a fast? When you don't have food inside of your body, your gut lining repairs itself allowing for nutrients to be able to get into your body much easier.

Once you're devoid of food, your stomach lining has repaired itself. Whatever you put into your body next, you can very easily see how it affects you. So of course, the thing to remember is that your body runs optimally off of whole plant fibers. So just eat it.

And here's another way to look at it. Humans were designed to move, to eat plants and fruits. That's the reason why we have colored vision so we can tell the difference between fruits, and blueberries, and red strawberries, and peaches.

That's the reason why we need plants in our system to increase the biodiversity inside of our systems so that as we go through life, we can deal with any other types of diseases out there because our inner bacteria is strong enough to deal with a new environment with new food.

Eating the same foods over and over again leads to problems. You need to be diverse in your foods, especially with whole-plant fibers. And the crazy thing is there are over 250,000 edible plants on the planet. The unfortunate thing is that humans only consume 4% of them.

Conclusion

When you're eating certain food and it makes you feel bad, that's a food injury. Pay attention to it. An unhealthy gut isn't diverse. It may be getting bombed with antibiotics from the animals that you consume. Cut all meat out of your diet and don't ignore the signals of food injury because it'll get worse if you do. Your body runs off of whole plant fiber so go ahead and eat it.

Chapter 9 Pills, Drugs & Erectile Dysfunction

If you ever wondered if taking certain medicines were causing you erectile dysfunction or unreliable erections, we're going to talk about that. We'll discuss the truth about pills, the pill industry, the pharmaceutical industry, and hormone replacement therapy.

We're going to talk about how your body works and what happens when a pill gets inside of your body. Also, getting deep into a little bit of what the pharmaceutical and the health industry are like and what their motives are.

My Grandmother In the Industrial Pharmaceutical Complex

Years ago, my grandmother did grandmotherly things. She did a slip and fall, tumbling down the steps and breaking her hip.

When my grandmother went into the hospital, she was on two drugs, when she came out of the hospital, she was on 22 drugs. What got me was the doctors kept telling her, "Well, you need to eat more food. You're not eating enough." She was taking the 22 pills they prescribed her. How was she going to eat more food on top of that?

Then they said she could eat whatever she wanted to. I'm thinking, "Whoa, I can't eat whatever I want and I'm healthy. So how is she going to be able to do that?"

Fortunately, a friend of mine did the research looking at all of my grandmother's medications. She came back pointing out that half of the medication my grandmother was taking she didn't need.

The doctors were doubling up her medication.

Somehow, physicians are in the only field where people will keep going back to the same person after what they just gave them didn't work.

GO HARD

She didn't need that many medications and fortunately, she advocated for herself. She talked to the doctors and finally got one who said, "Yeah, you're right. We need to take you off all of these different medicines."

We're going to get back to that type of story again a little bit later. Right now I want to talk about the pills.

Your Body Is A Chemical Bag

Your body is a chemical bag made up of complex chemicals contained in your skin. It's affected by the environment, genetics, whether it's hot or cold, your physical makeup, whether you're 112 pounds, 212 pounds, or 412 pounds. Most importantly, it's made up of nutrition.

You are what you eat.

There is no getting around that part. I always say nutrition is the most important part of getting your health back. The reason why I say that and the reason why I'm associating this with pills is that pills are the least alive form of food. There are only two food groups...live food and dead food.

At the very least, the dead food that we go to the grocery store and get, well, it was at one time out in the sun getting energy. So a potato got turned into potato chips. The corn got turned into Doritos. So there was something alive about it before. Even the chicken that got turned into a four-piece with the biscuit. The chicken was alive at one point.

All the chemicals in a pill are synthesized. They're all dead. The pharmaceutical industry took something that was in nature and thought, "Let's take this chemical compound, extract it, examine it, recreate it, so we can turn it into a pill and make money."

Pills are the cheapest form of nutrition to make. They can make over 7,000 pills a day in a pill machine. So why are we using these? I mean, don't get me wrong, if I'm in an accident, give me all the pills I need. Codeine, morphine...whatever it is I need! BUT I don't want to have to take it for the rest of my life because it's not good for me in the long run.

So let's talk about pharmaceuticals. This is where we get serious. Western medicine is not designed to make you healthy. It's designed to get you back to work. So whether you need to get back on the football field, back to a job, or back to war...it's designed to work quickly.

And then somewhere along the line, someone said, "We can make way more money if they keep coming back to us for more." So that's exactly what's happening now. You're getting medicines that maintain your illness.

GO HARD

If you had high blood pressure, you would go to the doctor and say, "I want to get cured. I don't want to have high blood pressure."

You didn't go in saying, "Hey doc, you know what? My blood pressure's high. I want you to give me enough medicine to keep me at a maintenance level, don't cure me, keep me right where I can take these pills for the rest of my life, for at least \$60 to \$1000 a month. Sounds like a good idea?" And of course, the doctor says, "Yeah, that's a good idea." Because that's what they were trained to do.

A baker bakes, a doctor gives pills. Doctors only get 20 hours of nutrition class in medical school...if that. That doesn't make any sense at all. Nutrition is something you eat every day. So it's the most important part of your health. You are what you eat.

And remember, when it comes to talking to your doctor, you have to advocate for yourself. Your body is your responsibility. The doctor is just another human who got interested, read up, and studied a lot of material making it their profession. Well, you're a human too, you can read and do the research too.

Again, you have to advocate for yourself. They're trained to give you pills, not necessarily get you healthy. It's unfortunate, but it's the truth. If your doctor gives you any push back about anything you bring up just ask your doctor, "How many patients do you have who are now cured?" They're going to say, "There are none because you have to take these pills for the rest of your life."

This is not true, but that's what they've been taught by the pharmaceutical companies that gave grants to the medical school and gave money for the studies that doctors read.

So it's just a pill manufacturing cycle that's vicious and it's taking a lot of people down. And if it's dealing with erectile health, it's going to take it down first and foremost. A lot of erectile dysfunction issues come from having the wrong medicines or taking medicines over a long time. So let's talk about hormone replacement therapy.

Hormone Replacement Therapy Is From The Devil

I'm not a doctor and I don't play one on YouTube. Once again, it's your body so you must be responsible. But when it comes to hormone replacement therapy, it's awful. And they're about to come out harder because testosterone levels around the world are going lower. It's a huge market that Merck, Pfizer, and all of the other pharmaceutical companies are going after.

If you love your brother, your uncle, your son, your father, let them read this book, give them this information. Here's what happens when you do hormone replacement therapy. They're taking exogenous testosterone, that's testosterone from outside of your body, and they're going to stick it in your body.

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Whether they're using a gel, injections, or patches, your body didn't dial-up this testosterone. To keep your body in balance your body thinks, "Hey, there's extra testosterone so let's dial-up some more estrogen. When you go back to the doctor they say, "Well there is more estrogen now, so we have to give you more testosterone."

Now you are trapped going back and forth doing this dangerous dance with your endocrine system and then dangerous stuff happens. Now I know when you were thinking, "I need hormone replacement therapy, so I can get my erections back up." You weren't thinking, "I could become infertile," or "My balls will shrink" or "I will have to take this for the rest of my life".

Which will happen with hormone replacement therapy.

Are there situations where you need hormone replacement therapy? Yes. However, you need to be at a dangerously low level before even considering it. Doing it to just get your erections back is not smart at all. There are other ways to deal with that. That's why you have this book in your hand. Hormone replacement therapy doesn't deal with the real issue which is the pattern that leads to low testosterone.

When you were in high school or college and in your 20s testosterone masked everything. In your 30s, it started catching up. In your 40s you start wondering, "Hey, what's going on with my body, sex drive, and erections?"

The testosterone mask has been ripped off. You're not getting erections, you're losing muscle mass, et cetera, et cetera. So there's a pattern that led up to your testosterone going down.

You need to find out what that pattern is. Be honest with yourself. The answer could be "Yeah, I haven't been working out, eating right, or getting the right sleep." Identify the things you are doing wrong and then correct it. That's how you fix your testosterone issues.

So in conclusion, pills are not natural. They're not made for you to take over the long term. Ask your doctor what his results with healing patients are. If your doctor says that you need to take pills for the rest of your life, you need to slowly back away from that doctor, do your research and figure out what's supposed to happen for real.

The pharmaceutical industry and the health industry want you on these drugs until you die. I get a little emotional about this because I've seen what has happened when they do this. They get people hooked on these drugs and they just have to stay on them forever.

Oh yeah, hormone replacement therapy, it's hard to get off of it because once you start it and your body's like, "Oh, I'm supposed to produce testosterone? I thought it was coming from somewhere else, I just turned that function off."

GO HARD

Now you have to have it for the rest of your life. So hormone replacement therapy, HRT will F@(% you up...for real.

And last but not least, your body is yours. Research what you need to do. Look online, the information is now available. Advocate for yourself. If your doctor says, "No, no, no, just listen to me." That's another human...you're smart too.

So here is a question for you...Are you on any long term drug programs? How long have you been on them? Are you getting off them or have you gotten off?

Chapter 10

Testosterone & The Other Sex Hormones

Sex is better than Tylenol and here's why. Right before I was about to move out of my parents' basement and into my first apartment, I got what was called a "back cold". It didn't matter what you called it, I just knew I could barely stand or walk up the steps.

My girlfriend at the time came by to check up on me. The next thing you know I was on my back and she was on top riding me. I didn't think I could get an erection let alone have sex with the pain I was in but then a miracle happened...

During sex, I could feel my back start to relax and after the sex, I was up and walking around with no problem...for a good 5 to 10 minutes. I didn't know why my back pains went away and then came back but the research I am about to share with you shows the answer.

Sexual Chain Reaction

Making love sets off a chain reaction of chemicals in the body that can repair, prepare, and stimulate bonds which is why it's not only healthy but necessary in a relationship.

The purpose of having sex is to procreate. One of the things that separate a human from animals is that we very often have sex with no intention of procreating. We do it just because it feels good! Not only that but it's healthy for us to have sex.

The Chemicals of Sex

When you have sex, the major chemicals that come into play are dopamine, testosterone, oxytocin, HGH, and DHEA. If you're into working out and using a bunch of supplements...these may look very familiar. (Have more sex and you can save yourself a few hundred bucks).

GO HARD

Dopamine is the “feel good” chemical released in the reward center of the brain. It’s the same chemical released (unnaturally) by cocaine and methamphetamines in unhealthy detrimental doses. It’s responsible for the frenzied “falling in love” feeling. Dopamine is an adventure chemical. It’s what allows you to “act” romantically. It allows you to be outgoing and assertive.

Serotonin is an opiate. It is the same chemical released (unnaturally) by heroin, barbiturates, alcohol, and antidepressants. It’s also released by sugary and carb comfort foods. It’s the satisfaction chemical. It allows you to relax, “after the fact”. A potent orgasm can release serotonin into your system for you. It’s one of the reasons you relax after an orgasm feeling more satisfied.

Chapter 11 Age Reversing Hormones

HGH

Human Growth Hormone is the most important and necessary hormone released during intense exercise but more so during a powerful orgasm. Helps repair, renew, build (muscle), and rebuild cells.

DHEA

There is a spike of 7 times the normal level of DHEA pre-orgasmically and also a release during the orgasm itself. Helps repair, renew, build, and rebuild cells.

Testosterone

Helps repair, renew, build, and rebuild cells. Is incredibly important for men and is released when men relax (i.e. hanging out on the couch) or sleep which is the reason men wake up...well how should we say, up! Testosterone has been found to increase when men sense new potential mates. Although it explains why men tend to wander, it doesn't mean it's bad for monogamy as long as the couple learns to "keep it new and keep it real!"

Oxycontin

Lack of testosterone typically equals lack of sex drive in both men and women and results in increased aging. Oxycontin, although good for a relationship, is bad for testosterone in men and decreases it and along with it a man's interest in sex with the woman he becomes close to. So, it's important to be careful and either increase testosterone through supplementing to counter the Oxycontin or increase "guy time"!

Oxycontin is known as the love hormone or cuddle chemical and causes women to want to be close and intimate and facilitates bonding. It's the chemical basis for our capacity and longing for romantic attachment and causes feelings of love, tenderness, and well-being. For men, Oxycontin can make him more loving, caring, and affectionate but he needs enough testosterone to balance it out to not become too effeminate.

GO HARD

Both sexes experience a burst of creative thought since orgasm produces a powerful surge in the right, creative-thinking side of the brain but with women, a prolonged period of exhaustion follows, and usually sleep.

This is how a man can tell if a woman has had an orgasm, especially a potent one. Because women get a bigger dose of Oxycontin, in great sex the exact opposite occurs—he may feel energized and she falls asleep!

Chapter 12

Exercising For Stronger Erections

Erection Problems and Weight Loss

Those two things go together because, to get better erections, you have to be in a certain physical condition. A lot of guys have weight issues, and of course, that goes over into having erection problems. So I've got a question for you. This is a very important question, and think this one all the way through...

When you lose weight, where does it go? Does the fat ooze out of your ankles as you walk?

If your weight isn't working for you, it's not going to work for your erections. A lot of guys have problems losing weight. So we're going to talk about some of the simple ways to get this taken care of.

I've had this issue my entire life. I was always a chunky kid. In college, I leaned out and got cut up. Over the years, I got bigger. Recently I started a workout challenge and lost 25 pounds in about about 2 months. There were a lot of hard work outs, but I changed the way I worked out and I got results. So I'm going to share that with you right now.

Specifically, what I'm going to do is break down how your body works from a 3000-foot perspective, so you're not getting buried in the weeds. One crucial piece of information that you need to manage your weight is to change the way you work out. When you finish this chapter, you're going to look at it differently. Also in terms of what you eat, we're going to talk about making it very simple.

I won't go into carbs and macros, and all that. There's either good food or there's bad food. And there are some things in between. And we're going to discuss the differences between the two, and the upward and downward cycle of health.

GO HARD

In terms of your workouts, we're going to talk about some things that you may have been doing for years, trying to get back into shape. But your body has changed so your workouts have to change too.

How Your Body Works

Imagine if we were aliens or we were just looking at humans from a 3000-foot view. A human would just be a form of energy. So as an energy unit roaming around planet Earth, you do what all energy units do, which is to consume other energy units and leave waste.

The three things that humans consume are plants, animals, and processed foods with water included obviously. The thing you need to understand about food first and foremost is it is both positive and negative like energy. Your fat stores energy, but it also stores poisons and waste.

Vegetation is the most positive energy you can eat. There's very little poison in vegetation. Also, it has a lot of fiber, which is very important to get your erections back.

With processed food, some of it has fiber, most of it does not. Processed food is not good for you. Their level of negative-positive is a lot more negative.

You can eat animals which are the most negative of the forms of energy. For humans to eat animals, the animal has to be dead. So you are eating death.

Carnivores eat animals alive or recently killed. They are consuming the living energy of their prey. They know that eating an animal that has been dead for too long is poisonous.

You can eat negative things and still live. But you're not going to thrive. To have erections, you need to be thriving.

Animals' flesh is all negative. I repeat, all negative. The reason why I say that is because they don't contain any fiber. When they get into your body, it stays in your body. It clogs up your arteries with plaque, and that affects your erections, because if blood flow can't get into your penis correctly, then everything else is off the board.

Remember that this energy is positive and negative. When we're talking about positive and negative, we mean energy and poison. So here's the answer to that question we posed earlier...

How Do You Lose Weight?

Breathing.

GO HARD

I didn't know that until recently. A lot of people are trying to go through this whole process of losing weight, and don't know how it leaves your body. Which is sort of weird?

Your body has a fat molecule which is C55...carbon 55, hydrogen 104, oxygen 6. You breathe out 84% of your weight in terms of CO2. Now obviously CO2 is a poison to you as an individual. But for the plants, it helps them to thrive.

If you're locked in a vault with no air coming in, you're going to "run out of air". You won't run out of air. The air is still there. It's just that your CO2 breath turned it poisonous and you will die from lack of oxygen.

Humans like all energy units, release our waste. So we release our waste by peeing, defecating, and sweating. That's the other 16% that comes out like water (shit is mostly water). So 84% is coming out of CO2 as you breathe and 16% is coming out like water. This is important to understand when we get into the exercise phase of things. I'm going to break down the importance of getting your breath out the right way. Of course, you can't just breathe harder and lose weight.

Is this news to you? This information about 84% of your weight is lost through breathing? This was news to me when I heard it. And I was like, "Wow." Once again, a piece of information that begs to question, "Why didn't we know this before?"

The research came from Ruben Meerman. YouTube his Ted Talk and check it out. It's very informative.

Eating On The Upward & Downward Cycle

All right, let's talk about eating. When it comes to eating, there's an upward cycle and there's a downward cycle. Let's make this very simple...

The more vegetation you're eating, that's putting you on the upward cycle. The more processed foods and meat you eat puts you on a downward cycle. You can't get away from this.

Our level of meat consumption today is not normal. Ask your grandparents or great grandparents. If they had two pieces of meat a month, something was going very well. Today six pieces of meat a day are normal.

But when it comes to your erections, to get rid of all the plaque that is built up in your arteries over time from eating meat, you need fiber.

Fiber helps clean out your digestive system. And it helps build the cellular walls inside your digestive system so you can function properly and get your erections back.

GO HARD

Add more vegetation to your diet. More salads, fruits, beans, nuts... You already know this. You now have a powerful reason to do it, because it will help you get your erections back.

Processed foods. Nah, not so much. I mean, it's called processed for a reason. They tell you to stay away from processed food. Always remember, meat is the most processed food ever. I mean, the process of killing meat is a process in and of itself. So stay away from those things. Get on the upward cycle.

Workouts For Stronger Erections

The thing you need to understand first of all is what not to do. Cut out steady-state cardio. That's getting on a treadmill and running for an hour or getting on the elliptical for an hour. Doing the same repetitive motion for an hour, expecting great results is not going to work out well for you for several reasons.

Initially, you're going to see some results, but just think this all the way through. A sprinter runs with high intensity. Their body tends to be more muscular and defined.

A person who's just running a long-distance continually, the body is, "Eh." It doesn't hold weight. It's conforming to running for long distances.

And one of the issues with that is you're burning through your testosterone. Doing high levels of steady-state cardio doesn't help with testosterone. It weakens testosterone by increasing cortisol which is the stress hormone and is the enemy of testosterone.

The type of exercise to do is called HIIT, High-Intensity Interval Training. I do HIIT all the time now. You work out for 30 seconds, and you rest for 15 seconds. You can change that number up as you progress.

Because I've been doing 30 seconds work with 30 seconds break for so long, I'm now up to 40 seconds of work with a 20-second break. That 40 seconds of work is high intensity, whether I'm riding a bike, rowing, lifting weights, or doing bodyweight exercises.

There are a bunch of different exercises to do. There are a bunch of different videos with online guys who are experts at this.

Here is a powerful routine that will get your muscles activated and you breathing hard which is how the weight is mainly leaving your body. Start at 30 seconds on and 30 seconds off.

GO HARD

- Kettlebell swings
- Kettlebell squats
- Burpees
- Mountain climbers
- Jump squats
- Rowing
- Battle ropes

What I like about this routine is that it works both the lower and upper body which forces the body to move blood to both areas at the same time accelerating weight loss. You should get into HIIT because it does make a difference.

Also, increase the weight that you're lifting. When you lift heavier weights, you increase the amount of testosterone that is formed in your body. Remember, your testosterone is formed while you're sleeping. And also remember, the bursting and burning of testosterone is what fuels an erection.

HIIT workouts and heavy lifting help accelerate your testosterone production. The most important thing about this is the level of intensity. When you're doing high-intensity intervals, the reason for that 15-second break is so that you can get your breath back. Then when you get back to work you have enough energy to keep up the intensity.

To lose weight, you have to have your muscles engaged so your breath is releasing waste in the form of CO₂. Do you see how all this is tying back in together?

That is how you lose weight.

This is my philosophy. Our great, great, great ancestors were tree-dwelling humans. And basically, they were in the tree getting fruits. But if you were on the ground you had to run fast to get to the next tree before an animal came along and killed you.

I'm not saying humans came from monkeys. That's like saying a cat came from a dog. Some things are the same but there are obvious differences.

If you're pulling and pushing in different directions in a tree...that is an intense exercise and you're using your core a lot. So of course your body is going to get shredded up. And if you need to run, you run fast. That's what drops the weight for you. It makes a big difference.

So I hope you got a lot of information out of this. Go ahead and put it to work. Is this news to you? This whole thing of breathing to lose weight? Because it certainly was news to me.

Chapter 13 The Power of Sleep

If you want better erections or overcome erectile dysfunction, I'm going to tell you how to improve your level of sleep so you can get more testosterone and even more out of life.

Specifically, I'm going to talk about what you need to do to get better sleep, the latest research, and the benefits of doing so. And as a bonus, I'm going to give you the one thing you could do right after sleep so you can get that extra boost you need out of your testosterone.

Let's talk a little about sleep science. This is important, especially when it comes to being a man and having testosterone because testosterone builds while you sleep. And of course, the bursting and burning of testosterone is what fuels erections.

The resting T- levels for men is between 400 to 800 nanograms per deciliter. Now for men who sleep four hours or less, it usually starts around 250, as compared to men who get eight hours or more of sleep, who start with 600 nanograms per deciliter.

Your testosterone level changes throughout the day, but it's highest in the morning and starts going down about 20% throughout the day.

Quality Shut-Eye

Sleeping longer is great, but it's more beneficial with the quality of sleep that you get. How important is sleep? Well, if you don't sleep for 10 days, you could die. The best sleep for you would typically be between seven to nine hours. When we're talking about athletes, especially elite athletes, they can sleep a little bit longer. That extra time can give you a 15% boost in your level of testosterone.

Let's hop into the latest research. Getting too little sleep and too much sleep can lead to you getting depression. Getting depression from sleep is a downward spiral because you're depressed and you get less sleep. You got less sleep, now you're depressed. Everything is going in the wrong direction.

GO HARD

There's a lot of new sciences saying if you're not getting enough sleep or just partial sleep you're going to lose out in cognitive ability. You're losing out in your memory, and the crazy thing is you won't notice. You're just thinking, "Oh, I'm getting along, ok," missing these four hours of sleep, but it's slowly adding up to you not being as smart as you should be.

The way the world is nowadays is it's 24 hours all the time. McDonald's, airports, Uber, Amazon, not to mention online activity is always on. We've gone into this system where everything has to be available to you 24 hours, the TV, your phones, to the point that you're just up all the time.

But here's the crazy thing that's necessary for you to understand, the more sleep you get, the younger and smarter you become. We'll talk about those benefits in a second. For a lot of people doing the all-nighter and getting that grind in means, "I only slept for four hours. I'm constantly working," well, you're not getting smarter. You're getting dumber, so maybe that's the reason why you have to spend so much time doing work because you're not being as smart as you could be.

Here's something crazy for you...

This goes back into that depression side of it. The less sleep that you get, the more bad memories keep coming up into your brain. It's a sad situation.

Let's go into sleep benefits, the first being that it builds muscles. That's the testosterone growing in you. You have better weight control, and your risk of getting injured is lower. You look better, you're more attractive, and it helps with your workouts.

When you get the amount of sleep that you do need, you lower your risk of getting diseases like diabetes, hypertension, heart problems, and for what we talk about, sexual dysfunction. You also get lower fat building, improved skin, hair, and better memory.

And for a lot of guys, which is very important when it comes to losing weight, it controls your cravings. You have a better mood. On a cellular level, your cells are repairing faster.

On the flip side of that, if you're not getting a good amount of sleep, you're lowering your glucose metabolism by 30% to 40%. If you don't have that under control, it can lead to several health issues.

How To Get Deep Sleep

Let's talk about how to get a deeper sleep. The first thing you want to do is set that schedule. Use your phone. Have your phone go off at 10:00 or 9:00...whatever time you need to go to sleep, so you can prepare and get to sleep. You want to keep the room slightly cool.

GO HARD

I know this is going to hurt for a lot of guys, but alcohol and weed reduce your REM, that state that you need to be in to get your maximum level of testosterone and whole body repair.

The Sleeping Basics:

- Do some light stretching before you go to sleep. That relaxes your muscles so you don't cramp up while you're sleeping.
- Like your mama said, "Don't drink a lot of water before you go to sleep". You don't want to have to go in the middle of the night disturbing your sleep.
- Don't eat a lot of food right before you go to sleep. It takes your body time to digest food, to allow you to fully relax and go to sleep.
- Keep the room pitch black. Turn off the TV and electronics at least two hours before you go to sleep.
- If you're using your phone, use the blue light app, so you can turn the blue light off. That helps out, but it's better if you don't have your brain overstimulated right before you go to sleep.
- No caffeine 10 hours before you sleep since caffeine stays in your system for a while.

The other thing you want to do is to control your monkey brain. That part of the brain that's just going and going. You're thinking about so many things. Here are some tips that will help you control that aspect of things

- Meditate
- Read a non-fiction book before you go to sleep.
- Things that you have to do the next day, write them down in a journal so you get it out of your mind.

Here's a great one. Write down what you're grateful for, when you're grateful for the things that are going on in your life, your brain gets to relax and go to sleep. You also want to make sure you're taking your pets and put them into another room. Your dog may wake up, hear something, and disturb you throughout the night because of it.

And most important of all, especially when it comes to going to sleep on time, be consistent. Be consistent with everything that I'm saying, but when you're consistent with sleep, your body gets used to it, and you'll be able to fall asleep faster.

Here are some things you can do during the day that will help you prep for the night. The first thing is to get sunlight, especially first thing in the morning. It helps with your circadian rhythms and allows your body to understand that "Oh, this is the morning, and at some point at nighttime, we're going to go to sleep."

It helps your body produce melatonin. There's a whole chemical set that happens just by going outside and getting that sunshine. Of course, you want to exercise daily and eat properly.

GO HARD

The tools of sleep that we have to pay attention to is the mattress. If you have that 15-year-old mattress with the spring coming out, stabbing you in the back, something's wrong, dude. Get rid of the mattress. You need to change out mattresses every 10 years. For pillows, you need to change out pillows every two years.

Bonus

Now let's go ahead and break down that bonus tip. What can you do right after you wake up that will allow you to keep on increasing your testosterone? Don't eat.

Fasting or doing intermittent fasting when you're coming out of a good night's sleep will increase your testosterone level for every hour that you don't eat. Go ahead and look at doing that.

Conclusion

In conclusion, sleep can double your testosterone, make you feel better, make you less depressed. It helps at every level of your health. Deep sleep is when your body gets the most work in.

Make sure you're shutting it down. Shut down the lights, shut down electronics. Shut down the dog, put it in the other room. And prep, do like your momma said, go outside, play, get your exercise, get your sleep and you will have a much better life.

Chapter 14

The Truth About Enlargement

If you're having sexual performance anxiety that's leading to unreliable erections or erectile dysfunction, today we're going to talk about that silent killer called stress. It will kill your erections and your sexual performance.

I have learned a lot about stress and talked to many guys about their experiences. And what I want to give to you now are some steps to take. I'll tell you about what types of stress can affect you, the results, and also what you can do.

Plus I have some tools that you can use right away, they're free, for daily use to relieve stress and improve your sexual performance.

The Silent Killer - Stress

Let's talk about those stress factors that affect erectile dysfunction. And when we're talking about stress, we're talking about that constant level of stress, whether we're talking about the job or just driving to the job or our relationships, whether it's our kids, our wife, our girlfriends.

There's a constant level of stress, and all this technology with the bleeps and bleeps, always informing you of more things to pay attention to, just stresses us out a lot more. It ends up showing up in a lot of different ways.

Now we're going to talk about those different subsets of stress. We're talking about anxiety, depression, low self-esteem, indifference. And my favorite, frustration.

Anxiety

Let's go with anxiety first, because that's what happens with a lot of guys, sexual performance anxiety. So something doesn't work and you're saying, "Oh man, I didn't perform well." Or you're thinking, "This normally doesn't happen," until it happens the second time and you're saying to yourself, "Oh my goodness, what's going on?"

GO HARD

And you start thinking this could happen again, and then it happens again. You're thinking this could happen again, and it happens again. You're now in a downward spiral. So I'm going to give you some tips, in a second, on how to relieve that anxiety.

Depression

Depression affects your brain and your body, and it puts you in a state where you don't want to do anything. You're just there. It's like you don't have any motivation. And to make matters worse, a lot of the anti-depression pills further erectile dysfunction.

I couldn't imagine having depression issues AND know my dick doesn't work. That's not a good combination at all.

Insecurity

And when it comes to low self-esteem, some guys are just worried about it too much. You're thinking too much about yourself in the wrong way. So you're worried about, “My job, is my woman really satisfied, am I the right size, is my body working right? You're thinking just a little bit too much in the wrong direction.

Indifference

And of course, there's indifference. Indifference is just, “Meh..whatever...it's sex”. Or you're in a relationship that's not good for you, or that's not working well. So you're stressed.

- You go to work and you're stressed, and you come home and you see your woman.
- You go to work and you're stressed and see your woman.
- Stress, your woman.

Then you get to the point where you see her and automatically get stressed. You have to break that pattern.

The best relationships I've seen are couples that do a lot of traveling. They take vacations. It doesn't have to be expensive. It doesn't have to be a cruise or anything like that. If you can do that, go for it.

But if you just need to send the kids off somewhere, go to a hotel, whether it's a great hotel or a cheap hotel. As long as you're breaking that pattern of being in a rut, you're going to have a better relationship, which is going to lead to better sexual performance.

Frustration

And my favorite one is frustration. Basically, I like setting up huge goals, and then if it doesn't happen by the time that I want it, I'm upset. I set the goal and time. So it's really on me to control what I set up in my mind.

Cortisol Is The Culprit

So let's talk about the results of all these different types of stress. Remember that your body is the storage unit for the stress. So you can think about stress and then stress appears in your body. That's the reason why stress can cause erectile dysfunction.

It's pretty interesting how nature works because as soon as stress shows up, your body increases cortisol. Cortisol decreases your immune system. It's saying, "Let's move energy to your limbs so you can run, fight or take flight". Whether or not it's a mountain lion attacking you or it's your job that's irritating the heck out of you, it comes down to an increase in cortisol.

When there's an increase in cortisol, there's a decrease in testosterone, and testosterone fuels your sex drive. You have to work at getting rid of stress so it's not affecting your body. Because it also affects your mind, making you lose your drive for the things that you're supposed to do, like eating right, getting good sleep, and getting your exercise in.

You stop doing that and then you start doing the things you're not supposed to do, like drinking in excess and eating the wrong foods and other things that are just wrong. All of that leads to a downward spiral.

And once again, nature is pretty on point with what it needs to do because it recognizes, if you're having a mountain lion that's coming around and killing people, you don't need to have an erection.

You don't need to procreate at this time. You don't need a sex drive. So that's the reason why that cortisol kicks in and nothing else works. I mean, you've never seen someone in a fight with an erection. And if you did...that's weird.

Solutions

Let's talk about some solutions. The first thing to recognize is that it's all in your brain, and it just comes down to what're you thinking about? What are the questions that you're asking yourself? This could be thinking about something that happened in high school or something that happened with her last weekend or the job.

If your brain is going in all of these negative directions, you can turn it around and ask positive questions. So one of the questions I always ask...I got this from Tony Robbins... "What is great?"

Reflection

In a bad situation, ask that question, what is great? And your brain will start looking for what is great. You have to ask. You could say, well, what is great and come up with some stupid stuff like, "Nothing's great."

GO HARD

But if you're asking what is great and you have a real appreciative answer, your body is going to react to that. It's going to increase your level of testosterone and decrease your level of cortisol. So it's a great thing.

And one of the fastest ways to do that from a physical standpoint is smile therapy. It's what it sounds like. It's smiling. If you're having negative thoughts and you start smiling, the chemicals that are unleashed by smiling can overpower the negative thought.

You've been smiling since you were a baby, and your body is pre-programmed to know that if you're smiling, everything must be great...I'm not as stressed anymore. So smile therapy does work. Yes, use that. It's very simple. You're upset, smile, and your body chemistry will change.

Intentional Meditation

I just want to walk you through something called intentional meditation. First of all, you want to meditate to clear your brain, and even before you start that process, just write down what it is that you want to be better at? What is your perfection level?

If you are writing down, "I want to have better sex, I want to work out more" or things like that, then it gets into your brain. Your brain then says, "I see a picture of what is possible," and so it will go after it.

When meditating, you're allowing your body to relax and you're putting this vision in your mind so you can go forward. Your body, your brain will start saying, "Oh, I don't want to do these negative things. I want to get to this picture that works better."

Yes, it does take time. Yes, you do have to work at it. I would suggest doing it first thing in the morning. There's a lot of science behind the why, but go ahead and do that. Get that into your brain, and you will start relaxing.

Meditation helps, because your brain is moving all the time to deal with stress. When you meditate, it starts slowing down and things start working better.

Of course, do the basics, which is getting your exercise and eat the vegetation so that you're getting energy. And also, you have to get eight hours of sleep so you're increasing your testosterone nightly.

To put it all together, to get better erections and get over performance anxiety...

- Ask what is great?
- Travel or take vacations to get out of a rut
- Smile to change how you think
- Use intentional meditation to make life easier

Chapter 15

Understanding Masturbation

If you think masturbation is causing you to have erectile dysfunction issues, unreliable erections, or just issues in your sex life, then pay attention because today we're going to talk about that and some solutions you can use right away that are free.

And one of the issues we have to talk about, of course, is masturbation because that's a big topic for a lot of people and a confusing topic. So specifically, we're going to talk about masturbation, erectile dysfunction, condom erectile dysfunction, and partner erectile dysfunction. You may not have heard of those before, so we're going to break those down.

The Truth About Masturbation

All right, let's talk about the masturbation part, of course, we have to go back in history a little bit so we get a picture of where we are right now. When I was a kid, you had to wait for the Sears catalog, go through it, and look at the bras section.

But then it was two magazines, Playboy and Black Tail. Then it went from VCR to VHS, when we had to go to the store and buy it in at the store that always smelled strange for some reason. And from there it went on to CDs and DVDs. Then it got to the internet where it took forever to download a movie clip.

Now...we've gone to streaming.

Whereas, before you had to pay for the Internet site, now you have aggregate sites like Pornhub, which has tons of these videos all over the place, constantly. And the thing to remember is that the Internet was driven by sex.

One in seven searches were conducted to look for porn. Think about it, Pornhub is just as large as Netflix. That tells you how important and how much people are into porn and masturbation. And that's because it's natural. It's a normal part of being alive. I mean, think about it...

Our greatest entertainment set is between our legs right in the middle of our body.

So our purpose in life isn't, getting a job or anything else. It's to procreate. And so this is gonna take up a lot of our time and energy and porn and masturbation just make everything very convenient.

Masturbation Is Natural

When I say masturbation is natural, 90% of men and 80% of women have said they've masturbated at some point in their life. And just to be clear, masturbation does not cause blindness or hairy palms, I'm not sure where that came from.

Masturbation is normal and it does not cause ED. Those are two separate issues. If you have erectile dysfunction, there's something wrong. To masturbate, unless you're doing something different, you need to have an erection. With erectile dysfunction, of course, your penis isn't working correctly, so masturbating becomes much more difficult.

Masturbation Guilt

There are a few issues with masturbation and what it can lead to. For one, masturbation can lead to erectile dysfunction in the form of guilt. If you're feeling guilty about masturbating, you may somehow assign that to your partner and then you're having issues with that.

One of the main issues that you have to work through is that you're pleasing yourself so you know how it feels. You get used to your touch, and not only that, if you're combining that with looking at porn, you're desensitizing.

Just like if you're looking at a lot of violence on videos, if you see violence in real life, well you're not as sensitized to it. So if you're constantly seeing women doing all types of things that aren't reasonable and don't occur in real life, then when you get with a real person, you're going to have issues because you're desensitized. We're going to talk about how to correct that issue.

And let's be clear, you masturbate because you want to have sex. That's what we're here for. We're here to procreate, we're supposed to have sex. So masturbation is a natural process. Don't feel guilty about it, it's just something that happens in life.

What are the good sides of masturbation other than making you feel good? You get better sleep, reduced stress and tension, fewer headaches, improved concentration, increased self-esteem, youthful appearance, and better fitness.

Now, I wasn't a part of that study that they came up with, but I do concur that that does happen. So why does that happen? Well, because the same thing happens when you have sex. Masturbation is just having sex by yourself.

Erectile Dysfunction and Masturbation

All right, let's talk about erectile dysfunction. Once again, erectile dysfunction is when you cannot get or maintain an erection. So you can't masturbate yourself into erectile dysfunction. That's like saying you go to the gym to lift weights, and you become weaker.

What type of exercises are you doing?

What causes erectile dysfunction is a long list of things. We're talking about high or low blood pressure, excessive alcohol or tobacco use, high cholesterol, obesity, diabetes, cardiovascular disease, and a lot of medication that can cause erectile dysfunction.

Now I'm not going to go into all the different things that you can do for erectile dysfunction, but it does come down to the thing that your mother said, "Go outside and play, eat your fruits and vegetables and go to sleep on time".

Condom Erectile Dysfunction

So let's talk about condom erectile dysfunction right quick. Condom erectile dysfunction is not having a problem getting an erection until you put a condom on and it goes down. There's a reason for that.

You're taking the most sensitive part of your body and you're putting a plastic bag on it.

Yeah, it's a balloon you're putting on. And of course, I understand, there are reasons for condoms, I get all that. If you're having an issue with condoms, you have to deal with that, it is not an erectile dysfunction issue, it's dealing with a piece of plastic on your Johnson.

It doesn't feel as good. So the thing to do with that is to make sure that you get the right size, make sure you get the right type of lubrication, and let your partner know, "When I put the condoms on, this is happening". So at least both of you know what's going on and you can figure out a solution from there.

Partner Erectile Dysfunction

So let's talk about partner erectile dysfunction solutions. So partner erectile dysfunction is like I said before, you have no problems getting an erection. But once you're with your partner, you're not getting up.

And masturbation can contribute to this because it desensitizes you. So how can you take care of that situation? Well, un-desensitize yourself, how do you un-desensitize yourself? You do that by cutting back on the porn. If you know that you're going to have sex on a Saturday, *stop looking at porn by Wednesday*.

GO HARD

Hopefully, the idea is that your sexuality, your arrangement, your situation would get to the point where you're having more sex than you need to worry about masturbating and so you won't have those issues.

And so one of the other things you need to do is re-engage your brain. To get from being desensitized to sensitized, do a lot of foreplay and do as much foreplay as possible. Foreplay is for man, it gets the testosterone up. A lot of good things happen with that. You could try something called Nuru massage, it's an adult slip and slack, I'll leave a link down below. Check it out yourself because the whole purpose of sensitizing yourself is to remember that the best sex is when you're in the present with you and this other human being. There's a lot of energy that comes out of that and it feels great.

So if you're thinking about these different sex scenes in your mind, you're taking away from that great feeling that you can share with this other person. And as I said before, go ahead and experiment with condoms.

One other thing you could do is wear socks. I don't mention this enough, but you know it's a blood flow and circulation issue. You want that blood flow to stay in your erogenous zones when you're having sex so that it supplies more blood for a stronger erection.

And of course, the biggies of making sure you don't run into issues with your partner right before sex are do not drink a lot of alcohol, don't drink any alcohol, avoid sugars, and do not eat a heavy meal. These three things will disrupt your whole body's process of trying to draw energy to the center of your body so you can have good sex.

Conclusion

So to wrap this all up, as I said before, masturbation is natural, it's normal and it doesn't cause erectile dysfunction. There is a difference between erectile dysfunction and partner erectile dysfunction. Make sure you understand those differences so that you're not attributing one to the other, you just need to do specific things for partner erectile dysfunction and those specific things are of course cut back on masturbation, cut back on the porn, and enjoy as much foreplay as possible.

Chapter 16

How To Prevent Premature Ejaculation & Have Fun Doing It

If you want to prevent premature ejaculation so you can have an orgasm when you want without worrying about using creams or pills or doing baseball stats in your head. Then read on because, in this chapter, we're going to talk about what causes premature ejaculation, what things to look out for, and some practical solutions that you can use today.

There is a different way to look at premature ejaculation, things to do and not to do and why, and the factors that cause premature ejaculation and what you can do to prevent it. And also I'm going to give you an extra special trip. This is something that is...gangster. This is a player move that you can use that can turn this all away around for you. So stay tuned for that.



Types of Premature Ejaculation

All right, let's hit that premature ejaculation break down. And it's two ways to look at this. At first, we have the pure premature ejaculation^[a], which means you ejaculate before you penetrate. And then there's the regular premature ejaculation. That's when you're not lasting as long as you want to.

The thing to remember is that we're talking about times, just like you're lasting less than a minute. The average duration of the sex act is five minutes. So really when it comes down to premature ejaculation you work on ejaculating when you want to. You want to have that level of control, and that's what we're talking about right here.

It's a compliment to your partner. Like she's got you so turned on that you're just ready to go. Remember this affects 30% of men, so you're not alone if you have this issue. But also remember that for most guys, this naturally goes away as you get older, so you don't have to worry about it. Don't stress. 90% of women can't have an orgasm just by penetration alone. There are some things you can do to work your way through this entire process. And that's what we're about to talk about.

What To Do and Not To Do

Don't: Whiskey Johnson

Let's talk about things not to do and why. The first on the list is drinking alcohol and how it can last longer. Doing Whiskey is not a good idea. I say that because you're poisoning your body right before having sex. That doesn't work well for you sexually. If you're out of control from liquor, you won't have your best performance.

Don't: Desensitizing Creams and Double Condoms

The other things that keep coming up are desensitizing creams, and doubling up on condoms, and condoms with desensitizing creams inside of them. This takes away from the experience and it also makes it less enjoyable for her because it desensitizes her and affects her orgasm.

Don't: Pills

Some doctors have recommended taking antidepressant pills or low doses of Viagra. Nah, that's just masking the problem. You're adding an extra issue to the problem you already have that can be solved naturally.

Don't: Thinking of Other Things

And of course, everyone's favorite is thinking of something else – baseball stats or ugly people having sex. Whatever you come up with to try to delay the orgasm, you're taking away from the experience of the moment because now you're thinking about something else instead of being present and enjoying your partner. That is how you have the best sex.

Factors of Premature Ejaculation

Let's talk about the factors that go into premature ejaculation. Here's a question. When you have an orgasm what is that like? It goes into two things. You're tense and your breathing is off. That's something you'll have to work through. I'm going to talk about some ways to do it, but you don't want to be tense. If you're tense before you even get in, then you don't have control. You're out of control and your breathing is out of control. You have to calm down. You have to have your breathing and control.

Serotonin and Anxiety

GO HARD

Also, the latest research shows that men who have premature ejaculation issues also tend to have low serotonin levels. Serotonin is the happy molecule, The molecule that helps you have a happier mood. It helps you sleep better. It prevents stress and prevents depression. That plays all into a factor of you being able to control yourself. So we're going to talk about how to increase your serotonin.

And on the mental side of things, we're talking about anxiety. I did a video that talked about performance anxiety. When it comes to anxiety, it's just you thinking about something that hasn't happened yet, but you're getting the tension from it.

So if you had a bad past performance and now you're thinking, "Oh, this is going to happen again," you're adding more stress to your body, you're becoming tenser and that's not a good thing.

A lot of times this is happening because you're either in a relationship and there's a lot of stress and tension there so you're not performing well. You're going into a new relationship and you're thinking, "Oh my goodness, I don't want to have any issues," because you had some past issues, and so you're becoming more stressed about that.

Or for my younger guys who haven't had sex before, you're just thinking, "Oh my God, this is ... am I doing this right? I want to impress her." You're adding more stress. So you have to make sure you're not getting into that mode where you're overstressed, unnecessarily.

The Solutions

Let's talk about some solutions. Of course, you want to do the basics in terms of just taking care of yourself. When you exercise, you have less stress. When you get more sleep, you have less stress.

When it comes to the serotonin that we spoke about earlier, the happy molecule, the way to get more of that is by having a high fiber diet. If you're including nuts and you also include pineapples into that, that increases your serotonin level and having high fiber to keep a lot of extra things from going on in your gut because 90% of serotonin is developed in your gut. As long as your gut is cleaned out, your serotonin levels will go up and you'll have a better performance.

Of course, I'm mentioning once again, the need to have control of your breathing. So whatever pattern you follow, whether it's seven seconds, seven seconds in, hold seven seconds out, that's one recommendation.

As long as you're controlling your breathing, you're going to relax your body. Breathing relaxes the body and that's very important while you're having sex. You don't want to be tense going in.

One solution is to use masturbation as a tool. So if you're masturbating for 20 minutes, three to four times during that period, try to get so close to your climax that you're about to ejaculate – but don't.

GO HARD

You're learning your body, you're learning how to control yourself, and that's very important. Some guys like to masturbate before they have sex and that can help. It does present an extra issue. If you just ejaculated from masturbation, how will that affect your performance when you have sex after that.

And of course, like I always say, foreplay is for men, so if you're using foreplay, it helps build up your testosterone. Having extra testosterone helps you with your stamina and your endurance, and that's what you need to last longer.

Also, find out where this anxiety is coming from. When you're able to address the anxiety, whether it's a new relationship or your car is broken down, if you have anxiety it makes you tense and you're not in control.

Help From African Fly

Now, I do want to recommend African Fly as a way of helping because it works. It's a liquid aphrodisiac and increases your testosterone level. We have a lot of guys who use it when they work out at the gym. It helps you with stamina and endurance.

But as I always say with any supplement, it's a supplement. It's supposed to supplement what else you're doing. So if you're just taking African Fly and you're not doing your breathing, you're stressed out, and you're tense going in, then it's not going to be effective. You'll just have a more powerful ejaculation early. African Fly can help but use it as a supplement only.

Bonus

Let's talk about how to turn a possibly embarrassing situation into a fun one. And that is to let her know. Let her know that, "Girl, the reason why we have to take it slow is that you have got me so turned on, I may just pop real early. You gotta take the time with me, tease me a little bit."

When you let her in on it now she's involved. She's thinking, "Oh, I got him so turned on," she's happy about it, now you guys can enjoy it. Let her know. Say, "Hey, take your time. Slow down a little bit. Whoa. You got me there."

You're learning from each other. That way you're not stressed anymore because she's involved in it. She knows about it.

So go ahead and use that tip. That's going to turn it all around. It's going to relax you from thinking about it as much and she knows about it. So the expectations aren't weighing you down. It becomes a more fun game if you will.

Conclusion

All right guys, so let's go ahead and wrap this up. Remember, premature ejaculation is not uncommon. It does happen and it tends to leave as you age. Using drinking, drugs, creams, and things like that, using extra condoms, that just masks the issues.

Being physically tense and mentally anxious causes premature ejaculation. So that is really what the solutions are all about. And the solutions are using foreplay, using breathing exercises, using masturbation to help control it.

And as I mentioned before, the biggest tip is to get her involved. If she's involved things change. It becomes more of a game. It becomes something that you guys are working through together.

GO HARD



The Peak Sexual Performance Guide For Men

Chapter 17

The Truth About Enlargement

Hey, a lot of you guys have been asking this question, so I'm going to give you the answer right now. We're talking about penis enlargement, and I'm going to give you the truth about penis enlargement, but, first, we're going to break down a bunch of the myths surrounding penis enlargement, and we're going to talk about the condition that you need to be in for penis enlargement to work for you and there's a bunch of things, extra things you need to know that I want to make sure you get, and we're going to talk about a penis enlargement technique that you can use today, and it's free. So, hey, go for it.

One day, I'm sitting there on a bed just laying down, and my girl is getting dressed, so I'm sitting there watching her, and then she walks over and starts stroking me, like, "Did your penis get bigger?" Yeah. You want that question to be asked. Believe me. It was an amazing day. I'll always remember it.

Getting Large

So, today, we're going to get into what is necessary for you to have a larger penis. Specifically, we're going to once again break down the myths and lies, we're going to talk about where you should be on a sexual performance scale for this to work for you, we're going to go through some things you need to know, and then we're going to get into the growth point principle and the fourth stage of penis enlargement.

All right. Let's run through the myths that are out there. First of all, a penis enlargement pill is not going to work for you. It's not something that you can just take a pill and stuff works. We're talking about moving blood flow and testosterone and all these different things, and that requires you to do work. You have to put in work.

The other thing to understand is that when we're talking about enlargement, you're going to only grow to the size that you're capable of. Most men are 20% to 30% smaller than what they should be, due to the lifestyle and not knowing about these different techniques. So that's something to remember. Also, there is no time limit for this and there is no permanency.

GO HARD

It's just like working out. You can't work out, stop working out, and expect to keep those results for years. You have to continue to go through this process. Your body's going to change. What you look like when you're 20 is not what you look like when you're 81, but you can use these techniques to stay at your largest size for as long as you want to. It's up to you. You have to do the work.

Let's talk about the condition that you have to be in. The first thing to understand is that you need to be at an 8 to 10 on a sexual performance scale. That means you're having morning, spontaneous, and on-demand erections. When I say on-demand erections, I mean if you could just sit there and think about something sexual and have an erection, there you go, you're in that 8 to 10 range, 10 is all three of those at the same time.

So that's really where you want to be for the penis enlargement to work it's best and for you to get to your largest size. To do this, you do have to do the work. The work includes eating clean, doing high-intensity interval training, getting your sleep, relieving stress, all of those things we talk about in the other videos. So make sure you check them out. They all lead up to you being your largest size because all of this is talking about blood flow and testosterone.

Women Don't Care

With that information, let's rock and roll into the next things you need to know. The first thing that you need to know is that women don't care. I've talked to a bunch of women, this is part of my job, and most but not all don't particularly care about size.

They're more concerned about the level of confidence with what you have. So make sure you're paying attention to how you think about yourself in terms of your sexual performance, and that carries over to impress her.

Also, women have different sizes themselves that you need to remember, and I've heard this more than the opposite, some guys are just too large. If you're large, don't have her saying, "Ew, he has me walking crazy. He blew my back out," they don't like to walk around crazy and be in pleasurable pain before, and unpleasurable discomfort after.

You don't have to be 12 inches to satisfy the vast majority of women.

Two Magic Steps

So two quick things. One, shave your pubic hairs. That'll make you look larger and something you can do immediately. Also, they're two ways to feel bigger while in her. One is to squeeze her cheeks together and squeeze them towards you, whether she's on top or bottom. That'll make you feel bigger while you're in her. Any position where her legs are close together will do the same thing. Those are just physical examples and just the way we're designed. Use those two steps right there, immediately.

Four Stages of Erection

So let's go ahead and hop into the techniques here. There are four stages of an erection. We're talking about firmness, swelling, hardness, and heat. So firmness, that's where you first start to move, things are moving down there. Swelling is when you're erect, but not hard enough for penetration. The third stage, hardness, that's when you have the most sex. The fourth stage is heat and that's where ejaculation is imminent. At that stage, you're only in there for five seconds before you have your orgasm. The whole practice of penis enlargement is staying at your largest size possible, so you're getting more blood flow down there and it's allowing your body to expand, to get to its largest size possible.

With that in mind, the growth point principle is all about getting to that stage, staying at that stage, and masturbation requires you to learn how to get to that stage. You know how to get to that stage, but you need to learn how to stay in that fourth stage without ejaculating. It takes some time. It takes some practice, but it's well worth it.

Quick Tips

A couple of tips, make sure to breathe while you're doing this. While I was figuring all this stuff out, it was like, "Oh, wow, oh, ew." Got to remember to breathe, but the benefit of this is you're going to be able to not only get bigger, but you'll be able to go into the fourth stage while having sex without ejaculating, so you can just be in the third stage, everything's fine, and you're like, "Hmm, let me focus my mind and let more blood flow go down into that area." That's the whole practice. That's where you're going to start seeing the differences when you're able to control that on your own. You're now in the fourth stage, the stage that she loves because during that fourth stage, you're at your largest size and you're radiating heat. That's why it's called the heat stage, and that's the reason why women like it when you have your orgasm. So that's the thing to keep in mind.

A big point right here is to try not to use porn while doing this for you. If you use your imagination, it's much better, but this goes into a different subject in terms of porn and how it messes up a lot of men's sex life in a way they don't realize.

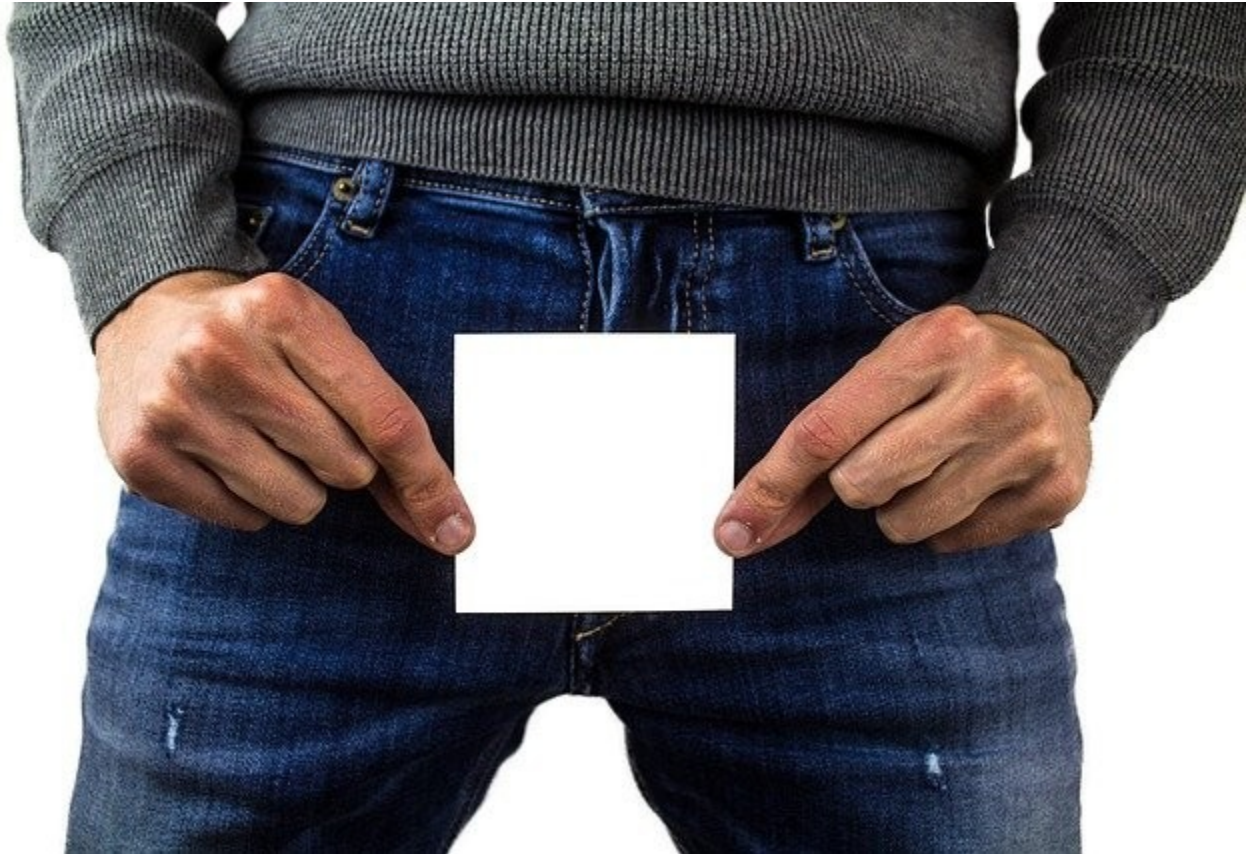
You're going to need larger condoms once you go through this process, you get to that 20% to 30%, yeah. For me, I didn't realize that, so I'm running around with tight condoms for a while. Then I realized, oh yeah, larger condoms, duh. That's one thing you have to pay attention to, but that's a great situation to have. Go for it.

Go ahead and use these techniques. I will say that African Fly can help with this. I'm not going to say whether this is a shameless plug for the product or not. But it is what it is. So if you have more blood flow going down there and you have more testosterone, testosterone will help your stamina so you can last longer. You can stay in the fourth stage for a longer time, and it'll help with your growth process.

GO HARD

I got a question for you. Have you ever tried those pills? Did it work? Did anything come out of it? Will you do it now? I say to all guys, "This is a goal. This is a lifelong goal."^[b]

The last thing to discuss is penis atrophy. That's when your penis shrinks. So you imagine that 20-year-old and then, again, when he's 81, things have changed on his body. So one of the reasons for doing penis enlargement is so you can avoid penis atrophy and you won't start shrinking.



Chapter 18 Daily Power Routines For Erections

GO HARD

If you're looking for a daily routine to help you avoid and overcome erection issues, whether erectile dysfunction or just unreliable erections, then you are in the right chapter. I'm going to give you some information about the type of workouts, the eating, and the techniques you need to incorporate into a daily routine that's going to help you overcome those issues.

It's never too late.

What we're going to talk about today are some techniques that I've used and other people are using, that's going to increase the way your body feels overall in terms of health.

Specifically, we're going to be talking about HIIT (high-intensity interval training) routines, yoga, starting a journal, sleep patterns, when, and what to eat. These are the things you need to incorporate into your daily life.

Daily Routine

When it comes to your daily routine...it depends on you. I don't want to get too specific about what I do because my body is different from yours. I'm allergic to strawberries, I'm allergic to aspirin. I'm also an endo-mesomorph which means I can lift a lot of weights, relatively easily. So body types play a part. But these techniques work for *everybody*. The idea here is to turn it into a lifestyle. So take the ideas, the techniques, and start applying them to your life.

#1 Meditation

The first up is meditation. As soon as I wake up, I go into a meditative state. I'm just focusing on the breath, listening to what's around me, with my eyes closed, allowing my brain to relax, and then I do what I call *intentional meditation*. I have pictures in my head that I've just developed over the years in terms of where I want to be health-wise and financially.

Meditation helps in a lot of great ways because it makes it easier for you to do the things you need to do. I could give you a ton of performance techniques, but if you're so stressed out that you never use the techniques, then it becomes useless. Even Oprah and Ellen have their staff doing meditation because they recognize the power of it.

#2 Yoga

One of the things I love to do is yoga. Yoga is great for athletes in terms of putting the body back in balance. Especially for guys who are playing ball or if you're lifting weights. As you get older, you're feeling different aches and you like walking them out but things aren't working right. Yoga is not stretching. It's about getting back your balance. When people age, our bodies grow stiff and unbalanced.

GO HARD

One of the top causes of injury and death in older people is falling. All because they lost their balance. When you're younger, you have more flexibility as you're moving. So yoga puts your body into a younger state.

Most guys work out the large muscles, but we don't pay enough attention to other components of the muscles: the ligaments and that's where yoga comes in. It puts the body back in balance by working out the ligaments.

Take note, ligament injuries take longer to heal than muscle damage. MEAT is the key to fixing your ligaments. MEAT stands for Movement, Exercise, Analgesics, and Therapy. Speaking of exercise, if you've been feeling that you're not up for HIIT routines, start with yoga first. There isn't any other workout that I'm aware of that works your ligaments as yoga does, and it just makes you feel better. If I come off the basketball court and I'm feeling achy, that's the first thing I do because I know if I don't do it, I'm going to feel achy for a long time. So put yoga in your life.

#3 HIIT: High Interval Intensity Training



When I'm not doing yoga in the morning, I'm doing a HIIT workout, a high-intensity interval training. The most important part of HIIT is *intensity*. We got a question from one of our viewers on YouTube asking whether a spin class is a high-intensity interval training and the answer is NO. It's more cardio. When you talk about the intensity you want to get to the point that you can't go on after your workout and you're just worn out. The idea of high-intensity intervals is that you do 45 seconds of work, 15 seconds of rest, back to 45 seconds of work, 15 seconds of rest, and doing rounds like

that. I'm doing about 40 rounds of that with a combination of weight and bodyweight workouts, sit-ups, things like that. I love it. I mean I love it! It's straight to the point. I can get in and get out.

The thing I do want to say is that steady-state cardio isn't bad. I'm not against any exercise. But when it comes to developing testosterone, high-intensity interval exercises do work in terms of increasing your testosterone levels along with endurance and some other great benefits.

#4 The Fun Workout

Now here's the other thing, the fun workout. My fun workout is kickboxing. I just like doing that and one of the things that I suggest for guys is if you're working out, and you're going to the gym, then pick an activity that you like doing that you can be competitive at-- go for it!

GO HARD

If you're going into the gym and that works for you, fine, don't mess with that but if you want to play basketball, or if you want to get out there and do some activity that you can say, *hey look, I'm getting better because I've been going to the gym, eating better, getting my sleep, and doing my meditation.* Then go for that too! All these things play a role in encouraging you to keep moving forward in your health.

#5 Eating Schedule and Intermittent Fasting

When do I eat? Daily, I won't eat until one o'clock because I'm doing intermittent fasting. So I don't eat between 7 p.m. of the current day until 1 p.m. the following day. That just works with my schedule. Whatever *16-hour window* works for you is fine. The great thing about it is I'm cleaning out my body when I do it. Fasting is a way to put the body in healing mode since you don't have anything in your stomach. When you're in this mode your testosterone levels and HGH go up. Your body's just healing itself every day. I typically do intermittent fasting about four to five days a week. It's become a part of my lifestyle.

Intermittent fasting also reduces blood pressure and cholesterol levels. If you're just starting, take your time with it. It's like setting a feeding schedule for a baby. If you've gone through that process, you realize it's not that easy. Babies may want to eat at three a.m. today but tomorrow the parents may delay feeding the baby by pushing the schedule back, little by little until the baby is eating at seven a.m. without complaining. Well, you have to train the same way. If you're used to eating at 7 a.m., it's going to take you a while to get used to your 16-hour window. So keep that in mind as you start this process.

#6 Keeping a Journal

One thing that professionals do and you should adapt is journaling. That's writing down exactly what's going on with you. What you eat during the day, what exercises you have done, etc. This is so you can start seeing a pattern of what you're doing, especially when it comes to having sex because you want to have that in there too.

You can call it a sex journal if you will. It's just like you're asking yourself, *"Hey, how was your last performance?"* Now, if it wasn't good, then you may have to write something like, *"Oh, that's right, I had something to drink beforehand. Oh, I had some sweets and that messed me up, or oh, I ate a heavy meal. That's the reason why my performance wasn't good."*

If you're trying to get to a point where your performance is great every time, you have to go through this process. I know it sounds sort of like, *"Why do I have to write this down?"* Because it works. That's why professional athletes do it. You're a sexual professional athlete. There we go. That's the one thing that maybe your wife pays you for. Who knows? Keeping a journal also helps in achieving your goals, stretching your IQ, and strengthening your self-discipline.

#7 Sleep

GO HARD

New research shows that sleep is highly underrated, especially for athletes. LeBron James sleeps 12 hours a day. That's incredible. For someone who has been in the game as long as he has been, played as many NBA games as he has, and his age. He only had one major injury in, I don't know how long. That's crazy and that's because he gets 12 hours of sleep. Venus and Serena, they also do 10 hours of sleep a night, I believe. Federer, the tennis star, does 10 hours of sleep. All of those make sense. Your body has the time to heal itself, so get more sleep if you can. I understand you have different schedules, et cetera, et cetera. Do what you gotta do, but get the sleep in and make sure it's quality sleep.

When it comes to eating, there's a whole lot of confusion. I've taken all the confusion out of my diet. I'm just telling you what I'm doing now. Before I was 80% vegan, 20% of the time I would have meat just because it was there. Some chicken... You know, when I'm out and couldn't get to a salad or something like that. Now I've changed it up. I'm now eating 80% whole foods and whole plants. I'm talking about fruits, vegetables, and things like that because I notice the difference in how I feel and perform when I eat them.

You know I've talked about it, I did the research and I was like, well, let me just keep on doing this and my eyesight has gotten better. Wasn't expecting that. But I wear contacts, I'm getting older. My eyesight was starting to go. But now that I'm eating more fruits and vegetables, my eyesight is coming back. Not just eating carrots, I'm eating a bunch of different things. We have the nine nitric oxide, fruits and vegetables to eat that we have listed. I'll make sure to link that around here. It's important. That's why I've made the change. I challenge you to do the same thing, to go ahead and incorporate as many fruits and vegetables into your life as you can. It makes a huge, huge difference in your erections and your overall health.

In conclusion, we'll talk about the basics of building your routine. Make sure to check out the other YouTube channels. I'll list a couple below that I like looking at, but get some more information about this so you can become an expert in terms of helping with your health.

So let's break it down. Meditation makes your life easier. Yoga makes your body move easier. High-intensity interval training gives you endurance and more testosterone for stronger erections. Fruits and vegetables. That's the number one thing. Out of everything I just said, you could scrap all that and just eat more fruits and vegetables. That's gonna change your life incredibly. You'll sleep better. You don't have to have 12 hours of sleep. But it helps. Eat fruits and vegetables, go for it.

A fun way to be competitive with your new body that way, it'll keep you engaged. Intermittent fasting. Of course, that's incredible for increasing your testosterone levels and your HGH. And of course, the bursting and burning of testosterone is what fuels erections, so you want that. Make sure you keep a journal so you can find your patterns. And as far as your sleep is concerned, get as much as possible, especially if you're an athlete. The research is now showing that it makes a lot of sense. And if LeBron James is doing it well, what the heck.

GO HARD

The question of the day is, what can you fit into your daily routine starting today? Can you grab some fresh fruits or vegetables? Can you go to sleep a little bit earlier? Can you do that right now? Close your eyes and meditate. Take five minutes to change your life, it'll make you feel better.

Chapter 19 How To Use African Fly

If you're looking to improve your sexual health, improve your erections, get over erectile dysfunction, and you're looking to do it with African Fly, the liquid aphrodisiac, then read on because what I'm going to talk about now is how African Fly can help you, what it does, how it works, and more.

I became a sexual performance coach with African Fly because I had to do the research, find out about it, how it worked on guys, and talk with couples. That's how I cut my teeth on getting all this information.

I'm going to tell you everything you need to know about African Fly, how to use it, what the effects are, and also, how it works on women because that's a good one.

What Is African Fly?

Here's the story from the beginning, because over 20 years ago, my fiance and I, who's from Liberia, went to a family event, where we saw a root in a bottle. We asked, "Hey, what is that?" Someone said, "Oh, it's an aphrodisiac." So, of course, we said, "Pour."

The next morning, we woke up giving each other high fives in bed. We both said, "Hey, that worked." She was into herbology. I was into entrepreneurship, and we just came up with African Fly. We did the research, got the formulation together, and shared it with family and friends, and it worked. So African Fly is an all-natural, liquid aphrodisiac. It is technically known as a tincture, which is, basically, a herbal-medicinal, concentrated tea, if you will.

African Fly is a liquid formula that comes in a 4-ounce bottle with a dropper-top tube. It helps your body improve both testosterone and blood flow, the two things that are essential for better erections and overall health.

It helps increase your sex drive. It makes it easier to get aroused. It helps you to last much longer, and it also intensifies your orgasm.

Now I want to make sure this is clear. This is a supplement. It is meant to supplement the other things you do.

GO HARD

That is the reason why we have 150 videos on YouTube, and I've written two books. We have a bunch of information so that you can use the information with African Fly to get to where you need to be.

It also increases the frequency of your erections, the hardness of your erections, and of course, it drives up that sexual stamina. And if you're using it correctly it can help improve the size of your erection.

How To Take African Fly

All right, let's talk about when and how to take African Fly. We recommend taking African Fly two to three times a day, depending on your level of sexual health and what you need to improve.

We recommend you take it in the morning, afternoon, and early evening. The reason why we say early evening is because it is a stimulant. If you take it and you try to go to bed, it's going to be harder to go to sleep, unless you do some exercise or you have sex because that's what African Fly does. It tells your body to get ready for sex.

You can add it to water, or you can take it directly under your tongue. It comes with a dropper-top tube. Take the dropper, squeeze, and put 3 drops under your tongue or add it to some water. It does have a harsh taste because we don't cut it with anything. This is not Flintstones Kids.

This is an actual product that's going to help your body. We're more concerned with results than with taste. How long it takes to work depends on where you are on the sexual performance scale.

That is a scale of one to ten, with ten being the highest. Most guys who are taking African Fly are five to seven. They're not as reliable as they used to be. If you're a one to four, then you need to take African Fly and do a bunch of other things because your health is at stake.

How We Are Different

I'm going to say something very unusual for most business people, which is we tell you how to stop taking African Fly. And that's because they're actual herbs, barks of trees and roots. Straight out of nature. ^[c]

Humans throughout time, looking to have better sex, have wiped out species of animals and plants. So we don't want to do that. There are billions of people around the world who can benefit from this product, and we don't need all the billions of them using it.

What we do want is to give you the information so you can use it. Then move from needing to take it to using it daily. From there, only using it whenever you want, to not needing it at all.

African Fly & Women

GO HARD

So let's go ahead and break down African Fly and women. First, let's talk about the 80/20 rule of sexual performance. That means for men, 80% of our sexual performance is physical. We have a member that needs to be erect for us to have sex. So we have to handle that physical side of things. The other 20% is just the mental, the psychological.

For women, it's the opposite. 80% of it is psychological. The 20% that is physical is lubrication and not having pain. With those two things, she can have sex, but for a lot of women, her mindset will dictate whether she will or not. Often, when I'm coaching women and talking about African Fly, I tell her to de-stress and calm her brain.

African Fly works extremely well with some women...but not all women. I think some of it is psychological. If she doesn't want to have sex, it'll be hard for a man to get her past that, whether she takes African Fly or not. But for the woman who wants to have sex and have taken African Fly, the product will increase her desire a lot because of the testosterone surge and her decision to be intimate sexually.

Men are used to our testosterone spiking anytime. We can be looking at a football game or being hyped about a fight and there it goes. With women, that doesn't happen. If she's willing to engage with a man and takes African Fly, that's when she'll get that spike. It's an amazing thing.

And here's a bonus tip, add African Fly to red wine. It's sort of scary what can happen. One of my homegirls back in the day tried African Fly with wine. We were never physical before that. But suddenly she started coming on to me hard. I said, "Whoa. Whoa. You're being aggressive here."

Yeah. Yeah. It's that powerful.

One quick thing, African Fly is not a rape drug. It's the opposite of a rape drug because it will give her more testosterone for more strength to fight. So if she doesn't want to be with you, she'll want to get with the person who's already on her mind.

So it's not going to knock her out or anything like that. It's just going to make her more aggressive towards getting to the person that she wants to be with. So please don't slip this into anyone's drink. That's a bad look...period.

All-day foreplay is one thing that's very necessary for women. Just call her up. Say, "Hey, babe. I was just thinking about you." Things like that. That allows her to relax, feel secure. And it helps with her thought process, the psychological thought process, that she will want to have sex.

Here are some other things that African Fly can help you with...

GO HARD

- Premature ejaculation.
- Keeping you awake. I'm not saying just use it like that, but it's a stimulant
- Chronic diseases like diabetes and lupus
- Recovering from drinking alcohol. It helps you not to have a hangover

Do not use African Fly if...

- You are pregnant
- You are taking several medications
- You feel anything but better after taking it... do not use it

We are here to help. Not everything is for everybody. We do have a 60-day, money-back guarantee just for reasons like that. The only thing we are going to do, if you want a refund is just ask, "Hey, is there anything particular?" [d] We just want a testimonial to share, so we do not sell it to people who may have a situation like you.

We do not want to waste anyone's time.

Are there any side effects? Well, yeah. One...it will keep you up if you take it late. Two...it will make your hands and feet feel cooler because the blood is being drawn to your genital region.

Yeah, it is that powerful.

Conclusion

African Fly builds testosterone and improves blood circulation for better erection and overall sexual health. Take it two to three times a day to help you move up the sexual performance scale. African Fly does work with women and helps improve their sex drive and desire. And it also helps with chronic diseases, hangovers, and premature ejaculation.

GO HARD

THE PEAK SEXUAL PERFORMANCE GUIDE FOR MEN

If you are reading this, more than likely something is not right. You want to enjoy the priceless confidence that comes with erections on demand, spontaneous erections, and morning erections.

However, you were born without an instruction book. Go Hard is the instruction book for your sexual health and performance. With it, you'll get the information and techniques that will take you from where you are to where you want to be. It also speeds up the process by giving you what works without fluff or over complicating it.

Brian Ayers aka "Uncle B" has been the sexual performance coach with African Fly (Africanfly.com) for over 20 years. After talking with thousands of men, writing books and countless blogs, and teaching through YouTube with over 150 videos...it is safe to say he knows how to break sexual performance down until it can not be broken anymore.

Go Hard will challenge your beliefs about the "healthy" lifestyle that we have all heard about but obviously does not work. It will challenge you to improve your life every day and you will be a different man for it...literally.

Go Hard covers:

- Losing Your Erection During Sex
- Foods To Eat For Stronger Erections
- What Foods Not To Eat
- Premature Ejaculation
- Performance Anxiety
- Masturbation
- Penis Enlargement
- Daily Power Routines For Erections

And much more

If you want real change in your life...you have to change. Go Hard tells you how to do just that... so that you can go hard!



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