



**SIMPLE ALL-NATURAL
RECIPE PUTS AN END
TO HUMILIATING ED
FOR GOOD!**

ERECT ON DEMAND

RESTORE THICK, FULLY ENGORGED, LONG-
LASTING ERECTIONS WOMEN CRAVE

JOSH HARDING

DISCLAIMER

Erect on Demand is a work of well-researched opinion. I do not hold a medical degree and nothing in this book should be considered medical advice. The advice and techniques in this book are 100% my own and are based upon my own experiences. The techniques, supplements, ingredients, and advice in this book have not been approved by the Federal Food and Drug Administration or been the subject of clinical trials or other scientific testing. As such, I make no warranties, express or implied, about the safety and effectiveness of the information contained in this book. Though individual results will vary, I'm sharing these techniques with you solely in the hope that they may help you, too.

While many of my clients benefit from these techniques, they're not for everyone. Seek medical advice before starting or stopping a medication, supplement, or exercise regimen. These changes can create dramatic results. I want you to make sure that your heart is healthy enough for sexual activity and can handle those changes.

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WELCOME!

Welcome to Erect on Demand, fellas! My name is Josh Harding, and I'm the author, researcher, and publisher of this book you have in your hands right now.

Coming in at over 100 pages, this is no longer the “little project” I had in mind when I first started. It took on a life of its own, starting out as just a simple recipe for my Peruvian Brew, and then exploding once I realized that I had way more experience with erectile dysfunction than I cared to admit. Yes, I spent a good portion of my 50's searching for a solution. The worse it got, the more worried I became, and the more time I devoted to studying, understanding, and finding an answer to my ED.

Then, one day, I found it. A handful of rarely used herbs, one over-the-shelf amino acid supplement,

and a couple of everyday fruits—when mixed together in the right amount, helped my ED. All of a sudden I was getting erections while staring at the magazine covers at my local grocery store. I'd pitch a tent just by looking at a hot girl in a bikini. More importantly, I was actually maintaining an erection during sex with my wife, Karen.

This was a come-to-Jesus moment for me. I was suddenly a believer! I tossed my little blue pills into the trash can, dumped the old penis pump, and threw away all the literature I had acquired about terrifying surgeries and methods for getting up fake erections.

I kept thinking that like all my other attempts at curing my ED, this one would eventually fall apart before my eyes. Years later, it's still working. I'm bumping into the big 6-0 with the erection of a teenager.

WHY I WROTE THIS BOOK

First off, I wrote this book for fellow sufferers of ED. Originally it was just a way to record my recipe. But once I got started, I realized that there were few—if any—comprehensive books on ED. So I decided to write one, and the final product was *Erect on Demand*.

If my Peruvian Brew is the supercharged Hemi that gets this book revved up, the additional chapters are

the leather seats, the tech-infused console, and the sleek and sexy body surrounding it all. Together, it's something magnificent to behold: a book for sufferers of ED that's easy to read, simple to understand, and full of no B.S. information. Just like going 200MPH in a Dodge Challenger SRT Hellcat—it's going to change your freakin' life.

What to Expect From This Book

Expect to be surprised. Expect to see a lot of your current assumptions about ED get tossed to the wayside. Expect to get thoroughly pissed off at the lies that Big Pharma has been spouting off for years.

Basically, expect to learn a ton about the real causes of ED, and why men like us get played every single day by pharmaceutical companies offering temporary quick fixes and zero results.

Here's just a teaser of what you can expect to read:

- **CHAPTER 1:** Delve into the reasons why men get ED in the first place without being confused by the scientific jargon. Here I discuss the signs, stages, and causes of ED. You'll even get to hear me rant about the big pharmaceutical companies and the lengths they'll go to take more of your money.

- **CHAPTER 2:** Chapter 2 is my Peruvian Brew recipe! You'll learn exactly how to concoct it yourself in the kitchen with just a few easy-to-acquire ingredients. I'll also share my 1-Minute Miracle Solution, which can give you the full results of my Peruvian Brew, without the messy kitchen cleanup.
- **CHAPTER 3:** A must read for any man that wants my Peruvian Brew to truly work its magic on him. I'll give you a few no B.S. tips and tricks on how to curb those bad habits that are doing more harm than good. I'll also share a few strategies for improving your diet, health, and wellbeing.
- **CHAPTER 4:** If you've ever wanted to read a comprehensive list of possible ED solutions, Chapter 4 is where it's at. Here I go over which methods work, and which don't. I'll discuss certain ED supplements, plus I'll talk about some cool penis massage and stretching techniques that could see your member grow inches!
- **CHAPTER 5:** I'm next to certain that your ED is not influenced by your libido and testosterone production. After all, guys with lower than normal testosterone are still able to get it up and keep it up. But testosterone can cause a decreased desire for sex. Chapter 5 is all about rekindling the flame and getting excited about sex again.

And there you have it! Five simple chapters that contain next to a decade of research on erectile dysfunction. By the end of it, you'll know just as much as I do about this stressful and frustrating disorder.

More importantly, you'll have the strategies you need to do something about it. Erect on Demand is more than just an informative Book—it's power and confidence. It's giving you a chance to take back control of your life.

But that's quite enough for one introduction. It's time to jump-start this book and get you the information you need to get Erect on Demand.

Josh Harding



PERUVIAN BREW SHOPPING LIST

- ✓ Pineapple Juice
- ✓ Dong Quai
- ✓ Yohimbe Bark Liquid Extract
- ✓ Black Pepper
- ✓ Raw Maca Power
- ✓ Ginko Leaf
- ✓ L-Arginine
- ✓ Red Ginseng
- ✓ Horney Goat Weed

You can purchase all of the individual ingredients above separately online and at your local health food store.

Or...

You can get your hands on the brand new pre-made Peruvian Brew formula at a SHOCKINGLY low discount right now today and have it delivered discretely straight to your door.

No fuss, no mess and no fumbling around trying to measure the precise amounts of each ingredient.

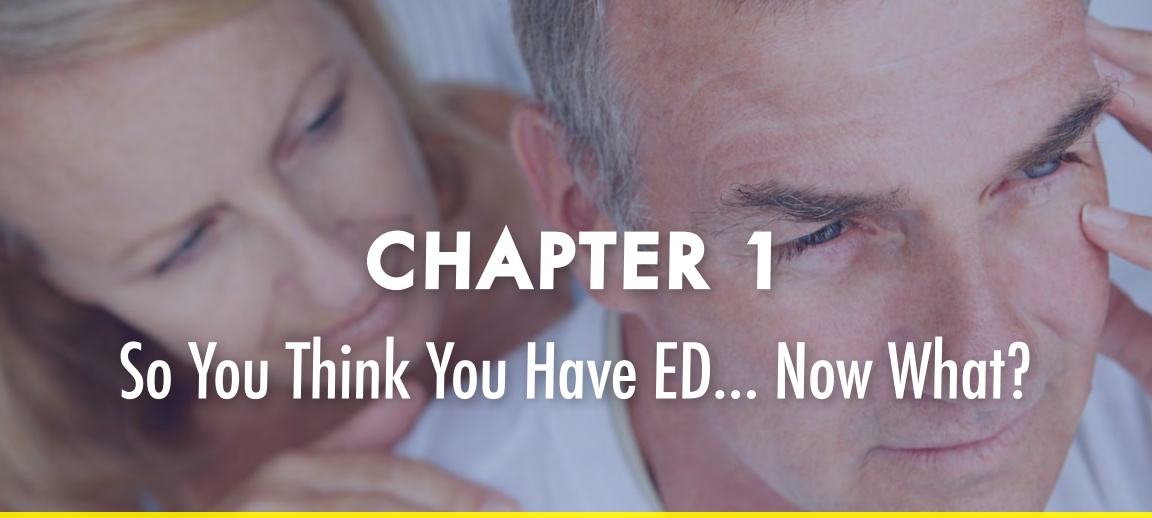
Peruvian Brew is now available in a refreshingly convenient pre-mix that blends easily in water or your favorite beverage. Just one scoop 1 hour before sexual activity is all you need to awaken your manhood helping you achieve the full erections both you and your partner are sure to enjoy.

Visit www.FixYourED.com or call **1-800-458-4634** right now.

Due to High Demand Supplies Are Limited So Act Fast And Get Yours Today!



Awaken Your Manhood With Peruvian Brew



CHAPTER 1

So You Think You Have ED... Now What?

Welcome to Chapter 1! Now, if you're like me, you've probably read more about erectile dysfunction than you care to admit, and in all of that information, there may be a handful of pages that are actually useful to you.

I wrote this book because I hated that my time was being wasted by authors that had no idea what they were talking about. Guys that think they know a lot about ED, but in reality just want to sell you more crap you don't need.

Well, that's not how this book works. In *Erect on Demand*, you'll get the information that's relevant to you and you alone, the following chapters are going to be all you need.

Now, if you're totally new to the topic of ED, continue reading my "Introduction to Erectile Dysfunction," right here in Chapter 1 and go from there.

But, if you're looking for something in particular, the section below this is all you need to find it. Whether you hop through a few chapters or follow the book from page 1, I'm certain you'll find the information you need to combat your ED!

DIFFERENT STROKES FOR DIFFERENT FOLKS

Obviously you're coming to the table with your own experiences. Maybe you're going through a divorce. Maybe you're barely hanging onto your marriage, just like I was. Maybe you're happily married but worried that the early signs of ED will completely destroy the relationship.

Then there's an entire universe of possible medications you're taking, which may be causing your ED. You could be very healthy or morbidly obese, exercise daily or barely walk a few hundred steps a day. You could have transient ED or Penile Tissue Decay (PTD).

That's a lot of different assumptions, so rather than tell you all to start at Chapter 1 and go from there, I'm going to point you directly to the chapters of this book that matter most to you. You get the informa-

tion you need fast, and I feel better about myself for not having wasted your time.

SO HERE'S THE DEAL:

If you're a complete ED beginner, read this chapter before moving forward. Trust me, what follows is a simple and casual conversation on what ED is, what the symptoms are, and what causes it. I'm not telling you this so that you understand the science behind why you can't get it up. I'm doing it so you can maximize your time finding a solution.

Yes, my Peruvian Brew worked for me. And it'll work for a lot of people reading this book. But you may need to make some lifestyle changes before it works (more on that in a bit).

If you're relatively healthy, a non-smoker, and have recently been given a clean bill of health by a doctor, then feel free to head right over to Chapter 2. This is where I hop right into the magic that is the Peruvian Brew, along with my 1-Minute Miracle Solution that shows you how to get the nutrients you need in a few daily supplements.

If, on the other hand, you do have some lifestyle red flags (I'm overweight, I smoke like a chimney, I'm not as good at keg stands at 40 as I was when I was 20,

etc.), or you're lacking in the stamina department, then you, my friend, should visit Chapter 3.

Don't worry; you'll receive no finger-wagging from me! But believe me when I say that an erection is one of the most (if not the most) complex physiological mechanics in the male body. Even if you drank down my Peruvian Brew every day, as long as your body is out of whack, it'll never work!

For the guy who is dying to add additional tools to their erection toolbox, Chapter 4 is where it's at! You'll learn all about alternative vitamins and nutrients you can take to supplement a bigger, rock hard cock, plus some crazy penis exercises (some over a thousand years old) that are great for improving blood flow, and more importantly, increasing penis size.

If you feel that a nearly extinguished sex life between you and your significant other is at least partially to blame for your ED, or you just feel like you and your wife have done everything there is to do then you need to read Chapter 5. Chapter 5 is about re-kindling that flame with tips on how to improve your libido, get her in the mood for sex, and make up for lost time in the sack by becoming a god of sex with a few new moves ready to try out. I'll even nudge you in the right direction of how to get a whole lot more oral from your one and only.

There you have it, the complete guide to my book. So while I get moving through Chapter 1, feel free to hop down, back up, or read side to side; whatever you need to find the information in this book that you need.

Erectile Dysfunction: The Symptoms, Stages, and Causes of ED

Confusion is rampant when it comes to erectile dysfunction, as there are still different names used to describe ED. For example, as little as a decade ago ED was still being called by its original nomenclature, impotence.



Even if they finally clear that “little” problem up, there’s still a host of issues involving an exact diagnosis of ED, including specific symptoms, stages, and causes. It’s been said that ED has as much to do with bodily functions, such as blood flow, as it does with psychological causes, such as stress and depression. Which is correct? Are both? Is one more influential than the other?

Early on, when I first started my quest for a solution, I felt like I was in a maze. Dead ends were everywhere. Paths that I thought were correct took me right back to where I started. And this went on for years!

Yet, as time went on, I learned where those dead ends were. I remembered what had wasted my time and what brought me results. Today, I’m going to share with you the results of these labors without all the scientific jargon and technical mumbo jumbo.

Where better to start than with the symptoms of erectile dysfunction?

THE PRIMARY SYMPTOMS OF ERECTILE DYSFUNCTION

There are two primary symptoms of ED:

- ✓ An erection that is not 100% of its potential size
- ✓ Trouble keeping an erection long enough to complete intercourse

In many cases, the medical community will attribute a third and fourth symptom as well:

- ✓ Reduced or complete lack of sexual desire
- ✓ Premature ejaculation or delayed ejaculation

These symptoms can come and go throughout your lifetime. You may experience one, two or all of the above symptoms, or experience them at such a low threshold that you can effectively ignore them most of the time, but still feel their impact.

HOW INSISTENT ARE YOUR ED SYMPTOMS?

Erectile dysfunction can occur occasionally, abruptly, or persistently. Interestingly, you can learn a lot about your ED just by identifying how often you notice your symptoms.

For example, according to WebMD, *transient* ED “isn’t likely to be serious.” By transient, they mean that the symptoms come and go from time to time, but since almost all men experience this, it isn’t cause for concern.

Gradual or *persistent* ED, however, means there’s “probably a physical cause; this is generally the case with chronic impotence.” Note that the word “physical” and not “psychological” was used.

As you read this book, you'll notice that the majority of ED symptoms can be solved simply by improving your health and taking additional supplements, not seeking out a psychiatrist.

Lastly, *abrupt* symptoms could have occurred due to a recent accident or surgery. If you can still achieve an erection by yourself while masturbating, you *may* be able to trace it to a psychological factor.

AT WHAT POINT SHOULD I START SEEKING HELP FOR MY ED?

You should seek help when your ED symptoms become pronounced enough that you begin to feel stress in your relationship, or are worried about sexual intercourse. Obviously one of those things has already happened to you, or you wouldn't have picked up this Book.

That said, of all the symptoms that you may have, it's really the first two I listed above that are the most cause for concern. The third symptom, a "reduced or complete lack of sexual desire," should not be attributed to ED. It has everything to do with libido and testosterone production. Men with low testosterone are prone to have ED, but plenty of men can still achieve an erection when they want one despite having low testosterone levels.

Similarly, ejaculatory dysfunction as it applies to ED is a secondary symptom. In other words, it's not really your ED that's causing premature ejaculation. Rather, it's your body's stress levels. We'll go more into solutions for this later on in Chapter 4. For now, however, know that premature ejaculation is often cited as a symptom of ED, but it's technically a symptom of other issues such as sex with a new partner or anxiety.

In the next segment, we'll look at the stages of ED. Knowing the stage you're in can empower you to make better decisions about treatments.

The Stages of Erectile Dysfunction

If you've been following, you know how many different opinions there can be when it comes to erectile dysfunction. The stages of ED are no different. In fact, few medical professionals have a system to determine what stage of ED you're in, or whether you could even consider ED as a disorder with stages.

From what I've learned, however, and from the hundreds of men I've spoken with about their ED, there are a few key stages that I feel that many men can identify with. I created these terms to explain to other men what they are going through and how to iden-

tify what steps they might want to take next.

Again, I'm not a doctor but I think you'll agree that being able to understand ED in layman's terms is important.

These stages are:

EARLY STAGE 1: TRANSIENT ED

Early Stage Transient ED can happen occasionally and is the most difficult stage to diagnose because there can other be external factors that mimic Transient ED. Again, in many cases, a rare symptom is nothing to be worried about. Your body could simply be overly stressed, or you may have had too much alcohol.

Alternatively, you could be experiencing symptoms of Transient ED, and if so, getting ahead of it is always a good idea.

The best way to understand the symptoms of your ED is to keep an ED journal or notepad close to your bed. I know, it sounds awkward, but my ED journal helped me come to terms with the fact that I was in the throes of Transient ED. Jot down your sexual episodes with important notes and symptoms. For example: "June 5th I had sex, no issues. June 12th, had sex, flaccid erection. June 30th, erection lost during sex, 12 beers deep."

Get my drift? Just consider it a log book. And if you have three or more issues over the course of a month, it might be a good idea to visit your doctor about the possibility of having Transient ED.

MID-STAGE (2 AND 3): EARLY CHRONIC ED

Mid-stage Early Chronic ED means you're showing two or more ED symptoms every month, and you have three or more ED episodes on top of that. This is when the majority of men realize they have a problem. In fact, most of the men I had spoken with about their ED had already been to a doctor at this stage in the game, and many of them were feeling more stressed at home.

Unfortunately, this is exactly when men start to get hooked on drugs pushed by Big Pharma. Before they even look at other options, they're likely being told that it's probably just a matter of blood flow and are prescribed over-the-counter drugs that, in most cases, help the symptoms of their ED without ever helping the root of the disorder itself.

LATE STAGE 4: ED PENILE TISSUE DECAY (PTD)

Severe loss of sensitivity or Penile Tissue Decay, (PTD), is usually the final stop for sufferers of ED. As most men who've experienced this can attest, in this stage, most, if not all, of a man's penis has gone numb.

The amount of feeling has been reduced to such an extent that he feels little to nothing during intercourse. This, in turn, makes it extremely difficult to keep an erection during sex. Within minutes or even seconds of achieving an erection, it's already disappearing before his eyes.

At this point, prescription pills, penis pumps, and just about every other ED "solution" is effectively eliminated as a possibility. Even if you do achieve an erection long enough for sex, you probably won't be able to feel anything anyway.

I hit a late stage PTD wall about the same time I hit my mid-50's. I thought it was over. No doctor I spoke with had any other ideas outside of surgery. I hated that idea, but I was so desperate at this point that I ruled nothing out. Then, miraculously, I discovered my Peruvian Brew. I want to let you guys know that even at this stage, you can still make a 100% comeback.

The Two Most Common Causes of ED

I attribute erectile dysfunction to two very specific issues; neither of which had anything to do with a lack of testosterone or a psychological issue. Instead, these issues were primarily a problem with blood flow, and more importantly, a drop in penile sensitivity.

Let's go over both of these in detail.

LOSS OF BLOOD FLOW

Loss of blood flow to the penis, or the inability of blood to remain inside the penis, is the most cited cause of erectile dysfunction. Unfortunately, there may be dozens of reasons why this occurs. Everything from high cholesterol and cancer to a lack of nitric oxide in your body could play a role.

Unfortunately, many doctors are far more willing to prescribe blood flow medication to their patients rather than find the exact cause behind their symptoms. Heck, when you first went to your doctor about your ED, you were probably happy just to have some relief from the problem, and so you take those pills thinking they just might work!

The truth is, however, if you really want to try to rid yourself of your ED, you need to get to the root cause.

Luckily, if you've ever used the drugs Sildenafil, Tadalafil or Vardenafil, and found some success with them, then it's possible you may have an issue with blood flow, so it's important to talk to your doctor about what may be causing it.

In the meantime, I'll give you a few places to start. And by the way, every possibility I mention here can be addressed through my Peruvian Brew.

First, get tested to see if you have Atherosclerosis. Atherosclerosis is a disorder in which the body's arteries begin to harden. The harder these arteries become, the more difficult it is for your body to pump



blood into the penis. The endothelium, which is the lining of the blood vessels, is where Atherosclerosis begins, and it can be damaged by smoking, diabetes, high cholesterol and high blood pressure.

If Atherosclerosis isn't the issue, then a reduced level of nitric oxide is the likely culprit. You'll learn all about nitric oxide in the next few chapters. But in a general sense, nitric oxide is the precursor to every important chemical reaction your body needs to achieve a strong and lasting erection. The less you have, the more difficult it becomes to keep your erection.

There are other less likely reasons why you may be seeing reduced blood flow in the area, and we'll cover these in Chapter 3. For the time being, discuss these two root causes with your doctor. If you pair the solutions to these issues with my Peruvian Brew, you should see insane results and may find yourself never having to take another blue pill again.

LOSS OF SENSITIVITY

When it comes to ED, everyone and their mother talks about blood flow and stress, and next to no one discusses sensitivity loss. This is a huge mistake, and only in the past few years has the medical industry started discussing it with some urgency. Of course,

the big pharmaceutical companies aren't interested in discussing sensitivity loss, since their top drugs can't do anything to fix it. Go figure.

Your penis can lose its sensitivity over the course of your life for many reasons.

We're talking chafing, masturbating without any lubricants, irritants, and just plain ageing. The effects of this "wear and tear" can be exacerbated if the man is circumcised. The foreskin of an uncircumcised penis often acts as a kind of lubricant for the glans (the head of the penis). On top of that, 80% of a man's penile nerves are located in the foreskin.

When you add this to the fact that men who are circumcised are four times more likely to be diagnosed with ED, then you may begin to wonder why blood flow seems to be the go-to reason behind this frustrating disorder.

Improving penis sensitivity is the first step towards helping to improve your erectile dysfunction. And, just like increasing your blood flow, you'll find out how to do it with my Peruvian Brew.

Other Possible Causes of ED

Blood flow and penis sensitivity are two culprits behind erectile dysfunction. But other possible causes do exist, and we'll be discussing a few of them in this segment.

Now, I don't want to focus on these too much because I see these additional factors as only marginally related to ED. If, however, you're looking for a holistic approach to curing your ED, these absolutely may be worth looking into.

PSYCHOLOGICAL ISSUES & STRESS

I don't know if you remember, but I told you that stress was an unlikely cause of your ED. Rather, it's a *symptom* of your ED. You aren't able to get it up, and thus, you get frustrated, depressed, and stressed. Think back to when you were a terrified teenager having sex for the first time. You were stressed—and yet, you had zero issues getting it up. It came naturally to you regardless of whatever jitters you had.

And yet, I can't simply write off stress as a possible cause for ED. In my worst weeks, I felt like I was psyching myself out so to speak. I couldn't even *attempt* to get aroused, or rather, I'd just give up before

I even tried. I'd make up some excuse to Karen about how I was tired, but in reality, I just didn't want to look like a fool again in front of my wife.

Then there's the stress that gets played out in the relationship; erectile dysfunction can wreak havoc on a relationship. Even if you can have sex, might feel too embarrassed to do anything about it. Thankfully, Karen and I never got to the point where we *resented* one another, but the longer it went on, the more worried I became that she thought it was her fault. I don't have to tell you what kind of agony this can cause a relationship. Heck, you are probably already living it.

The good news is that there's still hope. Managing your ED is going to eliminate the stress that it's causing you and your relationship. I've got some tips and strategies in Chapter 3 that are bound to relieve stress in other areas of your life as well.



HYPOGONADISM

Mayo Clinic defines hypogonadism as “a condition in which the body doesn’t produce enough testosterone—the hormone that plays a key role in masculine growth and development through puberty—or has an impaired ability to produce sperm or both.”

In an NCBI paper titled, “The Relationship Between Hypogonadism and Erectile Dysfunction,” the authors suggest that “clinically, reports of patients with erectile dysfunction combined with hypogonadism who receive testosterone therapy have inconsistent results.” That doesn’t sound promising. However, that’s not to say that hypogonadism doesn’t have some part to play when it comes to ED.

Most of the medical world assumes that a drop in testosterone inevitably leads to a drop in sex drive, which undoubtedly leads to a reduced ability to achieve an erection, which is a primary symptom of ED. I’d call this “trueish” if that were a word. Plenty of men with reduced testosterone are perfectly capable of achieving an erection, and plenty of guys I spoke with have been diagnosed with hypogonadism and report a very happy sex life at home.

I tend to look at a drop in testosterone as its own, separate issue. It can make your erectile dysfunction worse, but it isn't going to cause your ED outright.

When you start seeing a drop in libido as its own issue, it suddenly becomes a whole lot easier to understand. Hypogonadism can be treated with testosterone boosting supplements, which in turn can improve your sex drive. As your ED improves through the use of my Peruvian Brew, so too can your libido and sex drive through the use of additional testosterone supplements.

Why I Got Fed Up with Western Medicine's ED "Solutions"

I don't want to go as far as to say that Big Pharma is evil. Even after spending years of my life suckling from their teat, without ever seeing an honest-to-God solution for my ED, I still can't deny that they still gave me temporary relief from my symptoms. For a while, I was more than happy to direct-connect my life savings to these massive pharmaceutical giants and let them slowly drain me of my net worth (or maybe rapidly drain me. We're talking about the net worth of a community college history professor here).

Yes, evil may be too harsh of a word. In reality, these companies just really like money. And hey, I can appreciate that. I like money, too. Only, when I say “really like money,” I mean that they really like money. They’re obsessed with it.

And what’s going to make them more money at the end of the day? Are they going to throw their massive resources into finding a pill that gets rid of your ED for good? Or will they produce a pill that helps it temporarily? Which one is going to make them more money?

Yup, that one’s a no-brainer.

You can imagine what I’m like when I’m talking about this with ED sufferers. I’d field questions like, “So Josh, why shouldn’t I just use a few little blue pills every now and again to achieve an erection, and then pop a few testosterone shots to increase my libido. Bam, problem solved right?” Wrong.



I mean, look at what you're doing to yourself. Look at what it's costing you. I'd much rather take a few supplements every day and rewind my body back by a decade. That way I don't need to blow cash on pills. My erections occur naturally, and so does my sex drive.

And even if you have an endless bank account and can buy a swimming pool of little blue pills, you're still going to get screwed in the end. Why? Because as the years go by, the root problems that caused your ED in the first place are only getting worse.

And trust me, those problems can catch up to you, and usually sooner than you think!

What happens when these little blue pills stop working for you? You start looking at more extreme measures, that's what. You'll listen to your doctor as he talks about invasive surgeries, all of which could stop you from achieving a real erection ever again; not to mention that the surgery itself could kill you.

My doc told me I may die during the surgery and I said to him, "Yeah I know. Keep talkin'."

Today, I can't even imagine turning my penis into some kind of freak-show cyborg augmented with a third testicle pump, or inject it directly with ste-

roids in hopes that foreign chemicals keep it up long enough to hump my wife.

No freakin' thanks. Forget it. Enough's enough with the surgical "solutions" for ED.

Once I realized that I could eliminate the majority of root causes with supplements, a few exercises and some delicious dietary changes, everything changed. I threw away my prescription and haven't needed a pill ever since.

Trust me, throwing those pills away wasn't easy. Just like other pharmaceutical drugs, ED pills can create physical addictions. I'll even let you in on a little secret: when I say I "threw them away" that's not exactly true. I had to keep about a dozen hidden away just to keep my nerves from going haywire at the thought of going limp. Luckily, I never had to use them.

All I'm saying here is that I got fed up. And that's what led me to start searching for the ultimate solution in earnest. I also know that I may have searched the rest of my life and never found it. I got lucky, plain and simple. Which is why I felt like I *had* to write this book. I *had* to get the information out there. I want you to get lucky too.

Chapter 1 Summary

That completes the first Chapter of *Erect on Demand*! I understand that you guys may have been acquainted with some of this information, so I appreciate your patience up to this point. From here on out, we're delving into uncharted territory. And of course, the big reveal is coming up in Chapter 2: The Ultimate Boner Brew Cocktail Recipe!

Before I close this up, let's go over a very brief summary:

- ✓ Early warning signs and symptoms of ED, as well as which symptoms should cause you honest concern, and which should be looked at as separate issues entirely.
- ✓ The stages of erectile dysfunction, from Transient ED and Early Chronic ED to late stage 4 ED with Penile Tissue Decay (PTD).
- ✓ The most common causes of ED: sensitivity loss and of course, blood flow.
- ✓ Other reasons (psychological + hypogonadism) that may have some connection with your ED, but are likely separate problems or even symptoms of your ED.

- ✓ The reasons why I got fed up with doctor-prescribed ED solutions, and what drove me to look for an alternative and natural solution to my erectile dysfunction.

Chapter 1 has remained a resource for me ever since I finished writing this book, and I hope it becomes a valuable resource for you as well.

But enough of Chapter 1. It's time to move into the chapter that turned everything around for me and thousands of ED sufferers. It's time to talk about my famous Peruvian Brew!



PERUVIAN BREW SHOPPING LIST

- ✓ Pineapple Juice
- ✓ Dong Quai
- ✓ Yohimbe Bark Liquid Extract
- ✓ Black Pepper
- ✓ Raw Maca Power
- ✓ Ginko Leaf
- ✓ L-Arginine
- ✓ Red Ginseng
- ✓ Horney Goat Weed

You can purchase all of the individual ingredients above separately online and at your local health food store.

Or...

You can get your hands on the brand new pre-made Peruvian Brew formula at a SHOCKINGLY low discount right now today and have it delivered discretely straight to your door.

No fuss, no mess and no fumbling around trying to measure the precise amounts of each ingredient.

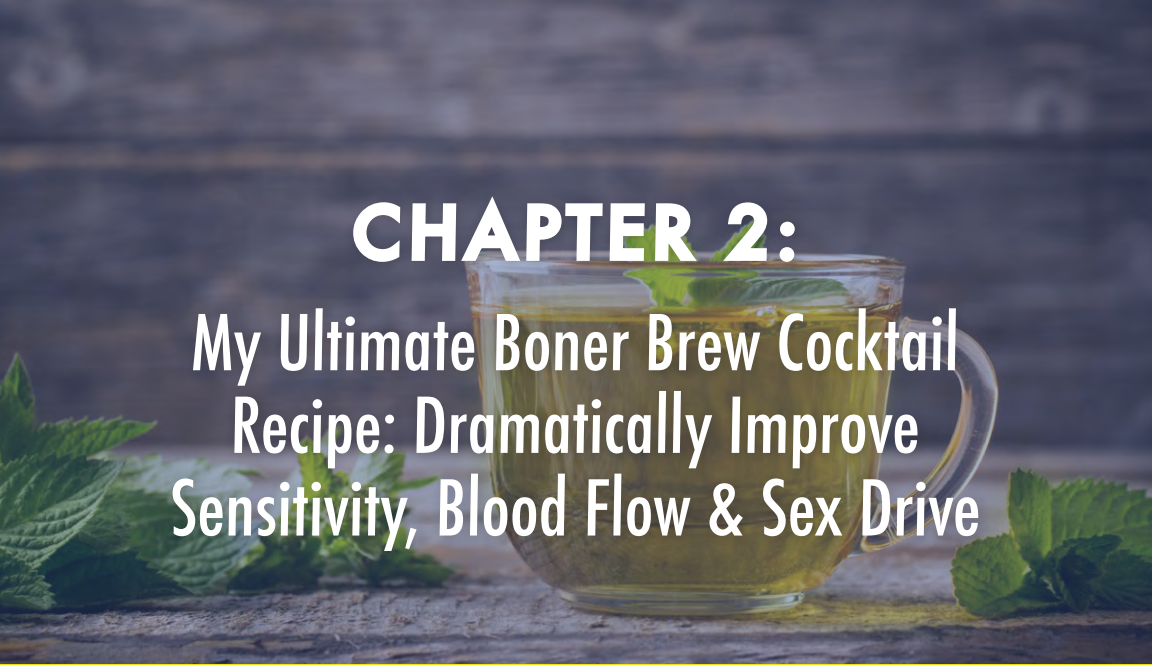
Peruvian Brew is now available in a refreshingly convenient pre-mix that blends easily in water or your favorite beverage. Just one scoop 1 hour before sexual activity is all you need to awaken your manhood helping you achieve the full erections both you and your partner are sure to enjoy.

Visit www.FixYourED.com or call **1-800-458-4634** right now.

*Due to High Demand Supplies
Are Limited So Act Fast And
Get Yours Today!*



Awaken Your Manhood With Peruvian Brew



CHAPTER 2:

My Ultimate Boner Brew Cocktail Recipe: Dramatically Improve Sensitivity, Blood Flow & Sex Drive

I'm sticking to my guns here fellas. I said I wanted to give you this information as quickly as possible, and I'm a man of my word. Here are the ingredients of my Peruvian boner brew in all of their glory:

THE HERBS:

- ✓ Dong Quai
- ✓ Horny Goat Weed
- ✓ Ginkgo Biloba
- ✓ Maca
- ✓ Yohimbe
- ✓ Korean Red Ginseng

THE FRUITS:

- ✓ Black Peppercorn
- ✓ Pineapple

PLUS one final ingredient, the amino acid, L-Arginine.

These are the ingredients to my Peruvian Brew; the ingredients I spent over two years perfecting. Combining these nine simple items with your diet is a great way to blow your sex life out of the water.

Heck, if you're in awesome shape and are a non-smoker/non-drinker, my brew could really turn things around for you. And, unlike pills, which have been shown to have dangerous side effects, the Peruvian Brew is natural, and gentle on your body. Peruvian Brew uses plant based extracts to get to the root of the problem.

I suppose I could end the chapter right there since this is all you really needed!

Each and every one of these ingredients can be found at a local supermarket or health food store. Buying them in their supplement form can get a bit expensive, but they're not even close to the cost of an expensive surgical procedure or even a month's worth of Viagra.

And of course, to help you out even more in the savings department, I'll share my 1-Minute Miracle Solution with you at the end of this chapter. I mean, why stock your shelves with seven different supplement

bottles and a couple of bowls of fruit when you can just gulp down a glass of all the manhood restoring ingredients you need?

Also, while I could move on to other points of interest in this book, I get that you might be curious, and dare I say skeptical, about my Peruvian Brew.

In fact, I hope you're skeptical. Even though I'm not selling you anything, you still need to come to the table with at least some suspicion. I can't begin to relate the amount of false promises and dead ends I had to deal with during my quest for an ED solution.

All I'm saying is that you should do your due diligence and learn about all of these ingredients. Google them, ask your doctor, and of course, to help you get started, I've even provided some additional material on these ingredients right here in Chapter 2.

In the next segment, I'll jump into a very brief history of my Peruvian Brew, after which we'll talk about the benefits of each and every ingredient of my Peruvian Brew!

Bottoms up!

The History Behind My Peruvian Brew

I don't know what's harder to believe, that some Peruvian tribes have held the secret to men's sexual health for the last three millennia, or that no one else has bothered to go there and request a sample. Both sound implausible. At least, that's what it felt like to me! This is how it all went down.

My wife Karen, and I wanted to blow off some steam and decided to travel to Peru one year. Soon after we arrived, our tour guide Russ took us to a little known retirement community deep in Peru's native jungle. That's when my whole world changed; we accidentally stumbled on front row tickets to the best sex show on earth. Couples twenty years older than us were going at it like jackrabbits. I stood there, speechless. I struggled to get an erection, yet these way older Peruvian dudes were going at it two, three, even four times an hour.

When we left, they were *still* going at it. Karen and I were dumbfounded to say the least.

“Herbs and plant extracts my ass,” I said to myself after Russ mentioned what was in the concoction that they drank. “There must be a top secret Big Pharma

research facility out here somewhere contaminating the water with extra-strength Viagra.”

But for the last 3,000 *years*? Well, there goes that theory.

After we went back the second time and I got my hands on the ingredients, I still didn't know if it would work or not. I'm not exactly a chemist, after all. And yet, after just a few days, I figured out the basic recipe that these guys were chugging down.

And by the time I got back Stateside, I was literally desperate to know what I was eating every day.

Like I said, I'm not a chemist, but being in academia, it's easy to meet someone that is. My friend from the University of Michigan tested these plants for me. I discovered that it was a mixture of a few things: Maca, Ginseng, Chuchuhuasi, Clavo Huasca, and a few other weird-sounding herbs that I had never heard of.

And imagine my surprise when he told me that most of the herbs were actually found in other places around the world and that I could buy most of them as supplements already!

I tested some of these supplements in a few combinations, along with the aforementioned fruits. They worked, sort of. I was only achieving a fraction of the

original potency, so, I kept testing away. And while it took a few months to get it down, I finally figured it out: six herbal supplements, a single amino acid, and two fruit extracts.

Karen and I celebrated with an all-nighter. I could barely get out of bed the next morning.

I knew I had something here—something that was obviously not being sold anywhere else, or I would have found it. And of course, being a professor, the first thing that came to mind wasn't, "I should capitalize off of this and make a bazillion dollars," but rather, "Hey, I could write a book!" Go figure.

The ingredients in my Peruvian Brew are below. Learn about them, pick em' up, and get to know them. Trust me; this is one project you'll never regret taking on.

The Ingredients: Six Herbs That Cost Less Than \$35 Total

The six herbs that I mentioned earlier are listed below. Many of these you're probably already familiar with. Others, not so much. A couple of these herbs, namely a variant of Ginseng and Maca, a native plant of Peru, were in the original Peruvian Brew. The other herbs I identified as being similar or even better (not

to mention cheaper to acquire) than the other ingredients used by the Peruvian tribes.

DONG QUAI: A CHINESE ADDITION TO A PERUVIAN BONER BREW TRADITION

Origin: China

Dosage: 560 mg (daily supplement)

Dong Quai, also known as *Angelica Sinensis*, comes from the plant family *Apiaceae*, which is indigenous to China. The root is yellowish brown and has been harvested and used in Chinese medicine for well over a thousand years.

I became interested in it when I realized that much like the Peruvian ginseng I had tested earlier, it supposedly improved blood flow and increased the production of blood in the body. And while those facts caught my interest, they paled in comparison to the host of additional side effects, all of which improve sexual function in men.

For example, Dong Quai has long been known as a rejuvenating agent, able to enhance vitality and vastly increase sex drive. Obviously improving libido is a huge bonus to taking an ED supplement. Not even Viagra can claim that it both improves blood flow and increases a man's sex drive.

Additionally—and this is what really got me excited about Dong Quai—one of its primary benefits is the rejuvenation of nerve endings in the glans, or the head of the penis. This was a huge selling point for me since I had been living firsthand with reduced sensitivity, and I knew just how terrible of an effect it was having on my sex life.

I also discovered that centuries ago, and even still today, men rub Dong Quai on their manhood to improve their longevity in the sack. Now, this isn't something I tested firsthand, but I have



heard you should attempt this method at your own risk. But if you do suffer from premature ejaculation, and want to give it a try, simply apply it an hour before intercourse and wash it off just before.

Lastly, Dong Quai, along with most other herbs in the Apiaceae family, is considered a relaxing agent, which could help those suffering from psychologically-induced ED or PE. Just one walk through the grocery store tea section will show you exactly how big of an impact ginseng has had in this regard. There's no reason why it can't help sufferers of ED and PE as well!

GINKGO BILOBA: BLOOD FLOW PLUS NITRIC OXIDE SUPPORT

Origin: China

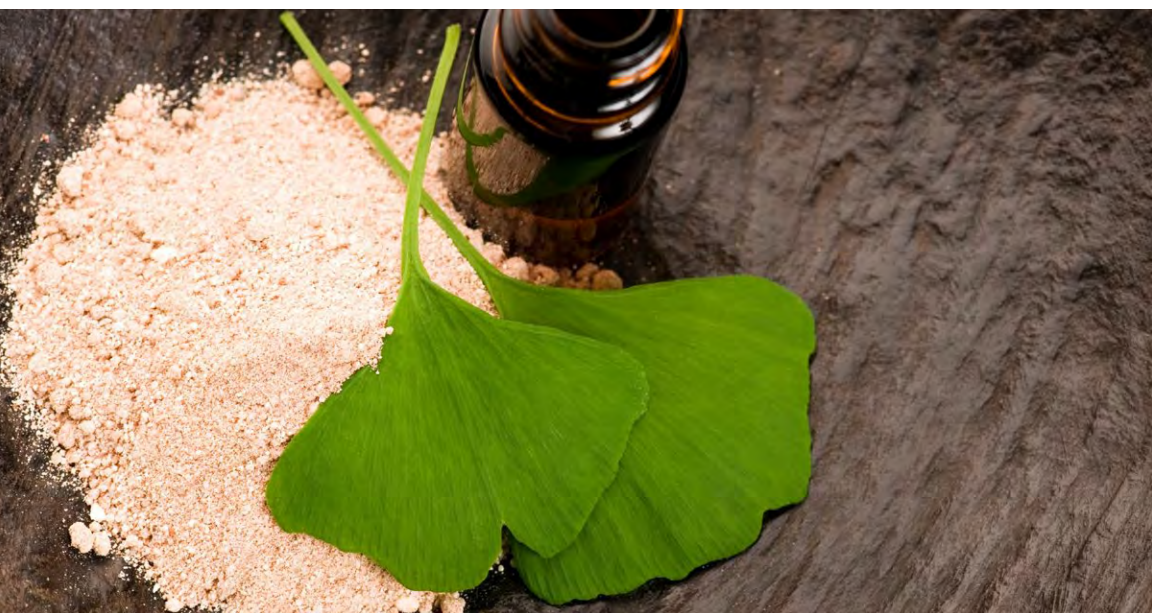
Dosage: 1 pinch ground/minced Ginkgo Leaf + additional ingredients OR 60 mg daily supplement

Ginkgo biloba has been used for centuries to treat a wide assortment of ailments. For our purposes, however, its primary benefit is the increase in blood flow throughout the body. This increased blood flow is the likely reason why so many people take ginkgo biloba to augment their memory and mental power. Fewer people know just how powerful this little herb can be

outside of simply increasing blood flow (and thus relieving you of a major cause of your ED).

In fact, ginkgo biloba has a little-known benefit to men's sexual health that has huge ramifications on our performance. "Some studies show that like Viagra, ginkgo enhances the effects of nitric oxide," says Richard P. Brown, MD, an associate professor at Columbia University in NYC, "which helps relax artery walls, allowing more blood to flow into the penis."

This is what led me to experiment with ginkgo and eventually add it into my Peruvian Brew. Plenty of herbs reportedly will increase blood flow, but not all of them enhance one of the most critical ingredients to an erection: nitric oxide. Note that ginkgo biloba doesn't actually increase nitric oxide production. Rather, it just makes what you already have, more potent.



Lastly, ginkgo biloba is a known anxiety reducer, which means it can help reduce pressure on your sympathetic nervous system, which in turn lets you last longer in the sack. How's that for a multi-purpose ED supplement!

HORNY GOAT WEED: NEED I SAY MORE?

Origin: China

Dosage: 500 mg daily supplement, added to beverage or taken separately

It's called horny goat weed, so, of course it's going to help us fight off our erectile dysfunction! This little supplement, also known as epimedium, barrenwort, fairy wings, rowdy lamb herb, and randy beef grass, has been used for centuries to improve sexual performance. I mean, how could I not try this supplement out as a candidate for my Peruvian Brew?

Given, I was less interested in amusing herb names and hearsay, and more interested in results. As I began researching HGW, I noticed two benefits coming up again and again:

- ➡ First, I heard that it increased libido, and second...
- ➡ That it contained a substance called Icariin, which is known to inhibit PDE5 (the enzyme that blocks blood flow to the penis if certain conditions are met)

Let's look at its aphrodisiac qualities first. Physicians in China have been using HGW to improve libido for centuries, claiming that it "rebuilds youthful sexual vitality," according to a study funded by Fox News Health.

The same study compared Viagra to HGW, "In the study, 25 healthy men and 13 men who used Viagra received daily doses for 45 days of the horny goat weed-based herbal formula."

The results of the study are astounding:

"Results of the study showed that daily use of the herbal complex for a minimum of 45 days resulted in an enhancement of sexual satisfaction in 60 percent of healthy male subjects and 45 percent of men using Viagra."

Horny goat weed is even used as an alternative to Viagra and Cialis because it's sold over the counter and has a reduced list of side effects. When taken as a supplement on its own, make sure you ask your doctor about these side effects, as it's known to lower blood pressure.

KOREAN RED GINSENG: INCREASE STAMINA, BOOST LIBIDO, DECREASE FATIGUE

Origin: Korean Peninsula/Northeast China

Dosage: 1g red ginseng roots + additional ingredients OR 300 mg daily supplement

Another herb that has been a staple in Asia for next to 2500 years—Korean red ginseng, also known as Asian Ginseng or Panax Ginseng, is highly sought after as “the most potent or stimulating type of ginseng” according to Life Enhancement Magazine.

Korean red ginseng, much like Dong Quai, has an active ingredient known as *ginsenosides*, which “can facilitate penile erections by directly inducing the vasodilation and relaxation of penile corpus cavernosum.” That’s the scientific way of saying that it increases blood flow to your penis.

On top of that, the same study shows that it has a powerful effect on nitric oxide strength and production. Not only are you receiving increased blood flow to your penis, you’re also achieving an erection that lasts longer than before.

Best of all, Korean red ginseng isn’t just a fairy tale from Asia. It’s been tested in laboratory settings be-

fore and has shown amazing results in both animals and humans.

One such study, “Ginseng, Sex Behavior, and Nitric Oxide,” which was published by Annals of the New York Academy of Sciences, noted that “A full 60% of men taking KRG reported a significant improvement in achieving and maintaining an erection.”

And did I mention that it also improved sexual desire? “Furthermore, the men who took KRG reported higher scores for sexual desire and satisfaction in intercourse.” The benefits are simply too good and too well documented to pass up, which make it a no-brainer for my Peruvian Brew.

MACA: FROM INCAS TO MODERN TIMES— THE PERUVIAN VIAGRA

Origin: Peru

Dosage: 1 tsp organic raw maca root powder + additional ingredients OR 500 mg daily supplement

Maca was part of the original Peruvian Brew, and there’s a very good reason why I left it in the final version. From its revered status by the Incas to its current place in modern culture as a known libido enhancer, it simply had too much history—and too much merit—to be passed up for an easier-to-acquire substitute.

The benefits are next to numberless. Maca is said to boost libido, improve semen quality and semen count, reduce prostate size (and thus help with premature ejaculation), restore hormonal imbalances, and increase blood flow. That's a lot of sexual enhancement!

How can it accomplish all of this? The most likely answer is that Maca is packed with vitamins and nutrients critical to sexual health and sexual function. For instance, we know that maca contains selenium, iron, magnesium, calcium, and tons of fiber. Later on in this book, I'll show you just how big of a role these nutrients have in helping men achieve long-lasting erections. Suffice to say for now that this little root packs a huge sexual punch!

Maca has a ton of additional health benefits as well. Everything from increased energy and stamina to improvements to our power, vigor, athletic performance and vitality can be had by taking a maca supplement (or adding it to my famous Peruvian Brew!)

YOHIMBE: A BARK YOU'LL WANT TO BITE DOWN ON

Origin: South Africa

Dosage: 1 mL Yohimbe Bark liquid extract + additional ingredients OR 500 mg daily supplement

Yohimbe comes from the bark of evergreen trees only found in West Africa. For years it's been used as a supplement to improve everything from fat loss and high blood pressure to erectile dysfunction. But is there any truth to the claims?

I started looking into Yohimbe a few years ago because I heard it contained Yohimbine, which is an alkaloid that is said to lower blood pressure, dilate blood vessels, and improve blood flow throughout the body. Supplements that sell Yohimbine do so under the name "Yohimbine Hydrochloride," so keep an eye out for that if you want to skip the Peruvian Brew altogether and just take a few supplements.

"That's great and all Josh, but does it *work*?" Ah yes, the million-dollar question.

Yohimbe was a tough nut to crack, or maybe a tough bark to chew in this case; regardless, the amount of studies done on it were limited to say the least. One 2002 study in particular caught my eye, as it found that "pro-erectile effects of the bark extract may predominantly be caused by Yohimbe." And while this was a good start, I needed to learn more.

Being the curious individual that I am, I decided to experiment on myself. I cut back on all of my other sup-

plements and started taking Yohimbe by itself, then combined it with the other ingredients listed above.

By itself, Yohimbe helped me maintain a strong erection that lasted long enough to have sex. But it's when I combined it with the other ingredients in my Peruvian Brew that I saw a massive improvement to its potency. It may be how Yohimbine reacts with the other ingredients, but this is one supplement I highly recommend you take with the other listed ingredients.

The Ingredients: One Amino Acid That Costs Less Than \$10 a Month

I'm going to follow the guidelines of KISS (Keep it Simple Stupid) when it comes to amino acids. You don't need to read a thesis paper on them to understand how important they are. In fact, everything you need to know, at least for our purposes, is in two points:

- ✓ They help our cells remove waste, repair our muscle tissue, and assist proteins with their specific functions in the body. They also have a dramatic effect on certain chemical reactions critical to sexual health.

- ✓ Our bodies often don't produce enough amino acids—therefore, you may need to alter your diet or take supplements.

Now, there are 21 specific amino acids that function as “building blocks” for every protein needed in the human body. But there's one in particular that is absolutely essential to sexual health. I added L-arginine to my Peruvian Brew because of its incredible benefits to sexual function. In fact, it's the *only* amino acid that made the cut!

L-ARGININE: A PRECURSOR TO NITRIC OXIDE IN THE BODY

Dosage: 1000 mg daily supplement, added to boner brew or taken separately

L-arginine is one of the most important—if not the most important—ingredient in my Peruvian Brew. The reason for this is simple: it is a building block of nitric oxide. If you've been following so far, you know that nitric oxide helps relax blood vessels inside the corpora cavernosa, allowing blood to rapidly fill it.

Of course, this is only one aspect of achieving an erection. The blood also needs to stay there as well. But here, too, nitric oxide plays a critical role. When you're aroused, nitric oxide turns the enzyme cGMP

into GMP. GMP keeps blood inside the penis—and cGMP does the opposite. The more nitric oxide you produce, the longer the body can support the transition from cGMP into GMP. Simple as that.

Dozens of studies have been conducted with L-arginine on how it improves sexual function in men. One such study, completed in 1999 at Cologne University, cited impressive results from 26 men in their 50's. According to Amino Acid Studies, "After seven weeks, 73% of participants noticed a significant improvement in their erectile capabilities." 73% is nothing to scoff at! In fact, it boasts a success rate that rivals the high end of Viagra's 80%.

Even better, taking an L-arginine supplement has practically zero known side effects. In the same study, the researchers noted that "none of the patients experienced any side-effects." And this fact hasn't changed since the study was completed over 15 years ago.

And did I mention that it's a whole lot cheaper than Viagra as well? Because there's that, too.

L-arginine is an absolute must for my Peruvian Brew. If you're planning on mixing and matching certain supplements, I highly recommend that you keep L-arginine in that supplement regiment.

The Ingredients: Two Specific Fruits that Serve as a Transport for the Peruvian Brew

You may be asking yourself, “Why fruit, Josh? What will a fruit do that some other supplement or herb can’t?”

Well, they taste a lot better for one! But that’s not the only reason why I added these two fruits to my Peruvian Brew. You see, many fruits have very powerful transport agents that help the body rapidly move nutrient resources to where they’re most needed, or where they can be processed faster. Usually, this means breaking them down and sending them flying off through our bloodstream.

In my research, I continuously came across two specific fruits that I wanted to add to my Peruvian Brew for this very reason. Both fruits had active ingredients that are highly capable of moving nutrients throughout the body. These fruits are why I’m able to get results even *faster* than with something like Viagra or Cialis.

Interested? I thought you’d be! Check out the two fruits below, and I’ll show you exactly what I mean.

BLACK PEPPERCORN: DRAMATICALLY INCREASE BIOACTIVITY AND STIMULATE AMINO-ACID TRANSPORTATION

Dosage: 1 tsp plain black pepper added to the boner brew

Black peppercorn, better known as just plain ol' black pepper, is actually one of the healthiest things you can sprinkle onto your food every day. But how does this pungent and tasty byproduct of the *Piper nigrum* plant actually *help* our bodies? Simple: it takes the body's transport system and ramps it up into overdrive. It also stops the body from metabolizing critical nutrients before they've been absorbed into the bloodstream.

Black pepper has a substance in it called piperine. According to Natural News, "Piperine favorably stimulates the digestive enzymes of the pancreas, enhances digestive capacity and significantly reduces gastrointestinal food transit time." It also helps transport amino acids into the intestinal lining, where they're then spread across the body via the bloodstream.

I'm sure you're wondering what all of this has to do with my Peruvian Brew. Let me explain with a quick example.

Imagine taking my Peruvian Brew without the black pepper. What's going to happen is all those nutrients will hit your stomach at the same time. Some nutri-

ents will be absorbed into the body and then speed off to locations where they're most needed. Unfortunately, this isn't the case for many of the other nutrients, which will be metabolized immediately, decreasing the effectiveness of the brew.

This is why bioavailability is extremely important. If the bioavailability of a drug or another supplement is high, then you'll see faster, stronger results. Black pepper actually *improves* the bioactivity of every ingredient I listed in my Peruvian Brew. So even though it doesn't directly help with erectile dysfunction, it's going to help your body transport the vitamins and nutrients that can!

PINEAPPLE: A KEY SOURCE OF THE ENZYMES CYSTEINE PROTEINASES

Dosage: Two cups, blended with other ingredients

I can't pronounce cysteine proteinases either. Lucky for us, we don't need to know how to pronounce it to get it working for us in the Peruvian Brew.

You see, pineapple happens to contain a very important substance called bromelain, and bromelain is packed with natural enzymes which helps break down the nutrients of the Peruvian Brew. During my trial and error tests, pineapple juice functioned as a

fast-acting agent, allowing the half-dozen plants I was using to digest faster than they normally would.

If you're relatively healthy (i.e. a non-smoker, healthy weight), then this single ingredient may give you the results you're looking for within 30 minutes or less. When paired with black peppercorn, bioactivity goes into warp speed, breaking down nutrients faster than anything else I tested.

Pineapple also happens to speed up your circulation, which in turn allows the nutrients to get to where they need to go faster. And wouldn't you know it, that added circulation can add to the possibility of a strong erection along with the rest of the ingredients in the Peruvian Brew.



One important side note: bromelain is mostly found in the stem and core of the pineapple. Don't toss these parts out while you're cutting into the fruit! When I first started making my Peruvian Brew, I'd buy a whole pineapple, cut it up, toss the whole thing into my food processor and then store it in the fridge. I'd then add about a half a cup to my Peruvian Brew every time I blended up the ingredients. Trust me; you'll want it for the added taste alone!

Just to Reiterate: My Tried-And-True Boner Brew Recipe Is...

Here it is gentlemen, it's all it's glory!

- ✓ 600 mL *pineapple juice*
- ✓ 560 mg *Dong Quai (supplement, break and add in)*
- ✓ 1 mL *Yohimbe Bark liquid extract*
- ✓ 1 tsp *ground black pepper*
- ✓ 1 tsp *organic raw Maca Root powder*
- ✓ 1 tsp *ground/minced Ginkgo Leaf*
- ✓ 1000 mg *L-arginine (supplement, break and add in)*
- ✓ 300 mg *Red Ginseng (supplement, break and add in)*
- ✓ 500 mg *Horny Goat Weed (supplement, break and add in)*

And there you have it! As always, make sure you seek a doctor's advice just to make sure these doses coincide with your particular needs. For most men, this can work fine, but it's always best to be on the safe side.

My 1-Minute Miracle Solution

The evolution of my Peruvian Brew didn't stop once I figured out the perfect ingredients. I mean, the Peruvian Brew was there, at least functionally, but man would I get an earful from Karen after messing around in the kitchen with our food processor.

Somehow I kept forgetting to put the lid on. Go figure.

Anyway, if you've got a wife, a live-in girlfriend, or just a cute little something that tends to visit on the weekends, the last thing you want is to be caught blending up nine different ingredients in the kitchen an hour or so before sex.

So, I figured there had to be an easier solution. Besides the pineapple and black pepper, it's easy to find everything in either pill form or bulk powders. However, lining up pill bottles and shooting down supplements with shots of pineapple juice sprinkled with pepper was cleaner but also no walk in the park either.

I could've kept going like this, but honestly, the older I get, the more I appreciate simplicity. I started looking around for one supplement that had all of my core ingredients in either a powder form or ideally one or two pills.

Sadly, I couldn't find it. It simply didn't exist.

I'm not going to lie, this surprised me. All of these ingredients are well-known in the ED world. All some enterprising guy had to do was just slap 'em all together in a pill or drinkable mix!

It wasn't until later that I figured out that certain pharmaceutical companies had either bought out, silenced, or lawyer-bombed every supplement maker with a new drug promoting an alternative ED solution.

This pissed me off. It pissed me off enough to ask around to see how something like my Peruvian Brew could be turned into a convenient ready-made supplement. Again, academia has its perks. I knew a few professors who knew professionals that could get me the information I needed.

This process took months, but it didn't feel like months. I figured that this could be my revenge for having spent thousands and thousands of dollars on little blue pills that never even helped my ED. And

wouldn't you know it, I found someone willing to take on the project with me.

The final result ended up being the Peruvian Brew ingredients in a refreshing pre-mix that dissolves quickly in water. This improved version became what my partners, and I named Peruvian Brew. I like to think that every time I gulp down a scoop of my Peruvian Brew in water, I taste the vengeance that fueled its creation and dented Big Pharma's profit margins. Poetic justice my friends!

Peruvian Brew is about as simple as it gets, but I'm all about giving you guys options, hence why I mentioned two additional ways to get the awesome effectiveness of my Peruvian Brew on a daily basis, whether you make it yourself or get the pre-made version delivered straight to your door.

We'll talk more about how to get Peruvian Brew later if you're interested. For now, I want to finish up this chapter and move on to Chapter 3!

Chapter 2 Summary

Fellas, the Peruvian Brew in its current form has been working for me for nearly five years. It's also helped me lose weight and feel healthier than I've ever felt before.

Granted, that could just be a side effect of more sex. Or, it could be that I actually *am* healthier.

The fact is, I didn't even bother to mention the additional benefits of taking these ingredients. It would have taken up another twenty pages just to go over all of them.

But there's a reason why everyone from sports enthusiasts to brainiac's are using these supplements to improve their well-being. Suffice to say, chugging down a scoop of Peruvian Brew a day is going to pay off later on down the road, from keeping your brain healthy to improving your stamina in the sack.

Very briefly, in this chapter we discussed:

- ✓ The history of my boner brew, and how I came to find these 9 amazing, all-natural ingredients
- ✓ The six core herbs and plants used in the boner brew: Dong Quai, ginkgo biloba, horny goat weed, Korean red ginseng, maca, and yohimbe
- ✓ The amino acid that helps stimulate and enhance your biological processes: L-arginine
- ✓ The two fruits that help your body absorb and transport these nutrients quickly and efficiently: black peppercorn and pineapple

- ✓ Plus my 1-Minute Miracle Solution that combines all the ingredients into a convenient drink mix for powerful erections.

My Peruvian Brew is going to do *wonders* for your sex life—just like it did for mine. But, if you don't see immediate results, the problem could be that your body needs a little help from you first. And that's what the next chapter, Chapter 3, is all about! I'll point out some lifestyle red flags you need to be aware of, plus how to avoid the bad habits that may be causing your love life to suffer.



PERUVIAN BREW SHOPPING LIST

- ✓ Pineapple Juice
- ✓ Dong Quai
- ✓ Yohimbe Bark Liquid Extract
- ✓ Black Pepper
- ✓ Raw Maca Power
- ✓ Ginko Leaf
- ✓ L-Arginine
- ✓ Red Ginseng
- ✓ Horney Goat Weed

You can purchase all of the individual ingredients above separately online and at your local health food store.

Or...

You can get your hands on the brand new pre-made Peruvian Brew formula at a **SHOCKINGLY** low discount right now today and have it delivered discretely straight to your door.

No fuss, no mess and no fumbling around trying to measure the precise amounts of each ingredient.

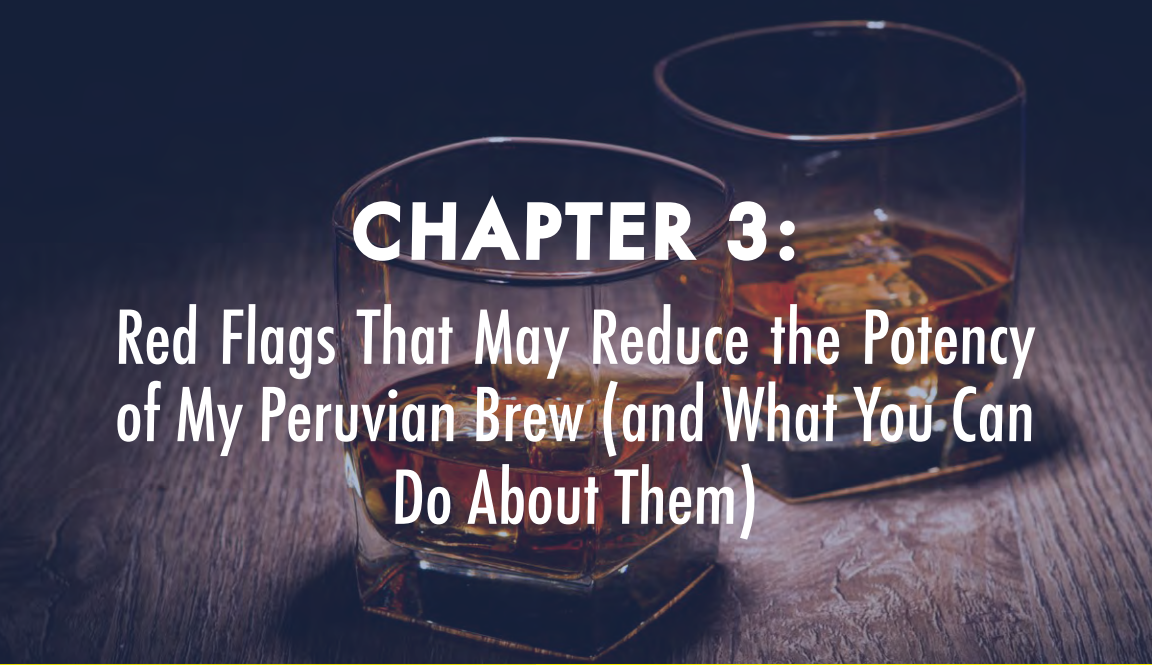
Peruvian Brew is now available in a refreshingly convenient pre-mix that blends easily in water or your favorite beverage. Just one scoop 1 hour before sexual activity is all you need to awaken your manhood helping you achieve the full erections both you and your partner are sure to enjoy.

Visit www.FixYourED.com or call **1-800-458-4634** right now.

*Due to High Demand Supplies
Are Limited So Act Fast And
Get Yours Today!*



Awaken Your Manhood With Peruvian Brew



CHAPTER 3:

Red Flags That May Reduce the Potency of My Peruvian Brew (and What You Can Do About Them)

The Peruvian Brew works because it uses the right ingredients in just the right amounts. In a perfect world, when used by a man that is relatively healthy and fit, who is taking few to no other medications, I believe this ED solution would work most of the time.

Unfortunately, this isn't a perfect world we live in, and many of you reading this would fall into the unhealthy category. That's okay, no judgment from me. All I want is for my Peruvian Brew to be the 1-Minute Miracle Solution that I'm telling you it is. And for that to happen, you need to look and feel amazing in your own body.

In other words, you may need to make a few lifestyle changes if you want the Peruvian Brew to work at its maximum effectiveness.

Note that I didn't say my Peruvian Brew wouldn't work *at all*. Because even if you're 200 pounds' overweight, a smoker, and a heavy drinker, you should still get a boost from taking it.

However, that boost will pale in comparison to a guy who is in shape, doesn't smoke, and only drinks occasionally. It can be even more powerful if that same guy consistently exercises and takes few, if any, prescription drugs.

WHY READ CHAPTER 3?

Chapter Three is about identifying the underlying causes that could diminish the potency of the Peruvian boner brew, and even causing your ED to begin with. First, I'm going to discuss possible reasons why erectile dysfunction has become a chronic issue in your life. Next, I'll discuss ways that you can turn everything around by eliminating the factors that are causing your ED. This includes improving your diet and exercise (collectively known as a lifestyle change), tracking your success, and breaking free of the three main boner killers in a man's life: smoking, drinking, and prescription drugs.

By the end of the chapter you'll understand the major causes of ED and what you can do to repair your body and take **FULL ADVANTAGE** of my amazing boner brew.

Taking an Honest Look at Your Health and Well Being

Guys, below is a list of medical conditions that could be causing your ED, and may almost certainly affect my Peruvian Brew from working efficiently. I highly recommend that you get tested for one or all of these during your next doctor's visit.

These Conditions Include:

Diabetes: Diabetes causes damage to both your nerves and your blood vessels, which as you know are vital to achieving and maintaining an erection. If you have undiagnosed prediabetes or Type 2 diabetes or have had Type 1 diabetes for much of your adult life, then you must get your lifestyle in check before even considering the Peruvian Brew. It simply won't work under these conditions. If, however, you're in great shape and take care of yourself, the Peruvian Brew may work just as well for you as it would a healthy adult without diabetes.

Kidney Disease: The kidneys act as a purification system for your blood, eliminating all the waste from it before sending it out again. It also controls the body's fluid balance, including the regulation of electrolytes. Kidney disease can quickly rob a man of his energy

and sex drive because, without them, there is little the body can do to regulate its own hormones. At the same time, it interferes with blood flow to the penis and other areas of the nervous system. As such, the Peruvian Brew may only be marginally successful for a man diagnosed with kidney disease.

Neurological Disorders: Issues with your brain and nervous system can disrupt the sexual signals between your brain and your penis, causing you to be unable to achieve an erection. Some neurological disorders that can affect your sex life include strokes, multiple sclerosis (MS), Alzheimer's disease, Parkinson's disease, and possibly stress. Talk to your doctor about testing for these before jumping headlong into a vat of Peruvian Brew.

Atherosclerosis & Cholesterol issues: Anything that could limit blood flow may limit the effectiveness of your erections and my Peruvian Brew. Atherosclerosis is a condition which causes the blood vessels to harden, thus reducing their efficiency. Alternatively, high blood pressure and high cholesterol can further contribute to ED. According to WebMD, 50% to 70% of men with vascular disease suffer from ED.

Prostate cancer: Obviously cancer is a huge one here. Cancer saps bodily resources by diverting them to the cancer itself. And even if you know you have cancer

and are actively working to eliminate it, many of the treatments you'll receive for fighting cancer have been shown to cause temporary ED in some people.

Other factors can cause your ED and prevent my Peruvian Brew from working, but these are the biggest red flags and the ones you should start with. If you receive a clean bill of health from your doctor, but you still see symptoms of ED, then chances are another factor is at play that may have to do with your diet, a lack of exercise, or, at least marginally, a high degree of stress.

Achieving an Amazing Lifestyle through Diet & Exercise

Fast food, a stressful desk job with little to no moving around, and a home life filled with a lot of TV and little to no exercise is going to cause tons of health problems, with ED just being the tip of the iceberg.

But, you know this already. And if it were really that easy, you would've fixed it years ago. You'd be walking around with a six pack for a stomach instead of carrying around a six pack of beer.

I get it. But I also guarantee that the reason why you haven't tried is because all of this stuff is just absurd-

ly overwhelming. Sure you could try and find healthier alternatives, but that takes *effort*. Worse, it's so outside of your comfort zone that you revert back to the old way of doing things.

It's a vicious circle my friends, and it never works.

Women have it a bit easier. They're less stuck in their ways than we are and don't mind making necessary changes that can improve their lifestyle. Good for them, but it doesn't make our situation any easier. In fact, if you have a wife that is on your case about it all the time, it can make it even worse!



The Three Requirements That Every Solution Must Have to Make Change Possible:

Without these three essentials fellas, every attempt we make when it comes to our health, diet, and lifestyle is going to fail. No matter how serious we are about it—nothing works unless these are present:

- ✓ **It's easy (like, stupidly easy):** It has to be simple, and if possible, someone will deliver it to us and spoon feed it to us. We don't want to learn anything or read anything or study exercises or muscle groups or learn to cook. Period.
- ✓ **It must be seen to be believed:** Men need to see results, and those results have to be blindingly obvious. So any solution must be trackable and give clear goals.
- ✓ **It has to be fast:** If you're like me, you struggle to find the “me” time you need to take a relaxing dump, let alone enough time to work out and make a fancy meal in the kitchen.

When all three things come together, you have a true man's solution that you may *actually* attempt to try. Given the added impetus that you could *never have*

sex again, some of the solutions below may actually compel you to try them out.

CHANGING AROUND YOUR DIET: HOW TO MAKE AMAZING, HEALTHY MEALS WITHOUT LEARNING HOW TO MAKE AMAZING, HEALTHY MEALS

I once tried out a food plan subscription service that planned out an entire week's worth of delicious meals, which showed me the exact ingredients I needed at the store (with a shopping list), plus how to prep the majority of it on Sunday so that all I had to do was spend 10 or so minutes in the kitchen each night to make each meal.

It didn't work. It wasn't simple enough.

Then I figured, hey, why not try to eliminate the store altogether? So I started checking into the companies that deliver a week's worth of healthy food to your doorstep, with everything you need to prep it and make it.

That stuck. And outside of hiring a cook to prep it for me, I didn't have much else I could do to make it any easier.

There are tons of services that do this. Blue Apron is one, HelloFresh is another, and Plated is great as well. Most of these meals take around 30 minutes to prepare, and everything is right there, from the ingredients doled out in proper amounts, to the instructions you need to make it.

Yes, it requires a bit of effort. We don't have culinary robots yet that will come into our houses and make our meals (although that isn't far off.) Still, it's the fastest, most efficient way of making a meal, and while it may cost more than you're used to, the health benefits could completely change your life and eliminate your ED to boot.

STAYING FIT WITHOUT FORCING YOURSELF TO GET UP AT 5 A.M. AND GO TO THE GYM

I hate the gym.

Hate it.

I hate it so much that I once bought a gym membership for a year, and the only time I went was when I first signed up.

So if you're like me, then the gym isn't an option. Luckily, for guys like us, there are alternatives.

For example, exercises like Focus T25 by Beachbody are out there which can transform you from a fat, blubbery whale into a sex god. A 25-minute workout is something that most of us can find time to do, and honestly, if that isn't the case, then we need to reassess what's really important to us.

T25 is a pretty tough workout, but it can get you results. If, however, you need to work up to it, then I'd suggest something more simple, like getting a pedometer, or another device which tracks your steps, activity, and sleeping habits.

Why track everything? Because it shows you firsthand how terribly inactive you are. The average American takes around 5,000 steps a day. Compare that to the Japanese, who take about 7,000 steps a day, and Australians, who take about 10,000 steps a day.

By visualizing your steps, you can start promoting a healthier lifestyle, whether that means pacing to add more steps, or taking a walk at the end of the day.

There isn't too much of a difference between running and walking. So don't think that just because you really hate to run, you should avoid walking too, because it's far less efficient. They both have excellent benefits that can improve your health dramatically.

Something like a Fitbit will let you actively monitor your steps, your activity, and your sleep. Alternatively, you can just get a standard pedometer you put on your belt and keep an eye on.

To wrap this segment up, if there are two things that I'd recommend to improve your body through exercise, it would be a program like T25 or something similar, and a pedometer to track your daily steps. These two things alone can show you serious results.

Eliminating the Boner Killers: Smoking, Alcoholism, Stress & Prescription Drugs

I know what you're thinking. You're thinking that there's no way you can just quit one (or more) of your outlets, even if it meant saving your manhood.

You'd rather pop blue pills all day. And when those don't work as well as they used to, you'll use a penis pump and tie a rubber band around your scrotum to keep your erection. And when that doesn't work you'll look to other, more invasive means. You'll install a rod in your penis to keep you erect 24/7. You'll add an inflatable third testicle to your scrotum and pump fluid into your peter just to get it up.

In other words, you'll do anything before you look at the real culprits: your bad habits and outlets.

I'm not going to tell you to just give these all up. We know how difficult that is, and in a case like alcohol, not even necessary. But cutting back could save you *years* of sexual pleasure.

Again, I'm not asking you to quit. But an honest look at your lifestyle is important to reviving your sexual function and in some cases, it could be the *single* most important factor. Not even my Peruvian Brew can work if the body's chemical reactions are all out of whack due to poor lifestyle choices.

In this segment, I'll discuss the most important factors causing ED solutions to fail: smoking, drinking, prescription drugs and stress. Take a good look at each factor, and if you feel like there's a problem there, find help to fix it. You can't do this on your own. You may need a support group to take on these challenges.

SMOKING: YES, IT'S STOPPING YOU FROM ACHIEVING AN AWESOME ERECTION

If you're over 40 and still stubborn enough to be puffing away, then chances are I'm *not* the guy that's going to convince you to quit for good.

But hey, no harm in trying, right?

Especially if it means getting and maintaining the erection of a teenager, stiff as a board and capable of staying that way even after an entire night of sex.

I know, choosing between a nicotine rush and a sex rush...*that's a tough one*. One is shaving years off your life and the other is turning you into a gleeful kid that feels 20 to 30 years younger than he actually is.

Decisions, decisions...

Again, no judgment on my part. Quitting is a brutal battle. It usually takes a very dramatic experience, such as losing all hope of ever having sex again, to snap you out of such an addiction. What makes things worse is that quitting for good isn't exactly going to solve your problem with ED. I'd be lying if I said it was.

Quitting isn't just the first step...

If you continue smoking, I guarantee those cigarettes are going to cock block the real solutions that can help. Many of the chemicals found in cigarettes impair the production of key chemical reactions necessary for erections and sexual function in the body (such as nitric oxide). So if you drink something like my Peruvian Brew, you may see some effects.

Heck, you may be able to keep it up longer than you have in years.

In reality though, that reaction is a diluted version of the true effects. Imagine mixing my Peruvian Brew in about 10 gallons of water and then taking a few sips. It's about as effective as that.

The same goes for anything that claims to actually work. Even the effects of Viagra and Cialis are inhibited by constant smoking.

**WHICH IS MORE IMPORTANT TO YOU,
SEX, OR NICOTINE?**



Look, the web is full of information on how to quit smoking. I think you owe it to yourself to give it a shot. My only recommendation is that when you do it, you do it right. Connect with a support network, speak with your doctor about the best method for you, and create a plan that shows you a victory every single day. Don't lose sight of the prize, and have someone ready on the other line the very second a single neuron in your brain tingles at the thought of a nicotine rush.

I'll add this in closing: one day you're going to have sex with your wife, and it will be the last time you ever do it. Ever. With cigarettes, that day is coming a whole lot sooner than you realize. Give one last, good shot at quitting the habit. Trust me, if you succeed, your penis will thank you for it.

Drinking: How Much Does It Affect an Erection, Really?

I know guys that can knock back a 12-pack of beer on a work night and be a functioning member of society the day after. One guy I know in his mid-50's lived this kind of lifestyle, and one day, while he was minding his own business, drinking and smoking away as he always did, he happened to catch a little cold. A nor-

mal person would have shrugged it off. But my friend's liver function was so impaired by that point that it brought him within an inch of his life within *hours* of catching it. The guy literally died in the hospital and was brought back from the dead.

True story. I know a living dead guy. Or a dead living guy. In any case, he cut back on the drinking and smoking after that. Moral of the story is it often takes an event like this for us to wake up and say, "Holy crap, I'm killing myself. I need to tone it down a notch."

And even if you don't drink as much as he did, you're probably drinking enough to do some serious damage to your sexual organs.



THE EFFECTS OF TOO MUCH ALCOHOL ON SEXUAL FUNCTION

A study mentioned by Everyday Health says that long-term erectile dysfunction has a possible link to “chronic heavy use of alcohol.” It goes on to say that “men who are dependent on alcohol have a 60 to 70 percent chance of suffering sexual problems.”

I don't have any answers for you regarding how much alcohol you should or shouldn't drink. What I do know is that cutting back entirely is silly. Red wine, for instance, can actually increase sexual activity and improve blood flow. A six pack of beer every night, however? Not only can that dull your manhood, it may also make your belly look like Robert Baratheon from Game of Thrones. Why bother trying to get it up if your wife can't even find it?

It really might take a near-death experience to get you to cut back on drinking. I really hope it doesn't. Just like smoking, you have to really want to improve your sex life. And one way to do it is to cut back on your alcohol intake. If you're desperate, try filling your glass with juice or milk. You may notice that it slightly takes the edge off of needing alcohol, especially if you're doing something else, like watching TV or spending time with your kids.

Stress: The Silent Boner Killer

Guys, I'm not going to talk your ear off about your stress levels. No one knows just how active a role it plays in your health. My guess (albeit an educated one) is it affects everything in your body in a very minute way, and cumulatively, it can possibly cause some adverse side effects, much like a prescription drug might.

For example, it's a fact that men that're exceedingly stressed have increased levels of the hormones Cortisol and Noradrenaline. Both of these hormones reduce the nitric oxide in your body. Since nitric oxide is so critical to achieving and maintaining an erection, it goes without saying that keeping these hormones low is one of our top priorities.

HEALTHINESS IS THE KEY TO REDUCING STRESS

I only have one other fact for you, and it's this: if you work towards getting healthy, your stress levels *will more than likely* go down. That's it! That's the ultimate secret and the God's honest truth about stress reduction.

Nothing *else* I could say is guaranteed to reduce your stress levels. If you want to learn more about it, there are a million people out there dying to sell you something or tell you something that may help reduce your stress.

I just don't happen to be one of them.

I could tell you that happiness is a decision that one makes and that there are as many depressed millionaires as there are depressed, poor people. But it won't do you any good unless you actively try to promote happiness in your life, and eliminate the things that are stressing you out.

I have one last piece of advice for you, and you take it or leave it, it's up to you. Make a list of all the things stressing you out. Label them by number, 1 being the easiest thing to fix, and the final number being the most difficult. Eliminate the easiest stress factors first, and then go for the hard ones once you've built up some momentum.

This is called the snowball method. It's usually referred to when talking about debt reduction. And hey, if it's debt that's stressing you out, follow that snowball method and eliminate both your stress *and* your debt all at once!

Prescription Medications: Are They Interfering with Your Erections?

I'm not a doctor, and even if I was, I'm not your doctor. I don't know what drugs you're currently on and what their side effects are. What I do know is that different medications interact with one another in strange ways, and sometimes two seemingly normal medications can have weird side effects when they're paired together.

And when you add a third medication, and a fourth, and a fifth, and then toss in some other supplements and a daily multivitamin, suddenly your body has become a Petri dish worthy of a blue ribbon prize at the local science fair.

MEDICATIONS ARE LIKE MEMORABILIA: THEY'RE EASY TO ACQUIRE AND HARD TO GET RID OF

If you have an entire cabinet filled with medications that you can't recall and don't know what they even do anymore, it's time to consolidate.

Go to your doctor with the express purpose of narrowing down a handful of key prescription drugs. Ask your doctor to help you pick drugs that are well known and won't have any side effects when taken

together. Again, even your doctor may not know for sure how all of these drugs are affecting your body, so the fewer you take, the better off you'll be.

If you can't seem to eliminate your medications, but you have problems with ED, then a bit of experimentation could help. You'll want to find alternatives to your current prescriptions, but instead of going off all of them at once, go off one at a time and switch to the alternative prescription. You have to find the cause of your ED, and that means narrowing down the possible culprit that's causing it.

I HAVE A DOZEN OR MORE PRESCRIPTIONS, THIS COULD TAKE ME FOREVER!

If this sounds like a terrible solution, you'd be right. It could take months or more to possibly narrow down the one prescription that is causing your ED, and even then, you may not know what other medication it's reacting with to cause it. This is why I highly recommend narrowing down your prescriptions to as few as possible and going from there. Otherwise, you may never know whether or not a medication is causing your ED.

By the way, there are a few known prescription culprits that lead to ED. Look for these drugs first, and then follow up with your doctor as to whether any of your

current medications could be interacting with one another to have the same effect.

These medications include:

- ✓ Antidepressants such as Prozac or Zoloft
- ✓ High Blood pressure meds such as Lopressor
- ✓ Antihistamines such as Tagamet and Axid
- ✓ Thiazides and beta blockers
- ✓ Chemotherapy such as Cytosan
- ✓ Painkillers such as Codeine or Morphine
- ✓ Recreational drugs such as marijuana, alcohol or barbiturates

For more information on the kinds of drugs that may cause ED, visit MedlinePlus at the National Institute of Health/U.S. National Library of Medicine.

Chapter 3 Summary

Gentlemen, I hope that you got some good ideas from this segment of the book. Again, the potency of my Peruvian Brew is intimately tied to the inner workings of your body. The more efficient and effective your body is

at processing these chemical reactions in the Peruvian Brew, the more likely it is you'll beat back your ED.

It truly is a double whammy here. Not only are you taking a key set of herbs and supplements that can get your penis in tip-top functioning shape, but you're also helping your body eliminate some of the very causes of ED. You simply can't lose by taking advantage of the information in this chapter!

Now that we've reached the end of Chapter 3, it's time to move on to a different subject matter entirely. In Chapter 4 I'll be discussing alternative solutions to ED that one can use to increase the effectiveness of my Peruvian Brew even more. You're bound to find some interesting ED solutions, some good, some terrible, but all worth knowing about. You'll also find additional ways to improve your longevity in the sack and even gain inches in size.

So without further ado, let's move on to Chapter 4 and see what it has in store for you!

PERUVIAN BREW SHOPPING LIST

- ✓ Pineapple Juice
- ✓ Dong Quai
- ✓ Yohimbe Bark Liquid Extract
- ✓ Black Pepper
- ✓ Raw Maca Power
- ✓ Ginko Leaf
- ✓ L-Arginine
- ✓ Red Ginseng
- ✓ Horney Goat Weed

You can purchase all of the individual ingredients above separately online and at your local health food store.

Or...

You can get your hands on the brand new pre-made Peruvian Brew formula at a SHOCKINGLY low discount right now today and have it delivered discretely straight to your door.

No fuss, no mess and no fumbling around trying to measure the precise amounts of each ingredient.

Peruvian Brew is now available in a refreshingly convenient pre-mix that blends easily in water or your favorite beverage. Just one scoop 1 hour before sexual activity is all you need to awaken your manhood helping you achieve the full erections both you and your partner are sure to enjoy.

Visit www.FixYourED.com or call **1-800-458-4634** right now.

Due to High Demand Supplies Are Limited So Act Fast And Get Yours Today!



Awaken Your Manhood With Peruvian Brew



CHAPTER 4:

Additional Supplements, Exercises, and Surgeries for Improving Erections and Erection Size

We spent a lot of time in Chapter 3 discussing what needed to occur before you could see amazing results from my Peruvian Brew. Your overall health matters when achieving healthy erections and it may be the primary reason why some methods just haven't worked for you.

In Chapter 4 I'm going over alternative methods that I researched before discovering my Peruvian Brew. None is as effective when taken alone; but together, they can *augment* the amazing results you'll get from reading Chapter 2.

I also ran into ideas that scared the hell out of me. Do they work? Well, yes and no. Some men I talked to regretted ever having learned about them. Others swear

by them—that it’s the only way they can achieve an erection anymore.

I’ll let you be the final judge. But would I personally sign up for them? No, not in a million years. At the same time, every man is different, and I meant for this book to be as comprehensive as possible. Therefore, I’ll be mentioning methods that you should at least know about (from a source that I hope by now you can trust.)

Chapter 4 begins with what I call my “Desperation Meter.” It’s a comprehensive list of every ED method out there, ranked on a scale of 1-9, with 1 being simple and safe, and 9 being desperate enough to risk serious pain and injury, all for just an artificial means of achieving an erection.

Later on, we’ll discuss additional supplements that I can almost guarantee work to help resolve your ED, and later on, we’ll talk about penis exercises that have been known to improve blood flow, plus improve the size and girth of your penis.

With that said, let’s jump into Chapter 4, starting with my Desperation Meter!

The Desperation Meter: How Far We'll Go to Achieve an Erection

Okay fellas, let's jump straight into how I came to the results listed here in my desperation meter. I created three metrics that I thought mattered most to guys looking for a way to resolve their ED. These included:

- ✓ **Danger:** Obviously, the risk of irreparable damage to your penis or, God forbid, putting your life in jeopardy is at the forefront of your mind when you're considering a solution. An invasive surgery, for instance, would rank high on the Desperation Meter, while something like a Vitamin D supplement would rank very low. This metric is ranked between 1-3, with 1 being the least dangerous, and 3 being the most dangerous.
- ✓ **B.S.:** Is there any reality behind this solution? Or is it a complete load of B.S.? Are you being swindled out of your money, or will you actually see results from this activity? This metric, like the one above, is ranked between 1-3, with 1 being the least full of B.S., and 3 being the most full of B.S.
- ✓ **Cost:** How expensive is it? Is it as expensive as that Mercedes-Benz I've been drooling over? Or can I grab it for next to nothing (or better yet,

free)? Like the two previous metrics, I've ranked cost from 1-3, with 1 being the least expensive and 3 being the most expensive.

The final Desperation score will range from 3 to 9, with 3 being the least desperate (although not necessarily the best option out there) and 9 being the most desperate (if you see a 9, please try everything else before this.)

That's it! Now, with all that out of the way, let's jump into the results of my Desperation Meter, starting with intracavernous drug injections.

INTRACAVERNOUS DRUG INJECTIONS

Also known as injection therapy, intracavernous drug injections allow a man to achieve an erection by injecting a drug (Alprostadil, Caverject, Edex or Bimix) into the penis to open up the veins and allow more blood to flow through the shaft and glans. It's injected into the smooth muscle around the tissue shortly before intercourse.

(Danger = 3): If used improperly, you can cause permanent damage to your penis. It can cause side effects such as priapism (an erection that doesn't go away on its own), bruising and pain. Anything involving you handling a *needle* and injecting a drug into your *penis* is the opposite of fun.

(B.S. = 1.5): According to WebMD, the injection method will work for up to 80% of men with ED and will give you an erection in about 5 to 15 minutes. That's enough to suggest it really does work and may be worth looking into. Note, however, that this is a temporary fix, hence why I gave it a 1.5 rather than a 1.

(Cost = 3): GoodRX.com suggests the going price of Alprostadil is around \$60 an injection. Obviously, it depends on how much you want to have sex on a weekly basis, but if the answer is a lot you could be looking at a serious monthly bill.

Final Desperation Meter Rating: 7.5



INTRAURETHRAL SUPPOSITORIES

With intraurethral suppositories, a man inserts a thin tube into his urethral opening and presses a plunger, which delivers a tiny pellet into his penis. Alprostadil (the drug used for injection therapy) is found in a pill form called MUSE (Medicated Urethral System for Erection).

(Danger = 2): Not as dangerous as injection therapy, but because it's the same drug, it causes the same side effects aside from the bruising. Also, any method that involves sliding a tube in your urethral opening every time you want to have sex poses some health risk. This includes possible infection.

(B.S. = 3): WebMD suggests that Alprostadil is far less effective when taken as a suppository. In fact, studies show that “it produces an erection in approximately 30% - 40% of men with ED,” which is half of what injection therapy claims.

(Cost = 3): Again, this is the same drug as most injection methods, and the going rate is around \$60 per erection. That makes it far more costly than even pills like Cialis and Viagra.

Final Desperation Meter Rating: 8

VACUUM PUMP THERAPY

The vacuum pump process is simple enough. A man takes a cylinder (often acrylic), places it on his penis, and then uses a pump to suck out the air and create a vacuum. An erection is often achieved as a result. To maintain the erection, the man ties on a constriction ring at the base of the penis to ensure that blood doesn't exit out into the body.

(Danger = 1.5): While there may be some cause for concern about the pump not releasing fast enough or the constriction band not having a fast-release method, vacuum pumps are all around pretty safe. Just make sure you find a pump that has safety releases, and you're good to go.

(B.S. = 1.5): Vacuum pumps *do* work, and I can attest to that myself. I had bought one before I went to Peru, and I assure you, the erection was hard enough that I could have sex. The problem was it stopped working after a while. This wasn't just a me thing—like other ED treatments that don't actually fix the problem, you'll get good results early on, and after a few months or even a few weeks, you'll be back at square one.

(Cost = 1): Buy the pump and you're good to go. This is actually a very affordable method to achieve and maintain an erection for sexual intercourse, even more affordable than some supplements.

Final Desperation Meter Rating: 4

PENILE IMPLANTS

Two types of implants, in particular, are popular among men with ED. The first is a penile prosthesis, which is surgically implanted into the corpora cavernosa to make the penis rigid without the need for adequate blood flow. The second requires an inflatable “third testicle” which is used to pump fluids into the penis (via a fluid reservoir implanted into a man’s abdomen).

(Danger = 3): Both of these methods require surgery, which always comes with a possibility of death. I had to rate this as a 3 on the danger scale simply because these methods are invasive, require anesthesia, and as with any surgery, has a chance of causing infection.

(B.S = 3): Inflatable devices have a high failure rate, and worse, make it *impossible* to achieve an erection naturally. Penile prostheses actually work, but you’ll always have an erection whether you want one or not. You’d literally have to duct tape your penis to your leg and even if your wife actually enjoys that kind of thing, she’ll hate you when she realizes you’re peeing all over the bathroom wall. I’d rank this as a 10+ if I could.

(Cost = 2.5): It’s a surgery. As with any surgery, you’re paying a lot of money for the privilege of going under

the surgeon's knife. But, once it's done, it's done. No more pills, pumps, or supplements. Just you and your erection...*forever*.

Final Desperation Meter Rating: 8.5

VASCULAR RECONSTRUCTIVE SURGERY

Vascular reconstruction is an invasive surgery which is performed to improve the flow of blood through the penis. As the name may suggest, this surgery is extremely complex. There are four main arteries within the penis in addition to numerous other veins and spongy tissue, which must also be reconstructed.

(Danger = 3): As with penile implants, this method requires invasive surgery *and a lot more of it*. In fact, vascular reconstructive surgery is so complex; it's very rarely performed. Death and infection are possible with any surgery, and on top of that, you may never be able to achieve an erection again.

(B.S. = 3): If you're undertaking vascular reconstructive surgery due to the injury of a specific artery or vein, then you may see positive results. But if you're coming in as an ED patient with nowhere else to go, the odds are *not* good. In fact, WebMD suggests that only 1 in 20 men see results from vascular reconstructive surgery!

(Cost = 3): Expect to pay tens of thousands of dollars to perform this surgery, and that's a slight estimate. The talent required to perform this surgery is immense, and I don't need to tell you that you'd only want the best operating on you. Unless you're filthy rich, forget it—this is a bad deal.

Final Desperation Meter Rating: 9

PILLS

Whether you have ED or not, you already know what drugs like Viagra, Cialis, and Levitra do. They help treat your ED by inhibiting a specific enzyme that *reduces* blood flow to the penis. These pills aren't libido-enhancers, like many believe. They simply assist the body with achieving an erection when blood flow is an issue.

(Danger = 2): It's important to note that there are adverse side effects with PDE-5 inhibitors. Headaches, nausea, diarrhea, and dizziness can occur, although these aren't often life threatening. However, 130 men have died while taking Viagra since it was released in 1998, but most of these men died of heart attacks.

(B.S. = 1.5): There's a reason why millions of men take these pills—they work. Plenty of guys with ED have a deficiency; and nitric oxide tells the body to convert

the enzyme GTP to cGMP. cGMP tells the penis to relax, thus allowing blood to flow into the penis. If your body can't produce nitric oxide fast enough, you won't release enough cGMP. The reason why I'm rating this a 1.5 is because these pills *aren't a complete remedy* and they can't guarantee an erection, especially if the real problem is a loss of sensitivity or a problem with your libido.

(Cost = 2.5): Yes, I'm giving this a similar cost score to surgery. Unlike surgery, which has a one-time cost, you could literally spend hundreds, and probably thousands of dollars on little blue pills throughout your lifetime. At \$10 a pill, you can see how quickly this could ramp up in price.

Final Desperation Meter Rating: 6

SUPPLEMENTS

This is a huge category that we'll be going over in greater detail later on. In a general sense, however, these are multivitamins and pills taken to improve the chemical reactions and increase the essential nutrients directly related to sexual health. Certain supplements could act immediately on some and have little to no effect on others.

(Danger = 1): If I could rate this lower, I would. Very few supplements put you at risk, and if they do, it's

because they react poorly with other drugs or prescriptions that you're already taking. It's also very rare to overdose on a certain supplement in the same way that one overdoses on a prescription drug. Always read the instructions provided by the manufacturer, and speak with your doctor if you have any questions.

(B.S. = 1.5): Supplements won't provide the same immediate results as prescriptions such as Cialis or Viagra. What they *can* do is help your body do its job by improving certain chemical reactions related to sexual function. Supplements won't always work immediately, and the more unhealthy or overweight you are, the less likely these supplements will be able to perform optimally. Certain supplements haven't even been tested enough to guarantee they offer the benefits they say they do.

(Cost = 1): The cost of supplements was difficult to grade, namely because there are so many kinds, and you may take them in different doses. With that said, most supplements are surprisingly inexpensive and are definitely cheaper than prescription ED drugs on the market today.

Final Desperation Meter Rating: 3.5

PENIS EXERCISES

Penis exercises, also including penis massages and stretches, have been around for far longer than prescription medicines and surgeries. In that time, certain exercises have gained a level of notoriety. I've actually tried a few of the most popular penis exercises, and I can say without hesitation that they do work to improve blood flow and increase size.

(Danger = 1): The odds of you accidentally breaking your penis are slim to none with these exercises. They're actually quite simple to perform, and as long as you're careful (and let's be honest, who doesn't treat their manhood like a priceless work of art), then you'll be fine.

(B.S. = 1.5): There's a lot of misinformation out there about penis exercises. Most medical professionals will tell you it's silly without ever having read about it or tried it themselves. And while that isn't true, certain exercises aren't as awesome as others. I've tried the most popular ones extensively, and I'll let you know which ones work and which don't in the upcoming section.

(Cost = 1): These exercises are free, free, free. Of course, if you wanted to, there are plenty of people selling books and tips on this subject alone (hence my rating of 1). However, my suggestion is to avoid those books since most are a rip off and a waste of time. Plus, I share insider secrets on the best exercises later on!

Final Desperation Meter Rating: 3.5

And there you have it! Again, just because a desperation rating is low, doesn't mean it's going to work for you. Similarly, a solution with a high desperation rating may actually help. However, I suggest you try everything else listed in this book before you give those ones a shot.

This was just the start of an awesome chapter that I have in store for you. Below we'll talk about the final two segments (and lowest rated) of our desperation meter in depth: supplements and penis exercises. You'll learn which supplements and exercises work, and which to ignore, all coming up in *Erect on Demand!*

Supplements with a Proven Track Record for Reducing the Symptoms of ED

There's bound to be at least a handful of dietary supplements that you've never heard of in this book. I'd be surprised if there isn't! In chapter 2, we learned about the awesome supplements I use in my Peruvian Brew. I sincerely hope you go out and give that a try. You won't regret it!

In this segment, however, I want to talk about supplements that you're a little more familiar with. I'm talking about key vitamins and minerals that, according to information released by the National Health

and Nutrition Examination Surveys, Americans just aren't getting enough of.

Sometimes it takes a simple solution to resolve a complex problem, and erectile dysfunction is no different. In Chapters 1 and 3 I discussed the most common causes of ED. What's fascinating is that many of these causes, such as blood flow, hormones, and stress, are intimately tied to deficiencies in essential vitamins and minerals.

Are these failsafe solutions guaranteed to work? Unfortunately, no. But the book you're reading now is as much about *education* as it is about *exploration*. ED is a very complex issue and what works for one man may not work for another. If you're unsure whether you have a deficiency in one or all of these essential



nutrients, we suggest you contact your local physician and perform some tests. This is the fastest and easiest way to check off possible culprits from your list.

Without further ado, let's delve into four of the most promising vitamins and minerals I have tried.

ZINC: NATURE'S TESTOSTERONE-BOOSTING MIRACLE MINERAL

Alright, maybe the header above is a little over the top. But Zinc is in fact, well known for its ability to naturally increase testosterone. According to this 1996 study completed by the Department of Internal Medicine at the Wayne State University School of Medicine, a clear link exists between zinc and testosterone.

But let's not get ahead of ourselves. Read on to find out exactly what zinc is, and how it could help with ED.

What Is Zinc, and What Does it Do?

Zinc is a mineral that assists the body with dozens of different processes, especially on a cellular level. DNA and protein production, cell reproduction and division, and a hardier immune system are just three of the critical roles that zinc plays in our bodies. If you've ever fallen off your Harley Davidson onto the asphalt, you can thank zinc for stitching up those wounds for you.

How Zinc Helps with ED Specifically

The older we get, the more likely it is we won't get enough zinc. The National Institute of Health suggests that adult men should get at least 11 mg of zinc a day. If a zinc deficiency does occur, you could be looking at symptoms such as impotence and hypogonadism (a steep drop in testosterone production).

Remember that study we mentioned just a few paragraphs above? Well, that same study also examined how older men would respond to a zinc supplement. The study concluded that with a zinc supplement, testosterone production *almost doubled*. This is impressive enough to consider talking to your doctor about whether or not you have a zinc deficiency.

Lastly, if you have kidney disease or received a kidney dialysis, a zinc supplement may very well help you combat your ED. Kidney disease is known to reduce your vitamin and mineral count, so look for multivitamins here rather than just zinc.

Anything Else I Should Know?

Zinc deficiencies could occur for a number of reasons. Alcoholism is one. A low food intake is another. Zinc levels can also be reduced by taking certain medications. For example, stomach acid reducers have been

known to reduce zinc levels. The same goes for ACE inhibitors and diuretics. When in doubt, check with your doctor. A blood test may not identify a zinc deficiency, so make sure you bring that up as well!

It is possible to overload on zinc, so make sure you stay below the recommended 40 mg per day. If you're getting cramps, headaches, or nausea after going ham on the zinc supplement, I recommend toning it down a bit. Another solution is to drop the supplement altogether and eat more beef, pork and chicken, as well as more whole grains and legumes.

SELENIUM: A SMALL AMOUNT GOES A LONG WAY TO REDUCING ED

Selenium is a trace mineral found in the human body, and we don't need as much of it as we need, say, zinc. It's also received mixed reviews in the scientific community. Some say it increases the risk of certain cancers. Others say it does the exact opposite. Why all the confusion?

Simply put, selenium is like that third and final option that Goldilocks always seems to find just right. You need just enough of it to reap its benefits, but if you get too much of it, your doctor will—rightfully so—give you an earful.

What Is Selenium, and What Does It Do?

Selenium is an antioxidant, meaning it's extremely effective at helping the body reduce cellular damage caused by free radicals. It also helps maintain normal hormone levels produced by the thyroid gland and keeps your immune system in tip-top shape. And even more interesting, selenium actively promotes prostate and heart health, two essential tools with active roles in men's health.

How Selenium Helps with ED Specifically

Doctors have known for some time that oxidative stress is one of many potential causes of erectile dysfunction, and antioxidant-rich selenium could play a key role in resolving it.



What is oxidative stress you ask? Simply put, it's continual damage caused to your cells by free radicals. If we don't get enough antioxidants, the tissues in our body can seize up, and blood flow can be severely reduced. And it just so happens, healthy tissue and blood flow are both essential to achieving an erection. Luckily, taking more antioxidants can help your body fight off free radicals, thus reducing certain known causes of ED.

Anything Else I Should Know?

Oxidative stress seems to happen a lot more often in men with high cholesterol, and in men who smoke. If you have diabetes or pre-diabetes or have had hypertension in the past, oxidative stress is much more likely to occur.

We wouldn't want to tie this segment up without some details on how much selenium you should take. Around 55 micrograms of selenium is recommended for adults, according to NIH. You can get this from a supplement, or from eating white meats (such as turkey, chicken, or fish), sunflower seeds, and even dairy products.

MAGNESIUM: ESSENTIAL MINERAL FOR ENERGY PRODUCTION & ORGAN FUNCTION

Magnesium is one of the most active mineral agents in our bodies, performing hundreds of tasks and assisting with a massive amount of biochemical reactions. It goes without saying that this mineral is connected to arousal in dozens, if not hundreds, of ways, most of which scientists haven't even figured out yet.

What we *do* know is that there is a direct correlation between magnesium deficiency and ED. We also know that it isn't easy to achieve a deficiency in magnesium. That said, Irritable Bowel Syndrome (IBS), kidney disease, and diabetes could destabilize your body's magnesium content, leading to possible deficiencies later on down the road.

What Is Magnesium, and What Does it Do?

Magnesium is a macro-mineral, and unlike selenium, it's good to get plenty of it. It's been suggested that everything from diabetes and hypertension to asthma and—you guessed it—erectile dysfunction is caused by a diet lacking in magnesium-rich foods. Even depression and insomnia can potentially trace their roots (at least some of the time) to magnesium deficiency.

How Magnesium Helps with ED Specifically

Magnesium plays a key role during the chemical reaction process of nitric oxide. And, the body requires nitric oxide to send “relaxation signals” to the body’s muscles. Without relaxed muscles, blood flow becomes restricted. And without proper blood flow, it’s very difficult—and sometimes impossible—to achieve a lasting erection.

This is just *one* example of how magnesium potentially helps human males achieve an erection. And since magnesium is critical for the success of over 300 enzymes in the human body, you can see why a deficiency of this mineral could have serious implications for sexual function.

Anything Else I Should Know?

Adults over 30 have a Recommended Daily Allowance, or RDA, of about 400 mg of magnesium. You’ll get plenty of magnesium by consuming nuts and seeds, bananas or dried fruit, and leafy greens. Just make sure you don’t take too much of it, or you’ll get a bad case of diarrhea (don’t say I didn’t warn you!)

VITAMIN D: MORE STUDIES THAN EVER LINKING VITAMIN D DEFICIENCY TO ERECTILE DYSFUNCTION

A 2008 study by the Mayo Clinic and the Boston University Medical Center noted that anywhere from 30% to 50% of the general population suffers from a vitamin D deficiency. This shows individuals with low vitamin D levels also have a higher likelihood of erectile dysfunction. Is this just scientific bologna, or could we have discovered yet another essential vitamin with a connection to ED?

What Is Vitamin D, and What Does it Do?

Vitamin D is almost exclusively produced by our skin, and sunlight is a key ingredient in its production. It



provides a number of essential functions, not least of which is to assist our bodies with calcium absorption, and it even reduces risks related to cardiovascular issues. And much like magnesium, there is growing evidence suggesting that it, too, is connected to nitric oxide, that muscle-relaxing agent that assists with the flow of blood to the penis.

How Vitamin D Helps with ED Specifically

According to Alessandra Barassi, MD, at the University of Milan in Italy, insufficient levels of vitamin D could lead to an increase of free radicals. These free radicals cut into the body's nitric oxide reserves, which in turn reduces blood flow to the genitals. This is known as Endothelial Dysfunction, and it's suspected to be a major cause of ED.

If these findings are correct, then an increase in vitamin D may help your body improve blood flow, thus improving the chances of having a sustained erection.

Anything Else I Should Know?

If you're worried you're not getting enough vitamin D, there's an easy fix. And unlike some supplements, it's not going to cost you an arm and a leg. In fact, it's completely free! Hang out in the sun for about ten minutes at midday. Your body will absorb the UV-B rays necessary to produce vitamin D. Of course, if

you're unfortunate enough to live up north during the winter time, you're out of luck. You'll have to wait until summer for the sun to provide the rays you need.

B-COMPLEX VITAMINS: POSSIBLE ED SOLUTION FOR THOSE WITH HIGH CHOLESTEROL?

B-complex vitamins are, well, *kind of complex*. There are 8 specific B-vitamins, with the little numbers at the bottom denoting the type. Thiamine, riboflavin, niacin, and folic acid are just some of the more well-known types of B-vitamins. On top of that, other nutrients such as choline fall within the range of B-Complex vitamins, even though they aren't normally mentioned in B-vitamin literature.

That's all well and good, but what do they do for sexual health in men? Let's find out!

What Are B-Complex Vitamins and What Do They Do?

The most important function of B-Complex vitamins is with cell metabolism. From generating energy from carbohydrates (thiamine) to oxidizing fatty acids (pantothenic acid) and healthy cell division (folic acid), these vitamins are essential for human beings. A deficiency in one or all of them can lead to nervous system dis-

ease, heart failure, dementia, insomnia, memory loss, and about 1,000 other unfortunate maladies.

How B-Complex Vitamins Help with ED Specifically

Every B-vitamin has a part to play in healthy bodily functions, but a few seem to help with ED specifically. For instance, one study shows that men with high cholesterol saw an improvement in sexual function after taking niacin (B3). Strangely, it was much more effective in men with high cholesterol than it was with men with low cholesterol.

Another B-complex vitamin, choline, increases the body's level of acetylcholine, which in turn tells the body to ramp up nitric oxide production. Nitric oxide is by far one of the most essential ingredients to achieving an erection. The more you have, the better!

Anything Else I Should Know?

A single B-Complex supplement can single-handedly provide your body with every B-vitamin you need, and then some. If you don't care to supplement with pills, most B-vitamins can be found by eating whole-grain cereals, almonds, asparagus, green leafy vegetables, legumes, chicken and fish. Unless you eat pizza for breakfast, lunch, and dinner, it's likely you're getting at least some B-vitamins every day.

L-ORNITHINE: A SLOW-RELEASE VERSION OF ARGININE

L-ornithine is an amino acid, and like all amino acids, it's critical to proper cellular function. Even more interesting, much like that magical amino acid arginine that I talked about in Chapter 2, it increases energy, helps promote nitric oxide production in the body, and regulates blood flow, all three of which can have a dramatic effect on those with ED.

What Is L-ornithine and What Does It Do?

L-ornithine is used as a supplement to boost the body's energy levels over an extended period of time. It also increases the body's regenerative capabilities, which may suggest slower aging. It has a synergistic connection to arginine, and in fact provides all of the benefits of arginine, only over an extended period of time. It doesn't break down in the body as fast as arginine, so supplementing with both is highly recommended.

How L-ornithine Helps With ED Specifically

Much like arginine, L-ornithine helps increase blood flow to the penis. On top of that, ornithine has been shown to increase the production of nitric oxide in the body. These benefits alone make ornithine worth

looking into as a supplement for ED. And because its sister amino acid arginine breaks down at a different pace, both can be taken to achieve even stronger results over time.

Anything Else I Should Know?

L-ornithine is found naturally in foods like meat and fish, wheat and rice, and nuts and soybeans. Many supplements add L-ornithine as an energy enhancer as well. Check the labels of the supplements you already take to see how much L-ornithine you are getting.

Penis Exercises That Will Improve Size, Sensitivity, and Blood Flow

Guys, I'm about to share a handful of exercises and techniques that gave me insane, mind-blowing results. Your manhood is going to get bigger, harder, and more sensitive than ever before.

Best of all, these exercises and techniques are so freakin' simple, anyone can do them. And the results come *fast*. After performing these exercises, you'll be ready to show your new and improved member to the world (well, maybe not the *whole* world. I don't want you getting picked up as an exhibitionist!)

Enough chit chat, though. Let's get down to it, starting with a little something called PC Squeezes.

EVERYTHING YOU NEED TO KNOW ABOUT PC SQUEEZES

PC squeezes are exercises that increase the strength of your pubococcygeus muscle (PC muscle or short). The muscle is found in both men and women, but for men specifically, strengthening the PC muscle can:

- ✓ Improve erection size and strength
- ✓ Increase erection duration
- ✓ Eliminate premature ejaculation (come on demand)

Sounds amazing, right? That's what I thought when I first learned about the PC muscle. And like any muscle, the stronger it gets, the more effective the body becomes at feeding that muscle the nutrients it needs to stay strong. Many of the veins in this region are the same veins that supply blood to the penis. In fact, a strong PC muscle allows the penis to hold in blood *longer* than before.

Furthermore, the PC muscle is connected to what is called the sympathetic nervous system. A relaxed sympathetic nervous system is a good thing to have

during intercourse since it is the nervous system that initiates an orgasm. The more control you have over your PC muscle, the more likely it is you'll be able to relax it during sex, thus prolonging your orgasm. It really is a miracle muscle for sex, and quite possibly one of the most effective means of reducing ED.

Where is the PC muscle located?

Your PC muscle is located at the floor of the pelvic cavity, just below your tailbone and pelvic organs. Not only does it support these organs, it's also the primary muscle that controls urine flow. And because it controls the flow of urine, you have a very easy way of locating it yourself.

The next time you go to the bathroom, try starting and stopping the flow of urine. The muscle you're using to perform this task is the PC muscle.

HOW TO EXERCISE THE PC MUSCLE

Let's try three different PC squeeze exercises:

The Contract and Release Method

- ✓ Contract your PC muscle firmly, as if you're cutting off the flow of urine, and then release it after five seconds. Wait five seconds and repeat. Per-

form three sets of 20 squeezes, with a one-minute break between sets.

The Contract and Hold Method

- ✓ Contract your PC muscle firmly, but rather than release like the first exercise, hold the muscle firmly for up to two minutes (you'll likely need to build up to this).
- ✓ Do three sets with a one-minute break in between.

Lastly, the Rapid Fire PC Squeeze

- ✓ This is similar to the first exercise, only this time you'll rapidly contract and release your PC muscle repeatedly. Do as many of these as you can in ten seconds, give yourself a ten-second break between sets, and repeat.
- ✓ Perform 5 sets at 10 seconds each.

STRETCHING EXERCISES: INCREASING LIGAMENT STRENGTH AND SIZE

PC squeezes are great, but what about increasing the strength of the penis itself? Trust me fellas, smarter men than us have already worked that question out hundreds of years ago. Three techniques have proven to be amazing, at least for me. These stretches

strengthen the ligaments in your penis, which in turn helps improve blood flow. You may even gain an inch by using them!

The Wrist Stretch

With the wrist stretch, you apply pressure to the middle section of your penis in the middle of the stretch. This helps stretch the ligaments even further.

First, grab the penis just below the head and stretch the penis directly in front of you. Perform the same stretch to the left, to the right, up, and down. As you stretch your penis, use your free hand to apply pressure to the bottom of your shaft as you stretch (using your thumb and index finger to encircle the base of the penis.)

The Big-Seated Stretch

This particular stretch takes about ten minutes (each set) to complete. Find a comfortable place to sit down. Now, raise one leg up and grab your penis from underneath the leg, gripping just below the head of the penis. Then, pull forward with gentle force and hold it there for ten minutes.

For the second set, lift up the other leg and grip with the other hand and repeat the process, completing the stretch for another ten minutes.

The Big Squeeze

This stretch involves squeezing your penis by putting it on a table or other flat surface and using the flat of your palm to push down on it.

I know, it sounds horrifying, but you gotta trust me on this one!

Place one hand on top of the other, and use your weight to push down on the penis for about 45 seconds. The purpose of this is to separate the penis into upper and lower parts. With this stretch, you get the penis used to having blood trapped in the middle. This helps promote growth and accommodates increased blood flow.

MASSAGING YOUR MALE PARTS: TESTICLES, PC MUSCLE, AND PENIS

There are a number of massages that men can perform which can improve sexual function. Everything from the amount of testosterone your body produces to the volume of blood your penis takes in with an erection can be improved through a few unique massage techniques.

Testicle Massages

Massaging your testicles has a number of benefits, although the one most commonly touted is an increase in testosterone production. You'll want to steal away for about five to ten minutes to perform these massages.

Take your right teste in your hand and massage the entire area for about 90 seconds. Then, do the same thing to the left teste. You should repeat this process up to three times. This massaging can help improve blood circulation to the testicles, which is why it's so effective at boosting testosterone production. It also boosts sperm production, and thus increases the amount of ejaculate produced during an orgasm. Lastly, massaging your testicles increases their size, so they're heavier, hang lower, and best of all, are more sensitive.

PC Muscle Massages

After you've massaged your testicles, your next stop is the PC muscle. As you already know, the PC muscle is between your testicles and your anus. The entire muscle is shaped like a hammock and covers that entire area. When you massage this area, make sure you cover the entire distance, from the scrotum to the anus, both on the left and right side. Use your fingers and rub this area for about 90 seconds. This is especially useful both before and after you perform PC squeezes.

Penis Massages

After you massage the testes and the PC muscle, it's time to move on to the penis itself. Start things off by achieving a full erection. Begin by gently squeezing your penis between your thumb and your index and middle fingers. Start at the very bottom of the shaft and move toward the tip. Do this for about three minutes, focusing much of your time at the base (where the majority of the veins and arteries are).

Massaging your penis daily is a great way to achieve additional growth. The penis contains muscles, which are thought to grow the more you massage them. It also assists with blood flow throughout the penis, which helps with maintaining erections and improving sensitivity.

The Art of Jelqing Off: Become a Master of A Thousand-Year-Old Penis-Enlargement Technique

If PC squeezes were considered a national sport, then Jelqing would be like the Olympics of penis massages. This technique has been around for over a thousand years. It is highly effective at increasing both length

and girth. At least, it certainly worked for me, and apparently, it's worked for tens of thousands of men over the course of centuries of use.

So let's jump right into the art of Jelqing, starting with a brief history, and moving on to some of the most popular exercises.

A BRIEF HISTORY OF JELQING

Trust me, this really will be a brief history, because not much is known about the origins of this penis enlargement technique!

The British Journal of Urology believes that the term Jelqing comes from the Arabian peninsula, and has Arabic origins. The word Jelqing closely approximates a similar Arabic word for "milking," and in fact, the two motions are quite similar. Jelqing may in fact not be the original term used for these exercises. But the exercises themselves have been used for well over 1,000 years.

The purpose of Jelqing is to push blood into and throughout the penis, which in turn promotes increased vein and artery size. After a while, your penis will accommodate this increased blood flow by increasing in both length and girth.

Warming Up

Jelqing is actually quite safe, and it's highly unlikely you'll injure yourself by performing these techniques. But better safe than sorry I always say, especially when it comes to something as important as your penis.

First, grab a wet, warm cloth. Achieve a strong erection, and then slowly massage your entire penis through the cloth. Do this for about 5 minutes.

Once you're done, make sure you apply a lubricant to your penis. This can be an oil- or water-based lubricant, whatever you have available.



BASIC JELQING EXERCISES

Alright, it's time to jump into the basic Jelqing exercises. With Jelqing, it's important that your penis is 50% to 75% erect. A complete erection may cause an injury.

Below is a step-by-step guide which focuses on one of the most basic Jelqing techniques:

Form your hand into the OK symbol. Start at the base of the penis. Put your hand as close to the base of your penis as you can, with the ring of your fingers encircling your penis. While applying



light pressure, slowly move your grip up your penis. You should be applying enough pressure on your penis to force blood into your member, but not enough that it should cause any pain. This should take about 2 to 3 seconds.

Stop before you reach your glans (the head of your penis). All Jelqing exercises stop here to ensure you don't injure the head of the penis. Repeat this process, switching hands to prevent any fatigue. When

one hand reaches the glans, start the Jelq process with the other hand at the base.

By regularly performing this basic technique, most men report seeing an increased size in two to three months. Other advanced Jelqing exercises could speed the process up immensely.

ADVANCED JELQING TECHNIQUES

Guys, you've probably realized by now that Jelqing isn't going to work instantly to help you achieve stronger, harder erections. But over time, it can help you with both of these things in spades. If my Peruvian Brew is the instant gratification aspect of this book, consider Jelqing the long game. Trust me; you'll want this skill-set in your manhood-enhancing arsenal. And with a bit of patience, these techniques can go a long way to achieving insanely large, on-demand erections.

Once your penis is used to the basic stretch techniques that I mentioned above, it's time to move on to more advanced exercises. I'm talking about four exercises in particular: The Double-Handed Jelq, the Doubled-Handed Girth Jelq, the Double-Handed Girth Bend, and the Ultimate Girth Jelq.

The Double-Handed Jelq

The Double-Handed Jelq requires a near-total erection to perform, somewhere in the realm of 80% to 90% erect. It may be difficult to judge this, and more difficult still to keep it in that range. Remember this is really only a range. As long as your penis isn't 100% erect, you can perform this exercise.

Start with the basic Jelqing technique, taking your right hand and placing it at the base of your penis. Now, move it up so that it's about an inch above the base. Now, grip the base of the penis with your left hand, using the thumb and index finger to encircle it. This hand will be used to trap the blood in your shaft.

Continue using your right hand to Jelq all the way up the shaft of your penis, stopping just before the head. Continue to hold your left hand at the base of the shaft. When you've finished the Jelq with your right hand, move your left hand up your shaft. Take your right hand and perform the same thumb/index finger wrap around the base of the penis.

Continue to switch hands, repeating this process for about ten minutes.

Performing this exercise every day should help you gain penis length. The Double-Handed Girth Jelq, which is described below, helps with circumference.

The Double-Handed Girth Jelq

With this exercise, your erection should be similar in size to what is mentioned in the Double-Handed Jelq, so 80% to 90% erect.

Start with both hands on the penis, one at the base, and one near the head, with a small amount of space in between your hands. At this point, there should be a lot of blood trapped in your penis. The hand at your base is firm enough that very little is escaping into the body.

Now, maintain a tight grip on your shaft, slowly squeeze and draw the blood into the space between your hands. This exercise stretches out the width of your penis in that specific area. Maintain the squeeze for about 1-2 minutes.

Of course, no one wants to look like a freak with one part of their shaft larger than the other parts! You'll need to concentrate on various parts of the penis to increase the width over the entire shaft.

For example, if you want to see more width at the base, hold the hand still that's on your base and push in with your top hand. If you want to see more width at the top, hold that hand still and push towards it with the hand on your base. Over time this will ex-

pand the blood vessels and tissue in your penis and you'll see an increase in penis width.

The Double-Handed Girth Bend

One of my favorites, and one you may want some tissues handy for! Your erection should be the same as with the previous two exercises. Start the same way you began the Double-Handed Girth Jelq. With one hand at each end of the shaft, bend your penis toward you and keep it there for about 30 to 45 seconds. Now bring it back to a straight position.

Next, bend it away from you for the same amount of time. Once it's back in position, bend it left and then right. This exercise improves blood flow as well as penis length and width, so it's a fantastic exercise to perform every day if you don't have much time.

The Ultimate Girth Jelq

Again, same as the previous three exercises, you'll want a near-fully-erect penis. And like the Double-Handed Girth Jelq, the object of this exercise is to force your hands together until they almost touch.

The Ultimate Girth Jelq is practically the same as the Double-Handed Girth Jelq, only you're increasing the time that you maintain pressure on that area. If you

want to see serious results a whole lot faster, then you'll need to increase the time to roughly 15-20 minutes.

For obvious reasons, I recommend you build up to the Ultimate Girth Jelq over time.

Eventually however, once you achieve this length of time, you'll start seeing results come in a lot faster. Focus on an inch of your penis every day (it would take 3 hours a day to perform the Ultimate Girth Jelq on your entire penis, hence why I recommend an inch a day.) On Monday start at the bottom of the shaft, and go from there until you work your way up to the glans (the head of the penis.)

That's a wrap for this segment on stretching, massaging, and exercising your penis to achieve better blood flow, increased size, and stronger erections. I know some guys that will spend up to an hour every day on these exercises and stretches. That's more than some guys spend at the gym! But hey, it depends on how serious you are, and just like everything else in life, the results correlate with the work you put in.

Chapter 4 Summary

We learned a boatload of tips and strategies in Chapter 4! We found out other options that men have used to increase blood flow and achieve an erection. Some of these, such as supplements and exercises, work slowly over time; while others, such as intracavernous drug injections and inflatable implants, should only be used by men who have tried everything else (and I mean everything.)

Later in the chapter we delved into a list of supplements that expand upon the herbs in my Peruvian Brew. These supplements are awesome for body and mind, so I'd recommend them regardless of your ED stage.

And of course, the massages, stretches, and exercises a man can do to increase his size and girth, as well as improve blood flow, is seemingly endless. What I added in this book is only a fraction of the exercises that are out there. These were just the activities that worked for me—and I'm convinced they'll work for you, too!

But enough of Chapter 4. We're moving on to the fifth and final chapter of *Erect on Demand*, where I give you some insane tips on how to jump start your fail-

ing libido. I mean, you should have a completely functional manhood at this point. Why let it go to waste! Chapter 5 will give you tips and tricks on how to rekindle the flames of passion and improve your relationship to the point where it feels brand new again!

PERUVIAN BREW SHOPPING LIST

- ✓ Pineapple Juice
- ✓ Dong Quai
- ✓ Yohimbe Bark Liquid Extract
- ✓ Black Pepper
- ✓ Raw Maca Power
- ✓ Ginko Leaf
- ✓ L-Arginine
- ✓ Red Ginseng
- ✓ Horney Goat Weed

You can purchase all of the individual ingredients above separately online and at your local health food store.

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You can get your hands on the brand new pre-made Peruvian Brew formula at a SHOCKINGLY low discount right now today and have it delivered discretely straight to your door.

No fuss, no mess and no fumbling around trying to measure the precise amounts of each ingredient.

Peruvian Brew is now available in a refreshingly convenient pre-mix that blends easily in water or your favorite beverage. Just one scoop 1 hour before sexual activity is all you need to awaken your manhood helping you achieve the full erections both you and your partner are sure to enjoy.

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Awaken Your Manhood With Peruvian Brew



CHAPTER 5:

Mood Lighting—Rekindling the Flame of Passion with Sex and Relationship Tips, Including Sex-Drive Boosting Supplements

Plenty of ED books discuss libido as if it's the only cause of your ED. This is untrue and misleading. There's no doubt that your sex drive has a part to play in all of this, but to turn it into the primary cause of your erectile dysfunction? It just doesn't work like that.

It does, however, deserve its own chapter, and for us, that's Chapter 5.

In this chapter we'll be going over a few key functions of your libido, including that number one sex steroid, testosterone. I want to show you how to produce more of it, not just by natural processes in your body, but through natural supplements and foods. You've already learned a thing or two about testosterone in this

book (such as how you can use massages to increase testosterone production) but I'll go into more depth in this chapter.

Testosterone is just a part of what this chapter is about. Your libido needs more than just that to get revved up. So I've included a few other essentials to help improve your sex life. For example, if you've followed the advice in this book, then you should already be seeing the fruits of your labor: longer erections, a more sensitive manhood, an increased urge for sex, and an increase in size and girth. This is all good stuff, and we don't want these new blessings to go to waste!

So I've provided some advice in this chapter on how to reduce and even eliminate premature ejaculation (PE), a problem that all men have faced at one point or another and would like to understand how to get rid of it. I've also given you some ideas on how to increase the amount of your ejaculate (including your sperm count), and I even have a few bonus segments in this chapter detailing some fun new moves that are going to totally blow her out of the water when you try them on her.

But enough of that. Let's jump into Chapter 5 now, starting with a man's most important steroidal asset: testosterone.

Improving Your Sex Drive: Understanding Testosterone

Everyone here has heard about testosterone. Most know that it's produced in a man's testicles. And you likely know that it's an essential steroid that assists with everything from maintaining an erection to increasing your libido and sperm count. During puberty, it helps maintain bone health and even has a part to play in penis growth.

Long story short, we need it, and we need a good amount of it to properly function.

After the age of 30, most men begin to experience a gradual decline in their testosterone levels, called Andropause. A decrease in sex drive often accompanies this drop in testosterone, and many men believe there's nothing they can do to keep those levels "topped up" so to speak.

That isn't true, as you'll soon realize. There are many ways a man can keep their testosterone production up. It just takes the know-how and a little bit of effort on your end.

And trust me, this is something you'll want to do. Remember way back when you were watching my sales

video? I told you that when a man's body starts shutting down sexually, it's basically a chain reaction that forces everything else to shut down too. Reduced testosterone is linked to a host of diseases and health problems, including diabetes, depression, high blood pressure, coronary artery disease, hair loss, metabolism breakdown, mood swings (yes, it's like menopause, but for men) and God only knows what else.

With that said, it's an understatement to say that your body needs enough testosterone to stay healthy. And



our job is to figure out how to help it *stay* healthy by keeping our testosterone at a decent level.

Some causes for reduced testosterone that are worth looking into:

Before I move on, I want to quickly address a few reasons why a man would lose testosterone *quickly*. And by that I mean faster than normal, since as I said, we're all losing testosterone by age 30 and beyond.

The next time you visit your doctor, ask him to test your testosterone levels to find out if they're normal for your age. If they aren't, then ask to be tested for:

- ✓ Testicular cancer
- ✓ Any disorders that may affect your pituitary gland
- ✓ Kallmann Syndrome
- ✓ Sarcoidosis
- ✓ Tuberculosis
- ✓ HIV/AIDS
- ✓ Kidney disease
- ✓ Type 2 diabetes

Any of these could potentially cause a serious drop in testosterone production.

TESTOSTERONE INJECTIONS: IS THIS SOMETHING WORTH LOOKING INTO?

I don't want to waste time on this, so I'll give you the final verdict now: no.

I'll tell you exactly why, too. It's because just like all the other drugs tossed out into the market by the pharmaceutical companies, testosterone injections do not solve the problem. They're temporary fixes that can improve your libido, but are otherwise useless. They won't solve your ED, and they won't increase blood flow to your penis or increase its sensitivity.

I even mentioned in my sales letter that testosterone injections mean thicker blood, which means reduced blood flow to your penis. So then you need to go out and grab a blood thinner, and in all likelihood you'll need to grab another drug which copes with the side effects of that drug. Before you know it you've got 20 drugs you have to take every day and you have no idea why you're taking any of them.

I've beaten this point into the ground and won't write another word about it. My advice is to focus on the supplements above, or make use of my proven sex-drive diet, which helps your body naturally increase testosterone production.

And if you feel like you just have to grab that shot, I won't hate you for it (I promise). It does help men in certain cases, and it shouldn't be ruled out entirely.

Supplements That I Guarantee Will Dramatically Improve Your Libido & Sex Life

Time to ramp things up with these awesome libido-enhancing supplements! Guys have asked me before whether testosterone boosters and libido enhancers actually help ED. The answer is no, they don't. They may help a little bit, but they aren't the answer you're looking for. For that, I highly suggest you grab the ingredients that I mention in my Peruvian Brew. You can also try taking some of the supplements I mention in Chapter 4, such as zinc and selenium.

I've added three essential supplements to this section: GABA, a relaxer; Spartagen XT, a testosterone supplement; and Pine Pollen, another essential supplement for increasing sex drive. I've tried each and every one (along with two dozen others) and these are the ones I'm recommending after years of testing!

GABA: RELAXES YOU WITHOUT INHIBITING LIBIDO

Staying relaxed during intercourse is critical for those with ED. Unfortunately, an erection that you know will only last a minute or two at best isn't conducive to a relaxed state of mind. This stress-factor can lead to all sorts of side effects, including acute premature ejaculation. Even if you feel relaxed, your body ejaculates minutes or even seconds after intercourse.

Certain relaxation supplements like 5HTP can also relax you, but may do so at the cost of your libido. So you may lose the PE only to find yourself completely uninterested in sex. That doesn't sound like a great tradeoff to me.

I turned to GABA when I discovered that it maintains my libido while also keeping me relaxed during sex. GABA also increases the body's prolactin levels, and there's growing evidence to suggest that prolactin plays a critical role in how long a man can last during sex (as well as how long it takes him to recover after sex.)

I highly recommend a GABA supplement. When combined with a supplement like Spartagen XT or Pine Pollen, you can stay more relaxed during sex while also maintaining a heightened sexual desire. It's a win-win!

SPARTAGEN XT: A TESTOSTERONE SUPPLEMENT THAT FINALLY DELIVERS ON ITS PROMISES?

I've tried too many testosterone supplements to count. Seriously, I've tried at least a dozen named testosterone supplements, most of which simply didn't do what they said they'd do.

The problem, I thought, was my bloated expectations. The industry tends to overpromise and underdeliver. They want to be something to everyone—from body-builders and Fountain-of-Youth seekers to men with erectile dysfunction, like I was. Some of these boxes read like the answer to my prayers.

Spartagen XT was a shot in the dark for me. I read about it and thought I'd give these supplements one last try.

I'm so freakin' glad I did.

Spartagen XT delivers. I noticed that it increased energy within the first few days of taking it. And while it took a bit longer to notice, I saw a jump in my sex drive too. The problem? I still wasn't getting it up. I had all this sexual energy and no way to do anything about it.

Talk about insanely frustrating. The only good news was that I had my trip to Peru a few short months after I found Spartagen XT. In fact, I decided to go off of Spartagen XT because it was working too well for a guy with an acute case of ED. After I found a way to manage my ED, I went right back to Spartagen XT. This supplement, combined with my Peruvian Brew—it's going to change your life.

Oh, and I almost forgot one last thing!

Spartagen XT can increase blood flow, and that includes blood flow to your penis. But if you can't keep an erection for other reasons, such as sensitivity or a drop in your nitric oxide levels, you'll want to take something else along with Spartagen XT.

Basically what I'm saying is that it's a piece of the puzzle, *not* a total miracle for ED. For instance, I use Peruvian Brew for my own ED, and I'd personally recommend Peruvian Brew to anyone suffering from ED. But I use Spartagen XT, hands down, to keep my libido going.

Funny side story. In the early days of Peruvian Brew, I asked my partners if there was *anything* I could do to add testosterone support into the supplement. They told me that the brew was so packed already that they couldn't add a grain of anything else without significantly affecting the taste. They told me, "This thing

is going to turn into a choking hazard if you add anything else into it.”

Alright, well that was enough to convince me to keep my hands off it.

And then I thought, “Well, if I can’t add libido support to my Peruvian Brew, I at least want to partner with a like-minded supplement company that already has a very successful supplement on the market.”

Wouldn’t you know it, it was around this time that I met the freaking King Midas of testosterone supplements, Dan Madden. As it just so happens, Dan Madden is the artist behind Spartagen XT.

After meeting the guy face to face, and speaking with him about his product, I feel *compelled* to recommend Spartagen XT.

I’m doing this for a few reasons. First, the guy has the same disgust for little blue pills and testosterone shots as I do. Second, he believes that modern medicine is too focused on chasing symptoms, and not focused enough on fixing root causes of the problem.

Amen to that, brother.

Plus, I found that Spartagen XT just plain works. I’m not about to sully this book with supplements that aren’t up to snuff. Spartagen XT had earned its spot in

Erect on Demand, long before I met Dan in person.

PINE POLLEN: MORE THAN JUST A TESTOSTERONE SUPPLEMENT

Pine pollen contains pure testosterone and other bio-available forms of DHEA, epitestosterone, and androstenedione. I've known guys that have sworn up and down that this is the supplement to use to boost testosterone levels.

So what exactly is pine pollen? Pine pollen is the male spore of the pine tree, and it's something that men have been using for at least a couple thousand years. It supports hormone production, brain health, and a strong metabolism. It also balances androgenic hormones (too complicated to go in depth about. I don't get it and I've been reading about it for years!) And, on top of all of that, it's an aphrodisiac, which means it increases energy, stamina, and vitality in the sack (and in everyday life).

Did I mention that it can also help regulate your prostate, which in turn could reduce premature ejaculation? Because there's that, too. If you've been told you have an overly large prostate, pine pollen contains a steroid called gibberellins which helps reduce its size.

EVENING PRIMROSE: DOES THIS ONE SUPPLEMENT STRAIGHTEN AND INCREASE YOUR SIZE?

I was completely blown away when I saw firsthand what evening primrose did to my manhood. It's one of those rare miracle herbs that I didn't expect much from but was entirely surprised by when I started taking it.

You see, I started looking at evening primrose because I heard it helped reduce circulation problems and improve blood flow (and lower cholesterol and fight off some cancers, which, why not!) That right there was enough of a reason to try it out.

This, of course, was before I discovered the Peruvian Brew. I was following every lead I could find. Evening primrose was as good a candidate as any to fight off my ED. So I gave it a shot.

It surprised me, but not in the way I expected it to. Evening primrose increased my circulation by acting as a blood thinner of sorts, but it's far from a solution that both increases blood flow to the penis and also keeps it there. It helps to resolve part of the problem, but not all of it. Taken by itself, it's nowhere near as ridiculously capable at improving sensitivity or duration as my Peruvian Brew is.

NOW FOR THE REALLY GOOD NEWS

Evening primrose is a fascinating plant in its own right, and its properties include the ability to *increase the size of your penis naturally*.

Evening primrose contains a substance called Prostaglandin E-1 (PGE-1). PGE-1 increases the elasticity of the skin, as shown in a study on rabbits. It *also* contains Gamma Linolenic Acid, or GLA, which facilitates the safe expansion of nerve and blood vessels, which also happens to be necessary for penis growth.

When you combine evening primrose with some of the other techniques to improve your penis size, you can start seeing growth. That's because if you're trying to increase size with exercises or other supplements, but fail to improve skin elasticity or expand the blood vessels in the penis, you might not get the results you want.

Penis Curvature: Good, Bad, or Neutral?

For guys that do have curvature in their penis and want to get rid of it, evening primrose is the *only* supplement you need to straighten it out. Even better, you're going to have a member that looks way bigger, just by improving your skin's elasticity by a tiny bit!

Alternatively, you can use other methods that increase size *without increasing skin elasticity* to achieve a cur-

vature in your penis. Why would you want one you may ask?

Simple, to hit the female g-spot. Sometimes a curved penis is angled just right to brush up against a tiny spot of nerves further up inside the vagina. And that, my friends, is money.

I'm not telling you to turn your penis into a science project, but for the inquiring mind who wants to know, it can be done! All by using one simple and highly effective plant: evening primrose.

Note: Taking evening primrose if you're epileptic isn't advised. Also, since it acts as a blood thinner, make sure your doctor is aware that you're taking it.



Go as Long as a Porn Star: How to Get Rid of Premature Ejaculation for Good

With a bit of training you can go longer - like, a lot longer - like, porn star 1-hour video longer. But even porn stars claim that they don't go that long when they're having real life sex. Who would want to?! Why have one orgasm in an hour when you could have 2, or 3, or 4?

Exactly.

Also, no woman wants to go that long anyway. It takes a woman on average anywhere from 30 seconds to 20 minutes to reach an orgasm through penetration according to WebMD. And that's if she even achieves one. Plenty of women simply can't achieve an orgasm like this. In fact, according to WomansDay.com, nearly *half* of all women have Female Sexual Dysfunction (FSD), which effectively stymies them from orgasming with a penis in them. Trust me, if you haven't gotten her off by minute 15, you'd do better to use your tongue.

Also according to WebMD, premature ejaculation could have possible psychological causes, or possible hormonal issues or a side effect of medications. It's

also been suggested that PE is a symptom of erectile dysfunction, but again, only as it relates to a psychological element.

A Few Additional Reasons for PE, and How to Fix It

If you're worried it's a matter of being too sensitive, double up on latex condoms. Heck, use three or more and then cut back after you've successfully beaten your best time. This is a more expensive attempt to help your PE, but then, you've been saving so much money with my Peruvian Brew, you've got to spend all that cash on *something*.

If you think that you've been trained by your ED to hurry up and get off before you lose your wood, then just train it right back! Remember the exercises we talked about in Chapter 4? Well, some of these very exercises can be used to promote resistance to ejaculation.

For example, PC squeezes give you greater control over your orgasm. This muscle needs to be completely relaxed during sex; otherwise it could lead to PE. Exercising this muscle is a great way of achieving more control during sex.

A full bladder causes your PC muscle to contract, which in turn pushes up against your sympathetic nervous system, causing you to orgasm faster than

you'd like. Make sure you have an empty bladder before initiating sex.

Worried your wife is holding a grudge against you for your “problem?” Start the night off by giving her an orgasm or two through oral sex. What? She's not into that? Tell her that giving her oral is all you think about *all day long* and that if you get her off it will completely relieve the stress that's causing your PE.

“Honey, the reason I have PE is because I'm not getting you off enough. Here, let me give you multiple orgasms, and then we'll have really slow, romantic sex while I practice not getting off inside of you.” No woman on the planet is going to say no to this.

Have you tried thinking about something else during sex? Sports will do the trick, or lifting weights. Imagine that you're performing a thrusting exercise at the gym. Think about all the paperwork you have to do on Monday morning. Just don't suddenly jump up in fear and run out of the room because you forgot to send an email to a client.

Caffeine has been linked to PE, since it tends to over-sensitize your prostate, which is an important male organ when it comes to ejaculation. Now, I could tell you to eliminate coffee entirely, or energy drinks, or caffeine pills, but that's cruel and I'm not going to

do that. Rather, I simply suggest that you keep the stimulants to the wee hours of the morning and avoid them for the rest of the day. A little bit of compromise could go a long way to eliminating PE.

Anything Else I Should Know?

Finally, as if you haven't already received enough tips from me on how to last longer, I'd highly suggest you put my Peruvian Brew to the test and masturbate a few hours before you have sex.

Now, if you had tried this method a few months ago, before you ever got your hands on this book, you'd never be able to get it up. That's because masturbating beforehand depletes your body of key chemicals and hormones such as acetylcholine, dopamine, serotonin, and human growth hormone (HGH). You need these to achieve an erection, and since you're not 18 anymore and your body isn't running around like a mad chemist with 15 beakers in hand, you need to put in a little extra work to keep the shelves fully stocked as it were.

But if you've followed the advice in this book, whether that's working on a few lifestyle changes, or drinking down my Peruvian Brew, then there's a damn good chance you'll be able to achieve a second erection in that time frame, only this time you'll last much longer.

Improve Your Sperm Count and Ejaculate

I almost didn't add this segment to the book. I mean, how much does it *really* help with ED or an improved sex life? Sure sperm count is important if you're trying to have a kid. But a lot of my readers already have kids and probably don't want any surprises in their 40's and 50's.

And then I realized that a man's ejaculate is more than just about getting a girl pregnant. It's a sign of his virility, his youthfulness, his manliness. The stronger the release and the more that comes out, the better it is, for her *and* for him. In other words, sperm, and a lot of it, is a huge turn on for women. And it will make you feel like He-Man for pulling it off.

What's going to get her more excited: giving you a hand job and watching it dribble and bubble out, or seeing it take off like it's been blown out of a cannon, and hitting the ceiling fan? I mean, have a towel or a shirt handy for sure, but the look on her face when it happens—priceless.

She's going to go nuts for you after that. She probably won't mention this to you, but what she really wants is for that fire hydrant release of yours to go off inside of her. You want your sex life to take on an end-of-

the-world urgency to it, improve your ejaculate and make sure she sees the results of your efforts.

For the Love of God, Tell Me How to Do It

If you've followed the advice in this book so far, you're nearly halfway there. Cutting back on the bad habits helps in a big way. The caffeine, the smoking, the drinking—you don't need to eliminate them, but just cutting back helps a ton.

The next ingredient, believe it or not, is water. And no, you're not drinking enough of it. Three liters a day is enough to completely hydrate yourself and radically improve your ejaculate.



You'll also want to stock up on L-arginine, a supplement that assists the body with nitric oxide production. Nitric oxide can dramatically improve sperm count, and L-arginine is a simple way of assisting your body with just that. You can find L-arginine in a capsule form. You can also get it from nuts, seeds, brown rice and whole wheat bread.

Anything Else I Need to Know?

The last two nutrients needed for strong ejaculate are zinc and folic acid. Studies show that zinc oxide increases the number of sperm along with sperm mobility (important if pregnancy is a goal.) Folic acid offers similar benefits and adding that to your supplement regimen can help increase sperm count even more.

Cut back on smoking and alcohol use, increase your water intake, and find supplements for L-arginine, zinc and folic acid. Lastly, hold off on masturbating for a few days (the longer the better) before you make your move. When the time comes, tell her you have something to show her in the bedroom. Just put the idea into her head once. She'll never forget it.

PERUVIAN BREW SHOPPING LIST

- ✓ Pineapple Juice
- ✓ Dong Quai
- ✓ Yohimbe Bark Liquid Extract
- ✓ Black Pepper
- ✓ Raw Maca Power
- ✓ Ginko Leaf
- ✓ L-Arginine
- ✓ Red Ginseng
- ✓ Horney Goat Weed

You can purchase all of the individual ingredients above separately online and at your local health food store.

Or...

You can get your hands on the brand new pre-made Peruvian Brew formula at a SHOCKINGLY low discount right now today and have it delivered discretely straight to your door.

No fuss, no mess and no fumbling around trying to measure the precise amounts of each ingredient.

Peruvian Brew is now available in a refreshingly convenient pre-mix that blends easily in water or your favorite beverage. Just one scoop 1 hour before sexual activity is all you need to awaken your manhood helping you achieve the full erections both you and your partner are sure to enjoy.

Visit www.FixYourED.com or call **1-800-458-4634** right now.

*Due to High Demand Supplies
Are Limited So Act Fast And
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Erect
ON DEMAND



Awaken Your Manhood With Peruvian Brew



BONUS:

My Proven Sex-Drive Diet: These Foods Can Kick Your Stamina & Libido Into Overdrive (with Recipes!)

If you're anything like I was when I first started looking for solutions for my ED, then you were more interested in magic pills than everyday food and nutrition.

I just hope that you learn from my mistakes instead of spending a couple of years avoiding the truth: that there ARE foods out there that improve your testosterone production naturally, PLUS increase your libido and interest in sex.

We obviously want something to instantly fix our ED for us. But if you've been following the themes of this book, you know that any "easy" fix is really just temporary, and that it's going to cost you in the long run.

The foods I mention below, however, when taken consistently, can “train” your body to act and feel younger.

By adding these easy-to-find fruits and vegetables to your diet, you’ll see results, and a lot faster than you think. It worked for me, and it can work for you.

Let’s take a look at my favorite libido-enhancing foods and find out a little bit more about them!

GARLIC: KEY SOURCE OF ALLICIN

I love cooking with garlic because it has a little known nutrient called allicin in it. Allicin is what you get when you chop or crush a garlic clove (it’s what gives garlic its aroma). Allicin is important to us because it dilates blood vessels and increases the flow of blood throughout our bodies.

Now, I could eat garlic by itself I love it so much. But I’d understand if that isn’t your thing, so by all means, use it as an ingredient to make roasted garlic mash potatoes, or another favorite of mine, garlic croutons.

BEETROOT: A WELL-KNOWN ROMAN LIBIDO ENHANCER

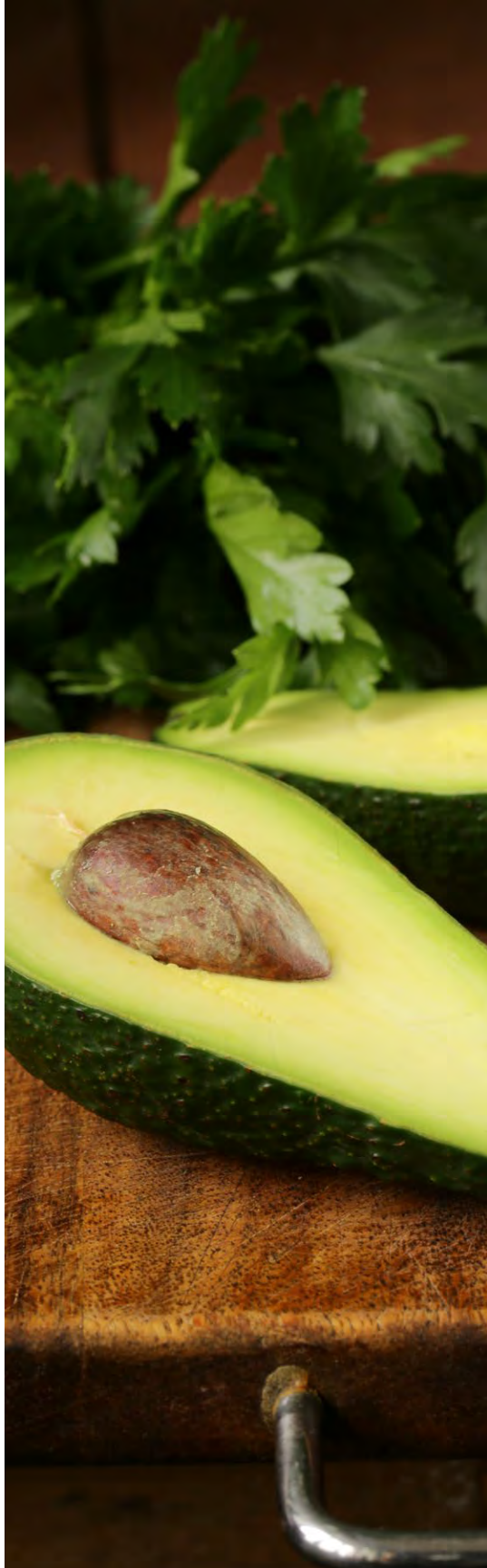
Beetroot is a vegetable that contains boron, and boron stimulates the body’s hormone production. On top of that, beetroot contains tryptophan and betaine, two

mood-enhancing nutrients that reduce stress and promote wellbeing.

Beetroot is delicious on salads (thrown in with asparagus and smoked salmon for instance). You can also pan-roast it along with chicken, carrots, and other vegetables. Lastly, beetroot soup is delicious. Just add some goat cheese and a handful of croutons!

AVOCADOS: A NATURAL SOURCE OF VITAMIN E

Vitamin E is incredibly important to sexual function, namely since it increases the body's production of testosterone. It's also a good source of healthy fats.



Just like beetroot, avocados are perfectly paired with salads. And of course, you can toss some guacamole onto practically anything and it still tastes good. My all-time favorite guacamole recipe is by Food Network personality, Alton Brown. You can check out his delicious guacamole recipe on google.

WATERMELON: BOOST YOUR NITRIC OXIDE PRODUCTION

Watermelon is awesome. I mean it. This fruit ramps up the production of nitric oxide in your body. And like I've been saying throughout this book, nitric oxide is key to *every sexual function in your body*. It improves blood flow, increases circulation speed, and ramps up hormone production. I buy two watermelons at the store every week. One to eat, and the other to completely destroy with a sledge hammer. Because hey, Gallagher is awesome.



Watermelon can get pretty boring if you eat it by itself all the time. So mix it in with some arugula and feta for a delicious summer-inspired dinner. You can also pair it with something savory, such as this watermelon gazpacho.

CELERY: THE ULTIMATE SEX-BOOSTING SNACK FOOD

Buy celery. I mean it, buy a lot of it. And then bite into it as a snack throughout the day. Celery is awesome because it's almost entirely made up of water (a snack that won't increase my weight? Where do I sign up?) On top of that, celery has a ton of androstosterone, which comes out when you sweat and is a natural pheromone that turns your wife into a sex crazed lunatic. Well, not that crazy, but hey, maybe I haven't had enough celery!



Throw celery into some salad for an extra crunch. Or do what I do and have it as a snack with a bit of peanut butter or cream cheese.

ALMONDS: SNACK ON SOME ALMONDS FOR SOME SERIOUS SEX-BOOSTING VITAMINS AND NUTRIENTS

Almonds are one of the best things you can have in the house if you want to improve your sex life. They have zinc and selenium in abundance, two vitamins that you already know are awesome to enhance libido and improve sexual function. They also help improve blood flow, since these almonds contain the good type of fat which helps keep cholesterol levels down.

I have two types of almonds in the house. Whole almonds I just munch on when I need a snack. I also have sliced almonds so I can throw them onto salads, fried salmon, and heck, even ice cream.

OYSTERS: A KEY SOURCE OF ZINC

Oysters are as delicious as they are good for you. They're an amazing source of zinc, which boosts sexual function in men. In fact, oysters have been known as a libido-enhancer for well over a thousand years, so there's absolutely enough zinc in these to ramp up your sex life.

I won't lie, raw oysters scare me a little. I've had more than one sleepless night clinging to a toilet because of these happy little guys. So I wholly recommend deep frying them, since this doesn't decrease the amount of zinc at all (and probably makes them more delicious anyway.)

ASPARAGUS: TROUBLE REACHING AN ORGASM? TRY ASPARAGUS

Asparagus is an amazing source of folic acid. And folic acid just so happens to be intimately connected with a little thing called histamine. Studies have shown that a lack of histamine can reduce the chances of an orgasm during sex. More asparagus can increase your folic acid, which in turn can improve the amount of histamine in your body, making it far easier to achieve an orgasm.

I won't lie, I had trouble adding asparagus to my diet because it's so...well...boring. I don't care to eat it by itself. So, do what I did and roll them in some olive oil, toss some parmesan cheese on them, throw them in the oven, then take them out and put them in a wrap with some chicken, tomatoes, and anything else you want. Salt to taste of course!

TOMATOES: GET MORE RELAXED IN THE SACK WITH TOMATOES

Tomatoes are insanely good for you. Not only do you get a load of vitamins and minerals from them, including vitamins K, A, and C, plus B6, niacin, thiamin, and magnesium, they also help you relax both before and after sex, which can help with premature ejaculation.

I'll eat tomatoes as a snack I love them so much. Just toss some salt on them and you're good to go. Add them into an omelet for breakfast, a salad for lunch, or heck, just buy some damn tomato juice and go to town! Trust me, there are weeks when I just feel too lazy to cook anything, but I still want my essential foods. This is when a juicer comes in handy, or just buy the juice at the store if you're short on time.

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BONUS:

Pleasure Centers Worth Hunting for, and the Sex Positions to Take Advantage of Them!

I became a Master of Sex because of my ED. I know that sounds like a bit of a paradox, but it's true. Kar-en and I experimented, we learned a lot about each other, and we did what we could with what we had. And what we had was often a half-flacid penis, our fingers and our mouths.

I had to get creative is what I'm trying to say. I couldn't just dive in for a quickie anymore—I had to get her off, and I had to figure out new ways to do it if I wanted to save my marriage. And wouldn't you know it, Kar-en did a bit of searching around too. Her quest for the male G-spot was a breakthrough that got both of us turned on—and for a month or two, I was back to my old self, hard as a rock, ready to go whenever she wanted it.

Unfortunately, like many ED solutions, this wasn't going to last forever. The good news is that once I resolved my ED for good, we jumped right back into the swing of things, and the sex went from great to fantastic, to mind-blowing.

I wanted to share a few techniques I learned throughout my years of desperation. If you want to spice up your love life and engage with your wife of 10, 15, 20+ years, this is how you're going to do it. (And hey, if you're single, all the better!)

THE FEMALE G-SPOT

It took me years to figure out the best ways to go at the clitoris. And as soon as I started getting really good at it I received *yet another surprise*, and that is that women actually have two areas that can push them over the edge. The second, of course, is the female G-Spot, located a couple of inches north of her vaginal opening, on the same side as her belly button. You've probably felt it before. It's a cleft-like area of skin that feels slightly different than everything else in there.

The next step: start asking her what feels good. Seriously, no need to be shy about it.

Every woman is different, and the amount of pressure you have to use won't be the same for everyone. Some women need a lot of pressure there to achieve a G-Spot orgasm. Others need very little. If you only ask for directions once in your life, let this be the one time!

Not every woman can achieve multiple orgasms from this method, but plenty of them can. If you have such a woman, you will be thanked. Let me say that again: You. Will. Be. Thanked.

THE SEX POSITIONS THAT HIT THE FEMALE G-SPOT

Some of the best positions to hit the female G-spot are:

Doggy Style: Always a classic, and it's about to become even better with this little tip. The more her back is curved, and the closer her stomach is to the sheets, the better control she has over where your penis puts down the most pressure. She knows exactly where her G-spot is because it feels fantastic to her. PLUS, women cite this as the position where they achieve an orgasm the most frequently. Can't go wrong here!

Cowgirl: Another position that women claim lights up their pleasure centers more than most. Since we can't exactly feel what our partners are feeling, it's often

best to let them make the moves during sex, and the cowgirl is the best position for this. She'll ride you until she finds the exact position where your manhood hits her G-Spot. All you have to do is hang on when she finds it!

The G-Spot Sniper: Get yourself into a kneeling position, with her lying in front of you on her back. Grab her hips, hoist her up to you, and enter her there. Her legs should be in the air, near your head, resting on your shoulders. Now, go in, but only two or three inches. This technique is deliberately built to hit the female G-Spot with short, shallow thrusts.

THE MALE G-SPOT

Desperate times call for desperate measures. And the male G-spot is one of those desperate measures that, for the enterprising man, can lead to insane pleasure.

The male G-Spot is located right next to your prostate. The closest way to get to it is through your anus. You can also sort of reach it by putting pressure on the perineum (the area between your scrotum and your anus.)

If you're at all squeamish about the idea of someone putting a finger up there, then there's no reason to bother reading this. But again, if you're bold, confi-

dent, and comfortable with your sexuality and your body, I say hey, why the hell not?

The male G-Spot is about two inches from the entrance to the anus and can be reached by fingering the side facing toward the belly button. She should be able to feel a soft bump, which is where the G-Spot bumps up against the prostate. Adding pressure to this little area during sex can lead to a G-spot orgasm. And if you've never felt a G-spot orgasm, you have no idea what you're missing.



THINGS TO DO IN BED THAT HIT THE MALE G-SPOT

I have a couple of options for you, one which puts you in a rather compromising position (again fellas, comfortable in our sexuality here!) and the other which doesn't require a position at all.

MISSIONARY POSITION - LIKE YOU'VE NEVER SEEN BEFORE

Lay on your back, get a pillow positioned just behind your butt to provide some lift. I highly suggest you tell her to read an article on the internet before taking a stab at this. It stops you from having to explain, and even I got a bit squeamish considering that proposition. "Well honey, first you need to lube up, and then just stick it in there and holy shit why did you go in so fast!?"

Once you're positioned correctly, have her massage the perineum and the outside of the anus. Then have her (slowly, as if you need me to tell you this) edge in with an index finger (minus the long fake nails please) and once she gets about two inches in, she should be able to feel the protrusion that is the G-Spot. A hand job plus this bit of anal play is going to give you one of the best orgasms you've ever had in your life.

TOYS

The best part about anal toys is you can go to town on her like you normally would, you just have something sticking out your rear end while you do it. I found this to be a lot more comfortable than the finger play. And Karen went nuts over it too. Matching butt plugs for Christmas anyone? I'm just throwing out ideas!

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BONUS:

Blow Games (My Wife Is Going to Kill Me)

Blow Games is a term I invented at the peak of my erectile dysfunction shame. I hit a point where I could only get it up if my wife performed oral sex on me. If we were lucky, my erection would last JUST long enough to get three to five minutes of actual sex.

I have a pit in my stomach just telling you guys this. It was definitely rock bottom for me and for us as a couple.

In any case, I was desperate to find a way to spice things up. Our “sex” life at that point was about as sexy as trying to start an old lawnmower using a pull-cord.

So I turned to what I call blow games. Blow games are fun sex games that are designed to get couples passionate about pleasing one another in the sack. When all you have left is begging your wife or girlfriend for

oral sex or a couple of minutes of penetration, these games are a freakin' lifesaver.

But before I talk about my favorite blow games, I want to mention a few reasons why she's not responding to your sad puppy eyes and giving you oral. The reasons are manifold, so stay open minded and when in doubt, just ask her what's holding her back!

REASONS WHY SHE MAY NOT BE FEELING SO GIVING IN THE ORAL SEX DEPARTMENT

Karen is awesome, and I never had to beg and plead my way toward oral sex. But not all guys are this lucky. Women are coming to the table with their experiences and ideas on the subject of oral sex. Your goal is to get her comfortable without putting pressure on her to do anything she doesn't want to do. The more desperate and forceful you are, the less likely you'll get it.

Below are a few reasons why women say no to oral sex:

SHE'S GROSSED OUT BY THE TASTE OF SPERM

So she told you she hates the taste, did she? Well, I'd tell you that that really sucks, but it'd be cruel of me to say so. Plus, I hate puns. The good news: you can fix bad tasting or bad smelling sperm with a few changes to your diet.

The first step is to drink a ton of water. The standard 8-10 glasses are enough to eliminate the majority of causes for semen odor and taste. Next, cut back on the things you love most in life. That's right, caffeine, cigarettes, pot, and alcohol all tend to flavor our semen brew. Sorry guys!

Lastly, if she says it's salty, reduce your intake of red meat and dairy products. Furthermore, foods that are rather potent *outside* of your body tend to stay just as aromatic *inside* your body. Cabbage, garlic, and asparagus all have potent smells that can come out in your semen. They're also all great for helping with your ED. Frustrating, I know!

Try eating more cinnamon, and pineapple juice, since both of these tend to improve our taste dramatically!



SHE DOESN'T GET THE IMPRESSION THAT YOU'RE VERY CLEAN DOWN THERE

This one's a given. If you aren't very hygienic, she's not going to want to put her mouth on it. Simple as that. Take a shower once a day, scrub everything including under the foreskin if you're not circumcised and all around the scrotum. This shouldn't come as a surprise to anyone. Stay fresh, and she may change her mind about oral.

SHE WOULD IF SHE WASN'T DRIVING HER NOSE INTO A HAIRY BUSH EVERY 2 SECONDS

Sorry guys, no matter how manly your bush makes you feel, it's not attractive to most women these days. Imagine muff diving on a woman with a full-blown bush as big as yours. Even just one or two stray hairs in your mouth is enough to turn anyone off of sex. My suggestion: keep it trim. I'm not telling you to get a Brazilian wax or anything, just make sure it's well-manicured.

And if she asks why you did it when she sees you naked, tell her "Cosmo told me to do it."

YOU HAVEN'T SET THE MOOD

Just because it's the 21st century doesn't mean women have done away with the idea that oral sex is taboo. In fact, according to University of Alberta researcher Brea Malacad, exactly half the female population still considers oral sex either as taboo as sex (41% specifically) or more taboo (9%). That's a lot of women, and there's a 50/50 chance that you're with one of them.

If she thinks it's taboo, you need to take it upon yourself to make her more comfortable about it. Instead of pushing the matter, start looking into ways that you can be more romantic in the sack. That may mean getting out the scented candles, putting on some mood music, and treating her like a princess.

She wants to please you in bed, and if it really is a matter of shyness, you can alleviate that by putting her in the general area without telling her what you really want. For example, if you say you're insanely turned on when she kisses your stomach and thighs, she'll probably have no problem doing that. Once she gets to your thighs, the sheer pleasure of seeing you excited may be enough for her to go over the edge and put her mouth over it.

These are the four biggest reasons cited by women when asked why they don't go down on their signifi-

cant others. Clear these up first before you try any of the blow games below!

UNLOCKING THE NAUGHTY SIDE IN YOUR SIGNIFICANT OTHER: GET HER IN THE MOOD WITH BLOW GAMES

If these games provide even half of the enjoyment that they provided for my wife and me, you guys are in for some of the best hours you've ever had.

All three of these sex games will inevitably lead to more oral. Your woman will naturally want to please you just as much as you want to please her. And with the right atmosphere and the right timing, you'll be on your way to multiple orgasm heaven in no time.

Prepare yourself gentlemen!



TASTE TESTING

Play this game with a gal that has gone down on you before, but hasn't done so in a while. If she's squeamish about oral period, try playing the other two games below.

You're going to need a blindfold, a towel, and a few treats that you pick up at the store. This could be anything from whipped cream and maple syrup to cookie dough and chocolate syrup. You want a variety of things, some easy to guess what they are, some more difficult.

Now, blindfold your honey, lather your manhood up with one of those aforementioned treats, and then tell her to guess what it is. If she guesses right, make sure she gets a prize. In my case, I told Karen that I'd take her out to any restaurant of her choosing if she got 3 out of 5 right. Also, make sure you completely wipe off everything before adding a new taste to your peter.

Somewhere around the third, fourth or fifth treat, she'll likely just go straight ahead with a full-blown blow job. That's why this game is amazing, it gives her a chocolate high and turns her on within minutes.

Tip: Guys, surprise the heck out of her by using both hot and cold items. Slather on some ice cream, or drip some warm (i.e. not boiling hot) chocolate syrup on top to really surprise her.

Additional tip: For a less messy evening, try flavored condoms. This is nowhere near as optimal, but then, some women may actually go down on you only if you have one on.

YOU'VE GOT 30 SECONDS

In this game, the two of you take turns trying to get the other to orgasm. The person that orgasms first is the loser so to speak.

But here's the catch: you only have 30 seconds to do it.

The game goes in 30-second intervals, and you'll obviously need a few turns before either one of you reaches a climax. The trick is to set an alarm to go off every 30 seconds, and once it beeps, you must switch, no matter how close you are.

The person who's receiving can't do anything or say anything to their partner. He or she just sits back or does what the other person requests. This game can get extremely competitive with both sides trying to hold back an orgasm while the other one goes to town on them. Best of all, this game almost *inevitably* leads to oral sex, and just about everything else. Creativity is a must if you're to bring your partner to an orgasm quickly. In most cases, it's a mixture of using their favorite sex positions and a few oral sex tricks.

Just make sure that the winner receives a prize of sorts. You two can cook something up in the bedroom before you start the game.

THE “TRY NOT TO HAVE SEX” GAME

I know, I know, it sounds a bit odd, but this game is going to totally rock your world when you first try it.

The goal of the game is to see how long it takes before one person initiates sexual intercourse. The loser is the person who initiates it first. Both of you are actively trying to tempt the other one into starting it off. This includes touching, fondling, talking dirty, and doing anything else you can to motivate the person to cave first.

The game starts off slow and starts to wind up faster than you'd ever believe. She might give you just enough oral sex to where you're about to climax, and then stop at the last minute. You may tease her similarly by using your fingers or even taking out some toys.

Eventually, you'll both be so sex crazed that one of you will take action. Hence why this game is so powerful! Enough time without an orgasm will drive anyone crazy. It adds a layer of arousal and sexual tension that you haven't felt in years.

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A close-up photograph of a middle-aged man and woman smiling warmly at the camera. The man is on the left, with his arm around the woman's shoulder. The woman is on the right, leaning her head against his. They are both wearing white shirts. The background is a soft, out-of-focus blue and white, suggesting an outdoor setting like a beach or a bright sky. The word "CONCLUSION" is overlaid in large, white, sans-serif capital letters across the center of the image.

CONCLUSION

Fellas, I want to thank you for reaching the end of this eBook. What you've just read is literally *years* of frustration worked out through testing, testing, and more testing. Had I not made the attempt to at least *improve* my life in some way, than I'd likely be renting an apartment somewhere, single and alone. Meanwhile, my wife would be married to someone else, someone that could actually please her in a way that I couldn't.

This nightmare, thank God, never played out. I'm still happily married to the same wonderful woman, and we have an amazing sex life that I expect will go on for years and years longer—heck, as long as I take care of my heart, I may keep copulating until I'm 102!

Enough about me though. I didn't write this book for myself. I wrote it for you. And I hope that the ideas in this book truly opened your eyes to the endless possibilities out there.

There's more than one way to skin a cat. There's *definitely* more than one way to achieve an amazing erection.

JUST FOR REFERENCE, OVER THE COURSE OF THIS BOOK WE'VE DISCUSSED:

- ✓ What ED actually is, plus its stages and causes
- ✓ Why I abandoned pills for a more natural, eastern-centric medicinal solution
- ✓ Exactly what my Peruvian Brew is, and how you can make it yourself without any hassle at all
- ✓ The reasons why many ED methods fail
- ✓ My top ED prevention methods, plus insight into which ones work, which ones are B.S., and which are so desperate that I hope you never even consider them
- ✓ Awesome supplements that you can take
- ✓ Exercises and tutorials on the ancient art of Jelqing
- ✓ A multitude of ways to keep your libido alive
- ✓ Countless tactics to turn you into a sex god!

Just writing that summary makes me want to go back and read all of this again! It's funny, but I lived this

stuff, and I'll still come back to this book as a reference sometimes. It's a good thing to have around, regardless of whether you have ED. You're going to find the answers you need right here!

Oh, and I almost forgot one last thing!

Before I close this up, I want to give you guys one final piece of advice. I've always been a fan of saving the best for last. And this is something I'm sure you'll want to hear.

As I mentioned in Chapter 2, the combination of ingredients in my Peruvian Brew works together so well that it rivals those blue pills in terms of how fast and how frequently it works.

But more importantly, it's not going to cost you an arm and a leg every month. So while all of those poor saps sucking down blue pills are playing a very expensive game of "Pretend My Dick Is as Awesome as It Once Was," you'll actually have erections that you can hang a pair of jeans on (don't tell me you haven't tested this in the past!)

Best of all, it's your body that's making it all work—not some 4-hour pharma pill that inhibits some enzyme for a few hours.

Now, taken by itself, I think Peruvian Brew is a God-send to anyone suffering from ED. But as I discussed in Chapter 5, it is specific to your ED. It isn't, for instance, a total solution for a drop in libido. Does it raise your libido? Absolutely. But even I have to admit that it doesn't do it as much as I'd like it to.

I even asked my partners to see if there was anything I could do to add testosterone into Peruvian Brew. They told me no way unless you want to ruin the taste.

Then I thought, "Well if I can't add libido support to my Peruvian Brew, I at least want to partner with a like-minded supplement that already has a successful supplement with rave reviews."

Wouldn't you know it, it was around this time that I met the freaking' King Midas of testosterone supplements, Dan Madden.

Dan is best known for his supplement Spartagen XT. I mentioned it in passing in Chapter 5 as a means to add some much-needed libido support for men. But what I love about Spartagen XT is that it does this without pumping anabolic steroids into your bloodstream.

Nor is it going to turn you into a helpless testosterone addict. It was designed as an all-natural supplement for libido enhancement, the same way I designed Peruvian Brew.

In any case, I flew out to meet Dan about a year ago. We spent an entire day discussing how we could partner up our two supplements. Within a few hours, we plotted out a strategy on 50 different Hooters napkins (well, 51, but Dan accidentally spilled ranch on the one with the tax details on it.)

The result was something akin to divine inspiration. We got so excited that we just had to celebrate! I may or may not have gone to a Tijuana donkey show at 3 A.M. that night. I'll never know.

Suffice to say we sobered up and put our plan into action over the following months.

I'm happy to relate that our hard work has finally paid off:

www.FixYourED.com

Just visit the link above to find out all about how Peruvian Brew and Spartagen XT have teamed up to give you a way to confidently manage your erectile dysfunction and libido loss.

Stay hard my friends,

Josh Harding

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