



# **THE PORNSTAR PROTOCOL**

**THE SECRET TO HARD, LONG-LASTING ERECTIONS**

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# MYTHS AND FACTS ABOUT ERECTILE DYSFUNCTION

**Myth: ED is a normal part of getting older – you just have to accept it.**

**Fact:** It's true that erectile dysfunction is more common for seniors, but that doesn't mean it's untreatable. **You can enjoy sex at any age!**



**Myth: ED only affects older men.**

**Fact:** This one is definitely not true. Around **26% of men under 40** suffer from erectile dysfunction. And in reality, **that number is probably larger**, as a lot of men are too embarrassed to admit they have ED.

**Myth: If you have ED, you're not attracted to your partner.**

**Fact:** This could be one of the reasons. **You know better than anyone** if you're sexually attracted to your partner. But ED is more commonly caused **by other physical and psychological issues.**



**Myth: If you can get an erection, you don't have ED.**

**Fact:** Erectile dysfunction affects more than just the ability to get an erection. While some people can get it up, it's either **not hard enough for penetration** or they **can't maintain it long enough for sex.** In these cases, it's still ED.

## Myth: If Viagra doesn't work for you, nothing will.

**Fact:** Not true! Viagra doesn't work for me either, but here I am, cured of ED. While Viagra is the most well-known brand of erectile dysfunction medication, there are **better natural alternatives that can do the trick.** Trust me.



## Myth: Tight underwear causes ED.

**Fact:** This is a common misunderstanding. Tight underwear can reduce your fertility because **it raises the temperature of your sperm cells.** However, it has **nothing to do with ED.**

## Myth: Cycling doesn't cause ED.

**Fact:** Studies show that long-distance cycling **can crush endothelium cells**, that protect your blood vessels, which can lead to ED. So if you like to enjoy a ride on your bicycle every so often, be sure to keep it short.



## Myth: Natural remedies won't cure your ED.

**Fact:** I'm a perfect example that **natural remedies can cure ED**. And I'm not the only one. Mother Nature **has more to offer** than conventional medicine gives it credit for. You just have to know where to look.

And since we're talking about myths, let me tell you **the biggest myth of all**: natural remedies are more dangerous than conventional medicine.

If you've read about my experience with Viagra... you know that's not true.

But what happened to me is **not the only bad side effect of ED treatments...**



Of course, they don't advertise these dangerous side effects.

Because **who would buy their products if they knew?**

Let me show you **the alarming effects** conventional ED treatments can have on your body...



# **DANGEROUS** SIDE EFFECTS OF CONVENTIONAL ED TREATMENTS

## **PENIS PUMPS:**

- Pain
- Numbness
- Painful ejaculation
- Blood in urine
- Penis injuries

## **PENIS INJECTIONS:**

- Pain from injection
- Painful erection for 6+ hours
- Scarring
- Bleeding
- Penile curvature

## **DRUGS:**

- Dizziness
- Headaches
- Muscle aches
- Heartburn
- Lower back pain
- Diarrhea
- Painful erection for 6+ hours
- Hearing loss
- Blurred vision
- Vision loss



## WHAT'S THE **UNDERLYING CAUSE** OF ED?

Now that you know the ugly side effects of conventional medicine, I think it's time to explain **WHY** this debilitating condition **affects so many men**, including me and you.

No, it's not because you're not manly enough. Although that's what some men might think. That's what I thought at first too. And it's **a humiliating feeling**.

But don't worry! I researched this condition for months so you wouldn't have to. That's how I found out the simple hidden answer - **a lack of nitric oxide**.



You might be wondering what nitric oxide (NO) is. It's **the secret health booster and anti-aging molecule that no one talks about**.

And honestly, that makes me furious. And it's why I decided to write The Pornstar Protocol - to lift the veil off this marvelous substance.

Nitric oxide is a **vasodilator molecule** that is produced by almost every type of cell in our bodies. The molecule is at the basis of proper **delivery of oxygen and nutrients to the ENTIRE body** and it fights microbes, **protecting the body** against dangerous pathogens.

And it has a spectacular ability of **lowering blood pressure** and plays an essential role in **creating hard and lasting erections**.

It's so remarkable that it was named "**Molecule of the Year**" in 1992.

Sadly, as you age, your body's ability to produce NO **drops dramatically**. And it starts as early as your teenage years. Every ten years, your nitric oxide levels lower by 10-12%. Which means that by the time you're 50, **you're only producing half of the needed amount of NO**.



And the answer to getting optimal levels of nitric oxide again is **actually very simple!**

Men in the porn industry, and even our ancestors, **found this answer** without actually knowing what nitric oxide is.

So why haven't you heard about nitric oxide before?



Because **the pharmaceutical industry thrives on you not knowing!**

They quash natural remedies so their **multi-billion dollar companies** can keep on making money.

I believed their nonsense too.

**Until I found out how they've been shamelessly lying to me.**

So let me tell you what they don't...

# NITRIC OXIDE'S POWERS HAVE BEEN KNOWN FOR HUNDREDS OF YEARS

As with many things in history, **there was a cover-up** regarding the exceptional health benefits of nitric oxide...

But when you dig enough into archives looking for the most famous lovers of all time, **you start to see a pattern...**



Remember how I told you that nitric oxide isn't just an effective treatment for impotence, but **also an anti-aging cure?**

Well, most of the men who are known for their virility or fertility **lived for more than 80 years...**

When I found out about **Montezuma's "resurrecting drink,"** and then learned about the secret recipe's journey through time, **I knew there was more to it...**

I'm not saying every ladies' man in history managed to get their hands on the Aztec King's potency elixir. Although, as legend has it, **King Louis XIV and Casanova did.**

What I am saying is that, some way or another, **they unlocked nitric oxide's secret powers...**

Now, I understand you might be a bit skeptical. But as you'll see later, this natural remedy is all about the food you eat.

And they might have been **eating the right foods without even knowing** they would have rock hard erections whenever they please.

That's why I'm certain that these memorable lovers **were not lacking any NO as they got older.**

This is a history lesson that **school will never teach you.** But I'm sure it will give you some interesting trivia facts to share with your friends. Let's get to it!

# THE MOST VIRILE MEN IN HISTORY



## MONTEZUMA II (1466-1520)



King Montezuma II was a praised ruler and **a real ladies' man**. Everyone knew his reputation, and every man wanted to have **at least half of his stamina**.

The Aztec King was so fertile that when he was invaded by the Spaniards, he had **50 women pregnant**. Even before that, **he already had around 100 children**.

Montezuma's secret weapon was **a "resurrecting" drink** that helped him see as many women at night as he pleased. It was so powerful that the Spanish kept it hidden for over 100 years.

Montezuma died at 54 in the middle of the Spaniards' invasion. His death is still a mystery, but it was definitely not natural. If he had survived the attack, he would have probably fathered 100 more children.

**Fun fact:** Montezuma's servants were **only noblemen**. Commoners **were not even allowed to look at him** directly, or they'd have been harshly punished.



## KING LOUIS XIV (1638-1715)



Louis the Great was the **King of France for over 72 years**. Quite impressive, right?

Maybe even more impressive were **his frequent flings with mistresses**. The thread I followed regarding Montezuma's rejuvenating drink led me to King Louis XIV, through Maria Theresa of Spain, his wife and first cousin. Yikes.

Nevertheless, the king discovered the magical potion and **became obsessed with sex and women**, evidenced by his famous affairs with mistresses, and **16 children** that were recorded.

He died of gangrene at the age of 76 (yup, he was a king at 4 years old).

**Fun fact:** Louis XIV was so infatuated with himself, that he believed he was **a direct successor of God**. He named himself **the "Sun King,"** saying that **France revolved around him** like the planets revolve around the sun.

## GIACOMO CASANOVA (1725-1798)



Casanova. The man. The legend. The one who said that if love doesn't arise from sexual pleasure, **then it's not love at all.**

As per his memoirs, he always watched what he ate in order **to stay in excellent health.** No wonder that when he came across the secret recipe of love, he was quick to **grab it and never let it go.**

His **extravagant sex life** is something all men fantasize about, but the truth is that not many would be able to maintain it. Not without the special shake, that is.

**Fun fact:** Casanova got a law degree at the age of 17, but **decided to live his life in pleasure** - using his wit to gamble and con royalty in carefully planned schemes. **His intelligence even helped him to escape prison.**

## RAMESSES II (1303-1213 BC)



When my trail on the Aztecs' miracle remedy ran cold, I still had curiosities. So I started **looking into records of the most virile men in history**. And I don't know what these men were eating, but I'm pretty sure **their NO levels were skyrocketing**.

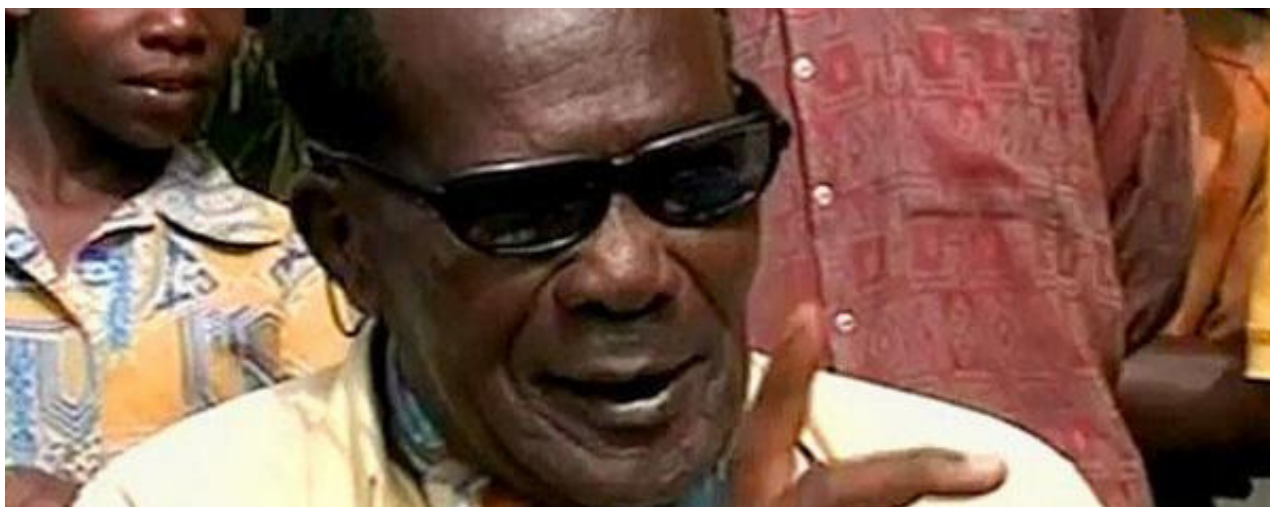
One ancient example is the pharaoh Ramesses II, who is called **the greatest pharaoh of all time**. He wasn't only a great ruler, but great in the sack too. He had **around 160 children and lived to be 90 years old**.

Yes, you've read that right! 90 years old is still pretty impressive now, but 3 millennia ago **the life expectancy was only 30 years**.

I think this is **irrefutable evidence** that the ancient ruler of Egypt discovered the anti-aging and stamina-enhancing effects of nitric oxide **long before Montezuma did**.

**Fun fact:** Ramesses is actually a very famous mummy. **So famous that he has a passport**, where his profession is listed as **"deceased King."** Ha! The more you know.

## ANCENTUS OGWELLA AKUKU (1916-2010)



The name "**Danger**" Akuku might not sound familiar to you, but **in Kenya he's a legend**. His peers gave him that nickname because of the impressive seduction skills he possessed.

And it's no wonder - **at only 35 years old he had already married his 45th wife**. Wow, how did he even have the time to please all of his wives?

I'm not sure, but he must have, because he left behind **over 200 children**. During his time, Akuku had **over 100 wives** and **lived until 94 years old**.

He said at some point that he's very particular about what he eats. That leads me to believe that he **discovered the right foods** to eat in order to **boost his nitric oxide production**.

**Fun fact:** "Danger" Akuku had **so many wives and children that he built a church and two schools** so his whole family could attend.

## JACK KIGONGO (1909-2012)



The longest-living man on this list, Jack Kigongo was a Ugandan man that **lived to be 103 years old**. He is known as one of the most fertile men of all time, **giving life to 158 children**.

You might imagine that he had his fair share of amorous nights (and then some), as he had **a total of 20 wives in his lifetime**. However, Kigongo didn't share the secret to his longevity – **maybe because he didn't know it**.

My guess? He discovered a diet that made him feel good, both regarding his health and his sexual endeavors – and then stuck to it.

Research shows that **without enough NO, you categorically can't live past 100**.

**Fun fact:** Kigongo was so in touch with his sexuality that **he married his youngest wife**, who was only 18 years old **while he was 80**. Talk about endurance!

## ISMAIL IBN SHARIF (1645-1727)



**The sultan with a Guinness World Record.** No, it's not the beginning to a joke. It's a fact.

His world record? **Having 1042 children.** He also **lived until he was 82 years old.** There are some historians that say Ismail Ibn Sharif had **a special food regiment** that kept him alive and lively.

After you find out more about nitric oxide, you'll definitely agree with me that **the wonder molecule had to have been his secret.**

**Fun fact:** Many people believed that it was physically impossible to have so many children. However, **research proved otherwise** - although he would have **had to have sex every single day for 32 years straight.** That sounds like his NO levels were **through the roof.**

## GENGHIS KHAN (1162-1227)



Genghis Khan was the **founder of the Mongol Empire** and a feared ruler. He was said to have had **around 3000 wives**.

Which is... insane, if you think about it. If he went to see one of his wives every single day, **it would take him over 8 years** before he got to them all.

Nonetheless, the notorious emperor is said to have had **anywhere between 1000 and 2000 children**. Talk about fertile... There's no chance the first Khagan was lacking any nitric oxide.

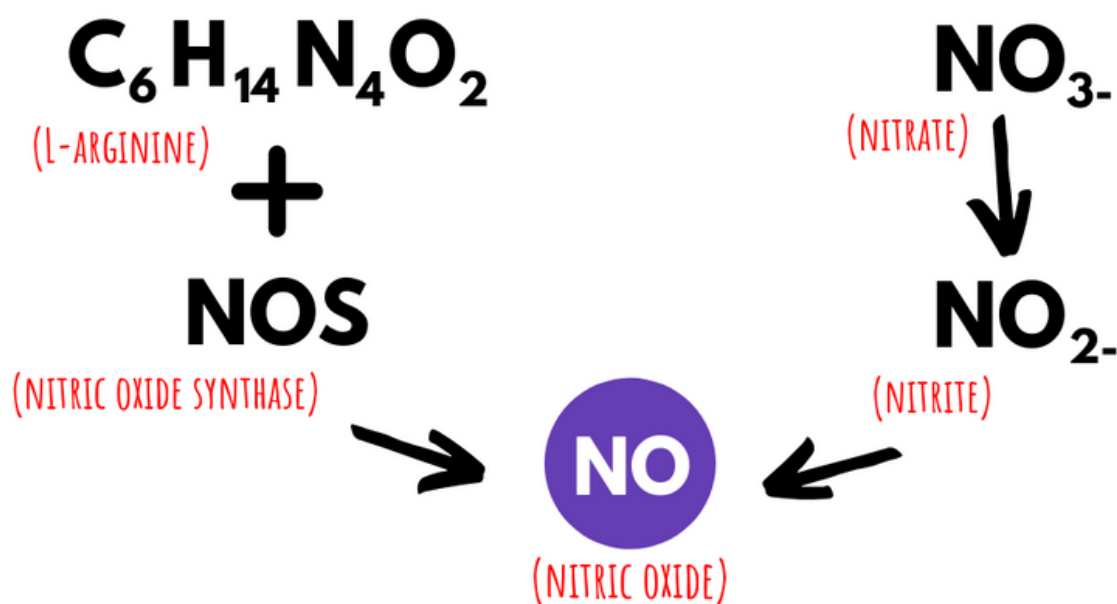
**He died at 65 years old** but the exact cause is unknown. What we know for sure is that it wasn't from natural causes.

**Fun fact:** Researchers say that **around 0.5% of the population** today is descendant of Genghis Khan. That means **one in 200 people are related to him**. That is... mind-boggling.

## WHY DO YOU HAVE NO DEFICIENCY?

There are **two ways your body produces nitric oxide**:

1. By transforming the **amino acid L-arginine** with the help of a catalyzer – an enzyme called **nitric oxide synthase**;
2. By decomposing **nitrates to nitrites**, and ultimately to nitric oxide.



Each of these pathways generates **half of the necessary amount of NO for a healthy body**. In time, the enzyme involved in the first process **becomes faulty** – leading to less and less nitric oxide production over the years.

And age is **not the only factor** that can affect this process. **Smoking, stress, diabetes, high sugar diets and lack of physical exercise** can also have negative effects on your body's ability to create NO.

Luckily, **our bodies can adapt to this change** by compensating with the second production method. Naturally, that means you should give your body **MORE nitrates than before**.



Well, if people don't know about this process they won't be able to offer their body the necessary nutrients... Unless they do it by coincidence.

And that's really troublesome... Because NO plays an essential part in **preventing constriction and inflammation** of the blood vessels, **controlling platelet levels**, and **protecting the vessel walls** against dangerous toxins.

So you can deduce that a deficiency of NO **doesn't only result in erectile dysfunction**. It leads to high blood pressure and, later on, to **serious heart problems...**



Thankfully, after a lot of research and determination, I was able to dig up **the recipe to a healthy, long life and throbbing erections**. And now I get to share it with you.

I put this recipe into practice and it **cured my ED for good!** You wouldn't believe **how much wilder my sex life has gotten** after this. My blood pressure levels are optimal, too.

Forget **dangerous pills, invasive surgery** and **shameful penis pumps** that suck the fun out of sex.



I'll tell you exactly what foods I eat and what role they each have to help me get **rock hard erections any time I please.**

I'll even give you the **delicious smoothie recipes** I make every morning to keep my motor running.

## FOODS THAT **SKYROCKET** YOUR NITRIC OXIDE LEVELS



Beets should definitely be part of your daily diet. They're **a great source of nitrates**, which are converted to nitric oxide.

Several studies show that drinking beetroot juice **can increase nitric oxide levels up by 21% in under an hour**. Talk about effective! They've also been proven to **help with athletic performance**, which is a win-win for men that want to last for hours in bed.



If you're not a big fan of beets (although in a smoothie you can barely feel the taste), you can try out leafy greens.

Plants like **spinach, kale, arugula and cabbage** have **high levels of nitrates** that will boost your NO levels in the blink of an eye.



Number three on the list is rhubarb, a vegetable that has **a lot of other health benefits**, like boosting brain function and bone strength. It's no wonder, as it's **packed full of nitrates**.

The taste is not everyone's cup of tea, but **never underestimate the power of a smoothie**. Or of a strawberry rhubarb pie. Absolutely delicious!



Dark chocolate is **not just a tasty dessert**, but also a natural remedy filled with healthy nutrients. The flavonoids found in cocoa have **powerful antioxidant abilities**.

That means that they fight oxidation in the body, **protecting the nitric oxide from oxidative stress.**

So while foods like beets, leafy greens and rhubarb help you boost your NO production, **others can help preserve nitric oxide in the body.**

Both types are **essential to maintaining optimal levels** of this miracle molecule.



Another helpful food in preventing oxidative damage is pomegranate. The delicious fruit is **rich in antioxidants** and has been proven to protect NO from oxidative stress.

Pomegranate is **a must-have for curing ED**, because it also **boosts the levels of nitric oxide synthase**, the enzyme that causes problems as we get older.

That means your body can get to work decomposing nitrates, as well as transforming L-arginine into NO.



# SPIRULINA

Speaking of nitrates and L-arginine, spirulina is a food that **contains high levels of both.**

Spirulina is actually quite the superfood, **containing vitamins and minerals** that keep your body strong and ready for action.

And I know I'm not a kid anymore, but few things look as magical as a blue smoothie! Stand by for the recipe.



# NUTS & SEEDS

In my research, I also found a few studies showing that **nitric oxide levels increase after eating nuts and seeds.**

That's because they have **high levels of the amino acid L-arginine**, which is transformed into NO.

While your **main line of defense against ED** should be nitrates, I found that introducing L-arginine into my diet helped improve NO levels too. **It's important to eat foods that boost nitric oxide synthase** as well.



Speaking of which... while pomegranate increases the levels of nitric oxide synthase, **garlic can activate the enzyme**. So much so, that a study showed **nitric oxide levels to increase by up to 40%** when consuming aged garlic extract.

I started eating way more garlic, and it even **helped me get over a cold**, so that's a bonus!



After studying the process of NO production, I also found out that there is **a substance called citrulline** that **transforms into L-arginine** and, ultimately, into nitric oxide.

I didn't pay that much attention to it, **until I found out that the best source is watermelon.** I love watermelon on hot summer days, so I had to include it into my diet.



Another great antioxidant **you can never have enough of** is the coenzyme Q10. It's not only great for curing erectile dysfunction - **it also boosts sperm count.**

Found in foods like **fatty fish, organ meats, broccoli, pistachios, oranges, strawberries and spinach,** CoQ10 helps preserve nitric oxide in the body.



Citrus fruits play a **crucial role** in giving you back your manhood. That's because **they increase the bioavailability of nitric oxide.**



What that means is that it helps **reverse the dangerous effects** of not having enough NO in your body (i.e. – cure your erectile dysfunction).

On top of that, fruits like oranges, lemons, limes and grapefruits **increase the levels of nitric oxide synthase** in the body.



After collecting all this information, I painstakingly created a **killer diet against ED.**

And guess what? It worked! **No dangerous side effects, no stress, no shameful rituals before sex.** Spontaneous rock-hard erections whenever my wife wanted!

Let me give you my mouthwatering smoothie recipes that I still drink to this day. In each of them, **I combined foods with different functions, to reach optimal NO levels in no time.**

You'll see for yourself how effective they are!

# PERFORMANCE BOOSTING SMOOTHIES





## STRAWBERRY & RHUBARB SMOOTHIE

### Ingredients:

- 1 rhubarb stalk chopped
- 1/2 pint fresh strawberries
- 8 ounces milk
- 1 banana
- 1/2 cup ice

This creamy smoothie is the perfect combo of sweet and tart. It works great as **a pick-me-up after a draining work out.**

## ORANGE & GREENS SMOOTHIE

### Ingredients:

- 1 orange
- 1 frozen banana
- 2 cups chopped kale
- 1 cup baby spinach leaves
- 1/2 cup ice
- 1/2 cup cold water

This smoothie packs a powerful punch of flavor. I often drink this one after a big meal because it's **a great digestion aid.**





## GARLIC, LEMON & CARROTS SMOOTHIE

### Ingredients:

- 4 medium carrots
- 1/2 tsp ground ginger
- 2 lemons
- 2 cloves garlic

After I blend this one, I also sift it to get a smooth texture. It might be an acquired taste, but it's worth it – **it helps boost immunity too.**

## KALE, SPIRULINA & BLUEBERRIES SMOOTHIE

### Ingredients:

- 1 banana, frozen
- 1/4 cup blueberries, frozen
- 1 cup kale
- 1 cup milk
- 1 tsp spirulina powder

Whenever I make this blue drink, I think: "Roger, you're a wizard!" My kids probably think so too, because **they always ask to have a sip** of this tasty and refreshing smoothie.





## DARK CHOCOLATE, BEET & STRAWBERRY SMOOTHIE

### Ingredients:

- 1 frozen banana
- 1 cup milk
- 1/2 cup frozen strawberries
- 1/2 cup chopped beets
- 2 tbsp dark chocolate chunks

Filled with healthy ingredients, this thick and delicious mixture is definitely my favorite. It's **what I enjoy most mornings** for breakfast.

## GRAPEFRUIT, STRAWBERRY & POMEGRANATE SMOOTHIE

### Ingredients:

- 2 cups frozen strawberries
- 1 cup chopped grapefruit
- 1-1/2 cups pomegranate juice
- 1/2 tsp ground ginger
- 1-1/2 cups ice cubes

This tropical and refreshing smoothie **goes great with enjoying free time outdoors**. Next time you're at a picnic, forget lemonade! Bring this bad boy with you!





## PISTACHIO & VANILLA SMOOTHIE

### Ingredients:

- 1/3 cup pistachios (chopped)
- 1 cup milk
- 8 oz. vanilla yogurt
- 1 banana
- 2 cups ice

When I get bored of fruit smoothies, I like to **whip out this unique tasting drink** that's almost like a slushie. My wife loves this one, too!

## WATERMELON, LIME & STRAWBERRY SMOOTHIE

### Ingredients:

- 2 cups watermelon cubes
- 1 tbsp lime juice
- 1 cup frozen strawberries
- 6-7 ice cubes

My favorite summer drink! **When I don't get too much sleep**, this revitalizing smoothie brings me back to life.



## HOW TO DEAL WITH STRESS

When I started learning about nitric oxide's essential role in the human body, I also discovered that **stress can have a negative effect on NO levels.**

That's when I started to evaluate my situation and realized I was under a lot of stress at work, which probably was **one of the root causes** of my erectile dysfunction.

Knowing is the first step. **But getting rid of stress isn't a walk in the park.**



And as you probably can tell by now, I love researching subjects I don't fully understand.

So **I put my detective skills to work** and found some stress relievers that could help me **enjoy intimate time with my wife once again.**

I'm not going to give you the bullshit "imagine you're on a beach" advice, but there are **three practical things that help me** to this day to relax and enjoy life.

## 1. Take up a hobby



Yeah, I know you don't have time. Yeah, I know you'd rather sleep in. But hobbies have **a really important role in achieving a healthy mental state**. Especially if your job is just a means to an end and not something you're passionate about.

Even if you love your job, like I do, you're probably a complex person. And you likely **don't have just one single passion**.

I'm sure there's at least one thing you've wanted to try forever, but never got around to doing it. Well, **here's your excuse – it's a treatment!**

For me, the answer was painting. Playing some calming music and following a Bob Ross tutorial **clears my head** and helps me enjoy my remaining free time.



## 2. Balance your alone time with socializing



I read somewhere that there are **two ways people cope with mental stress**: some go out every night, while others cut themselves off from the outer world.

I know people from both sides. I was both of these people at different times in my life. **Whatever boat you're in right now, it's not healthy.**

If you don't make time for yourself, **you'll never understand** how you can get to a happy place again. And if you have too much time alone with your thoughts, **you'll drive yourself crazy agonizing** about your stress.

Mark Manson talks in his book "The Subtle Art Of Not Giving A F\*ck" (a must-read, by the way) about the **"feedback loop from hell."** He says that the more you think about negative feelings, **the more they intensify.**

We ALL experience it. That's why you should strive to have **a healthy balance between alone time and your social life.**

### 3. Work out frequently



Sometimes depression, fatigue and anxiety are **our bodies'** response to not getting enough exercise.

You'll see that **the endorphins released** after you exercise will help you feel better.

But sometimes, it's **hard to find the motivation** to just get up and work out. That's why I decided to give you **my top tricks** I use to work out every single day, even when I don't feel like it...

# HOW TO GET **MOTIVATED** TO WORK OUT

I know you already know this, but **let me remind you**. For the human body **to be in peak condition**, it needs both a healthy diet and enough exercise. Yes, I know it's boring, but it's just how it works.

So, if you want to lose your erectile dysfunction for good, you have to give your body what it needs: **great food and frequent workouts**.

I know I'm not blowing your mind right now. You're probably very aware of this fact, but can't bring yourself to do it. I know this feeling very well...

As a pornstar, and later on in life, as a detective – **I had to work out. All. The. Time.**

And nowadays, I love it. However, there was a time **I couldn't muster the motivation to get up to exercise**. Just the thought of working out made me sink into the couch even more.



But sitting on the couch **didn't pay the bills**. So, one night, I stayed up brainstorming what could help me find the drive to exercise.

Back then, I came up with two tricks. In time, I have been adding new ones and now I have five. **All of these tips have helped me at some point** to get off my butt and burn some calories.

So I'm sure at least one will do the trick for you.

## 1. Pick a workout that you love



I know not everyone is athletic, but there's definitely some workouts **you hate less than others**. Picking the right exercise was a big step for me.

I chose skipping rope, because it reminded me of the fun times from when I was a kid. And after a while, I started **getting interested in other exercises** too.

Do you already have a workout in mind?

If not, let me get you started with **a list of exercises you can pick from:** running, swimming, cycling, rollerblading, dancing, football, soccer, basketball, baseball, tennis, lacrosse, boxing, martial arts, hockey, rowing, skipping rope, hiking, skiing, rock climbing, surfing, skateboarding, ice skating, yoga...

## 2. Give yourself a reward after working out



I'm not talking about a cupcake here. **Set a rule for yourself** that you can't do a certain thing without working out first.

For instance, a great trick for me is using a TV show I really like at the time. If I don't train, **I don't get to see what happens next.**

I've even heard of a girl that didn't wash her hair unless she worked out. Strange, but if it worked for her, why not?

### 3. Make training a bonding experience



This one I added more recently, after I had my twins. Because they're so high energy, they make me **determined to keep up**. And it's really fun if you have **group exercises** as well.

Having someone there to hype you up is a great help. And it doesn't have to be your kids. Work out with your wife, grandkids or friends.

When you set a workout date with someone, **you'll feel bad to miss it**. Trust me.

#### 4. Listen to something you enjoy



For me, when I'm working out alone, earphones are a must. I have a lot of **killer playlists of songs that get me pumped** to exercise. Music can be really motivating.

So make the time one day to **pick and choose** what songs will help you get through those 40 minutes of "torture."

But I have to admit. There are days when **not even a song will help me** get through 100 pull-ups.

So I decide to run instead and **listen to an audiobook**. They're honestly great, especially when they're narrated by the author.

## 5. Put on your workout clothes



There are days when exercising **seems like an impossible task**. On those days, I tell myself to just put on my workout clothes.

If I don't feel like training afterwards, **that's okay**.

But on most days, when I change, I feel absurd and tell myself to **do at least 5 minutes of cardio**. And after those 5 minutes, I'm already warmed up for lifting weights. And from there, I might just **go ahead and do my full workout**.

Often times, **getting started is the hardest part**. If you **divide your workout in small challenges**, like putting on your workout clothes, it will take some of the pressure off.



# PRESSURE POINTS FOR NATURAL ERECTIONS

When I first started this research, **I was desperate to find my manhood once again.** I was heartbroken to see my wife doubting herself and my love for her. In my search for “quick fixes” I found the therapeutic art of acupressure.

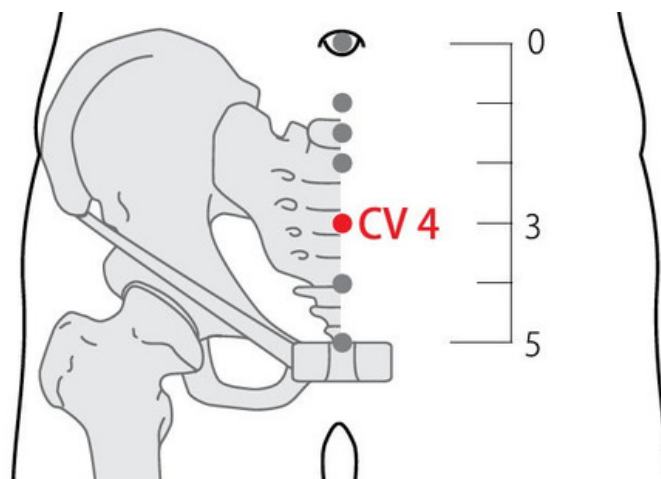
And I discovered there are some spots that **work wonders for unclogging your penile blood vessels** and achieving massive erections!

How does it work? You have to find the pressure point and then **massage it with slow circular motions for 60 seconds.**

There's one in particular that does the trick for me. But every person's body is different, so another one might be better for you.

That's why I'm giving you a list of **the top three pressure points** that you can use to achieve natural erections!

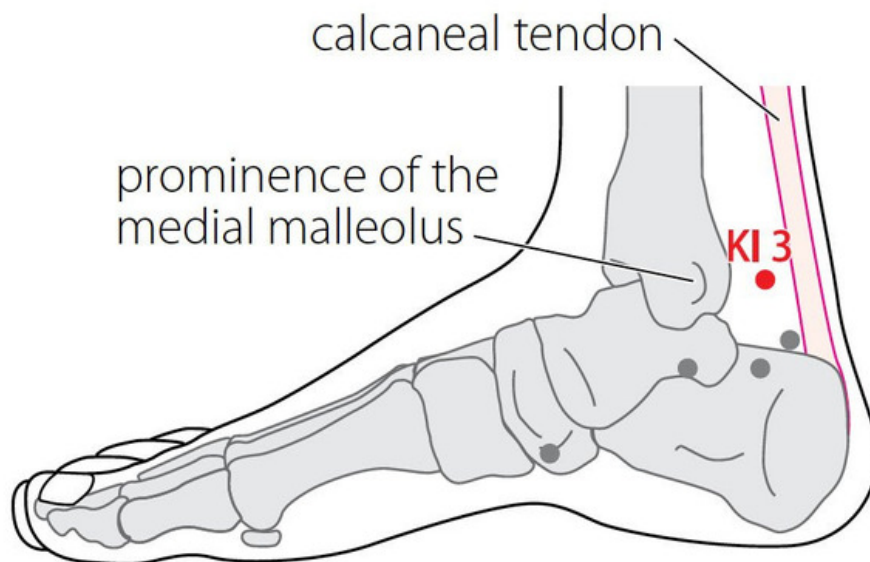
## 1. Conception Vessel 4 (“Gate Origin”)



CV4 is the spot that helped me the most. Most acupressure and acupuncture professionals **swear by its stimulating effects on blood vessels** too.

You can find it by **placing four fingers below the belly button**. The Gate Origin is not only great for ED, but **for chronic fatigue, lower back pain and urinary incontinence** as well.

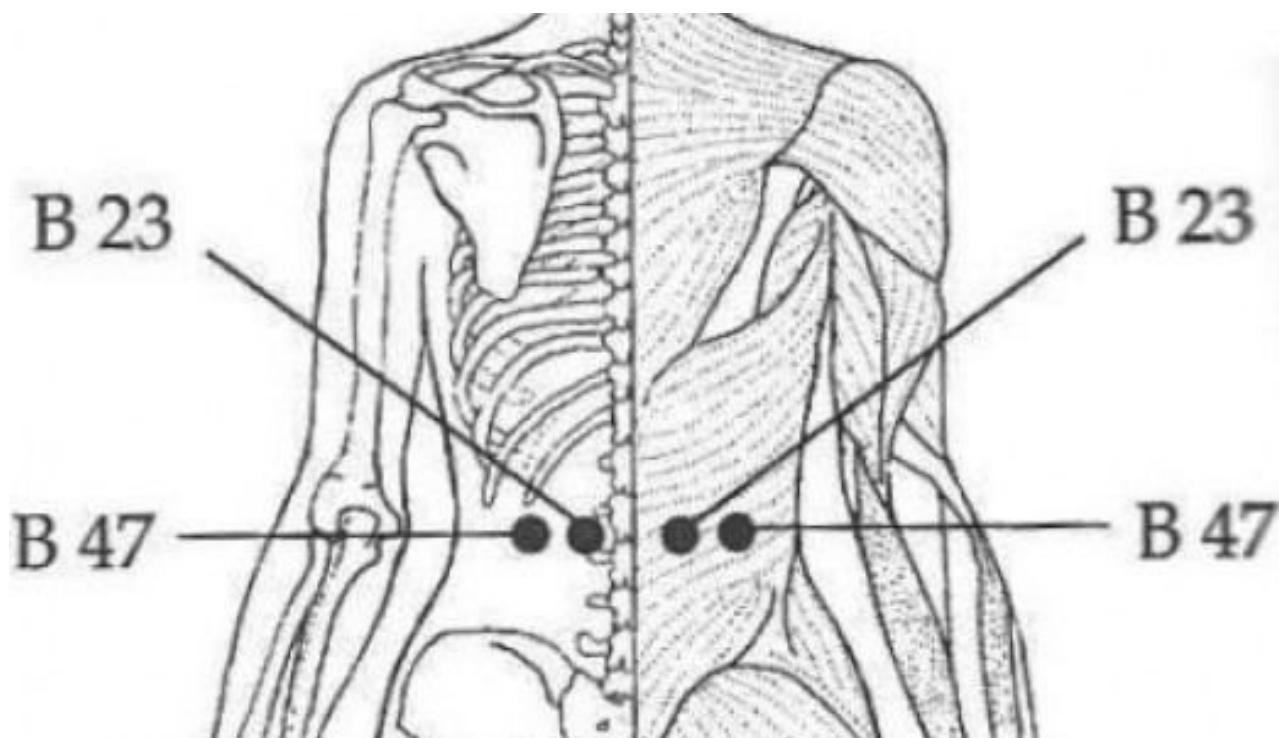
## 2. Kidney 3 (“Bigger Stream”)



Another great pressure point is K3, which also **helps with fatigue, sexual tensions and swollen feet**.

You can find this one **on the inside of the foot**, behind the ankle bone. Be sure to massage both ankles!

### 3. Bladder 23 and 47 (“Sea of Vitality”)



These four points on your lower back are called “Sea of Vitality” because adding pressure to them will help with **erectile dysfunction, premature ejaculation and lower back pain.**

After massaging these spots, **apply pressure for an additional minute** for optimal effects.

## FINAL THOUGHTS

As you've already seen in my video presentation, as well as in this eBook, **ED is not the end of your sex life.**

It doesn't have to mean the dissolution of your relationship... Or the death of your dating life.

And **it certainly doesn't have to mean** you need to pay through the nose for **harmful treatments that actively poison your body.**

As with many other effective natural remedies, **my solution is so simple that is almost unbelievable.** And I totally understand if you're still skeptical.

The fact that including **a few key foods** into my daily diet was the solution to such a debilitating condition sounded at least questionable to me too.

But **the process made sense.** The proof was there. I just had to accept that **sometimes the simple solution is the correct one.**

Admittedly, getting rid of stress was a very important step for me as well. And that wasn't as easy as changing up my diet.

But in the end, **it was all worth it.** I didn't just get rid of my ED for good, but also found a solution to **living healthy for a longer time.**

I hope you've enjoyed this eBook and that my story inspires you **to reclaim your sex life.**