FIX YOUR ED

HOW TO SAFELY AND NATURALLY FIX YOUR ERECTILE DYSFUNCTION IN 30 DAYS OR LESS AND ENJOY ROCK-HARD, LONG LASTING ERECTIONS

by:

Adam Armstrong
Elwin Robinson
Fix Your Erectile Dysfunction

How To Safely and Naturally Fix Your Erectile Dysfunction in 30 Days or Less...

By Adam Armstrong & Elwin Robinson
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Now that we’re finished with this notice, let’s discuss how to ‘Fix Your Erectile Dysfunction’...
Please Read The Following Now...

IMPORTANT WARNING: This special report has been written to help you fix your ED. That said, the information in this report is only to be considered the opinion of the authors – and it is not meant to replace professional medical advice. Nor is it intended to diagnose, treat or cure any illness or disease.

When we speak of ‘erectile dysfunction’, we’re referring to the situation of having problems gaining or sustaining an erection that’s become common in modern society...not the medical condition. The only one who is allowed to help you with a medical condition is a qualified medical doctor.

The authors cannot be held responsible, in any way, for the outcomes you experience if you try to fix your ED without seeking ‘professional’ medical advice.

By continuing to read or using the advice in this ebook, you are agreeing that you are 100% responsible for your own actions, and that anything you do is entirely at your own risk.

If you’re in any doubt, seek out the advice of a qualified medical professional who you trust. The advice in this report is only meant as an adjunct to a qualified medical professional’s opinion, never as a substitute. We strongly recommend that you consult a medical professional before making any changes to diet or lifestyle. This is especially crucial if you have any kind of medical condition, or are on any kind of medication.
About the Authors
Adam Armstrong & Elwin Robinson: The Mission

If you want to become the kick-ass, super-successful, crazy confident Alpha Male you were designed to be...

You’re in the right place!

Because our Mission is simple, yet extremely POWERFUL...

To arm YOU with a set of tried-and-tested skills, techniques and strategies, which are proven to help men – men just like you – to achieve massive success in 3 key areas of your life...

1. ‘Women and Sex’
2. Income and Wealth
3. Health, Vitality, Energy & Longevity

Imagine being out-of-this-world successful with women...

Able to date ANY woman you like – with the kind of ‘Bedroom Skills’ that are sure to blow any woman’s mind, and make her hopelessly addicted to you... the very first time you sleep with her.

Imagine earning more money than 99% of the population...

And living your Dream Lifestyle... without debt, able to buy whatever you want, whenever you want, without ever having to ‘worry about money.’

Imagine having a huge level of health, with energy levels that are ‘off-the-charts’...

Without ever having to worry about most of the physical and mental health problems that plague people in the modern world.

That’d be a pretty neat way to live, right?

More SEX and MONEY than most guys can ever DREAM of. With an outstanding level of HEALTH and VITALITY to match.

Here’s the good news:

It’s our Mission to teach You all this, and more...

You see, we each have some pretty unique skills. Battle-Tested, Time-Proven Skills, that took us YEARS of blood, sweat and tears to acquire.
Skills that can **totally transform the quality of your life** – if you’ll let us Coach you and guide you to GREATNESS.

Adam’s speciality is teaching guys how to **succeed with women**…

In ‘the Dating Game’…

In the BEDROOM…

And, **of course**…

In long-term relationships.

Elwin’s speciality is teaching people how to **achieve extraordinary levels of health**. Using SAFE, NATURAL techniques and strategies that actually WORK, that teach you how to take control of your own health.

And that’s not all…

You see, both of us have figured out the secrets to creating BIG incomes for ourselves, and generating HUGE amounts of wealth – all while following our true passion – by learning how to create MASSIVE amounts of Value for a LARGE amounts of people!

Our Mission is fueled by a passion to help men become better men…

To help men reclaim their masculine POWER, and become truly SUCCESSFUL Alpha Males.

**Here’s what’s really interesting:**

The financial success – and debt-free lifestyles - we now both enjoy were not handed to us by chance...

You see, Elwin used to work for **minimum** wage, as a Chef. 14 hours a day peeling potatoes, wearing a dirty white hat, sweating like pig in a red-hot kitchen.

Glamorous it was not.

And Adam spent years working in ‘the property game’ – dealing with desperate estate agents and Cowboy Builders - something he found totally unfulfilling. Soul-destroying in fact.

Why are we telling you this?

To prove to you that **no matter where you are in your life right now** - whether you’re struggling just to survive, or doing something comfortable, but totally unfulfilling – you can turn things around.
If you’ve hit rock-bottom and feel DEPRESSED as hell – you can pick yourself up, dust yourself off, and live the life you’ve always wanted. You can turn it around.

If you’re doing quite well in this game we call LIFE – you can TAKE ACTION, ‘step up your game’ and become a true SUPERSTAR.

Whatever position you are in right now – we can show you how to make it much much better!

Because, the Truth is – there’s a real lack of Real Alpha Men in this world, and it’s causing some real problems.

The world NEEDS you to step up, and become your best, strongest, self.

Are you up to the Challenge?

To Help You in your Journey, Adam Armstrong and Elwin Robinson have together created the popular programs: Fix Your ED, Fix Your Woman’s Low Sex-Drive, Fix Your Low Energy, Fix Your Belly Fat, Fix Your Low Confidence, Fix Your Tooth Ache, Fix Your Low Testosterone and ‘The Advanced Orgasm Techniques and Sex Secrets’ Monthly Audio Series; all to help you overcome the most common challenges to Unleashing your Inner Alpha Man.

They’re also the creators of the Man Tea Range of Premium Tonic Teas, a range of premium herbal blends that help men to: stay Rock Hard, Go All Night, Explode Your Testosterone and increase your Longevity.

About Adam Armstrong

Adam Armstrong is referred to by many as ‘The World’s Greatest Sex Coach.’

He’s famous for creating dozens of best-selling special reports, books, audio courses – and video programs – teaching men how to be super fit, strong, healthy, HARD, orgasm-giving BADASSES in the bedroom!

He has millions of views on YouTube, and happy readers, and customers in over 100 countries worldwide.

About Elwin Robinson

After struggling with poor health most of his childhood, Elwin is passionate about exposing the Truth about what really leads to True Health and Wellness, which is often radically different from what's taught in the mainstream OR alternative approaches to health.

Often referred to as the ‘Health Guru’s Health Guru’, because of having many Health Gurus as clients over the years, Elwin is most well known as the Founder of Lion Heart Herbs, the World’s #1 Educator on the Taoist approach to Health, and #1 Supplier of High Quality and Affordable Taoist Tonic Herbs and Natural Health Resources to the World.

Elwin is also the Creator of Complete Detox Academy, Taoist Health Academy and High Energy Academy, as well as the author of ‘the Easy Exhaustion Cure’ and ‘the 4 Step Safe and Effective Detox Action Plan’.

Lastly, Elwin is the Founder of the Health Coaching Institute, where he certifies people to become Health Coaches. These people go on to help 100s and 1000s of people from all walks of life to have excellent Health, Energy and Wellbeing.
A Personal Note From the Authors

Dear friend,

If you’re reading this – you’re a lucky man.

Because you’re one of the lucky guys who gets to use our ‘Fix Your Erectile Dysfunction’ program.

Do me a favor would you?

When you’ve used the techniques and strategies in this program – and gotten harder, longer-lasting erections... please send your success story to our team at support@betterinbed.tv and tell me all about it! (The more you include in your testimonial the better).

Also, before you dig into this report, let me tell you something...

This pdf is SHORT.

You’ve not paid for unnecessary ‘fluff and filler’, or a ton of unnecessary pages. Nor have you paid for design (as you can see – this is a basic looking document!)

However...

What you get here are the very best PHYSICAL and MENTAL techniques and strategies we know for fixing ‘erectile dysfunction’ as quickly and easily as possible.

Do not be fooled by the fact that this pdf isn’t 3,000 pages long and doesn’t look all fancy!

**What you are reading is Pure Gold!**

Trust me – other ‘experts’ out there will tell you to take dangerous, expensive drugs or ineffective supplements.

Others will tell you that erectile dysfunction (ED) is purely a PHYSICAL problem. Others will say it’s totally MENTAL.

They’re all full of sh*t.

Erectile Dysfunction (ED) is partly a physical problem, partly mental.

And, for most men - ED can be fixed simply and easily, using natural means.

Oh, and by the way...
As far as we are concerned, ED covers a broad range of ‘erection problems’ including:

- Total impotence (no erection at all)
- Inconsistent erection quality
- Recovery periods that take hours or days (as opposed to minutes)
- Poor staying power
- Differences in performance when masturbating vs. when having fun with a woman

Got it?

Good.

Enough of the ‘intro’ – let’s get into the Fix Your Erectile Dysfunction program...
IMPORTANT WARNING:

Please read what follows *very carefully*. And resist the temptation to ‘change stuff.’ If you change stuff – you almost certainly won’t ‘make the program better’ – you’ll screw it up ;)

You invested in this because you trust us to get you RESULTS – so just do as we say.

OK?

*Good.*

Let’s do this...
The Causes of Erectile Dysfunction

The truth is that there are MANY potential causes of erectile dysfunction (ED).

In this section, you’ll discover some of the most common.

They fall into two categories...

- Physical causes
  And...
- Mental causes

Your ED may be caused by physical or mental issues, or a combination of the two.

Either way, by the time you’ve finished reading this section, you should have a much better understanding as to WHY you aren’t able to achieve the kind of rock-hard, long lasting erections you desire...

And then we can take a look at how to fix your issue!

**Physical Causes of ED**

- **Medical Issues**
  For legal reasons, we cannot go into the ‘medical issues’ that might cause ED. Just know that there are MANY medical conditions that have ED as a ‘symptom.’

  Just know that, even if you are suffering from a medical condition, doing what is suggested in this report might still help your ED improve...but you must always consult your doctor.

- **Medications**
  Many Big Pharma medications have side effects. And there are many Big Pharma medications that have ED as a side effect.

  The point is...
Your ED could simply be a side effect from a drug you are taking to deal with another issue.

However, you cannot just stop taking your medication/drugs. You must talk to your Doctor about it. (Going ‘Cold Turkey’ on medications can, in some cases, be extremely dangerous).

- **Poor General Health**

  If you have ED, you almost certainly have ‘less than optimal’ - or even POOR - general health.

  Poor general health is caused by many factors, but there are 2 ‘biggies’ - a bad diet, and too much stress (both of which we’ll cover in A LOT of detail in this report)

- **Low Testosterone**

  When you have low testosterone - your sex-drive and erection quality will suffer.

  Science has proven that from about the age of 29 or 30 - men start to experience a DECLINE in testosterone production.

  This basically means that a super healthy 25 year old will have higher testosterone levels than a super healthy 35 year old. In turn, that 35 year old will have higher testosterone levels than a super healthy 45 year old and so on.

  What this really means is that if you have ED - there’s a very good chance your testosterone levels are LOW. And this is especially true if you are 30 years of age or older.

  In recent years, low testosterone has basically become an epidemic. With various studies showing that today’s average American male has just 50% of the testosterone levels his Grandfather had just 50 years ago.

  That’s a big drop...

  And surely explains a huge part of the reason as to why more and more men are suffering with ED.

  We’ll talk A LOT about how to increase your testosterone, safely and naturally, in this report.

- **Poor Circulation**

  Here’s another BIG cause of ED...

  Poor circulation.
Put simply, the ED drug ‘Viagra’ works because it improves circulation - blood flow - around the body.

In simple terms...

Better blood flow = more blood going to the penis = better erections.

Of course, poor circulation isn’t the only cause of ED. But, if you’ve been suffering with ED for a while, improving your circulation will likely help you achieve better erections.

- **Physical Stress**

  Doing a physical job.

  Being active all the time and not getting enough rest.

  Exercise for too long - and/or too hard.

  All these things can increase your STRESS levels.

  And, as most men are aware - stress and rock-hard erections don’t tend to go hand in hand.

Let’s now take a look at the...

**Mental Causes of ED:**

- **Mental Stress**

  Mental stress is equally as bad as PHYSICAL stress.

  What causes mental stress?

  Usually things like this:

  Too much stuff going on in your mind...

  Toxic relationships...

  Doing a job you hate...

  Not pursuing your dreams.

  Those are general things that cause MENTAL stress.

  Then there’s:

  - **Negative beliefs** - that go on in people’s minds, often times without them realizing they even have them.
For instance, you could have had a few bad sexual experiences where you didn’t get rock-hard.

You then develop the belief that:

“You’ll never be able to satisfy a woman”

Or...

“If this is how it’s gonna be when you try to have sex, you might as well not bother”

And, the more of these beliefs you develop and hold onto - the more MENTAL STRESS you will experience.

Another massive cause of mental stress is...

- **Expectation of a NEGATIVE outcome.**

Most men who have ED start to expect to suffer from ED every time they have sex.

And, what they EXPECT becomes their REALITY.

The opposite is also true...

Great lovers expect to get rock-hard - and that’s their version of reality.

Of course, this expectation of SUCCESS or FAILURE, and the subsequent manifestation, can be applied to all areas of your life.

The homeless person probably never expected financial success...

The billionaire wouldn’t settle for anything less.

An extreme example - but you get the point... the human mind is a powerful thing. And you can use yours to help you achieve incredible sexual performance, or none at all!

OK. You now have a pretty good understanding of what causes ED. So let’s skip on an take a look at...
One of The Biggest ED Myths

The biggest myth about ED is that a man can be in great HEALTH - and still be suffering from ED.

This is total BS!

You see, the human body is a giant, and incredibly complex, system. A system where everything works (or doesn’t work) together.

For instance, if you have a bad heart, do you really think it’s possible to have great overall health everywhere except your Heart?

Or, if you have diabetes, do you really think it’s possible that, otherwise, you’re in great health?

It’s absurd to think that way - yet many people do.

ED is a sign that your health isn’t quite where it should be.

Consider the fact that Low Testosterone and Poor Circulation are two of the biggest causes of ED - and you start to see how ED isn’t a joke.

It’s a fairly serious health concern. Because Low Testosterone and Poor Circulation can lead to a host of other, more serious, health conditions.

So, as we move into the ‘How To’ section on how to fix your erectile dysfunction, take the attitude that you’re going to need to DO several things to get rock-hard, long lasting erections.

Because, the truth is - when you combine all the suggestions we’re going to share with you - that’s when you’ll likely get the BIGGEST results.

Do one thing and yeah, sure, you might get better erections.

But, do everything we suggest and it’s highly likely you’ll get the best erections you’ve experienced in years!

AND, as a ‘side effect’, you’ll have a healthier body, and brain, which means you’ll feel better than you ever have. For me (Elwin), I felt better, once I did this program, than I EVER have before, in pretty much every way.

Wanna get into it?

Sure you do ;)

Here goes...
How To Fix Your Erectile Dysfunction (ED)

One of the best ways to fix your ED, and enjoy rock-hard, long lasting erections, is to commit to consuming:

- Better Food and Drink

Why?

Because, when you get this right, you will, as well as improving general health: reduce the physical stress on your body, increase your testosterone levels naturally, and improve circulation...this step helps to address every non-medical physical cause of ED.

Where to start?

Diet can be a complex issue, that every so called ‘nutritional expert’ disagrees on.

However, there are just a few things which all health experts DO actually agree on, because they’re so obviously true.

Just doing these few things will massively improve your health.

It’s actually really simple:

- **Don’t eat anything processed.** Processed means anything that isn’s a whole, pure food, basically. A simple guide is, when you’re in a store, look at the ingredients list of the packet.

  First, if there is no packet, or ingredients list: congratulations, you’ve selected something that’s not a processed food! If there is an ingredients list, look to see how many things are in it. If there’s more than 1 ingredients, then yes, technically, that’s a processed food.

  If you want to be a little less strict, look at the list of ingredients. Is there anything in it that’s bad for you? Or, usually much worse, anything where you’re not sure what it is? If so, it’s processed food. Don’t do it!

- **Avoid Sugar** (particularly any type of Refined Sugar and High Fructose Corn Syrup)

- **Avoid MSG.** Not always easy, as food manufacturers are allowed to hide it under all sorts of names, including ‘natural flavoring’. Which
brings us back to what you learned in processed foods: if you don’t know exactly what it is, DON’T eat it!

- **Avoid Soy and Soy Oil**

Now, you might be wondering why you should avoid sugar, MSG and all Soy products?

Here are the reasons...

**Sugar** messes up your body’s blood sugar levels. This, in turn, hurts your TESTOSTERONE levels. And, what hurts your testosterone levels HAS TO hurt your sexual performance! (By the way, there’s absolutely tons of other good reasons to avoid refined sugar, but, here, we’re going to stick to the reasons that you care about, the ones that can effect ED)

**MSG** (Monosodium glutamate) overstimulates your brain, tricking it into thinking that the junk you’re eating tastes good (without this chemical, it does not!) It’s also likely to make you overeat (remember the jingle: “once you pop, you can’t stop?”. To some degree, that’s true of all foods containing MSG).

Bottom line: It literally causes your brain to malfunction, and can cause you to gain fat weight, and this can also hurt your Testosterone levels.

How about **Soy Products**?

These are highly ESTROGENIC. Meaning they increase your estrogen Levels (the female hormone) - while simultaneously decreasing your testosterone levels.

Soy, again, is hiding in all kinds of foods, that you never would have thought! A lot of ‘meat’ products contain a lot of soy. Soy Oil, the worst kind of Soy, is often hidden in plain site under the healthy sounding name ‘vegetable oil’.

How’s this for disturbing? Traditionally, in the East, Celibate monks would eat Soy to reduce their Sex Drive. Ouch. Now our modern day diets are being flooded with it, and we don’t even realize!

The result?

A limp dick, and excess belly fat.

NOT what you want.

Here’s the point to remember...

If you AVOID processed food - you will avoid that TRIO OF EVIL. And simply doing that...
Avoiding processed food, eating natural, unprocessed food - and not consuming sugar, MSG and Soy - should have a massively positive effect on your health, testosterone levels and erection quality.

As an added bonus...

By avoiding processed food, you will also stop eating A TON of other toxic crap, including (but certainly not limited to):

- Trans Fats (often made with Soy Oil)
- Pesticides
- E Numbers
- Preservatives
- Refined Salt
- Aspartame and other artificial sweeteners that mess up your bodies hormones, and cause you to gain weight.

**More General Food Guidelines:**

If you are going to eat animal food (meat, poultry, fish and dairy) - go ORGANIC. And, if applicable - buy GRASS FED, with meat and dairy, and WILD, with fish.

You see, animal food is often injected with estrogen to make it fatter. If you eat this food, you eat the estrogen. Which will crush your testosterone levels, muscle and strength, while simultaneously increasing your body-fat.

Many non-organically farmed animals are also fed SOY. One of the estrogen forming foods you really MUST avoid if you value your erection quality!

Organic fruit and vegetables would also be a wise idea. Though eating non-organic fruit and veg isn't nearly the disaster that eating non-organic animal products is.

If you eat non organic fruit and veg, 2 ways to minimize the amount of toxicity you are exposed to are:

1. Peel the fruit or veg, because most of the toxicity is stored in the skin/peel. Do be aware though, if you do that, you’re also losing the most nutritious bit...which is why organic is better if possible.

2. Wash the fruit and veg in clean water with a little Apple Cider Vinegar
For us, getting Organic non animal food is a ‘should’, we do it whenever possible, but getting Organic or Wild animal food is a MUST.

What you’ve just read is like the ‘bare bones’ of nutrition for health and sexual performance. Stuff you absolutely gotta know.

But...

Here’s a much deeper look at...

**Nutrition for Sexual Power & Performance**

If you want to be able to get erections *whenever you like*...

And you want those erections to be **rock-hard and long-lasting**...

And you’d like to blow big ‘cum shots’ when you finish...

**You’ve gotta eat (and drink) right.**

Eating and drinking ‘right’ isn’t about trying to find some magical ‘wonder drug’ - or weird supplement - that’ll give you rock-hard erections even though you eat fast food 3 times a day and drink 17 bottles of beer every night.

That approach **never** works (at least not in the long-run).

See, you can’t mess with NATURE.

When we do – things go wrong.

*Badly wrong.*

Want proof?

**Google ‘Viagra side effects’**

Won’t take you long to realize that ‘messing with nature’ *isn’t* a wise thing to do.

**Here’s the cool thing...**

We’ve found that when men just do the right thing... the ‘right thing’ being to eat a highly NUTRITIOUS diet – good things happen.

Things like rock-hard erections that last 30 minutes *or more.*

Things like more positive mental emotions, increased energy, glowing skin, strong finger nails and healthy looking hair.

Oh, and excess body-fat?
That just tends to fall off.
The way we see it...
If you’re gonna do something – you might as well do it right.
And the right way to get ROCK-HARD erections from this day forwards – and for the rest of your life – is to EAT RIGHT.
The wrong way is to carry on doing the same stuff that’s not gotten you the results you desire – and add in a DRUG.
That approach might get you SHORT-TERM results at best.

At worst?

**An inability to orgasm** (Look it up – it’s a documented side-effect of ‘The Little Blue Pill’ !!!)

But, enough talking already.

Right now, let me show you your **great tasting, quick and easy-to-prepare nutrition plan for the next 30 days** (though you’ll probably want to do most of it FOR LIFE – because it’s likely gonna make you look, feel and perform like a STUD ;)

Let’s get into it...
What To Eat and Drink for The Next 30 Days...

Consider this to be your ‘erection fuel’ – pretty important stuff...

Very Important:

Eat ORGANIC food as much as you can. Eating Organic-only is especially important for all animal foods, like meat and dairy. This is because animals concentrate the pesticides that are in the plants they eat. AND because the hormones that they give to non organic animals (like what they give cows to make them produce more milk) is seriously detrimental to your Testosterone levels – which is BAD for your ability to get Rock Hard erections whenever you want.

As far as water goes:

- Drink 2 litres a day. Minimum

- Drink most of your water away from meal times. Before a meal, and as soon as you wake up, are the most important time. It’s ok to sip a little water with meals – but drink the bulk of your water intake in-between meals. As a rule of thumb, drink water – then eat 10-30 minutes later. And, after eating a meal – wait 1 hour before drinking water (this really helps digestion)

You may drink:

- Freshly collected Spring Water (visit http://www.FindASpring.com for more information). I (Elwin) absolutely love spring water, and consider it the ‘Rolls Royce’ of water. I’ve literally moved to a different country before, just to get the best quality spring water on a regular basis.

- Well-Water (assuming you know for a FACT that the well-water is clean. Otherwise, filtered Well Water is a good option)

- Glass Bottled Spring Water (from a company you trust)

- Distilled Water. After distilling, put the water in GLASS jars, add a little Himalayan Salt or Raw Sea Salt and then leave outside in the sun for 30 minutes. Crazily enough – this re-mineralizes the water! Something I (Adam) learned from my buddy ‘Cowboy Don Tolman’
Alternately, you can add a few drops of something called ‘Crystal Energy’ to the water after it’s distilled to make it taste as good and hydrate you as well as fresh spring water.

- **Reverse Osmosis Filtered Water** is OK, but the options I’ve mentioned above are better.

**Do not drink:**
- **Tap water**
- **Plastic bottled water** from a store (plastic leeches into water, and you end up drinking plastic, which contain xeno-estrogens, synthetic female hormones, which aren’t good for your Testosterone levels)

**Freshly Made Vegetable Juice**
- 1-3 pints a day (go by feel)
- Any of the recipes below...

**Recipes:**
- 3 Apples, 4 Carrots, 1/3 of a Beet, a slice of Lemon
- 1 Cucumber (peeled), 4-6 sticks of Celery, 1 Apple, 4 generous handfuls Spinach or Kale and a slice of Lemon or Lime
- 3 Cucumbers, 1 head of Celery, slice of Lemon (this last one is hard core, so, if you’re not used to Vegetable Juices, start with one of the other 2 recipes)

**Preparation:**
- BEST OPTION: prepare the juice at home and drink it as soon as possible. Keep it in the refrigerator if you don’t drink it straight away.

Quick Tip: You can add a capsule of something called ‘Megahydrate’ to your juice and, not only will it preserve your juice to last way longer, but it’s also a powerful Antioxidant (meaning it’s good for you).
- Other option: buy your juice from a juice bar. Make sure it’s made fresh if at all possible.

**When to drink:**

- On its own – as a ‘meal’

  Or...

- At the start of a meal (drink the juice, then wait 15 minutes for it to digest. Then eat your meal. So the juice is like a ‘starter’)

**Optional:**

- Once you’ve made your juice, add 1 tablespoon of Extra Virgin Olive Oil or 1 teaspoon of high quality Fish Oil (there’s some evidence to show this helps you to get as much nutrition from the juice as possible)

- If you like savory food, and you don’t have high blood pressure, add some high quality Raw Sea Salt (1/8-1/2 tsp for instance) to your juice for extra flavor.

**Power Salad**

Have one of these every day...

**Recipe:**

- 2-4 handfuls of Green Leaves (Spinach, Kale, Rocket, Lettuce – any you like)
- 1 Avocado
- Any raw veggies you like (chop ‘em up and throw ‘em on)
- Any fruits you like (Berries, Pineapple, Grapes and Raisins work great on salads)
- 2-4 tbsp Extra Virgin Olive Oil
- ¼ tsp [Himalayan Salt](https://en.wikipedia.org/wiki/Himalayan_salt)/Raw Sea Salt
- A squeeze of Lemon or Lime
Optional:
- Drizzle a little raw Honey on your salad (personally we love this because it offsets the bitter taste of the greens)
- Add ½ tsp of raw Wheatgrass Juice Powder to the salad (just sprinkle it on top)
- Add raw cheese, or high quality meat, poultry or fish
- Add an unpasteurized Fermented Food that you enjoy, like Kimchee or Sauerkraut.
- A handful of steamed root veg slices, like Sweet Potato.

Smoothie 1
The way you have to make the smoothie is really DIFFICULT!
But it’s worth it...
Just chuck everything in a blender and whizz up till its real smooth. See, we told you it was difficult ;)

Recipe:
- 400ml Coconut Water, Almond Milk or Raw Cows/Goats Milk
- 1 Scoop Raw Protein of your choice (try Organic Grass fed Whey, Hemp, Brown Rice...see which type of protein agrees with you, and which flavor you like)
- ½ Banana
- ¼ cup Berries (Blueberries, Raspberries or Strawberries)
- 1 tablespoon Raw Maca Powder (it’s got a caramel like taste, and is great for Sex Drive and Healthy Hormones)
- 2 tablespoons melted Coconut Oil
- 1 tablespoon Raw Almond or Cashew Butter
- 1 tsp Raw Honey
Optional:
- 4-6 drops of Chocolate or Toffee Flavor Stevia (for sugar free, natural sweetness)
- 1/8 th tsp Raw Vanilla
- 1/2 tsp Raw Wheatgrass Powder

Note:
- For best results, use a Vitamix, BlendTec or, my personal favorite – a Nutri-Bullet

Smoothie 2
- 400ml Coconut Water or Spring Dragon Longevity Tea (if you use the tea, brew it, and then cool it down in the fridge. Making the smoothie with WARM tea would be pretty disgusting!)
- 8 spears of thin Asparagus
- 1 ring of Pineapple (fresh. Don’t you dare buy the tinned crap! ;)
- 1/2 Banana
- 1/4 cup red Berries (Strawberries, Raspberries or Goji Berries)
- 1 tbsp Pumpkin Seeds
- 6 Walnuts
- 1 tsp Raw Cacao Powder

Optional:
- 1-2 tsp Raw Honey
- 1 tsp Raw Wheatgrass Powder
Once A Day Have At Least 1 of The Following Fermented Foods*

*Fermented foods are extremely good for the digestive system. And since a happy, healthy digestive system is ‘the key’ to overall health – and health is ‘the key’ to **rock-hard erections** – it’d make sense to get your digestive system in good working order, right?

If you’ve ever taken antibiotics and/or eaten processed foods – these Fermented Foods are even more important!

**Every day have at least 1 of the following:**

- ¼ cup Fermented Vegetables (chuck ‘em on your Power Salad, or eat on their own, after a meal)
- ¼ cup Raw Milk Kefir (use in your smoothies)
- ½ cup of Coconut Kefir (use in your smoothies)
- 1 glass of Kombucha (if you use store bought, make sure it’s properly fermented, and not very sweet. If it is still very sweet, it’s not fermented enough yet. Just leave it at room temperature for a few days until it becomes pleasantly sour.)

**Fair warning:**

Fermented foods are POWERFUL. If your digestive system is a mess you might not be able to tolerate very much of them at all, at first.

That’s why you should choose 1 of the above.

However, once you get used to them you can increase the quantities you consume. You might work up to a ¼ cup of Fermented veg twice a day for instance.

But start with a little – and let your body get used to it.

There’s no rush.

You can easily find real Raw fermented foods and drinks at your local Whole Foods or Health Food store, maybe even your local supermarket, depending on where you live.
Other Really Important Nutritional Factors – DO NOT IGNORE...

For the next 30 days DO NOT consume any of the following:

- Soda (including ‘Low Calorie’ and ‘No Calorie’ versions), ‘Energy Drinks,’ Sports Drinks, Pasteurized (Store Bought) Juice and any kind of Coffee
- Non-organic Dairy (preferably only eat RAW Organic Dairy)
- Processed food of any kind
- Genetically Modified Foods (GMO’s)
- ‘Dick Pills’ like ‘The Little Blue Pill’ (if you’re gonna do it the NATURAL way, quit those pills please!)
- Recreational Drugs
- Alcohol (except for Organic Wine. 3 glasses a week maximum)
- Cigarettes (come on Stud, the right time to give up was yesterday ;)

For the next 30 days you may consume:

- Highest quality meat… for instance Grass-Fed Beef, Free Range Organic Chicken and Wild Alaskan Salmon (do not eat CHEAP meat. We’re trying to maximize nutrition and minimize the toxicity that goes into your mouth. Plus, cheap meat is often full of female hormones...you really want those coursing through your bloodstream?)
- Free Range Organic Eggs
- Organic Whole Grains... avoid White Bread, Bagels, Pastries, White Pasta and so on. You may consume Organic Rice, Heavy Dense Organic Breads, Quinoa, Millet, Buckwheat. (Avoid Gluten if you know you’re Gluten Intolerant.)
- Additional Carbohydrates from Potatoes and Sweet Potatoes
- Raw Chocolate
- Raw Organic Snacks (quality health foods stores sell a ton of ‘em these days)
- Fruits and vegetables (the more organic vegetables you consume – particularly GREEN vegetables – the better)
- An abundance of Sea Vegetables, like: Kombu, Dulse, Sea Spaghetti, Arame and Nori (the stuff they make Sushi out of.) Sea Vegetables are the
You should also use:

- Man Tea: Rock Hard Formula

And...

- Explode Your Testosterone

These proven, safe, all-natural – and extremely POWERFUL - Superherb teas should give you a level of sexual experience that has to be experienced to be believed!

Drink your Man Tea: Rock Hard Formula in the morning, within 2 hours of waking. Add your Explode Your Testosterone to the Rock Hard Formula, following the simple instructions on the label.

To get your Man Tea: Rock Hard Formula – click here now
To get your Explode Your Testosterone – click here now

Stud, Do You See What’s Going On Here?

The bulk of what you eat for the next 30 days is gonna be Veggies, Nuts, Fruits, Seeds, Superfoods and Superherbs...

In the form of the juices, smoothies and the Power Salad.

You may then add in other quality Organic produce as you see fit...

High quality meat, poultry and fish... healthy ‘carbs,’ raw chocolate etc

What you end up with is a diet that’s extremely high in fruits, veggies and – most importantly – NUTRITION.

Simultaneously – you end up with a diet that’s LOW in TOXICITY. Because you’re eating mostly organic and you’ve cut out the crap (processed) food.
That right there is a recipe for health, energy...
...and **rock-hard, long-lasting erections** whenever you want them.
It really is.
You just have to have the BALLS to do it.
We promise you this...
**Do it for 30 days and you’ll never look back...**
You’ll wanna do it for LIFE.
Because it’s gonna make you look, feel and PERFORM at such a high level.
Sample Meal Plans

Below you’ll find 4 sample meal plans. This’ll help you to see how you can go about eating all the things I’ve told you about in the previous pages.

Here you go...

Meal Plan 1:

7am: 500ml Water, followed by 1 Cup Man Tea: Rock Hard Formula with Explode Your Testosterone added
9am: Smoothie 1
10am: 250ml Water
11am: Raw Juice
12noon: 250ml Water
1.30pm: Smoothie 2
3pm: 500ml Water
5pm: Raw Chocolate Bar and a Handful of Nuts and Seeds
6pm: 250ml Water
7pm: Power Salad with Chicken and Rice
8.30pm: 250ml Water followed by 1 Cup Go All Night
Meal Plan 2:
7am: 500ml water, followed by 1 Cup Man Tea: Rock Hard Formula with Explode Your Testosterone added
9am: Fresh Juice
11am: 250ml Water
12noon: Smoothie 1
2pm: 250ml Water
3pm: ½ cup Grapes, followed by Raw, Organic Crackers with Raw Organic Cheese
5pm: 250ml Water
6pm: Power Salad with Steak, followed by Smoothie 2
8pm: 250ml Water followed by 1 Cup Go All Night
**Meal Plan 3:**

This one is how I (Adam) eat most days (notice it’s mostly Vegetarian. Something I’ve been experimenting with for a while).

Here it is...

7am: 500ml water, followed by 1 Cup [Man Tea: Rock Hard Formula](#) with [Explode Your Testosterone](#) added

9am: 1 pint Raw Juice, followed by 4 Scrambled Eggs* with Black Pepper and Himalayan Salt

(cooked in Coconut Oil)

*sometimes I’ll have the Eggs with Onions, Mushrooms, Spinach and Asparagus added (an easy, great tasting way to get 4 portions of veg in one meal)

11am: 500ml Water

12.30pm: Smoothie 1

2pm: 250ml Water

3pm: Raw Chocolate and Nuts

4.30pm: 250ml Water

6pm: Power Salad (occasionally, like once or twice a week with Wild Alaskan Salmon), followed by Smoothie 2

8pm: 250ml Water followed by 1 Cup [Go All Night](#)
Meal Plan 4:
This one is how I (Elwin) eat most days (notice I eat less frequently, and drink more...you got to experiment a little, once you’ve done the basics, as taught here, to find out exactly what’s right for you).

Here it is...
7am: 1000ml water, followed by 1 Cup Man Tea: Rock Hard Formula
9am: Wild Sea Bass, with Sauerkraut Power Salad and steamed root veg.
11am: 500ml Water
1pm 1 Cup Explode Your Testosterone (this really energizes me so I don’t have a mid afternoon slump)
2pm: 1000ml Vegetable Juice
3pm: Superfood Smoothie in Summer, Warm Sea and Root Vegetable Soup in Winter, Gluten Free Red Rice Bread with Olive Oil.
5pm: 500ml Water
6pm: 1 Cup Go All Night
8pm: 500ml Water
What To Do If You Screw Up!

Look, you’re only human. So you might screw up.

You might eat something you’re not supposed to.

You might forget to have your fresh Juice one day.

You might have to buy non-organic Berries – because Organic aren’t available.

SHOCK HORROR!!!

Deal with it.

You’re only human, after all.

The thing to avoid doing is COMPOUNDING ERRORS.

Ever seen someone start a diet on Monday... and do great till Friday night. Then they have a pizza and 2 beers. Followed by ice cream.

Then...

Instead of getting back on the plan on Saturday morning – they say:

“Screw it. I’ll have the weekend off”

Then they repeat that pattern for 4 weeks and boldly claim THE DIET DOESN’T WORK.

Duh!

You only did it 4 and a half days a week!!! Friday night to Monday morning you half assed it, and ate whatever you wanted.

See what we mean?

Stud, don’t you dare email and say this plan doesn’t work if you only stick to it 25% of the time ;)

We get it...

You’re human, you might not do it perfectly.

That’s cool.

Nothing in life is PERFECT...

Even your favorite Porn Star’s ass ;)

So, just be happy to do your best and do very very good.

Because you know what?
A very very good effort is enough to get GREAT RESULTS.
It’ll get you **rock-hard, long lasting erections**.
‘Perfect’ isn’t required (thankfully).
And when you genuinely do your best – you can look yourself in the mirror and feel good about the man staring back at you!

So that’s NUTRITION taken care of.
Let’s move on...
3 Recommendations for Improving Your Circulation

You'll remember that POOR circulation is a major cause of ED. Here are 3 ways to improve your circulation that you need to take action on...

1. Spend Less Time Sat Down

This isn’t a joke.

Recent scientific research has shown that sitting down causes bad circulation - particularly to the pelvic area! - and can shorten lifespan. Sadly, we live in a culture that sits down all the time...
To eat...
To travel...
At work...
While watching television.

Most people spend A LOT of time sat down - making their pelvic area tight. And making circulation to that area poor.

A recipe for ED if ever there was one!

Now, sometimes you HAVE TO sit down. But, very often you don’t.

Here are some suggestions:

- When you’re on the phone - stand up and, if possible, walk around
- When you’re reading, chilling out, watching TV etc - lay down instead of sitting
- At work, if you have a ‘desk job’ get a desk that lets you STAND UP, instead of one that forces you to sit down
- If you must sit down, commit to getting up every hour and moving around on your feet for at least 5 minutes

See?

With a little thought and imagination it’s easy to cut way down on the amount of time you spend sat down.
2. Do Some Rebounding

A ‘Rebounder’ is a small trampoline.

Research has proven that this is the very best kind of exercise for improving the movement of lymph around your body, and improving your circulation.

It’s also of great benefit for your immune system, even if you only do 5-10 minutes a day.

It’s easy too - just get on the Rebounder and jump up and down.

Really. That’s all there is to it!

Do 5-10 minutes a day, and better circulation will be the result. Which should, in turn, help you achieve better erections!

For an example of the kind of Rebounder I (Elwin) use, Click Here

3. Hot/Cold

Research has shown that hot/cold therapy is probably the single best thing you can do for your circulation.

There are various ways you can do it (just be sure to not overdo it):

- Spend a few minutes in a Sauna or Steam Room - then jump in a cold pool. Repeat several times. You can also use a warm bath, then hop under a cold shower, if that’s more practical for you.

- Do 1 minute Warm water in the shower, followed by 30 - 45 seconds cold water. Repeat for a total of 6 to 8 ‘sets’

As well as being great for your circulation - Hot/Cold therapy has a healthy effect on your immune system, your energy levels and just generally makes you feel very ALIVE!

There’s a reason why ELITE athletes use it on a regular basis.

Now you can too ;)
How To De-Stress

Right here are some supremely healthy ‘lifestyle practices’ with you. Lifestyle Practices that’ll improve your health and help you de-stress.

Remember - what’s good for your health, and what helps you DE-STRESS - will be good for your erection quality.

Stress KILLS erections.

Use as many of the techniques that follow as you can for the next 30 days.

Day in, day out.

Remember...

Less Stress = Better Health = Better Erections

It’s very simple math ;)

Regarding Breathing...

Breathe slowly, and into your belly.

Avoid breathing shallow and into your chest.

This WILL help you de-stress pretty much immediately.

It’s not possible to feel stressed if you breathe slow and from the belly. Likewise, it’s not possible to feel calm, strong, relaxed, confident and centered if you breathe quick, shallow and from the chest!

You can Click Here to Watch a Free Video Demonstration on how to do this

And, you can Click Here to learn more about how this works

Regarding Rest and Recuperation...

Many men have the attitude that ‘sleep is for pussies!’

And that it’s good to be ‘on the go’ all the time.

Yet, did you know that men restore their TESTOSTERONE by relaxing and chilling out? Usually quietly, on their own, or maybe with other guys.

Watching sports or lying in the sun are a couple ways to do it!

The best is meditation, because it mirrors what we, as men, are wired to spend hours of every day doing: hunting. And real hunting, in practice,
involves a lot of waiting and paying attention, silently, to the world around you.

**Regarding Gratitude...**
When you experience GRATITUDE it is impossible to feel STRESSED. So...
Spend a couple minutes every day acknowledging what you are truly GRATEFUL for in your life.
It could be your massive mansion, fancy sports car or fine Swiss watch. But, it’s even more powerful if it’s about people, animals and your environment.
Whatever you choose to be grateful about - it’ll lower your stress levels. And that should mean better sexual performance ;)

**Regarding Meditation...**
- 10 minutes a day. Sit up straight, and relaxed. Close your eyes, witness your breath flowing in and out of your body. Any thoughts that come up, just let them go, and focus on your breath again.
Quieten your mind

**Regarding Exercise...**
- Every day, but never to failure/exhaustion
- Whatever you like, so long as it doesn’t cause you pain
- If in doubt, take a 20-60 minute walk every day
- If you haven’t exercised for YEARS – or you have a disease that affects your cardiovascular system – start REALLY EASY. Walk to the lamp post and back. Or take a 3-5 minute walk. Just get started and build up very slowly
- Be sure to do your Kegel Exercise daily. Contract your PC Muscles for 10 seconds, then relax for 5. Repeat for a total of 5 sets.
Unsure how to contract your PC Muscles? Do this...
Go pee, then pause mid-flow. The muscles you use to pause mid-flow are your PC Muscles.

Strengthening them **improves erection quality and staying power.**

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**Regarding Stressful Activities and People Who Cause You Stress...**

- Avoid ‘em (as much as possible). ‘Nuff said

**Regarding Your Mobile Phone...**

- Use it only on Loudspeaker (never directly against your head) or with headphones. I (Elwin) only ever use it with Headphones that include a Mic.
- Don’t carry it round in your pant pockets all day long (right next to your balls!!!)
- Turn it off at night
- Keep it away from you as much as possible
- Get a yellow phone case (surprisingly, this blocks EMF and protects you from it. Another ‘secret health gem’ I (Adam) learned from my buddy ‘Cowboy Don Tolman’)

**Regarding The Sun...**

- Get outdoors, in the sun, for at least 20 minutes a day. “NO” – it’s not gonna kill you! Just *avoid* burning by wearing a cap and t-shirt. Also, don’t forget to ‘take shade’ when/if necessary. If you live in a really hot environment, just get a little sun near sunrise or sunset, when it’s not strong enough to burn you.

And, avoid sunglasses, unless you need them for driving. Why? Because when sunlight gets into your eyes (not too much of course) it stimulates a neurotransmitter called Serotonin, which makes you feel RELAXED and CONFIDENT....which, of course, is a crucial feeling to fix your ED!

All pretty simple, *right?*
Do those things *daily*, day in, day out, and they make a big difference to your health and emotional well-being... and therefore – your ability to ‘**get it up**’ and **stay rock-hard** until your woman is SCREAMING your name.

Next section...
Mental ‘Tricks and Techniques’ that Make ED a Thing of the Past!

For some guys this section’ll be the MOST IMPORTANT. Because, honestly, for some guys their ED is entirely based in their head!

No joke.

For instance, if you can last 30 minutes when you’re ‘jacking-off’ – but can’t ‘get it up’ or simply ‘blow your load’ in 30 seconds flat when you’re with a woman...

Well, the good news is: you don’t have a PHYSICAL problem.

Rather, it’s all in your head.

Whatever your situation...

We advise you to use ALL 4 parts of this program.

To use only 1 or 2 parts is to miss the point.

The program works together – all 4 sections – to get you maximum results. Why? Put simply, even if you decide your issue is ‘all in your head’, well, guess what? Your Brain is in your Body! So, if you look after your Body right, your Brain will function better. Simple huh?

Now, we’ve already talked about NUTRITION (part 1) and CIRCULATION (part 2), and STRESS (part 3)....

Now let’s dig into part 4...

The MENTAL stuff...
The Power of Visualization?

Imagine the great Golfer Tiger Woods at his peak.

In the year 2000 he played a quality of Golf that left people’s jaws dropped to the floor! They couldn’t believe what Tiger was doing.

He was hitting shots – and posting scores – that often made his fellow professional competitors look like they were playing a different game (a much harder game than the one Tiger was playing!)

One of Tiger’s biggest advantages was his MIND-SET.

You could tell: he thought he was the best...

And he EXPECTED success every time he teed up a golf ball.

He enjoyed being the best.

And thoughts of FAILURE never even entered his mind.

Sure enough...

That mind-set allowed him to play a level of golf that was magical. And he rarely had a bad day.

Now contrast that version of Tiger with the average amateur golfer...

The average amateur golfer tees up his golf ball thinking:

“Please don’t hook it into the water”

“I hope I don’t slice it into the trees”

“Geez, I hope I don’t duff it and embarrass myself in front of all my friends”

See the difference?

The average golfer spends all his time focusing on possible NEGATIVE outcomes and praying they don’t come true.

What do you think happens?

That’s right...

The average golfer spends more time knocking his ball in the water, duffing it 30 yards (when he wants to hit it 300 yards) and hitting it into the trees.

Sure enough...

What the mind focuses on consistently – tends to come true!!!

Let me repeat...
What the mind focuses on consistently – tends to come true!!!

Now, let’s think about sex...
If you have ED – we get it...
It’s no fun.
It sucks.
You probably think about it a lot.
You might go to bed thinking:
“I hope I ‘get it up’ this time”
“Please, don’t let her down and shoot in 30 seconds again”
“If I could just last 5 minutes, maybe she’ll be happy with me”
“Why me? Why does this have to happen to me?”

Can you see how thinking like that – while perfectly NATURAL, easy-to-do and understandable – is a DISASTER for your sexual performance?

If you’re thinking like this, you’re literally ‘CRIPPLING your cock’ with your thoughts.
You’re killing the one thing you want more than anything else...

An erection hard enough to endow you with rock-solid sexual confidence and the feeling of being A REAL MAN.

Many guys get so worked up ‘hoping things don’t go wrong during sex’ – and worrying about how history will repeat itself – that they totally forget that sex is meant to be ENJOYABLE!

I remember when I (Adam) was 18 years old going out to town one night.
At the end of the night I end up in a taxi with this girl. Nice face, banging body.
We get back to her house.
After some kissing I laid her down and lifted up her skirt.
I pulled her panties off, stared in wonder at her perfectly shaved pussy and proceed to give her oral sex.
For the first time in my life I was giving a woman oral sex!
I even made her cum.
That felt pretty good.
What was less good was the fact that I didn’t have a hard-on. *Nothing.*

Not even ‘a semi.’

She’s all worked up and crazy HORN¥ ‘cos I’ve just made her cum.

She thinks I’m a Stud.

But then she takes my pants off – to give me head - and the best I finally achieved was a semi (after she’d played with it for about 20 minutes).

Eventually we gave up.

Kinda embarrassing.

Heck, *who am I kidding?!* It was very VERY embarrassing. And disappointing.

A total nightmare in fact.

I look back and cringe.

**Here’s the thing...**

I’d jacked myself off for about 45 minutes the day before.

No problem.

My problem was all *in my head*.

I was with that girl – I gave her pleasure and she was dying to return the favor. Should have been a spectacular experience...

But I didn’t let it happen.

**I allowed my thoughts, and fears, to sabotage my efforts.**

Thankfully, I learned how to get rid of that problem pretty quickly (by the time I was about 20) – but many guys are still struggling to figure it out in their 40’s, 50’s, 60’s and beyond.

The very best technique banishing NEGATIVE sexual thoughts is...
Sexual Visualization.

Here’s how it works...

- Every day, for the next 30 days (and maybe for the rest of your life!) you’ll devote a minimum of 5 minutes – and preferably 10 minutes – to sexual visualization

- Do it in a distraction free zone... just you and your thoughts. No mobile phone, computer or television. You can do it while driving... but it’d be better to do it at home, alone, with nothing else to focus on. When you first wake up, or after you’ve gone to bed, can be ideal (if you actually do it), as your conscious mind’s resistance is low.

- Now VISUALIZE. Let your mind run wild. Do not put a limit on what you can achieve.

Visualize yourself with rock-hard, never-ending erections. Erections so full, fat and veiny they appear SUPERHUMAN. Visualize yourself having orgasms so intense and powerful they hurt (in a good way). Visualize yourself banging your woman like a total STUD. Making her SCREAM your name. Fucking her till she cums over and over again. Fucking her till she’s deliciously sore

Get it?

It is mind-bendingly simple. And equally as POWERFUL!

We can guarantee Tiger did the same the night before he played the most important rounds of golf in his life. We can guarantee he sat back, turned off all distractions and pictured himself ripping up the golf course and destroying his opposition.

In fact, elite performers in all fields – sports, business, music and more – use POSITIVE visualization to make success inevitable.

So do Marines and Special Forces before they go into a highly dangerous situation, they rehearse, and visualize, in their mind, exactly what they want to have happen, over and over again.

It’s been proven that people who do what we’re recommending here have more success, in all kinds of fields, than people who don’t. Why?

Remember...

What you FOCUS on tends to come true!

So you better focus on good stuff, positive outcomes and what you really want!!!
IMPORTANT:
Don’t waste your life – and sabotage your success – thinking of bad shit.
That’s just dumb (but really easy to do).
In fact, it’s NOT your fault. We’re all prewired to focus on bad shit... which
is why most people aren’t very successful at anything.
But, you can either let that be your excuse...or, you can BEAT your
programming, and make the effort to be a Sexual Superman!
I (Adam) promise you...before the greatest sexual experiences of my life –
I’ve very often pictured what would happen before hand. I visualized it.
I’d picture how it’d look, what I’d hear, how she’d smell, taste and feel.
Let your mind run wild.
Do your visualization daily.
Focus on visualizing yourself with rock-hard erections that last a long time.
Focus on powerful ejaculations that feel amazing.
Focus on seeing yourself giving your woman tremendous pleasure.
Focus on seeing your woman salivating over your erection.
Worshipping its length, size and HARDNESS.
We constantly say that SIMPLE things work best.
Sexual visualization is simple.
You just have to see the value in it and commit to doing it.
Actually DOING it, consistently, is the key.
**How To: Immediately Eliminate Negative Thoughts...**

The 2\textsuperscript{nd} ‘Mental Technique’ is how to eliminate NEGATIVE thoughts that sabotage your success.

Most people have the faulty belief that they can’t control their THOUGHTS and EMOTIONS.

If they feel sad, angry, bitter, frustrated or upset – they feel like they’re a victim to the feeling.

Like it’s ‘got them’ in its clutches, and they have means of changing how they feel - except with self destructive or escapist behavior, like taking drugs.

Drugs can be legal (like alcohol, tobacco etc), illegal (like cannabis, cocaine etc) or pharmaceutical (like xanax, valium etc).

But what they all have in common is they’re a way to escape from feeling bad, that is, overall, harmful to your body, doesn’t resolve the root problem, makes you feel worse over time, and, probably worst of all, leaves you feeling dependent, even addicted (enslaved)...the opposite of Strong and Empowered.

That’s no way to live your life!

And, as crazy as it is...

For some people the negativity totally takes over their lives and NEVER passes...except for the brief ‘escapes’ with various damaging drugs.

**You have to make ‘bad shit’ pass – it rarely disappears on its own.**

Imagine you’re going to bed with your woman and you’re thinking:

"Please get hard. Please please get hard"

Or...

"Please don’t shoot too soon"

If you’re thinking like that you’re in a NEGATIVE state.

You’re lacking confidence and expecting the worst.

**Here’s what you should to do from now on...**

- Become AWARE of negative thoughts and acknowledge them
Then:
- **Immediately** change your focus and think of something empowering
Pretty simple, huh?
And it might sound like some new-age hippy shit. But honestly, it’s not.
It’s simply the smart way to live your life.
It’s training your MIND to work for you, not against you.
Think about it...
Isn’t it true that right now, if the morbid desire took you – you could think of something REALLY horrible and reduce yourself to tears?
The death of a loved one.
An ex-girlfriend who cheated on you.
That winning lottery ticket you accidentally lost.
The time you pulled a Supermodel and then ‘shot your wad’ in under a minute.
You get the idea.
You could do it, **right**?
Or, you could CHANGE YOUR FOCUS – think of something HAPPY and POSITIVE and put yourself in a good mood. In a positive state.
You have that choice.
And it’s really powerful.

**Some people just can’t get out of the cycle of ‘focusing on negative thoughts’** and they end up alcoholics, drug abusers, manic depressives or on ‘Happy Pills’ from Big Pharma.
It’s pretty sad.
OR...
They end up with a shitty sex-life ‘cos they keep focusing on BAD STUFF they don’t want to happen and/or that has happened.
But the more they focus on it – the more it happens!
See the circle of events?

**Here are some examples of how to overcome negative sexual thinking and stop it from sabotaging your success...**
- If you focus on NOT ‘getting it up’ – become aware of the thought. Acknowledge it, and then bin it. Then focus on getting erections so HARD they bring a tear to your woman’s eyes

- If you focus on ‘blowing too soon’ – acknowledge the thought, then toss it. Then **focus on lasting so long your woman has to ask you to stop** – ‘cos she just can’t take it anymore

- If you can’t cum inside your woman (or she has to use ‘a special technique’ to ‘get you off’) – stop focusing on that issue. And instead, choose to focus on fully enjoying the experience, taking each second as it comes – and plastering your woman with the cum shot she truly desires and deserves

See the difference?

**What you FOCUS on most will become your version of REALITY!**

*Everyone* has negative thoughts. It’s a part of being a human being.

The difference is that...

Winners are aware of them and replace them with positive, empowering thoughts in double-quick time.

In contrast:

Losers dwell on them and allow them to ruin their lives.

**Be a Winner!**

**Focus on positive stuff.**

In the bedroom, focus only on successful sexual performances – complete with **rock-hard, long lasting erections**.

Finally, let’s talk about...
**Bonus: The ‘Stop-Start Technique’ for Superior Sexual Stamina...**

Once you can get HARD – you’re probably gonna want to LAST LONGER. Eating right will help.

Thinking positive thoughts will help.

But, you should also learn the ‘stop-start technique’ for superior stamina.

Here it is...

If you were driving your car on a road you didn’t know too well – and you saw a cliff at the end of the road, what would you do?

A. Keep driving straight off the end of the cliff
B. Hit the brakes, turn around and find another route

Hopefully, you said ‘B’ (otherwise there truly is no hope for you – and you should hand in your Driver’s License immediately!)

*Of course you said “B”*

It’d be dumb to choose “A,” right?

**But, here’s the weird thing...**

In the bedroom, many guys choose the equivalent of driving their car off the edge of a cliff – even though they can clearly see the cliff!

**Here’s what we mean...**

Many guys get inside their women and ride ‘em like RABBITS.

In and out, in and out, FAST.

And it’s all over... in a few embarrassing SECONDS.

You think that’s what she wants?

**Nope.**

It’s not.

You think that’s how MASTERS last 30 minutes or more?

Heck no.

MASTERS all use some version of the stop-start method.

And they know that HARD and DEEP is what most women want. (Not so much fast). This in itself will help you LAST LONGER.
But, right now, let’s talk about:

“Stop-Start”
Stop-Start is exactly as it says...
Sex doesn’t have to be...
- Give her oral
- Get on her and ride her missionary, like a RABBIT, till you blow
That’s boring.
And it won’t help you last a long time.

How about mixing it up?
Like this...
Changing positions regularly...
Giving her pleasure (to allow yourself to ‘cool down’)...
Going to a different room...
Telling her what to do to NOT make you cum as fast...
Slowing down...
Grinding...
See?
This ain’t difficult.
But most guys ‘drive straight off the end of the cliff’ in the bedroom.
They’re so HAPPY to be ‘getting some’ that all rational thought goes out the window!
But when you think about it logically...

Lasting a long time is pretty easy...
So long as you change it up regularly.
It’s tough to last 30 minutes or more in 1 position, going at 1 speed (and pretty boring too).
But use 7 different positions... oral, fingers and intercourse... and it’s EASY.
Hope that makes sense.
Hate to use the old-cliché – but... “It’s not rocket science” (thank God. Otherwise we’d be crap at it ;)

So, there you have it...
You’ve got the plan...
- **What to EAT and DRINK for the next 30 days...**
- **Circulation Booster**
- **Stress Busting ‘lifestyle factors’...**
And...
- **The ‘Mindset stuff’...**
All that’s left is: for you to do what separates the WINNERS from the LOSERS.
We are, of course, referring to ‘**TAKING ACTION.**’
Until you do that...
*Nothing will change.*
So we’ll leave it there – and let you get started...

Talk to you soon...
Your friends,
Adam Armstrong & Elwin Robinson

**P.S. It goes without saying, but I’ll say it anyway – just to be 100% clear...**
The more of the techniques and strategies that we’ve just shown you – which you actually use and put into practice... the GREATER the RESULTS you’ll get.
With a little effort and planning it is possible to use every single thing you’ve learned in this program.
*Every. Single. Thing.*
And if you do that...
You’ll get really BIG – **rock-hard, never-ending** – RESULTS.
The kind that’ll make your woman panties dripping WET for you day and night.

Now, get too it Stud...
There’s work to be done!

;)

P.P.S. Don’t forget to get your Man Tea: Rock Hard Formula, Man Tea: Go All Night Formula, and Explode Your Testosterone. Because they are 3 vital – and exceedingly POWERFUL - pieces of the Fix Your ED plan.

Read Carefully:

Man Tea: Rock Hard Formula provides your body with the NUTRIENTS it needs to get ROCK-HARD erections. It should also help improve your staying power.

Click here to learn more

Man Tea: Go All Night Formula is a powerful recovery formula that’ll increase your Sexual Energy. This powerful Super-herb blend should help you have sex much more often - and recover faster after ‘blowing your load.’

Click here to learn more

And...

Explode Your Testosterone is a unique, all-natural, safe and proven way to blow up your testosterone levels. If you want to supercharge your libido, increase strength and muscle mass, decrease body-fat and send your drive, determination and confidence through the stratosphere - then you’re gonna LOVE Explode Your Testosterone!

Click here to learn more
More From Adam & Elwin: