

ROCK HARD SEX

A GUIDE TO GET GLORIOUS ERECTIONS



ROCK HARD SEX
Copyright © 2019

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Contents

Medical disclaimer.....	4
Introduction to supplements and vitamins.....	4
General health supplements.....	5
Polyrhachis Ant Extract.....	5
Wheat germ.....	5
Reishi.....	6
Cordyceps Extract.....	6
Goji berry powder.....	7
Schisandra.....	7
Spirulina.....	8
Chlorella.....	8
Recommendations.....	8
Supplements for improving blood flow and erections.....	9
Horny Goat Weed.....	9
Panax Ginseng.....	9
Pine Bark Extract.....	9
Ginkgo Biloba.....	9
Maca.....	10
Cnidium Monnier.....	10
Catuaba Bark.....	10
Cistanche.....	11
Omega 3.....	11
Curcumin.....	11
Muir Puama.....	11
Rhodiola Rosea.....	12
Tongkat Ali.....	12
Thor's hammer Sexual potency formula.....	12
Supplement stack for stronger erections.....	13
Supplements for prostate health.....	14
Saw Palmetto.....	14
Nettle root extract.....	14
Lycopene.....	14
Pygeum.....	15
Swedish Flower Pollen.....	15
Supplement stack for your prostate that doesn't mess with DHT.....	15

Medical disclaimer

Since I am not a doctor, before beginning a supplement regime, you should further research on your own and ask your doctor if you have any concerns or questions. Especially if you are taking any medications. Combining certain supplements with prescription medications can result in dangerous side effects such as high blood pressure.

I have acquired this information through personal research and experimentation. These supplements are generally considered safe and only produce mild side effects when too much is taken. If you stick to the recommended dose, there should be little to no side effects.

Introduction to supplements and vitamins

There are 2 types of vitamins. Water-soluble and fat-soluble. You need to be careful with fat-soluble vitamins because the excess is stored in fatty tissues and in the liver. Having too much of these vitamins can be as dangerous for your health as not having enough. Fat-soluble vitamins are A, D, E and K. Water-soluble vitamins are B and C. This is not to say that you cannot overdose water-soluble vitamins but it is much harder to do.

General health supplements

Polyrhachis Ant Extract



Ant is the premiere Qi tonic of Chinese herbalism. While ginseng is the most well known, and a premiere Qi tonic by itself, Ant is known to be even stronger and more effective.

It is very popular as a pre-workout super herb. It's also popular with young and old people for different reasons.

Benefits of Ant Extract:

- Premiere energy tonic (provides direct ATP)
- Sex builder and aphrodisiac
- Strength Builder
- Double direction immune system modulation
- May build stress resistance
- Aids in slowing the aging process by DNA and RNA support
- Strengthens the musculoskeletal system
- Potentiates the effects of other herbs taken with it
- Superior Liver and Kidney tonic in Chinese Medicine
- Extremely protective of the Liver
- May help detoxify from poison
- Benefits the digestive system
- Benefit's the nervous system
- Prevents the shrinkage of the thymus gland

[Click here to have more information](#)

Wheat germ



Wheat germ is an excellent addition to any juice recipe as it is a powerhouse of vitamins and minerals. Adding 1 or 2 teaspoons you get B vitamins, some vitamin C and a lot of vitamin E. You will also get calcium, iron, magnesium, manganese, potassium and zinc.

[Click here to have more information](#)

Reishi



Many tonic herbalists agree that if everyone were taking Reishi, the world would be a much better place. It increases your sense of well-being and may enhance your personal evolution.

Among the medicinal mushrooms, Reishi has been studied more than any other, because of its historic reputation.

- Anti-Inflammation
- Antioxidant
- Anti-Cancerous
- Anti-Bacterial
- Anti-Viral
- Benefits Blood Pressure and Cholesterol
- Cardiovascular Protection
- Reduces Stress
- Modulates Immune System
- Supports Kidneys, Liver, Lungs and the Brain
- Blood Sugar Balancing
- Helpful with Arthritis
- Premiere Qi and Shen Tonic Herb according to Chinese Medicine

[Click here to have more information](#)

Cordyceps Extract



It is not a mushroom in the conventional sense but was initially thought to be magical by the Chinese people. Cordyceps Sinensis is a parasite that attaches itself to moth caterpillars in the high altitudes of the Himalaya mountains. The spores invade their body, killing the host, then sprouting a club-like mushroom from their head. **Benefits include:**

- Enhances Endurance
- Alleviates Fatigue
- Protects the Lungs and Facilitates Respiration
- Increases Metabolism of Lactic Acid
- Anti-Tumor Activity
- Immune Modulating
- Cholesterol Reducing
- Cardio-Protective Benefits
- Improved Sexual Performance
- Strengthens Liver and Kidneys
- Antioxidant
- Antiviral

[Click here to have more information](#) or [watch my video review on YouTube](#)

Goji berry powder



It is said that the goji berry is the king of antioxidant. It contains a unique nutrient called Lycium Barbarum Polysaccharides (LBP)

Most of the studied effects of goji berries come from Lycium barbarum polysaccharide or LBP, of which there are a few different varieties. There is a study that has shown that taking goji berries daily could increase the testicles size

LBP's have been researched in their functions to support:

- Anti-aging
- Healthy Blood Sugar Levels
- Healthy Liver Function
- Healthy Eye Function
- Healthy Metabolic Function
- Healthy Immune System Function
- Neuroprotection
- Healthy Reproductive System Function

[Click here to have more information](#)

Schisandra



Schisandra is the berry of a climbing vine native to northeast China and parts of Russia. It is cultivated in long rows. In the current climate of berry crazes, Schisandra could sound like one more fruit to toss into your morning blender drink, but this unusual berry holds a top spot in Traditional Chinese Medicine for its superior medicinal benefits.

Schisandra benefits include:

- Supports Concentration and Memory
- Increases Alertness
- Reduces Stress and Exhaustion
- Slightly Calming
- Protects Healthy Function of the Liver
- Supports Healthy Sexual Function

[Click here for more details](#)

Spirulina



Spirulina is 65% protein and amino acids including the essential fatty acid gamma linolenic acid (GLA). Spirulina contains Omega 3-6 and 9 and is exceptionally high in Chlorophyll which helps removes toxins from the blood and boost the immune system. Emerging evidence suggests that it binds with radioactive isotopes and eliminates them from the body. On top of all these fantastic benefits, it is also packed with a lot of good nutrients such as B1, B2, B3, B6, B9, vitamin C, D, A and E. It contains the minerals potassium, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, selenium, sodium and zinc. Spirulina contains more calcium than milk.

[Click here to have more information](#)

Chlorella



Chlorella is a freshwater algae from Taiwan and Japan. This superfood is rich with phytonutrients including amino acids, chlorophyll and several vitamins and minerals such as vitamin A, B1, B2, B3, B6, Iron, Magnesium and Zinc. What is impressive about Chlorella is way more nutrient dense than other greens including kale, spinach and broccoli. If you take a Chlorella supplement, you definitely do not need to take a Zinc supplement as well.

[Click here to have more information](#)

Recommendations

The supplements/herbs in this section are all very good. The ones that I take daily no matter what are:

- [wheat germ](#)
- [goji berries](#)

All the others are outstanding and I would suggest that you try all of them at least once to see what they can do to your overall well-being.

Remember that not all sources of these supplements are of equal quality. Some are better than others. This guide is pointing to sources that I think are the best.

Once you have tried the supplements, you can create a rotation schedule where you take a different supplement every day. Once you reach the end of the list, you may take a day off and after you can restart from supplement #1 on your list.

Supplements for improving blood flow and erections

Horny Goat Weed



This is a pure form of one of the Erection Amplifiers described in the 17 recipes for natural rock hard erection ebook. It boosts Nitric Oxide while preventing its breakdown.

[Click here to have more information](#)

Panax Ginseng



Nitric oxide is one of the cornerstones of men's health. It keeps your arteries and blood vessels wide and supple, and it allows your blood to flow more freely. Nitric oxide is also needed for healthy erections. Ginseng is mainly used as an erection/nitric oxide booster.

[Click here to have more information](#)

Pine Bark Extract



Pine Bark Extract is an antioxidant from the bark of the French maritime pine tree. Research demonstrates that this extract enhances memory. Pine bark extract significantly improves memory after 3 months of daily usage. It also has interesting properties related to sexual function. It has been found to have a positive effect on prostate, sperm quality and erections by stimulating Nitric Oxide (NO) production.

[Click here to have more information](#)

Ginkgo Biloba



Studies have shown that Ginkgo biloba extract may have various health benefits, including those for failing memory, dementia and poor blood circulation. It helps maintain healthy blood vessel tone and reduce blood viscosity, allowing more blood to flow to the brain and the penis.

[Click here to have more information](#)

Maca



Maca is a Peruvian root that is known for its capacity to increase libido. It doesn't affect testosterone level but does have a substantial impact on sex drive, erection quality and sperm volume. Make sure that you buy black maca as it is the only type of maca that does have an influence on semen volume. The red and the yellow maca, while very good to use, do not improve sperm.

[Click here to have more information](#)

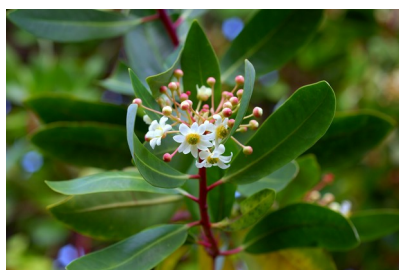
Cnidium Monnier



Cnidium Monnier is a Chinese herb that has been used for centuries as a reproductive aid and aphrodisiac that increases sexual desire in both men and women. It assists the body in producing nitric oxide, which relaxes smooth muscles and works to encourage healthy sexual function, and it has been used to treat male sexual dysfunction. Cnidium Monnier is said to increase the weight of the testicles. What is nice about this one is that it can be added to a juice that is going to be shared with your female partner for a mutual benefit.

[Click here for more information](#)

Catuaba Bark



This plant comes from Brasil. Catuaba is a Guarani word meaning “what gives strength to the Indian”. A study by Manabe et al. (1992) showed that Catuaba extracts from Catuaba Casca (*Erythroxylum Catuaba* Arr. Cam.) were useful in preventing potentially lethal bacterial infections and HIV infection in mice. It increases confidence and aggression. For the sake of this guide, the most important benefit is that it provides explosive erections. This one has to be tried to be believed.

[Click here to have more information](#)

Cistanche



Growing in arid climates, cistanche is a parasitic plant that connects to the conductive system of a host, extracting water and nutrients from the roots of the host plant. Cistanche is native to the Taklimakan desert region of Xinjiang Uyghur Autonomous Region northwest China where it grows on host desert plants Tamarix and haloxylon ammodendron. It can promote testosterone production, improve erection quality, increase testicles and seminal gland weight which can lead to increase semen volume. Genghis Khan was taking cistanche daily and is the father of hundreds of children. It is said that he is the person who left the most extensive genetic trail of any single man in human history.

[Click here to have more information](#)

Omega 3



Excellent supplement for cardiovascular health. It also has a positive effect on mood and can even contribute to curing depression. Something to be aware of is that there is different quality of Omega 3 supplements. For instance, the supplement I take has 500 mg of Omega 3 fatty acid in a 1000 mg pill which is a good concentration. Check for the concentration before buying as I know that there are cheap supplements with much less Omega 3 in them.

[Click here to have more information](#)

Curcumin



A study performed at Ohio State University found that consuming curcumin significantly impacted the deadly amyloid plaque that develops in the brains of those with Alzheimer's. Epidemiological research shows beta-amyloid begins accumulating during middle age. The results of this study, as well as other research data, point to curcumin's beneficial effect on cognitive functioning. Curcumin is also great to improve blood flow and prevent cancer.

[Click here to have more information](#)

Muir Puama



Muir Puama is known as “the Viagra of the Amazon.” The roots of this Amazonian tree were the subject of a study conducted by the UCLA School of Medicine. The study showed a significant improvement in both erectile function and sexual desire. The natives have known this for centuries as this herb has been widely used as an aphrodisiac by both men and women. The effects of Muir Puama include increasing blood flow to the pelvic area, aiding erections in men as well as sensations and orgasm in women.

[Click here to have more information](#)

Rhodiola Rosea



Rhodiola Rosea is a well-known root that grows in the cold mountains of Europe and Asia. It is known as a potent adaptogen and the most well-known kind of Rhodiola in the world. Rhodiola has a pronounced anti-fatigue effect resulting from mental work when taking Rhodiola. It increases the ability for mental work and helps to maintain sexual function*.

[Click here to have more information](#)

Tongkat Ali



Tongkat Ali is theorized to trigger an enzyme in the testes to produce more testosterone by converting pregnenolone precursors into androgens, possibly through the effects of the luteinizing hormone. It's also been said to stop the negative feedback loop that would normally shut down this increased production. It can increase testicles size. This is mostly a herb to increase Testosterone but it also has a positive influence on semen volume.

[Click here to have more information](#)

Thor's hammer Sexual potency formula



This is a herb supplement formula created by the high-quality herb supplements provider, Superman herbs. Beside tasting nasty, it combines 5 of the most potent herbs for male sexual health: [Tongkat Ali](#), [Cistanche](#), [Horny Goat Weed](#), [Mucuna pruriens](#) and [shilajit](#). This makes this formula extremely powerful inside a single teaspoon. What is cool also is that it can be beneficial to women too. They just need to take half the recommended quantity for men.

[Click here for more information](#) or [watch my video review on YouTube](#)

* These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement stack for stronger erections

These are the supplements that I take daily:

- [omega 3](#)
- [curcumin](#)

I consider them general purpose supplements. They just happen to promote better blood flow which is an essential part of a solid erection. For the rest of the supplements presented in this section, they are all supplements that I consider very good and I personally consume them all. The way that I take them is that I have created a rotation schedule with:

- [horny goat weed](#)
- [panax ginseng](#)
- [pine bark extract](#)
- [ginkgo biloba](#)
- [maca](#)
- [cnidium monnier](#)
- [catuaba bark](#)
- [cistanche](#)
- [muira puama](#)
- [rhodiala rosea](#)

If you only want to take just a few of them, some supplements may be more interesting than others because they possess more benefits than just strong erections.

For instance, these supplements are known to help cognitive functions:

- [pine bark extract](#)
- [ginkgo biloba](#)
- [rhodiala rosea](#)

These other supplements offer many other benefits related to male sexual health such as increased testosterone production, increase semen quality and testicles size:

- [cistanche](#)
- [cnidium monnier](#)
- [maca](#)

Refer to each supplement description to figure out which one does what.

Finally, something that I do, and I guess this could be considered common sense. It is that if you are to not have sex for a couple of days (or weeks), this is an ideal time to take a break from these supplements. Otherwise, you are going to impose on yourself torture.

Remember that not all sources of these supplements are of equal quality. Some are better than others. This guide is pointing to sources that I think are the best.

Supplements for prostate health

Saw Palmetto



Saw palmetto is a plant. Its ripe fruit is used to make medicine. Saw palmetto is best known for its use in decreasing symptoms of an enlarged prostate (benign prostatic hypertrophy, BPH). According to many research studies, it is effective for this use. It is also used to enhance sexual drive (as an aphrodisiac). Saw palmetto seems to decrease estrogen levels in the body. I would avoid this one as it blocks DHT which is required for a healthy libido.

[Click here to have more information](#)

Nettle root extract



Nettle root is used to help to shrink the prostate for men suffering BPH (Benign prostatic hyperplasia). A [study](#) tells that nettle root is a natural Aromatase inhibitor (AI). Aromatase is an enzyme that transforms testosterone into estrogen. A [study](#) demonstrates that when taken with [Pygeum](#), the aromatase inhibition is higher. It is also said to bind to the Sex hormone binding globulin (SHBG) which will increase the amount of free testosterone. This supplement may block DHT when taken in high dosage.

[Click here for more information](#)

Lycopene



This is a powerful antioxidant known to support prostate health and protect it against cancer. There are Lycopene supplements but in my opinion, if you are juicing, you should not need supplementing with lycopene. Tomatoes and watermelons are the best natural sources of lycopene. Mix them with avocado and you will be multiplying its absorption rate.

[Click here for more information](#)

Pygeum



Pygeum is a tree. The bark is used as medicine. Its primary usage is to shrink the prostate. It is also known to increase the amount of pre-orgasm ejaculate (pre-cum). Make sure you take it in small dosage only as it blocks DHT production when taken in too high dosage. Despite this inconvenience, it is fun to play with it because of the amount of pre-cum it will make you produce...

[Click here to have more information](#)

Swedish Flower Pollen



Swedish Flower Pollen is primarily used to shrink the prostate. It is also known to increase semen volume and has the particular property to strengthen prostate contraction during climaxes making them more pleasurable. It is a very fun supplement to take.

[Click here to have more information](#)

Supplement stack for your prostate that doesn't mess with DHT

For some weird reasons, I just love to mix:

- [pygeum](#)
- [swedish flower pollen](#)

It is the most fun combination that does minimum harm to your [DHT](#) which is essential for your libido.