



# A Guide To Men's Sexual Health

Simple remedy to premature  
ejaculation and erectile  
dysfunction

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Are you unable to last up to fifteen minutes with your partner during sex? Do you ejaculate in less than five minutes (5mins) during coitus? Do you find it hard to have and maintain a firm strong and firm erection? That means you are experiencing PREMATURE EJACULATION (P.E) and ERECTILE DYSFUNCTION(E.D), and you are not alone.

Premature ejaculation (P.E) happens to more than 40% of men according to sex therapist and experts.

According to sex therapists and experts, the average length of a sex act is 7.3 minutes, but astonishing 43% of men finish under two (2)minutes.

## WHAT IS PREMATURE EJACULATION AND ERECTILE DYSFUNCTION?

Premature ejaculation is when ejaculation happens sooner than a man or his partner would like during sex. It is not a sickness and can be treated.

Erectile dysfunction is when men are not able to get or keep erection that is firm enough for sex.

## CAUSES OF P.E AND E.D

Many people claim that the exact cause of P.E and E.D is unknown, but I strongly disagree with them.

From my years of experiments and personal experiences I have gained, through interviews with older men, younger guys ,and complaints from guys of all ages, I observe the similarities in their stories and now draw the following conclusions on the causes of P.E and E.D which are:

## PREMATURE EJACULATION ---- CAUSES

### 1. PSYCHOLOGICAL

Most men experiencing P.E today is because of their early sexual experiences and believe that sex is just about pleasing only themselves and ejaculating quick so as to avoid getting caught.

This became an habit overtime because the mind is a creator of habit.

2. ANXIETY: This is getting worried around your partner or a woman can cause P.E

3. TENSION AND FEAR: May be as a result of first time with a new partner or as fear from the last low performance with a Lady can affect your mind and behavior with a woman during sex.

### ERECTILE DYSFUNCTION (E.D) ----- CAUSES

Erectile dysfunction is mainly due to inability of the blood to flow well through the blood vessels to the male genital organs especially the penis for proper erection.

Diseases that affects blood flow such as hypertension and diabetes can cause E.D

The following are some of the causes:

#### 1. POOR DIET

Most men are not mindful of what they eat. They consume more of industrial refined canned food, sugary drinks and junk that cannot help them.

Our food should contain certain minerals like Zinc ,Iron and Magnesium which will boost our libido ( sexual urge) by increasing Testosterone.

Testosterone is a male sexual hormone which is responsible for maximum sexual urge and formation of sperm cells.

Zinc is a mineral that is essential for good health.it is essential for good health.it is required for the function of over 300 enzymes and involved in many important processes in the body.it metabolizes nutrients, maintains the immune system,grows and repairs the body tissues.

Zinc plays a major role in testosterone formation, and prevention of low sperm count and lack of sexual urge(libido) in men,which can contribute to E.D. The body doesn't store zinc,so you need to eat enough every day to ensure that you are meeting your daily

requirements. It is recommended that men eat 11mg of zinc per day, while women need 8mg. However, pregnant women and breastfeeding mothers need 11mg of zinc per day.

Food rich in Zinc are oysters, pumpkin seed, spinach, yoghurt, almond nut, beef and mutton ( meat of sheep), soya beans and cashew nuts.

N/B; Cashew nut and oysters contain the highest percentage of zinc and consuming them can supply the daily required percentage of zinc (11mg/day).

## 2. DEPRESSION AND WORRIES;

This can also cause E.D. If a man worries a lot as result of one thing or the other (e.g finance ), he may not have sexual urge.

## HERBAL TREATMENT AND RECIPE FOR ERECTILE DYSFUNCTION AND PREMATURE EJACULATION.

The good news is that there are herbs and recipe that you can prepare in your kitchen which will increase the blood flow to your genitals especially the penis.

Remember that these are natural leaves and roots with no side effects and it works 100%.

### PREMATURE EJACULATION ----- TREATMENT

Premature ejaculation as we said earlier occurs when someone ejaculates within two(2) minutes. The main cause of premature ejaculation is excitement. It is the heightened pleasure during sexual act that causes men to ejaculate within 2 minutes. The secret is to slow down the level of excitement during sexual penetration by the following methods;

- \* The Use Of Garcina Kola
- \* Change Of Position During Sexual Act.

### THE USE OF GARCINA KOLA

Garcinia kola is very bitter and crushing a seed of it slowly in the mouth after stimulation, kissing etc and when fully erect can help bring down the level of excitement during penetration as a result of



the bitter compound in the Garcina Kola that interferes with the pleasure center of the brain.

## CHANGE OF POSITION SEXUAL POSITION

Changing positions with your partner during sexual intercourse is another way of controlling premature ejaculation. When you feel that the level of pleasure is increasing you withdraw your penis and sit down taking deep breaths for 30 seconds then change position by making the lady to climb on you while you lie down. And when the pleasure is high again adopt the face-to-face sitting position also known as lap of luxury. In this position the man sits on the bed or armless chair while the lady sits on the lap of the man facing him. This position allows the man to be in control why being passive. Note that one secret about sex is the person on top is very active and is liable to ejaculate quicker. Avoid any position that makes you feel lazy during sex especially the missionary position in which the man have to be on top of the woman. Whenever you adopt the missionary position you are telling yourself I want to come( ejaculate) quickly.

N/B; combine the two methods( garcina kola and change of position) intermittently. This brings the best results. At a certain point in time you won't need to be using the Garcina Kola again your body will automatically adjust to your new behaviour because they mind they say is a creature of habit.

## ERECTILE DYSFUNCTION AND TREATMENT

E.D as I said is the inability of blood to flow freely through the blood vessels of the penis and testicles for the penis to be erect. The ability of blood to flow to the male organs ensure strong erection. The main reason for insufficient blood flow is when the blood is thick and heavy, the second reason is when the blood vessels are constricted. The blood vessels need to be dilated (relaxed) for the free flow of blood and the blood needs to be light and thin.

Certain food substance that will consume contains compounds that makes the blood thin and the dilate the blood vessel if well combined and taken. Our recipe and herbs are based on the combinations of these food substances.

## RECIPE AND HERBS TO TREAT ERECTILE DYSFUNCTION

The following are simple recipe that will treat E D

- \* Garlic ginger and onions
- \* Onion and honey
- \* Lemon and honey
- \* Lemon and watermelon.

### RECIPE 1: GARLIC,GINGER AND ONIONS

Nitric oxide in garlic relaxes blood vessels and allicin a compound in garlic thins blood and ensure proper circulation of blood to the sexual organs.

#### INGREDIENTS

Garlic ginger onion an alcoholic wine

#### PREPARATION

Take two cloves of garlic ,2 grams of ginger and two mature onions, Wash and bring the three ingredients into a bottle of alcoholic wine or brandy keep it at least for 5 hours for it to mix properly.

#### DOSAGE

For Men below 72 kg of body weight, take 30 mls of the recipe on empty stomach in morning an hour before breakfast,for men more than 72 kg take 45 mls of it,after one week you will start seeing results.

N/B; you can also take it as the last thing before bed at night. For people that don't take alcohol use a litre of water or two bottles of soda water for the preparation of the recipe. The reason I recommend alcohol is that it can be preserved for up to a week.

### RECIPE 2:

#### INGREDIENTS: 3 MATURE ONIONS AND HONEY

PREPARATION: get three matured onion ball just to steam and allowed to cool. Squeeze out juice and add equal proportion of

undiluted honey. Reboil for ordinary water to evaporate and pour it into a bottle.

DOSAGE: TAKE ONE TABLESPOON THREE TIMES FOR 7 DAYS

N/B: abstain from sex for the 7-day period. The first spoonful should be taken in the morning on empty stomach say 30 minutes to 1 hour before breakfast.

### RECIPE 3:

Making it a habit of drinking a mixture of lemon juice and honey in warm water in the morning before breakfast revitalizes the body making you strong.

### INGREDIENTS:

- \* FOUR MATURED LEMONS
- \* TWO TABLESPOONS OF HONEY

### PREPARATION

Cut four mature lemon and squeeze out the juice into a glass. Add 2 tablespoon of pure honey add a little hot water (15 mls) to make the mixture warm. Drink the recipe on an empty stomach first thing in the morning say 30 minutes to 1 hour before me for 2 weeks maximum, but you can continue whenever you feel like taking it.

### RECIPE 4

Lemon and watermelon is another powerful recipe to combat weak erection I call it natural viagra.

### INGREDIENT

- \* Watermelon
- \* 3 Lemon fruit.

### PREPARATION

Blend some quantities of watermelon to make one glass. cut and squeeze the lemon into the water lemon and drink it first thing in the morning before breakfast.

NOTE: The reason for taking the recipe mentioned on empty stomach first thing in the morning is for proper digestion and absorption by the body and also to avoid any reaction between the recipe and your breakfast.

BONUS TIPS: Make it a habit of eating food that contain nutrients like iron e.g unripe plantain, proteins e.g peas( beans). Some fruits like carbage and spinach also thins the blood.

Below is the lap of luxury image





