

DIET AWAY ED



SPENCER FIELDS

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INTRODUCTION

Overcoming erectile dysfunction is not the same journey for every man. There's different severity of erectile dysfunction and for that reason, one man may require more tools than the other to repair his ED.

Similarly, to how there's no "one-size-fits-all" fitness program, there's no one erectile dysfunction recovery plan the same either. Which is why I'm not a believer in a one-size-fits-all ED program.

However, recent research from the Boston Medical Group states 80% of erectile dysfunction cases has everything to do with diet. Not testosterone levels. Not age. Not performance anxiety. But diet. And you very well may be a man suffering from diet-related erectile dysfunction.

In fact, as you'll see in the text, dietitians are reporting ED as a dietary disease. Which is good news. Because if doctors are zeroing in on this one key component of erectile dysfunction, this means we can solve the problem with a known dietary solution. In this case, the food you're ingesting.

In this manual, you'll not only discover the research behind nutrition and erectile dysfunction, but you'll also be given the diet strategy with the highest performing resolution for healing erectile dysfunction according to multiple scientific studies.

We'll also reveal the specific approach you'll take to sooth and repair erectile dysfunction on multiple levels; not just one approach, commonly used by Big Pharma with their erection pills like Viagra, Cialis, and Levitra.

You're about to embark on an all-natural, healing journey using all natural foods and following a specific nutrition profile. This nutrition profile goes against the grain of today's modern diets which have been slowly suffocating your sex life and harming your

male anatomy [and your entire body] for years. Maybe even decades.

We understand erectile dysfunction is a horrific disease for men. I've been there. I know what it's like to want to perform for my wife and leave her disappointed and dissatisfied over and over again.

I'm convinced there's nothing else that can strike down a man's confidence faster than ED. And because of my experiences [and recovery] from this embarrassing disease, I've taken it upon myself to provide you with the most powerful solution.

Which to my surprise, despite the scientific evidence and research papers, has not been spoken of much. In fact, the word "diet" has been a small whisper for an ED solution compared to the loud shouts of "quick fix" ED pills and programs.

Which brings me to one final point before you continue further in the text. If you want a quick fix, this program isn't for you. Diet Away ED is like a workout program for men who want to lose weight, only for guys who have ED.

In order to experience the results of this program, you must follow it. And you must give the program a couple of months before you can pass any judgement if this program is for you.

You'll have every tool you need to succeed with your diet and nourish your body with foods that will help you fight and overcome erectile dysfunction. Stopping the program is like stopping a workout program and still expecting to see results.

So give this program your all. Remember, 80% of erectile dysfunction cases are diet-related.

Follow the program closely and I'm confident you'll have the best results you've ever experienced. With all being said, utilize the meal plans prepared for you and enjoy the meals in the Rock Hard Kitchen Cookbooks.

Take the information in this manual and transform your diet into one that will give you the vigor, energy, and amazing performance you and your partner can enjoy for years to come between the sheets.

Get your spouse involved in your journey so she can support your goals to better your sex life and intimacy with her. It will also help to have your partner following the information in the Diet Away ED program to prepare meals that suite your performance needs.

To your health!

Your friend & coach,
Spencer Fields





WHY MOST DIETS AREN'T FOR MEN WITH ED

Not all diets are made for men. In fact, women make up 80% of the dieting industry. Which is why the majority of diets available are created for women to follow and men to “tag-along”, if you will. Which presents a problem because those types of diets don’t support your male hormones. I’m referring to the low fat or no fat diets most men and women follow. However, this diet structure wages war on a man’s testosterone levels. Why? Because men need fat to increase t-levels. In fact, high fat diets are proven to be the best strategy for boosting testosterone levels. However, if you’re not careful, this

can lead to a second pitfall - diets like the Atkins diet. This nutrition strategy asks for heavy consumption of foods high in fat. And unfortunately, it's the not-so-good fat that can damage a man's heart and his erections. Saturated fat. Which consists of cheese, milk, red meats, and other animal products.

Although these food products can assist with boosting testosterone levels, they are shown to clog your arteries, including the ones leading to your male anatomy that are necessary for sex. Atkins-style diets typically have low-fiber consumption also, which contributes to high blood pressure, obesity, and other metabolic syndromes.

Dieting away erectile dysfunction requires a special diet strategy. One that is packed with potent nutrients, plenty of fiber, and healthy, healing fats shown to improve your heart health and arterial health. The honest truth is, most diets are so poor, especially in the United States, just a few simple changes made with your nutrition, included in this text, can lead to an explosion of health benefits that go far beyond the bedroom. These include: weight loss, lowered blood pressure, lowered cholesterol levels, more energy, improved mood, and more.

Here's a look at some popular diets, as well as the modern "non-dieting" man's nutrition profile. You'll see why if you suffer from erectile dysfunction or some other kind of sexual dysfunction, these strategies will not work for you.



Modern “Non-dieter”

PROTEIN	CARBS	FAT	FIBER
low	high*	high**	low

*Carbohydrates for the typical non-dieter consist of refined carbohydrates, white breads and pastas, candy, and other sweets. These types of carbohydrates create vascular inflammation, increase triglyceride levels, and cause spikes in insulin. As you’ll read in chapter 2, this response has been shown to cause arterial damage in your heart and in the blood vessels leading to your penis.

**Most of the fats consumed in a “non-dieters” daily nutrition are trans fats which are found in solid margarines and vegetable shortening. As food makers learned new ways to use partially hydrogenated vegetable oils, they began appearing in everything from commercial cookies and pastries to fast-food French fries. These fats are dangerous for your vascular health and function and can lead to several metabolic diseases such as diabetes, heart disease, or stroke.

Atkins Diet

PROTEIN	CARBS	FAT	FIBER
moderate	low	high*	low

*Although the fats selected in the Atkins Diet are better than those of non-dieters, they can still lead to clogged arteries, high blood pressure, heart disease, and erection problems. These fats can be labeled as “in-between” fats, known in the dietary community as saturated fats. These fats are common in the American diet. Common sources of saturated fat include red meat, whole milk and other whole-milk dairy foods, cheese, coconut oil, and many commercially prepared baked goods and other foods (43). Most men would consider this to be the diet for them. They get to indulge on meat and cheese and still lose weight. Although this may be true, men who consume a diet high in saturated fats are at a greater risk of erectile dysfunction and other vascular diseases (44).

Paleo Diet

PROTEIN	CARBS	FAT	FIBER
moderate	moderate**	high*	moderate

*Similar to the Atkins Diet, the paleo diet is high in animal fats which are shown to increase cholesterol levels and lead erectile dysfunction and other cardiovascular risks.

**The carbohydrates in the Paleo diet are healthier than in most diets, using all-natural flours for baking and whole grain products for breads, although rare.

High Protein Diet

PROTEIN	CARBS	FAT	FIBER
high*	moderate*	low	low

*Contrary to popular belief, high protein diets are closely connected to low testosterone levels, which can lead to sexual dysfunction and low libido. And typically, protein sources in high protein diets come from saturated fats found in most animal products.

Mediterranean Diet (the Diet Away ED way)

PROTEIN	CARBS	FAT	FIBER
moderate*	moderate**	moderate***	high****

*Moderate protein intake is sufficient for maintaining healthy testosterone levels. The protein sources in the Diet Away ED program come from mostly beans and seafood such as fish, salmon, shrimp, sardines, and more. Although red meat can be eaten, we recommend no more than 1-2 times per week.

**Carbohydrate sources will be the foundation of your Diet Away ED program. This includes fresh fruits, nutritious vegetables, fiber-rich beans, legumes, and true whole grains.

***Fat intake will consist of a majority of omega-3 fatty acids. Unlike the omega-6 fatty acids found in most saturated fats, the omega-3 fatty acids found in healthy oils and fish will improve cardiovascular function and erection strength by lowering inflammation and unclogging arteries.

***Fiber is essential for weight loss, maintaining stable insulin levels, and keeping cholesterol and blood pressure low. The carbohydrate sources in the Diet Away ED program are loaded with fiber to keep your arteries and heart healthy.

This is just a sneak-peak into the Diet Away ED nutrition philosophy. In future chapters we will dive more into detail about the food selections and science behind this program. First, let's visit the effects of sugar and fats on your erection function and heart health.





SUGAR AND ERECTILE DYSFUNCTION

Sugar - According to urologist Edmund Sabaneh, MD and chairman of Urology and director of *Cleveland Clinic's Center for Male Fertility*, diets with moderate to high sugar consumption has a close link to erectile dysfunction (1). This can be caused by a variety of factors. For one, increased sugar intake can lead to obesity or diabetes. And another reason being high sugar diets can cause health diseases which commonly include erectile dysfunction as a side-effect.

In a recent study published in the *Central European Journal of Urology*, the sugar in soft drinks is believed to show the connection between erectile dysfunction and sugar intake (2). Below is some of the research recorded:

Based on a survey, researchers first discovered men tend to consume more soft drinks in their diet than women (3). And for the past three decades, the number of overweight and obese adult males have tripled due to changes in food and beverage diet patterns (4). To be clear, soft drinks include sports drinks, juices and sodas.

Soft drinks are the source of superfluous calories because of low satiety. This results in fluid consistency and high carbohydrate content (5). Average soft drink consumption for men is estimated to be 100 liters per year. Which is just under 4 liters per day. This means, most of us can make one simple improvement in our diet by replacing soft drinks with calorie free and sugar free beverages like water or tea. This one small change may carry dramatic health results both inside and outside of the bedroom.

The regular consumption of soft drinks is also correlated with an excessive amount of calorie intake, causing weight gain. It's believed that eliminating daily soda intake will eliminate obesity cases in the United States by 71.2 million people (6). Imagine that. Over 71 million people cured of obesity all from kicking soft drinks out of their diet. This improvement in body fat will also positively effect performance in the bedroom and has been shown to erase erectile dysfunction.

Large studies have also found ED is closely associated with metabolic syndromes such as dyslipidemia, impaired glucose control, obesity, and hypertension (7).

Metabolic syndromes, like those mentioned above, are said to be the result of overconsumption of soft drinks according to the *National Health and Nutrition Examination Survey* (4).

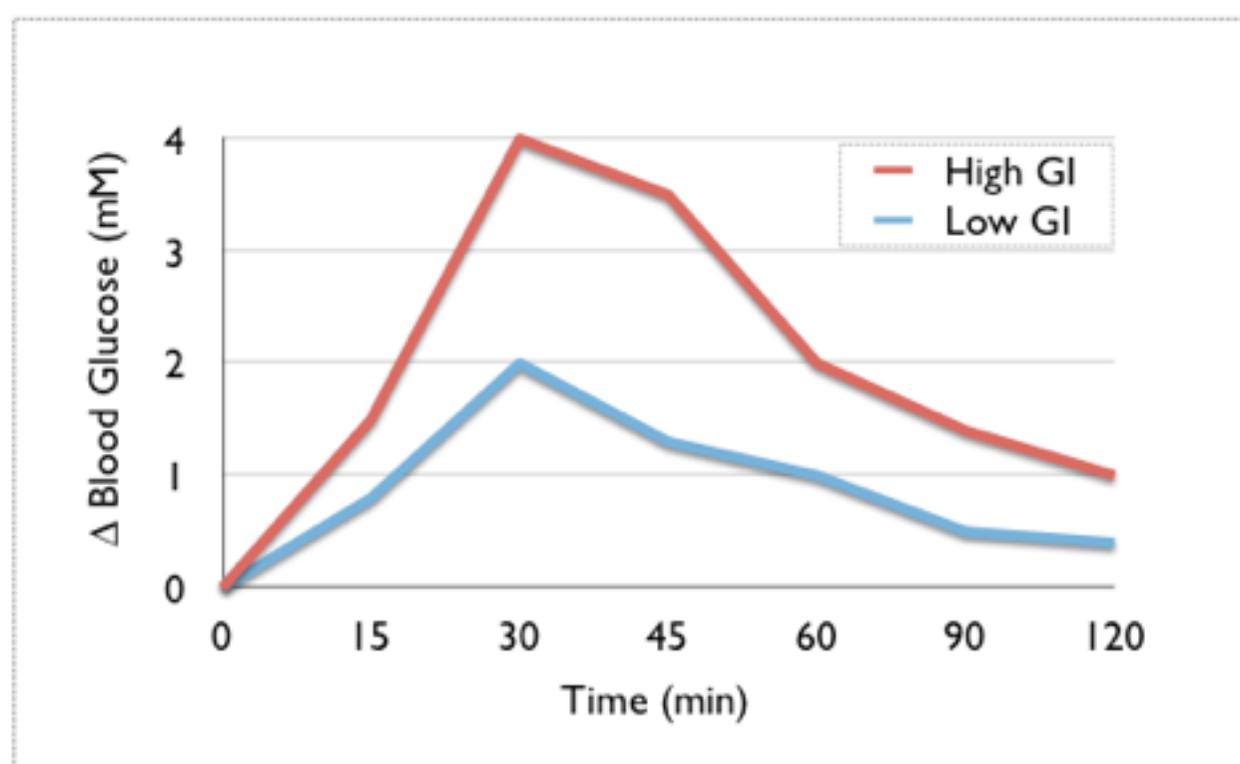
High caloric intake from high-refined carbohydrates and high fructose corn syrup content are the main components responsible. In fact, studies show just one soft drink per day for 20 years is enough to increase the risk factor of a metabolic syndrome by 48% (8). Again, these syndromes are all closely connected to erectile dysfunction.

Refined Carbohydrates - An erection is an effect of changes in the vascular bed of the penis. The most important factor triggering an erection is nitric oxide. The endothelium produces nitric oxide, which is known to be one of the most powerful vasodilators. This widens your blood vessels by relaxing them first and allowing blood to fully engorge the male anatomy. However, the consumption of refined sugars interrupts this process and makes it far less efficient.

Nitric oxide is formed from nitric oxide synthase, which occurs in the endothelial. Unfortunately, after soft drinks are consumed, (which contain high amounts of refined carbohydrates), endothelial dysfunction is induced (9), thus suppressing the release of nitric oxide for the blood flow necessary for your penis to achieve or maintain an erection during sex.

High glycemic index foods and beverages like soft drinks, raise blood sugar levels quickly. This then causes the release of insulin in an attempt to normalize blood sugar levels. High glucose levels then increase oxidant stress, triggering multiple bodily reactions which cause endothelial dysfunction (10)(11).

But the negative reactions your body and male anatomy have toward sugar do not stop there. This spike in blood sugar, also known as hyperglycemia, is then reduced by the insulin released from your pancreas. The hormone insulin, stimulates hepatocytes to release VLDL (very low density lipoprotein) and LDL (low density lipoprotein), which are both major carriers of triglycerides (12).



Increased triglycerides and LDL levels create vascular damage and inflammation throughout your entire body, including your penis (13). This process results in an adhesion to endothelial cells and can cause arteriosclerosis (clogged arteries) in your penis and other areas of your anatomy (14).

Prolonged duration of hyperglycemia causes insulin resistance, which again, causes endothelium dysfunction. Something you do not want to experience as it interrupts the production of nitric oxide for increased blood flow to your penis (15). When your body becomes insulin resistant after constant exposure to hyperglycemia, you'll have greater difficulty being able to achieve an erection for sex (16).

The researchers in this experiment concluded erectile dysfunction is likely linked to excess soft drink consumption (2) and may also make a case for all refined sugars found in food as they create the same hyperglycemic response which damages your endothelium and shorts your nitric oxide supply.

This review focuses on the potential role of soft drinks, particularly the sugar component, in the pathogenesis of erectile dysfunction (ED). We analyzed the hypothetical link between metabolic disorders, induced by soft drink overconsumption, and ED.



High caloric intake, high refined-carbohydrates, and high fructose corn syrup (HFCS) content and less satiety are main factors responsible for metabolic disorders contributing to ED development. Regular diet mistakes among human males, such as soft drink consumption, may lead to slow and asymptomatic progression of ED, finally resulting in full claimed manifestation of ED.

It's also important to note, ED is a well-documented predictor of cardiovascular disease. And occurrences of ED are warning signs of a greater problem (17). Common risk factors for cardiovascular diseases are frequently found in patients with ED patients. Also, erectile dysfunction is often reported in vascular syndromes, such as coronary artery disease (CAD), hypertension, cerebrovascular disease, peripheral arterial disease, and diabetes mellitus (18).

Endothelium dysfunction is an important risk factor to all of them. Meaning, soft drinks and other sugars and carbohydrates which cause this hyperglycemic response in your body can cause more than erectile dysfunction, but may also be a gateway to other potentially deadly diseases.

High Fructose Corn Syrup - High fructose corn syrup is a large sweetener used in soft drinks. And it's becoming known as one of the most harmful sugar compounds, leading to weight gain and other metabolic disorders. High fructose corn syrup leads to increases in triglyceride and lipid metabolism which increases the risk of arteriosclerosis and diabetes. Both of which can trigger erectile dysfunction.

High fructose corn syrup is found in soft drinks and numerous sweets and other high sugar foods. Which is often why foods with high fructose corn syrup are typically high in calories. Excess calorie intake leads to the increase in visceral fat, which is a risk factor for the occurrence of erectile dysfunction (19).

The inflammatory molecules secreted by adipose tissue initiates chronic systemic inflammation which effects the function of the vascular system, peripheral nervous system and hormonal milieu (20).

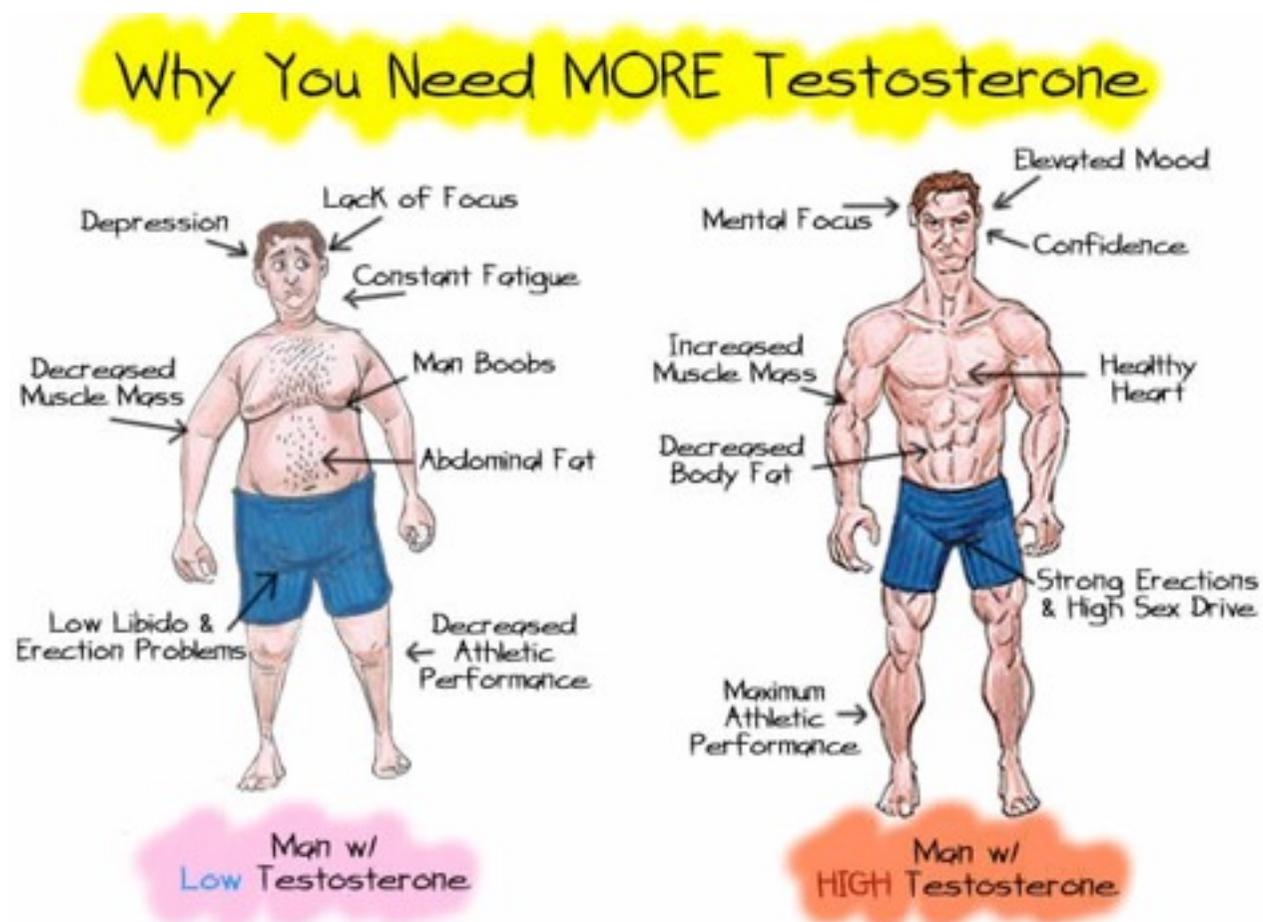
Dysfunction of these systems is the major physiological foundation of erectile dysfunction. In fact Giugliano et al. showed that all obese men with ED had higher circulating concentrations of the hormones interleukin-6 (IL-6), interleukin-8 (IL-8), interleukin-

18 (IL-18), and C-reactive protein (CRP) than obese men without ED (21).

Be sure to read the labels on the back of processed foods as many of them are loaded with high fructose corn syrup. These foods include soft drinks like juice, soda and sports drinks, breakfast cereal, yogurt, salad dressings, breads and baked goods, candy and candy bars, and surprisingly, nutrition bars.

Androgens, testosterone, and erectile dysfunction - The final effect of high sugar intake is the development of obesity. Consuming just seventy calories over your daily demand throughout the year results in weight gain of 8 kg. Soft drinks and other sugary foods, being popular in today's modern diet could be one of the major causes of obesity. And of course, this related to most everything regarding your sexual function, including your testosterone levels.

Excess fat tissue in both overweight and obese men have a negative impact on male sexual function and hormones. *Kaplan et al.* examined testosterone levels in 864 males and found that obese men with metabolic syndrome have significantly less total testosterone compared to non-obese men with metabolic syndrome (22).



Testosterone impairment is well recorded in patients with ED. Twenty to forty percent of impotent patients have low testosterone levels (23). This doesn't mean low-t is the root cause of erectile dysfunction, but a side-effect of a deeper issue. Also, low testosterone creates low sex-drive in men, which is also crucial for the stimulation of arousal for sex.

Visceral obesity is a major factor that modulates testosterone levels. According to a *Knoblovits et al.* study, visceral fat tissue gain seems to be overwhelming on androgens metabolism. Aromatase activity in adipose tissue leads to higher circulating levels of estradiol, which lowers testosterone production (2).

It's important to note, although not the root cause of ED, Penile function does depend on high levels of testosterone. In penile tissue, the action of testosterone is mediated via its conversion into 5 α -DHT (dihydrotestosterone) by the enzyme 5 α -reductase (24)

Androgens control the intracavernosal pressure by acting on corpus cavernosum muscles and vasomotor equilibrium during erection (25). Testosterone produces nitric oxide synthesis in endothelial cells and also regulates erectile function (26). According to *Trash et al.*, testosterone is also responsible for proper penile tissue composition. A low testosterone level initiates differentiation of progenitor stromal cells of the corpus cavernosum into adipogenic lineages, producing fat-containing cells and altering erectile function (27).

Androgens deficiency causes structural disorders in the corpus cavernosum and tunica albuginea, resulting in venous leakage and erectile dysfunction (28). Androgens determine the fiber properties of the penis, especially the most necessary tissue for erections, the corpus cavernosus and tunica albuginea. Tunica albuginea.

The most common dysfunction linked to low testosterone level in the corpus cavernosum are the atrophy of smooth muscles in your penile tissue. This limits nitric oxide production needed for sex. And to think sugar had an effect on all of this, right?

To conclude, low testosterone related changes are associated with cell cycle disorders in corpus cavernosum smooth muscles cells and endothelium cells of penile vessels (29). Thus androgens deficiency may increase endothelial and erectile dysfunction manifestation.

Not only can diets with high sugar consumption cause erectile dysfunction through a numerous amount of ways as described above, but also induce low testosterone levels which effects the male behavior. *Burris et al.* showed that men with decreased testosterone blood concentration had higher levels of depression, anger, fatigue, and confusion than men with acceptable testosterone levels (30).

Soft drink consumption, along with other high sugar foods consumed in the modern diet, are waging war on man's sexual function, along with other health and hormonal factors. Sugar should be the first component of your diet greatly reduced when repairing your male anatomy from erectile dysfunction.





FAT AND ERECTILE DYSFUNCTION

High fat diets are associated with high testosterone levels. However, high fat diets, which produce greater amounts of cholesterol, are not necessarily good for your erections if you're struggling with ED. As mentioned in chapter one, testosterone is not the root cause of erectile dysfunction, therefore a testosterone boosting diet should not be your #1 priority if struggling with ED.

Instead, you will want to eat a heart healthy and artery friendly diet as you'll see later

in this text. Let's look at the connection between high fat, high cholesterol diets and erectile dysfunction and what you can do to avoid these foods.

For starters, several researchers have found a strong connection between high cholesterol levels and ED. Additionally, men who have high blood pressure are also at increased risk of erectile dysfunction as HBP is also closely linked to high cholesterol (31).

When cholesterol levels are high, a process known as atherosclerosis, the hardening of arteries, occurs. This is caused by an increase in low-density lipoprotein levels (LDL), which creates plaque build-up along the inside of the artery wall.

As an example, just as gunk can form and buildup within the wall of a pipe and restrict the flow of water running through it, plaque buildup inside your arteries restrict blood flow throughout your entire body. Even in the "pipes" throughout your male anatomy.

Most doctors are concerned about atherosclerosis in the coronary arteries, which lead to your heart as this can cause heart attack or stroke. However, the process of atherosclerosis can also affect the arteries leading to your penis. Making atherosclerosis a fatal disease both in and outside of the bedroom.

Researcher have found the number one cause of high cholesterol levels to be poor nutrition. Which explains the recent claims that erectile dysfunction is a diet-related disease and has nothing to do with your age.

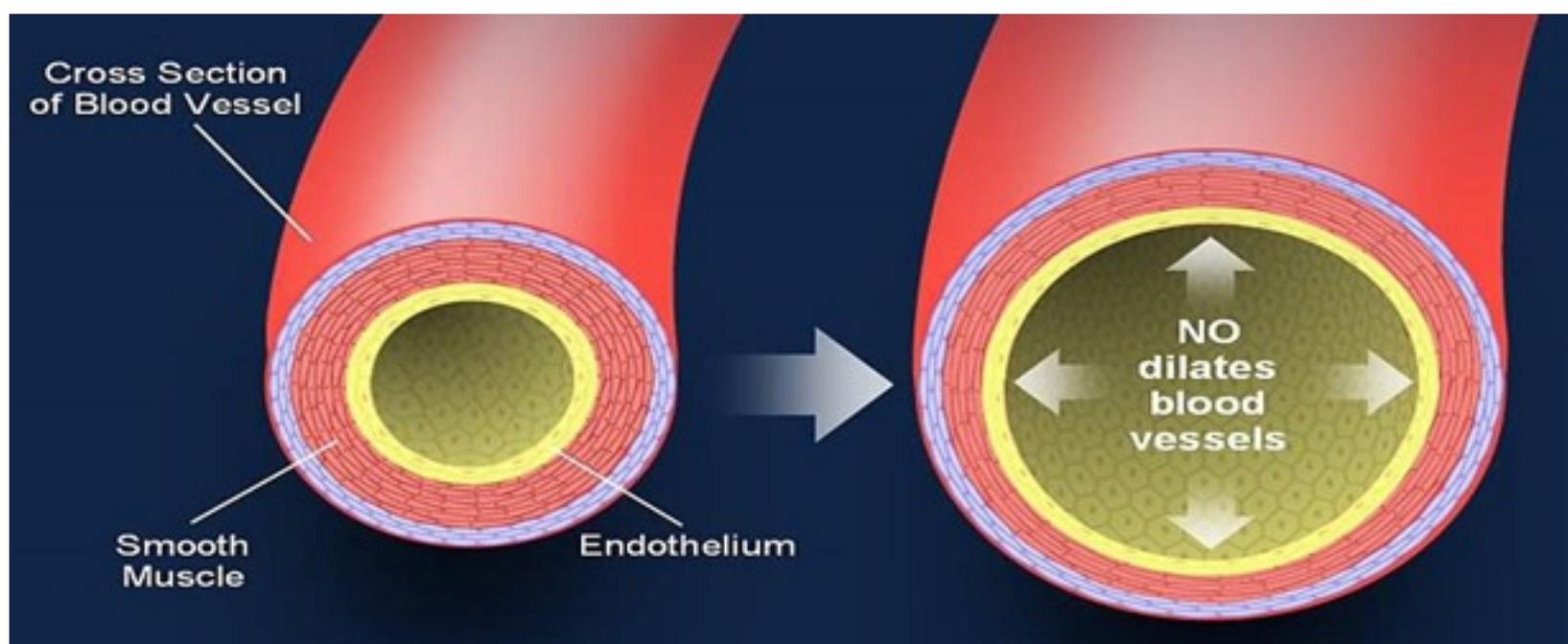
Progression of clogged arteries (left to right)



When considering how diet and lifestyle choices contribute to erectile dysfunction, it's helpful to understand a few of the condition's underlying causes. For one, erectile dysfunction is the result of poor blood flow to the penis. This prevents you from achieving or sustaining an erection. One reason blood flow can be impaired is buildup of plaque in the blood vessels that stiffens their normally flexible walls and prevents them from opening as a response to sexual arousal. In other terms, your arteries will harden but your penis won't.

Plaque buildup is the result of high cholesterol levels, and a subsequent inflammatory response from the body's white blood cells. This is the same process that occurs in coronary arteries that increases the risk of heart attack. Indeed, erectile dysfunction is often considered an early symptom of cardiovascular disease and is associated with increased risk of heart attack or stroke within several years. So don't let anyone tell you that the penis isn't connected to the heart. In fact, your erectile dysfunction may have just saved your heart and your life if you take the necessary actions to lower your cholesterol. The Diet Away ED program will certainly promote great heart health, low cholesterol, and of course, create for better sexual performance while boosting your erection strength and quality.

Another reason erectile function can occur is because of poor production of nitric oxide by the cells lining the blood vessels in the penis. We discussed this cause and effect in chapter one. Nitric oxide is responsible for relaxation of the smooth muscles lining the blood vessels of the penis so they can dilate to allow greater blood flow, and is regarded as the main factor responsible for penile blood flow.



But production of nitric oxide is shorted when these blood vessel liner cells are inflamed which can be caused by smoking, obesity, or high cholesterol - which creates plaque buildup. Better blood vessel function means more nitric oxide, and more nitric oxide means better erections.

And as you'll see in this text, there are foods you can consume to increase nitric oxide production for better erections, while at the same time, cleansing your arteries of plaque buildup.

Common diet mistakes men make include a low-carb, high fat diet. This diet is commonly known as the Atkins-diet and was a tremendous fad at one point in time. Men like the idea of the Atkins-style diet as it allows them to eat all the meats and cheese they would like while limiting carbohydrate intake.

As a result, they load their plates with artery-clogging foods high in inflammatory omega-6 fats such as red meat, cheese, bacon, and butter, while avoiding foods high in naturally cholesterol lowering soluble fiber and antioxidants like whole grain oats, barely, low-glycemic fruit, and beans. For cardiovascular health and erectile dysfunction, the Atkins-style, high fat diet is a pattern of eating you will want to avoid (32).

Here's a list of foods which can increase cholesterol levels:

BUTTER	GHEE	MARGARINE
LARD	FATTY MEAT	SANDWICH MEATS
FULL FAT CHEESE	FULL FAT YOGURT	FULL FAT CREAM
MILK	PALM OIL	COCONUT CREAM
MILK CHOCOLATE	TOFFEE	CAKES
PUDDING	PASTRIES	PIES

As we get further into the text, you'll discover how you can incorporate healthier, cholesterol reducing foods into your daily nutrition quickly and conveniently to improve your heart and penile health. For now, here is a list of foods that have been shown to lower cholesterol levels.

PORRIDGE	OAT BRAN	OAT BREAKFAST CEREALS
OATCAKES	PEARL BARLEY	BAKED BEANS
BLACK BEANS	BLACK-EYED PEAS	CHICKPEAS
KIDNEY BEANS	LIMA BEANS	NAVY BEANS
PINTO BEANS	SPLIT PEAS	WHITE BEANS
RED LENTILS	GREEN LENTILS	OKRA
AUBERGINE	CITRUS FRUITS	TURNIP
SWEET POTATO	MANGO	ALMONDS
PISTACHIOS	WALNUTS	PECANS
CASHEWS	PEANUTS	SPIRULINA
DARK LEAFY GREEN VEGETABLES	COLORFUL BERRIES	CHERRIES
APPLES	AVOCADO	HUMUS
OILY FISH	SEEDS	WHOLE GRAINS

You can also improve cholesterol levels through several other lifestyle changes to expedite your results. For one, losing your belly is an important mission. Being overweight or obese is closely connected with poor cholesterol levels.

And instead of being prescribed countless medications from the doctor, which may also contribute to erectile dysfunction, and only temporarily mask the dangers going on inside of your body. You can take a far less expensive action and begin your journey losing weight. One of the ways you can do this is to become more active.

Here's a great program to jump-start your exercising routine and it will only amount to 16-minutes of exercise per week.

You also want to kick bad-habits out of your life that can cause high cholesterol such as smoking or overeating. Both can lead to diseases closely connected with clogged ar-

teries as well as other metabolic syndromes such as diabetes or hypothyroidism. Lastly, consider your family history. If you have a long family history connected with high cholesterol, it's important you take this information to heart to improve your health and protect yourself from the genetic predisposition of high cholesterol.

By now, you may be thinking to yourself, “no fats, no sugar, what CAN I eat?” First, I can assure you, no food group is necessarily off limits. However, this text will favor certain foods over others and will encourage you to follow the *Diet Away ED* philosophy as closely as possible. The closer you follow this program, the greater your success.

Not only will Diet Away ED help you erase your erectile dysfunction, but as a great side-effect will also help you lose weight, feel more energized, and improve your cardiovascular health. So if you're ready to live an abundantly healthy, thriving life with an exciting, passionate, and energy-filled sex life, let's look at the science behind the Diet Away ED nutrition system.





THE *DIET AWAY ED* WAY

According to the *European Society of Cardiology*, the Diet Away ED nutrition methods are the most promising diet solution for men who want to overcome erectile dysfunction naturally. In a recent study 75 men with erectile dysfunction, aged 56 years on average, and who attended the *Department of Cardiology at Hippokration Hospital* in Athens, Greece were studied. Patients were put on a Mediterranean-like diet and their adherence to the diet was analyzed using the Med-Diet Score¹ which ranks patients as high, intermediate, or low based on the consumption of cereals, fruit, vegeta-

bles, meat, fish, dairy products, wine and olive oil (33).

Vascular function was assessed by measuring two aspects of atherosclerosis, namely atheromatosis and arteriosclerosis. Atheromatosis refers to the development of plaque. Arteriosclerosis refers to the stiffening of the arteries.

The researchers found that a lower adherence to the nutrition program correlated with significantly worse vascular and heart function. These patients had greater IMT and aortic stiffness as well as higher left ventricular mass and more profound diastolic dysfunction (33). Meaning, their vascular health didn't improve, and even became worse.

Dr Athanasios Angelis, the instructor of the experiment said, “patients with erectile dysfunction who had unhealthy diets had more vascular and cardiac damage than those who followed the Mediterranean diet. Previous studies have shown that patients with erectile dysfunction have vascular damage but we found that the heart is also damaged.

This may help to further explain why these patients are more prone to cardiovascular events. The formation of atheroma, the stiffening of the arteries, and the poor functioning of the heart can eventually lead to a cardiac event.”



As you can see, erectile dysfunction is closely connected with the performance of your arteries and your heart and could be a precursor to cardiac events which could cause death.

Dr. Angelis also went on to say, “Really simple changes in our diet may help a lot, for example using olive oil which contains monounsaturated fat. If someone doesn’t have the money to buy some of the foods they can substitute them with others, for example nuts are a good source of monounsaturated fat. Sometimes it’s difficult to adopt something if you consider that it’s part of a prescription, but the Mediterranean diet is not a prescription, it’s a lifestyle. It’s about having an awareness of what foods are healthy or unhealthy”(33).

You see, as you begin to repair the heart and clear the arteries running throughout your body, including to your male anatomy, you will drastically improve your sex-life, erection quality, and also boost your heart health to prevent future attacks which could take your life.

Another study published in the *US National Library of Medicine* reported certain foods which were inversely related to erectile dysfunction. What this means is, men who consumed more of these Mediterranean type foods (in this case vegetables and nuts) had less occurrences with erectile dysfunction (34). Here is an excerpt from the published report:

Four hundred and forty patients included, 186 (42.3%) with ED (24.8% mild, 6.8% moderate and 10.7% severe). ED presence and severity were associated with age, obesity, waist circumference, hypertension, antihypertensive treatment and ischaemic disease. Patients with ED were more frequently smokers, sedentary and consumed more alcohol. In multivariate analysis, consumption of nuts and vegetables, were inversely related to ED.

As you can see from the study, lifestyle factors we discussed in the previous chapters were highlighted to effect erectile dysfunction. Factors like obesity, belly fat, smoking, and high blood pressure, which is often caused by some form of plaque filled or hardened arteries. All of these key components play a role in erectile dysfunction. However, they can be reversed, and so can your erectile dysfunction, by following a simple, heart healthy and artery friendly diet as you’ll get in this manual.

Here is another excerpt posted in the *US National Library of Medicine* showing the connection between erectile dysfunction patients, heart health, and diet.

“Sexual problems appear to be widespread in society, influenced by both health-related and psychosocial factors, and are associated with impaired quality of life. Epidemiological studies suggest that modifiable health behaviors, including physical activity and leanness, are associated with a reduced risk for erectile dysfunction (ED) among men.

Data from other surveys also indicate a higher prevalence of impotence in obese men. Obesity and the metabolic syndrome may be a risk factor for ED. The high prevalence of ED in patients with cardiovascular risk factors suggests that abnormalities of the vasodilator system of penile arteries play an important role in the pathophysiology of ED. We have shown that one-third of obese men with ED can regain their sexual activity after 2 years of adopting health behaviors, including a Mediterranean-style diet associated with regular exercise” (35).

As you can see from these published studies, the solution to a healthy heart and healthy penile function is nutrition. Not a pill. Not a quick fix or ritual. Just like any other health and fitness program, you can have long term success when you apply long lasting strategies. In the case of erectile dysfunction, the plan is the same. Apply a long term nutrition strategy that will clear your arteries and enhance blood flow to your penis for consistent, reliable erections which function long enough for intercourse.



If you're still not convinced, here's a report from *Premier Medical Group*. They state:

“Many of us may know that the Mediterranean Diet reduces the risk of heart disease, certain cancers, diabetes, Parkinson’s and Alzheimer’s diseases. Now, a small study indicates that it may also be good for men with heart and erectile dysfunction conditions. Patients who ate plenty of fresh fruits and vegetables, nuts, fish and olive oil—coupled with physical activity—showed significant improvement in their cardiovascular risk factors” (36).

Dr. Evan Goldfischer, the CO-CEO of *Premier Medical Group*, and a board certified urologist and a team member of the *American College of Surgeons* has commented, “It is now proven that ED is relatively uncommon among men who eat a traditional Mediterranean diet, which includes fruits, vegetables, whole grains, heart-healthy fats including nuts and olive oil, fish, and wine, particularly red. This new study shows that the Med Diet can bring about some improvement in men who experience both heart and ED.”

And new research shows unhealthy eating patterns can cause heart attacks and result in restriction in the coronary arteries. They can also reduce blood flow to and within the penis. That blood flow is needed for the penis to become erect. Diets that include very few fruits and vegetables along with lots of fatty, fried, and processed foods, can contribute to decreased blood circulation throughout the body (36).

Dr. Goldfischer says that other lifestyle choices can make someone more or less likely to suffer from Erectile Dysfunction. “Maintaining a healthy weight is important, and so is plenty of exercise.” He also stresses that it is vital to keep your cholesterol and blood pressure under control.

He also states, “High blood pressure and high cholesterol can damage blood vessels, including those that bring blood to the penis. Eventually, this may lead to ED.” Again, reinforcing the issues with modern diets and their effect on high blood pressure and high cholesterol levels discussed in the first couple of chapters. So where do you go from here to succeed with your nutrition and adopt the Diet Away ED nutrition philosophy? Let’s move onto the next section.



The Diet Away ED Food Guide Pyramid

Take one look at the *Diet Away ED* food guide pyramid (featured on the next page) and you'll notice the differences between the foods you may be consuming now and the foods you should be eating for good heart health and a high performing sex life. Also, note the quantities. The *Diet Away ED* nutrition system is structured following a Mediterranean way of eating.

Remember what Dr. Goldfischer stated in the last chapter, "It is now proven that ED is relatively uncommon among men who eat a traditional Mediterranean diet, which includes fruits, vegetables, whole grains, heart-healthy fats including nuts and olive oil, fish, and wine, particularly red. This new study shows that the Med Diet can bring about some improvement in men who experience both heart and ED."

So it's time to adopt the eating habits of the Mediterranean Diet. The more closely you follow this nutrition system, the faster you will begin to experience results. This should be a life-long endeavor if you're serious about having a thriving sex life and fantastic heart health for the long term.

Notice the food pyramid to the right. The foundation of your nutrition will not be grain as structured in the “modern man’s” diet. It will not be meats either, as most paleo enthusiasts and Atkins Diet die-hards would want you to believe. Instead, your foundational foods will be low glycemic fruits like berries or cherries (real fruits, not in the form of juices) and raw vegetables.

Building upon your foundation of 6-7 servings of fruits and vegetables throughout the day, you’ll want to consume plenty of whole grains and whole oats, coupled with beans, and other legumes.

Following these four fiber-rich food groups which have been shown to reduce cholesterol levels, lower blood pressure, and drastically improve heart health. You’ll then consume portions of seafood before meat. Most food guide pyramids encourage you to eat more red meat and chicken compared to fish and seafood. Unfortunately, the fat in red meat is closely related to increased cholesterol levels, which as you’ve discovered can clog the arteries leading to your male anatomy and prevent necessary blood flow for an erection.

The fats in seafood and fish however, are rich in omega-3 fatty acids which are tremendous for lowering blood pressure and returning cholesterol to healthy levels. You’ll notice in this program, when we do recommend eggs or meats, it will come in the form of cage free eggs and grass-fed beef as both have higher concentrations of omega-3 fatty acids compared to their caged and grain-fed counterparts.

The remaining foods will consist of small portions of cheeses and red meat or chicken. As you can see, there are no exclusions of food groups in the *Diet Away ED* program, just recommended quantities for particular food selections.



Here are some key points when following the Diet Away ED protocol:

- Fruits and vegetables: Make the foundation of every meal.
- Whole grains: Use to round out a plate at mealtime.
- Fish and seafood: Enjoy as 1-2 meals per day
- Beans: Include as a daily staple.
- Nuts: Eat a handful as a snack or in a meal every day.
- Olive and canola oil: Use instead of butter and margarine.
- Dairy products: Eat in moderation.
- Red wine: Consume one glass with supper or dinner (optional).

You can add spices to flavor up your meals and pack in a little extra nutrient benefit. Foods for snacks such as chips, pretzels, and dips are not part of this diet plan (37). Sweets are acceptable once in a while but only for special occasions, once or twice per month.

Below are some useful tips when following the Diet Away ED protocol:

- Consume at least 6 to 7 servings of fruits and vegetables each day. (Try and consume 2-1/2 cups of vegetables and 2 cups of fruit daily.) Look for brightly colored produce that is in season. And the majority of fruits should come from fresh berries or cherries. No fruit juices.
- Eat 1 to 2 servings of dark green, leafy vegetables every day. These include kale, spinach, and leafy salad greens.
- Include some type of fresh salad with most meals.
- Use tomatoes in salads and sauces.
- Drink a 6-ounce glass of citrus fruit juice or vegetable juice every morning for added nutrients and health benefits.
- Iceberg lettuce unfortunately does not count as a vegetable serving because it does not lack nutrition content. Stick with the dark leafy green vegetables.
- Potatoes, even sweet potatoes should be limited to one serving per week.
- Choose frozen or fresh fruit for dessert. Some great examples are melons, berries, oranges, apples, plums, apricots, papaya, and mangos.
- Eat at least 1 serving of beans a day. This could be in the form of soups and salads, a side dish such as a multi-bean salad, or as a main dish.

- Eat 5 to 6 servings of whole grains per day. Look for whole grain pasta, dense whole grain breads, and grains you can cook. Other heart healthy grains also include couscous, bulgur wheat, and brown or wild rice.
- For breakfast, eat whole grain bran cereal or whole grain bread with low-sugar jam or nut butter, instead of butter or margarine.
- Limit meat and poultry to one serving or less per week. You can have 1 to 2 servings of fish per week.
- Cook with garlic and herbs. Use fresh and dried herbs. Some of the best herbs to use include oregano, rosemary, thyme, and basil. These seasonings allow you to mix up the flavors of your dishes for more enjoyment.
- Only use olive oil and canola oil for cooking. Choose breads and other baked goods made with these oils. Eliminate butter and margarine completely. Avoid peanut, safflower, corn, and soybean oils.
- Eat a handful of nuts every day. Sprinkle a tablespoon of chopped or whole nuts over salad, pasta and vegetable dishes. Choose almonds, hazelnuts, and walnuts.
- If using dairy products, select low-fat milk products. Avoid cream, whole and 2 percent milk, and regular cheese. If you consume grated hard cheese, use 1-2 teaspoons of Parmesan to top over a pasta or salad dish.
- If you drink alcohol, have a glass of red wine with a meal. Avoid other kinds of alcohol. Limit alcohol to 1 glass of red wine a day if any consumption at all.



Moving Forward With Your *Diet Away ED* Meal Plans

Before implementing the *Diet Away ED* nutrition system, be sure to download your *Diet Away ED* meal plans. These come complete with serving size measurements, done-for-you sample plans, grocery lists, and more. These tools have all been conveniently packaged in a printable format, along with your own meal plan templates you can use to fill out on your own.

Follow along closely to the meal plans provided for you so you can succeed with the *Diet Away ED* program and begin experiencing noticeable results in your sex life and health. Although *Diet Away ED* is not intended to be a weight loss program, you will notice significant weight loss and improved energy and mood shortly after starting the program. Visit your *Diet Away ED* meal plans now to begin your nutrition planning.

The information in the following chapters will give you additional strategies and techniques to enhance your erection quality, stamina, and longevity, while also boosting your overall health and wellness. In the next chapter you'll discover simple nutrition strategies to increase blood flow, even more so, you can really max out on size and performance in the bedroom. You'll also receive plenty of tips and strategies to boost testosterone levels so your sex-drive will be off the charts and you can make up for lost time. Enjoy.





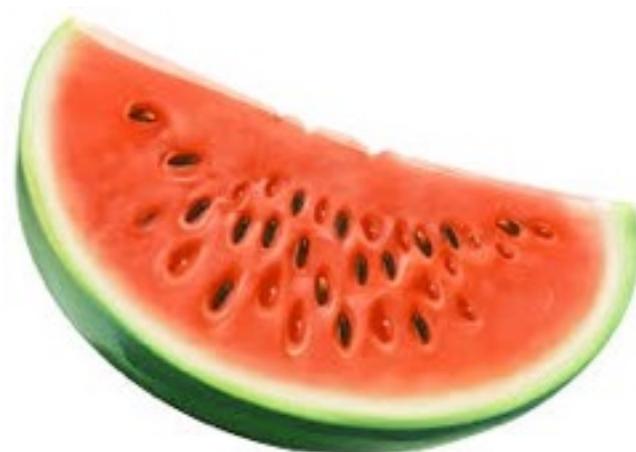
INCREASING BLOOD FLOW

By incorporating the Diet Away ED nutrition system into your daily eating regimen, you have already begun to reduce inflammation and open up your arteries improve penile function. In the same quest for erasing erectile dysfunction, you'll also begin to improve your cardiovascular health, you'll likely lose weight, and have an overall better health and energy profile. This section of *Diet Away ED* is about increasing nitric oxide production even more in your body to enhance and maximize blood flow to your male anatomy.

Below are favorable foods to increase your body's natural nitric oxide production so you can further improve circulation throughout your body and boost the quality of your erections by increasing blood flow to your manhood during arousal.

Watermelon

Watermelon contains the amino acid L-Citrulline. A natural compound proven to increase nitric oxide. Watermelon is also a healthy hydrating fruit source with an extra amount of testosterone boosting zinc found in white watermelon seeds.



Pomegranate

Arguably the best food for nitric oxide production and testosterone levels is pomegranate. Pomegranate has been performing well for men as a natural Viagra in many studies. Pomegranates also reduce arterial plaque thickness by 30%, which excites blood flow and has also been shown to increasing testosterone levels by 22% in peer reviewed studies.



Walnuts

Walnuts are chock full of vitamin E, which helps sooth your arteries and crank up your testosterone levels. Walnuts have been shown to also increased nitric oxide production and similarly, lower blood pressure, significantly. This is probably due to the high amounts of L-Arginine found in walnuts, which has been linked to an increase in nitric oxide production.



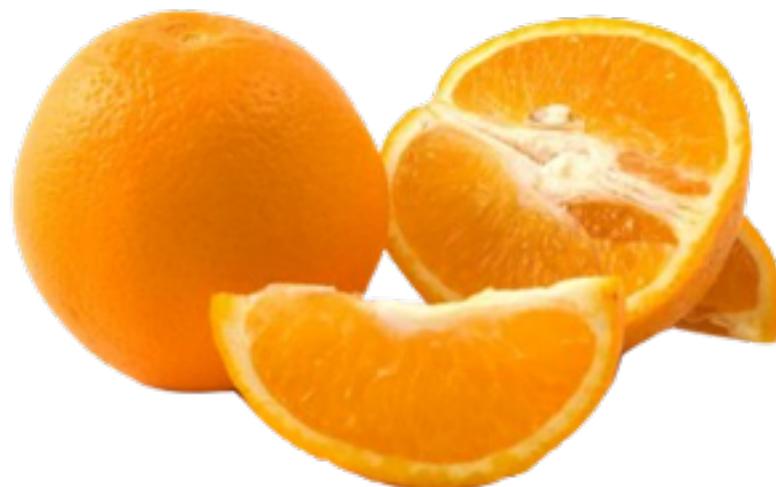
Spinach

Spinach has a very high nitrate content. Which means it's a great food to eat to increase nitric oxide production. Dark leafy green vegetables are packed with nitrates, however spinach is the king when it comes to nitrate concentration.



Oranges

Oranges (not orange juice, unless freshly squeezed), has high amounts of vitamin C. Vitamin C protects nitric oxide molecules from free radical damage. These antioxidants help you preserve NO. Our recommendation is to consume a whole orange 3-4 times per week.



Beets

Beetroot is one of the most powerful nitric oxide boosting foods that will greatly improve blood flow to your erections and improve cardiovascular health. This food has the highest nitrate count in all of plants, and can also lower your estrogen levels and therefore boost your testosterone count.



Cranberry

There are plenty of health benefits with cranberries. For one, cranberries increase nitric oxide production and lower blood pressure at the same time. Two key components to boosting erection quality and duration.



Garlic

Garlic is an activator of NOS (nitric oxide synthase) and is said to produce the same kind of effects as Cialis. One study also noted that garlic decreased systolic and diastolic blood pressure by 8 points on subjects with high blood pressure. Not only will it improve blood pressure for more efficient blood flow, but will also increase the amount of blood flow sent to your erection during arousal.



Honey

Honey is an all-natural sweet aphrodisiac and has also been shown to increase nitric oxide levels and boost libido.



Pistachios

Like almost all nuts, pistachios are also packed with L-Arginine, a precursor of nitric oxide that is known for its ability to increase nitric oxide production significantly.



Kale

Kale is a great source of co-enzyme Q10 that boosts nitric oxide. Kale also has very high nitrate content, which makes it very good nitric oxide booster. Kale is also linked to increased testosterone levels and improved arterial health.



Onion

Onions powerful testosterone boosters and have been shown to increase nitric oxide production in multiple studies. They are also a source of vitamin C, which as explained with oranges protects your nitric oxide molecule from free radicals.



Shrimp

One of the best sources of L-Arginine, an amino acid and precursor of nitric oxide. By consuming shrimps you are increasing the amount of L-Arginine in your body which then converts into nitric oxide and boosts blood flow for improved sexual performance.



Salmon

Wild salmon is a very good source of co-enzyme Q10, enzyme which is a powerful nitric oxide booster and has been shown in dozens of studies to increase nitric oxide production significantly.



Dark Chocolate

Cocoa, especially the raw kind, increases nitric oxide production and lowers blood pressure. There is also evidence of cacao healing the endothelium (the thin layer of cells that lines the interior surface of blood vessels) by increasing the amount of cells that repair it.





Why Increase Nitric Oxide?

There's a few reasons boosting nitric oxide naturally will enhance your life both inside and outside of the bedroom. For one, increasing nitric oxide levels is extraordinarily good at preventing cardiovascular disease. This natural chemical relaxes arterial walls, dilates the blood vessels, and improves blood flow (45), (46), (47).

Nitric oxide also improves brain function and reduces cognitive decline that naturally comes with age. With nitric oxide greatly enhancing blood flow to the brain, you are increasing neurotransmitter function between nerve cells (48).

Nitric oxide is also one of the most important components of an erection, and without the molecule, you simply couldn't have sex (49), (50). So the more nitric oxide you have, the stronger your erections will be during sex. This is often confused as the "solution" to your sex life, however boosting nitric oxide production is not the foundation of your erections. Great artery health is. Which is why the primary focus of this nutrition system is to improve your arterial health first so you can then increase blood flow and nitric oxide production for longer, stronger, and more reliable erections.

Another key reason for boosting nitric oxide levels is that it can greatly improve the effectiveness of your workouts. Your muscles will receive more oxygen and nutrients when your veins are dilated and circulation is enhanced. This will also give you larger muscle pumps during your workouts and has also been shown to shorten recovery time (51), (52).

Other than the nitric oxide boosting foods you've read about at the beginning of this chapter, here are some other ways you can increase nitric oxide levels naturally. Just remember, the effectiveness of these techniques will be slim to none unless you stick closely with the *Diet Away ED* nutrition protocol. These nitric oxide boosters are a simple way to enhance your results.

L-Citrulline - this amino acid is converted by your kidneys into L-arginine. L-Arginine will then convert into nitric oxide by the actions of the nitric oxide synthase enzyme (53). Supplementation with L-citrulline is a proven way to increase nitric oxide levels naturally (54).

You can also get some citrulline by eating watermelons. However, supplementation with the L-citrulline has been shown to produce more noticeable effects.

L-Arginine - this amino acid is another natural supplement you can include in your diet to increase nitric oxide levels naturally in your body. Oddly enough, if you had to choose between the two, l-citrulline is more potent and will give you more noticeable results. However studies have found that arginine increases nitric oxide levels significantly as well (55).

Pycnogenol - this formulation of maritime pine bark extract, contains 65-75% procyanidin. Procyanidin is the same active ingredient in grape seed extract, which is proven to boost nitric oxide levels. Pycnogenol also works as an anti-diabetic, anti-inflammatory, and powerful antioxidant.

As an even greater benefit, Pycnogenol is a massive blood flow enhancer. Several studies show pycnogenol relaxes the inner lining of the arteries (56), significantly improves the quality, achievability, and duration of erections in subjects with erectile dysfunction (57). And also reduces the symptoms of venous leakage (58).



Ginseng - Korean ginseng contains active compounds called ‘ginesonides’ which are structurally very similar to androgens, such as testosterone. Several human studies show ginseng can increase testosterone, nitric oxide levels, improve blood circulation, and promote good sleep quality. It’s also been shown to relaxes arteries, and boosts libido.

Fish Oil - Fish oil is packed with Omega-3 fatty acids, which are an anti-inflammatory, they significantly increase blood flow and nitric oxide levels, and they seem to lower stroke risk and blood clots. When we eat too much of omega-6 fatty acids, and get too little of the omega-3’s we increase inflammation in tissues. Not good.

However, once you begin consuming more omega-3 fatty acids compared to omega-6’s, your overall health will improve dramatically, and nitric oxide levels will increase in the process.



TESTOSTERONE MINERAL CODE

Now that you have a heart healthy and artery friendly diet proven to relieve symptoms of erectile dysfunction, it's time to maximize your results by boosting your testosterone levels naturally, enhancing your diet with powerful superfoods and following simple hacks that stimulate more of your master male hormone. From this point forward in the manual, you will receive “plugins” or “extras” you can add to your program to enhance your results. Starting with the best testosterone boosting minerals that should be staples in your diet.



Zinc

Zinc is a mineral which plays a very important role in testosterone production. Supplementing your diet with zinc has been shown to cause a significant improvement in t-levels in as little as 6 weeks. Similarly, research has shown restricted dietary sources of zinc leads to a significant decrease in testosterone, while zinc supplementation increases it.

Zinc is shown to also protect men from exercised-induced depletion in testosterone levels. It's estimated up to 45 percent of adults over the age of 60 have lower than encouraged zinc intake. And even when dietary supplements are still added in, an estimated 20-25 percent of older adults still had inadequate zinc intakes, according to a National Health and Nutrition Examination Survey. Save your testosterone levels and get enough zinc in your diet.



Magnesium

Numerous studies have shown magnesium to be positively associated with total testosterone. Unfortunately for most guys, deficiencies in magnesium are typical because men don't generally get enough of it from dietary sources. What magnesium does is increase the bioavailability of testosterone.

One study shows that testosterone prefers to bind to magnesium rather than thus preserving free levels of testosterone, and boosting the mineral's anabolic effects. In another study, 30 males, aged 18-22 (both sedentary and active), received 10mg/kg magnesium for four weeks and their free and total testosterone levels both increased.



Creatine

Creatine is one of the world's most popular (if not the king) of all supplements. Especially for athletes and bodybuilders for increasing strength and energy output during workouts. However, there are also some fantastic testosterone boosting benefits to creatine as well.

One study conducted in 2009 showed that after a 7 day loading phase of creatine, followed by an additional 14 days of creatine maintenance supplementation the levels of bio-active dihydrotestosterone, increased by 56% after the initial 7 days of creatine loading.

Then the 14 days following on the maintenance dosage, participants have a 40% over baseline dihydrotestosterone level. The ratio of dihydrotestosterone to testosterone was therefore increased by 36% after the 7 day creatine supplementation and remained elevated by 22% after the maintenance dose.



ZMA

An independent study of ZMA was recently conducted at Western Washington University under the leadership of sports performance researcher, Lorrie Brilla, Ph.D. A group of 12 competitive NCAA football players took ZMA nightly during an eight-week spring training program and saw an increase by over 30% in free and total testosterone levels compared to more than 10% decreases in the placebo group. This supplement also throws your body into a deeper sleep for more quality testosterone boosting rest.



baibaz via Getty Images

THE ULTIMATE SEXUAL SUPER-FOOD

Superfoods are rarities in the Western Diet. And are often overlooked as a healing source for great sexual health, boosting sexual performance, and over improving men's vitality, stamina, and energy. This chapter is going to give you the inside-look at some of the world's hidden, most powerful superfoods and how you can access them all quickly and easily so you can unlock the sexual power within these rare foods. Enjoy!



This “blue-green” superfood boosts blood flow to your “buddy” for MAXIMUM strength and size

SPIRULINA

If you want to improve your sexual health, have stronger, more reliable erections, and improve your heart health, try this “blue-green” superfood. It’s called spirulina, and according to men’s sexual health M.D. James Elist, spirulina helps artery walls relax for maximum blood flow to your penis for erections during arousal.

Spirulina has also been shown to unclog the arteries throughout your body, including those leading to your male anatomy. This superfood also reduces your risk of heart disease. As you may know, heart disease is currently the world’s largest man killer. However, spirulina has been shown to have beneficial effects on cholesterol levels, lowering that risk factor. In fact, spirulina has been shown to reduce LDL, the bad cholesterol, while increasing HDL, the good kind.

In a study of 25 people with type 2 diabetes, 2 grams per day of spirulina significantly improved these markers (38). Another study in people with high cholesterol found that just 1 gram of spirulina per day lowered triglycerides by 16.3% and LDL by 10.1% (39). So if you’re having troubles between the sheets and want to clean up your heart health at the same time, add a daily fix of spirulina into your morning or evening routine. [Click Here to order the world’s most powerful superfood cocktail.](#)



Wheatgrass has been shown to stave off erectile dysfunction, increase fertility, and boost sexual energy

WHEATGRASS

According to Dr. Veronica Anderson M.D., this superfood will make for a much better time in the bedroom. Wheatgrass can be used to treat sexual dysfunction. It's been reported to be a natural treatment for erectile dysfunction, as well as hormonal imbalances in both men and women.

This superfood is an all-natural help for increasing blood flow to your penis for erections. Also, for men and women who suffer from low libido, this safe, all-natural aphrodisiac that can give you both the sexual surge you've been waiting for. But the health benefits don't stop there.

Some studies have been conducted on the benefits of wheatgrass for heart diseases. One found that those who consumed high fat diets are prone to high blood cholesterol and therefore susceptible to heart disease. The blood cholesterol in these candidates improved when they included the right quantities of wheatgrass in their diets. Wheatgrass also has anti-oxidant properties that can decrease total blood cholesterol and increase HDL or good cholesterol and levels of vitamin C in the blood. Overall, it's another great heart health and erection booster.



Chlorella has been shown to improve erectile dysfunction in 20 of 25 men

CHLORELLA

Chlorella, also found in this supplement formula, may also help improve older adults' sex lives. In a study published in the *Medical Science Monitor*, researchers who combined barley, wheat grass, kelp, green algae reported that supplementing with chlorella & other green superfoods, improved erectile dysfunction in 20 of 25 male test subjects after 3 months. Twelve of the 15 women in the study reported increased libido. So this can also give your spouse a strong surge in sexual desire.

There's even more benefit to this powerful superfood. Type 2 diabetes and high cholesterol are two of the serious chronic conditions facing many Americans today. Both are also linked to erectile dysfunction and other sexual dysfunction.

In a study published the *Journal of Medicinal Food*, researchers found that doses of 8,000 mg of chlorella per day (divided into 2 doses), helps lower cholesterol and blood glucose levels (40).

Researchers first found a decline in cholesterol levels, and then the improvement in blood glucose. They believe that chlorella activates a number of genes at the cellular level that improve insulin sensitivity, for abundant overall health (41).



Beet root is proven to give men the all-natural “Viagra effect”, safely and naturally

BEET ROOT

Beet root helps the body create nitric oxide in the blood vessels. Nitric oxide helps your blood vessels relax, improving blood flow to your penile tissue, and lowering blood pressure. The erectile dysfunction drugs (Cialis, Levitra and Viagra) all work through a similar mechanism. By increasing nitric oxide levels, you improve blood flow to your penis. With beet root you have a safe, all-natural, side-effect free way to enhance your performance in the bedroom. It's a much cheaper option too.

A daily serving of beet juice has also been shown to improve quality of life for heart failure patients, based on research linking beetroot juice to blood pressure reductions and improved exercise endurance.

In one study, patients with heart failure were given beetroot juice to observe the effects on the heart. Beetroot juice was shown to have potential for improving exercise ability in heart failure patients. Beetroot juice is also one of the richest dietary sources of nitrates, which help improve blood flow and heart health. As such, the nitrates in beet juice may help improve blood flow and exercise ability in patients with heart failure and everyday individuals.



Cherries have been shown to fight off ED

CHERRIES

A new study found eating foods rich in flavonoids, a plant compound, can shrink your risk of erectile dysfunction. Cherries, along with blueberries, blackberries, and black currants were found to be helpful warding off the condition. When combining these flavonoids, coupled with exercise, the flavonoid-rich foods reduced the risk of ED by 21 percent.

Cherries also protect the heart. A high intake of anthocyanins, which is abundant in purple and dark red fruits and vegetables, was linked with a decreased risk of heart attack in young and middle-aged women. It's also been shown to reduce the risk of stroke. According to the University of Michigan Cardioprotection Research Laboratory, they suggest Montmorency tart cherries may help reduce the risk of stroke. They found that Montmorency tart cherries acted similar to prescription drugs used to help regulate fat and sugar levels in patients with metabolic syndrome.

Last but not least, cherries have been shown to decrease cholesterol levels. Scientists reported a 26 percent decrease in total cholesterol levels in mice that were given a tart cherry powder, as well as a 65 percent reduction in early death – likely due to improved cardiovascular health. Talk about one powerful fruit.



Grape seed has been shown to boost nitric oxide production for massive improvements in blood flow to your manhood

GRAPE SEED

Multiple human studies have shown grape seed extract as a powerful nitric oxide producer which helps boost blood flow. This in turn, lowers blood pressure, heart rate and lowers cardiovascular risk as well.

Grape seeds have been shown to give the same Viagra effect as the blue pill, however, with grape seed extract you can experience these effects safely and naturally.

The antioxidants, including flavonoids, linoleic acid, and phenolic procyanidins, in grape seed extract help protect your blood vessels from damage, which may help prevent high blood pressure.

Grape seed extract has previously been shown to help dilate blood vessels and was shown to lower blood pressure in people with metabolic syndrome. And another study found that a grape seed extract beverage improved blood pressure in people with pre-hypertension (42).

THE ULTIMATE SEXUAL SUPERFOOD COCKTAIL

Click here to access the ultimate superfood formula to ramp up your sex life and improve erection strength and stamina

➤ Athletic Greens® Mega Nutrient Formula

Supplement Facts			Serving Size: One Heaped Tablespoon (12g) Servings per container: 30		
	Amount Per Serving	%DV*		Amount Per Serving	%DV*
Calories	40				
Total Carbohydrate	4.8g	2%			
Dietary Fiber	1.9g	8%			
Sugars	45mg	0%			
Protein	4g	8%			
Vitamin A (as beta-carotene)	4000IU	80%			
Vitamin C (ascorbic acid)	420mg	700%			
Vitamin E (as d-alpha tocopherol succinate)	100IU	332%			
Vitamin K2 (as menaquinone-7)	80mcg	100%			
Thiamin (Vitamin B1) (as thiamine hydrochloride)	2.8mg	187%			
Riboflavin (Vitamin B2)	2mg	118%			
Niacin (as nicotinic acid, nicotinamide)	20mg	100%			
Vitamin B6 (as pyridoxine hydrochloride)	3.2mg	160%			
Folate (5-MTHF)	400mcg	100%			
Methylcobalamin (Vitamin B12)	28mcg	466%			
Biotin	330mcg	110%			
Pantothenic acid (as calcium pantothenate)	3.5mg	35%			
Calcium (as calcium citrate, calcium carbonate, calcium phosphate)	118mg	11%			
Phosphorus (as potassium phosphate, calcium phosphate)	57mg	6%			
Magnesium (as magnesium glycinate)	26mg	7%			
Zinc Citrate	15mg	100%			
Selenium (as selenomethionine)	24mcg	34%			
Copper (as copper gluconate)	195mcg	10%			
Manganese (as manganese amino acid chelate)	400mcg	20%			
Chromium (as chromium picolinate)	25mcg	20%			
Sodium	28mg	1%			
Potassium	300mg	9%			
			Alkaline, Nutrient-Dense Raw Superfood Complex	8453mg	†
			Organic spirulina, lecithin (95% phosphatides), organic apple powder, inulin (FOS prebiotics), organic wheatgrass juice powder (leaf), organic alfalfa powder (leaf), organic chlorella powder, organic barley leaf powder, acerola cherry fruit juice powder extract (4:1), broccoli flower powder, carica papaya powder (fruit), pineapple fresh fruit concentrate (9:1), bilberry fresh fruit extract (100:1), red beet root powder (fruit), rosehip (rosa canina) fruit powder (4:1), carrot root powder, spinach leaf powder, cocoa bean polyphenol extract, grapeseed extract (120:1) (std. 95% OPC), green tea (camellia sinensis) extract (leaf) (10:1), licorice root powder, wolfberry (goji) fruit extract (4:1), ginger rhizome powder, slippery elm (ulmus ruba) bark powder, kelp whole plant powder.		
			Nutrient Dense Natural Extracts, Herbs & Antioxidants	3569mg	†
			Alkaline pea protein isolate, citrus bioflavonoids extract, globe artichoke leaf extract (15:1), citric acid (anhydrous), rhodiola rosea root dry extract (15:1), eleutherococcus senticosus root extract (10:1), gotu kola extract (10:1), rosemary leaf extract (4:1), milk thistle seed extract (70:1), R alpha-lipoic acid, withania somnifera (ashwaganda) root extract (5:1), dandelion root extract (4:1), hawthorn root extract (10:1), beta glucans, policosanol, co-enzyme Q-10 (udidecarenone), stevia.		
			Digestive Enzyme & Super Mushroom Complex	233mg	†
			Astragalus membranaceus root extract (4:1), bromelain (dietary enzyme), burdock root powder (4:1), reishi mushroom powder, shiitake mushroom powder.		
			Dairy Free Probiotics		
			Lactobacillus acidophilus (freeze dried non-dairy Pro-biotics)	3.6billion	†
			Bifidobacterium bifidum (freeze dried non-dairy Pro-biotics)	3.6billion	†

* Percent Daily Values (%DV) are based on a 2000 calorie diet.
 ** All specified values are averages

† Daily Value Not Established



LIFESTYLE HACKS FOR BETTER SEXUAL HEALTH

When it comes down to it, better sexual health comes from a series of lifestyle changes. Changes that can not only improve the quality of your sex life but can also boost your testosterone levels for better men's health and increased sex drive. These hacks do not take much time at all. However, applying just a few of these simple strategies will greatly improve your sex life and intimacy with your spouse.



Get Better Quality Sleep

The more sleep you get, the better for your testosterone levels. A recent study showed men who slept more also had significantly higher testosterone levels. In fact the guys who slept for 4 hours had about 60% less testosterone in their serum, than the men who slept for 8 hours.

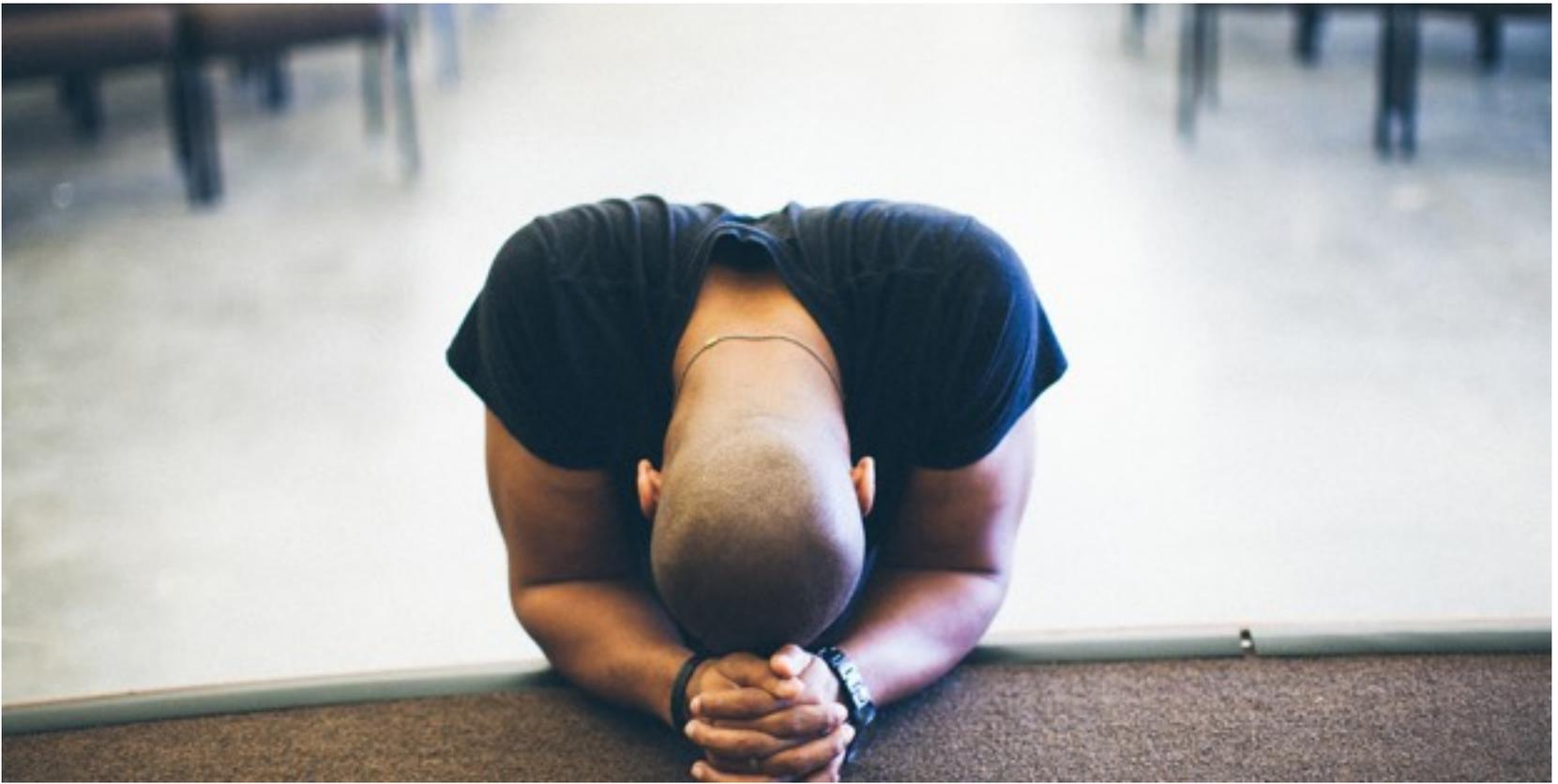
It's also been shown that for every hour of sleep, men's testosterone levels increase by 15%. So if you want to grow your testosterone levels while you sleep, all you have to do is go to bed a bit earlier. Make this a regular habit. Instead of falling asleep to another late night talk show, think about how high your testosterone can be in the morning if you shut off the television early.



Stress Less

Stress increases your cortisol levels significantly. Think of your cortisol levels and your testosterone levels like a “sea-saw”. When one side goes up, the other side goes down. So when you find yourself overly stressed, it begins to take a destructive toll on your master male hormone. Yet the destruction doesn’t start and stop with stress.

Eventually, stress can lead to less sleep (which also decreases testosterone production), eating more unhealthy foods (another shot to your testosterone), and may even lead some men to stop working out or pick up unhealthy habits which will be listed later in this manual. So beware of stress. It has the opportunity to damage your testosterone levels in many ways. Your goal: to fight back. Take a look at the next page for our favorite stress destroyer.



10-Minute Prayer/Meditation

Spending anywhere from 10-30 minutes in prayer or writing in a gratitude journal can save your testosterone from the devastation stress can have on your body. Between paying the bills, having a family to take care of, and pursuing those dreams every man has inside of them, it's easy for us to get stressed out and burdened.

However, when you make prayer a staple in your day, or you reflect on positive thoughts, or even write in a gratitude journal you begin to de-compress, putting your focus away from the bad and onto the good. Providing hope and peace for your present situations and you're able to continue on your day with a positive attitude. We are sure to add this in our day, everyday. Life just seems to be a little more chaotic without it.



The Cobra

Want to increase your testosterone naturally and in 2-3 minutes. Here you go. “The Cobra” is a yoga pose which has been shown to increase testosterone levels in as high as 33% in men. At the same time this one move decreases cortisol levels - the “anti-testosterone” hormone.

What’s so great about this discovery by Russian scientists is that this move does not require heavy weight lifting, or any other form of exercise which may do more harm on the joints depending on the individual. Instead, this yoga pose is a relaxing, simple, and all natural way to increase your testosterone levels in only minutes.



Check Your Dental Health

Recent breakthrough research has shown the connection between your oral health and the effect it is having on your body. Everywhere from chronic diseases to erectile dysfunction, to weight gain. If you do not take proper care of your oral health, you then cause inflammation in your body which has been shown to significantly reduce testosterone levels.

How it works is the oral bacteria in your mouth, invades your bloodstream through some form of opening in your mouth (whether along the gums or tooth cavity) causing an increase in inflammation. Effecting most organs in your body including your penis. Our advice, follow the **Ancient ED Fix program** to overcome oral inflammation and prevent your body from suffering ever worse chronic diseases from the matter like cancer, heart disease, or diabetes (to name a few).

GOOD



1. Head, trunk, and thigh in straight line.
2. Chest high and forward.
3. Abdomen flat.
4. Back curves normal.

FAIR



1. Head forward.
2. Abdomen prominent.
3. Exaggerated curve in upper back.
4. Slight hollow back.

POOR



1. Relaxed (fatigue) posture.
2. Head forward.
3. Abdomen relaxed.
4. Shoulder blades prominent.
5. Hollow back.

VERY POOR



1. Head forward badly.
2. Very exaggerated curve upper back.
3. Abdomen relaxed.
4. Chest flat—sloping.
5. Hollow back.

Fix Your Posture

A recent study performed at Harvard and Columbia University discovered one, very simple two-minute trick can be the difference between you having 20% more testosterone. And if you don't follow this trick you are unknowingly decreasing your testosterone levels. That's right. It's one or the other...

So what's this trick that will make you a couple inches taller and raise your testosterone levels up several notches?

It's called, "High power posing". At least, that's what Harvard University researchers call it. If the term is good enough for them then it's good enough for us. And it all starts with your posture. When you are hunched over in any of the positions above (other than position 1) you are actually decreasing your testosterone levels. All you have to do is make a simple fix to the way you stand and sit and you'll keep those testosterone levels riding high throughout the day.



Take Care Of Your Testes

According to Dr. Alisa Hideg, MD, if you want to protect your testosterone levels then you should wear boxers or very loose briefs. There is an association between overly warm testicles, which can be caused by tight-fitting underwear, and decreased sperm counts.

Although it isn't determined how much of an impact loose fitting briefs or boxers will make on your testosterone production, it will certainly improve the amount and quality of sperm in your testicles.



Get More Sun

Vitamin D is really not even a vitamin. It's actually a steroid hormone. This hormone D regulates more than 1,000 bodily functions, including fertility, growth, hormone secretion, and sexual function. If your serum vitamin D levels are too low, more than 1,000 bodily functions are also somewhat impaired. Several of these functions that vitamin D regulates are linked to the endocrine system, thus not getting adequate amounts of "the bone vitamin", should therefore reduce testosterone levels.

In fact one study at the Department of Internal Medicine at the University Graz, in Austria found men with sufficient vitamin D levels had significantly higher testosterone levels than men who had insufficient amounts of the vitamin (or hormone) in their blood serum. So take our advice on this one. Get some more sun or supplement with hormone D ASAP.



Drink Out Of Glass Cups Or Bottles

You want to avoid BPA at all costs. BPA is the plastic found on your water bottles and plastic food containers. When drinking out of a water bottle, for example, the BPA chemicals leak into your water. So as you continue to drink, you're adding a testosterone decreasing substance into your body. And the more you refill, the more leakage. One study even shows these same chemicals can even conflict with the onset puberty in growing boys.

And that's the age when testosterone levels begin to really skyrocket! Imagine your response if you are over 30 and on the biological testosterone decline already. Instead, stop drinking or storing water in plastic containers. Drink out of a BPA FREE or glass water bottle when traveling or exercising and be sure to grab a good water filter for your tap water at home.



Cold Showers

Clock 5-minutes of cold showers in each day and you're on your way to a massive testosterone and energy surge each morning. As you know, when you're cold, your testicles shrink up. When the testicles are pressed close to the rest of your body, testosterone which is produced in the testicles is then easily released into the bloodstream. You may be shriveled for a good 5-minutes or so but hey, it'll all be worth it when you're riding high on testosterone.

This is one of the more challenging testosterone boosting strategies simply because being cold sucks. However, it's by far one of the most powerful ways to increase your master male-hormones. And you'll notice you'll have quite the extra surge in energy levels throughout the day as well.



Stop Smoking

Does smoking play any role with testosterone production? Well, not significantly. However, it can effect one of the biggest reasons men want to boost their testosterone levels in the first place, sex. Impotence, also known as erectile dysfunction, is characterized by a man's inability to achieve or maintain an erection. If you're a cigarette smoker, nicotine may be the culprit since it acts as a vasoconstrictor, which can cause blood vessels to become narrow and will reduce blood flow. Vasoconstriction is sometimes to blame for a man's reduced sexual arousal.

Also, erectile dysfunction resulting from smoking can be difficult to treat when caused by damage to blood vessels. According to Dr.Mirkin.com, arteriosclerosis (clogged arteries) is the most common cause of impotence in North America. So if you are having trouble in the bedroom and you're a smoker, you've found a very motivating reason to quit cold turkey.



Quit Porn

You're either going to hate me for saying this or thank me. But I'm going to be brutally honest. Men today are walking around with 22% less testosterone than men did 30 years ago. This is unfortunate for guys, especially with all the modern research on training, nutrition and health. We should have more testosterone than any generation before us!

The culprit to this massive drop in testosterone is porn. Something that our parents didn't have easy access to at their age like men do today. Testosterone levels have been proven to decrease in men who watch pornography regularly. It is also linked to depression, low motivation, erectile dysfunction, and negative self-perceptions in terms of physical appearance and sexual functioning.

To be honest, kicking porn out of your life is going to take a larger motivation than trying to save your testosterone levels. I get that. So to pose testosterone as a valid reasoning for you to put off porn is farfetched. I will challenge you, go 30-days without pornography and see how it changes your life. You don't have to take me up on this. But from man to man, I know you'll benefit.

The combination of these lifestyle factors, along with adherence to the Diet Away ED nutrition system will give you the boost in your sexual function and performance and your overall health you've been searching for. The tips and strategies in this text are scientifically proven to be the best nutrition and lifestyle approach to men suffering from erectile dysfunction.

Of course, erectile dysfunction is not something any guy wants to experience in his lifetime. It's challenging, frustrating, and embarrassing. It most often causes sexual irritation between you and your partner and can even lead to depression or anxious thoughts.

Yet it's a testimony of your character today that you are choosing to fight for what is yours and take back the intimacy you once had with your significant other. And at the same time, you are improving your personal health and longevity so you can be experience tremendous health for decades to come.

I want to encourage you that one of the best actions you can take during the process of your recovery and reversal from ED, is to have open communication with your partner and bring her along for the journey of your recovery. Although you both may be frustrated, be willing to communicate with your significant other. Ensure them you are taking action to restore your sex-life intimacy with her.

Continue to do "special things" for your wife, expecting nothing in return in the process of reversing your ED. Dates, flowers, the whole 9. Let me tell you the rewards in your relationship will be outstanding on an emotional and spiritual connection and once your erections are back to normal health by following this program, your sex life will be more passionate and pleasurable than you could have imagined.

I just want to remind you that you can still be a warrior and a king, even at this very moment. Remember, erectile dysfunction is a dietary issue for 80% of men. So take the information in this text seriously and commit to the program.

With the information taken from this guide, your life is sure to improve. With all the valuable knowledge in this book you are now able to look ED straight in the eye, face it head on and win. You are in control of your future. You will overcome. And your love life can resume with more passion than ever. Enjoy!

A Note From The Author

First of all, I would like to say, congratulations on picking-up your copy of Diet Away ED. And thank you for trusting me to provide you an amazing solution to greatly enhance your sex-life and reverse your erectile dysfunction for good. Long hours and tremendous research have gone into packaging this entire product for you. And I know you (and your partner) will love the results.

I want you to know how admirable it is to take your sex life seriously. You see that it may be frustrating your relationship and tearing down your confidence and you've decided "enough is enough" and you took massive action today. For that I commend you.

I hope it's okay for me to give you a quick personal note about myself. All of my sexual health solutions for men are designed for men to share with his wife. I personally believe a man's sex life should be given over to one woman, and vice versa. Diet Away ED and all of the programs packaged together for you to erase your erectile dysfunction and boost your sexual performance and pleasure has been designed to help husbands strengthen their sex life and relationship with his spouse.

After researching more on erectile dysfunction and it's effects on relationships (some of which I experienced first hand) I discovered how painful ED can be for both husbands and wives. Which is why I wanted to go public with this message and help you reverse your erectile dysfunction quickly and restore the time lost with your spouse.

With that said, I wish the best for you both and a healthy, long, sexually fulfilled, and loving relationship. Diet Away ED is a tool to bring intimacy back into your home for the long-term.

Sincerely,
Spencer Fields

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