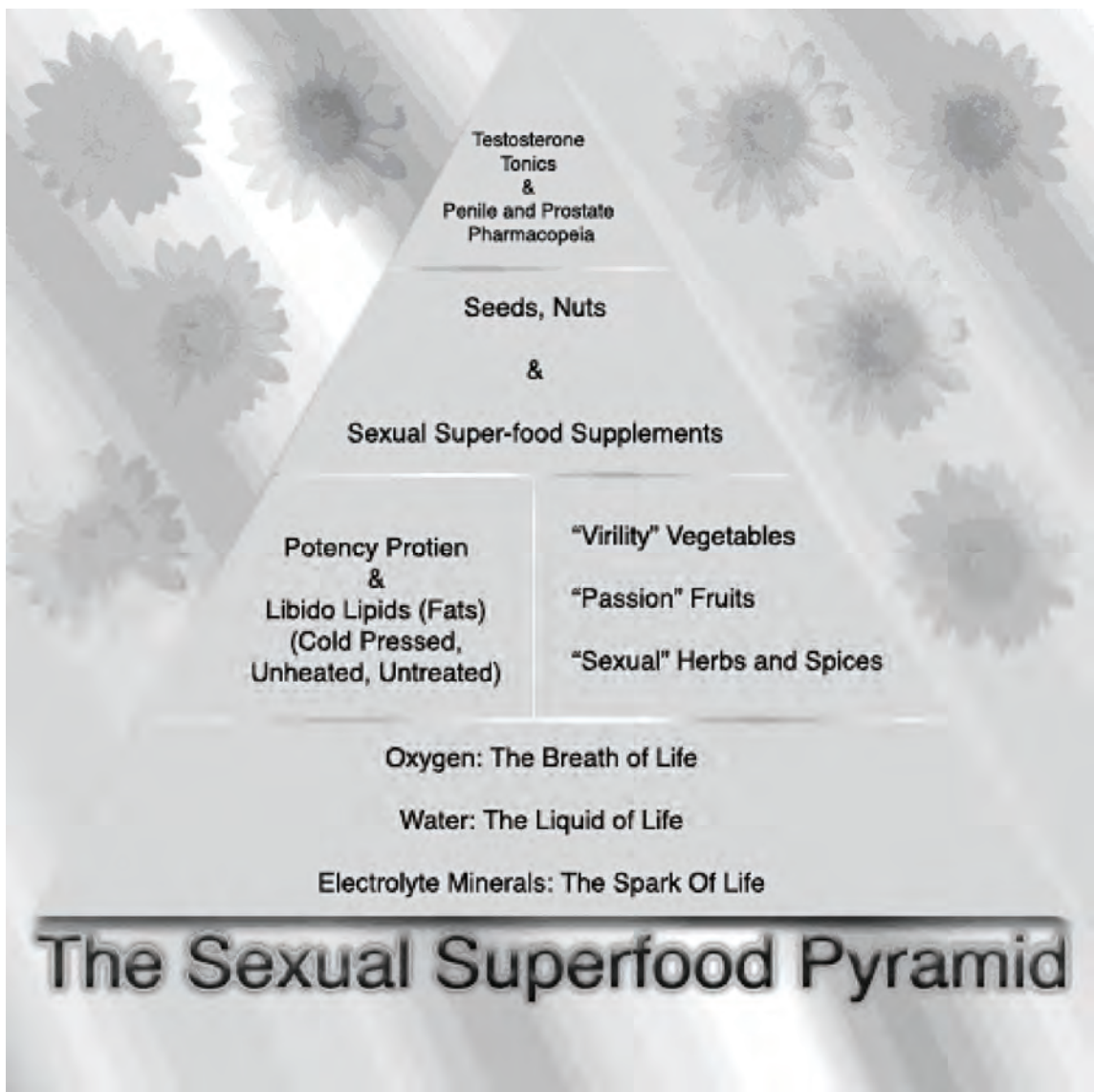


3.0 – Sexual Nutrition Secrets



“No wonder whole food diets have been the underlying the key to success for folks reversing their cancers or heart disease, after everything else that medicine can offer has failed. Food is awesomely powerful.”

—Dr. Sherry Rogers, M.D.

Some people live to eat. Some people eat to live. Some people eat for erection enlargement, sexual-ecstasy enhancement and to increase wellness and therefore enjoyment of life. This chapter is for those who are concerned with the latter.

This lesson consists of four parts. The first part (section 3.0) is an introduction of the potency food pyramid, which explains the sexual benefits of various food groups, potency proteins, virility vitamins, libido lipids, passion fruits and virility vegetables.

The second part (section 3.1) consists of the best sexual super-food supplements that provide the essential elements of the Earth that the body needs to biosynthesize bio-chemicals of potency that power up the penis. Section 3.2 explains how to transform the sexual super-food supplements into tasty treats.

The fourth part (section 3.3) of eating for erection is the potency panacea principle, a simple rule that trumps all the complicated concepts and dietary dogma, distilling the distinguishing dietary dynamics of sexual-nutrition down to one universal rule.

The Sexual Super-food Potency Pyramid

Oxygen, water, and minerals appear at the bottom of the sexual super-food potency pyramid. These are the most essential elements of the Earth. Water is the most wondrous healing, hydrating medical miracle. Much of the human body and brain is composed of this essential element. One renowned doctor, Fereydoon Batmanghelidi, has had amazing results using hydration alone to help heal serious sex-busting diseases such as high blood pressure, cholesterol, and diabetes. Cellular hydration equals improved health, which is mandatory for libido liberation.

Next appearing on the sexual super-food pyramid are masculinizing minerals. Think of electrolyte minerals as the Earth's elements essential to electrifying one's erections. Mineral deficiencies are well known to contribute to erectile dysfunction. In the words of one leading nutritional researcher Dr. True Ott,

“Most, if not all, chronic disease or health disorders are directly related to a lack of hydration (pure water) and/or defi-

ciency in specific vital minerals that in turn allow the body to produce vitamins! In fact, the word ‘vitamin’ is an acronym for vital minerals.” (1)

In the mineral kingdom, the mineral with the most monumental impact on libido is zinc. Consider it the mineral that gives one’s sex life a zing. It is involved in almost every aspect of male reproduction, including testosterone metabolism and sperm formation, etc. Zinc is abundant in semen, as well as the male prostate gland, which concentrates zinc 2000% over levels present in blood serum (2). Zinc helps prevent the conversion (aromatization) of testosterone into estrogen, as well as being necessary for prostaglandin production (hormones associated with erection power). Dr. Morton Walker emphasizes the importance of zinc in his book *Sexual Nutrition*.

“The body of an average weight twenty-year-old male at all times normally contains 2.2 grams of zinc, most of which accumulates in the testes. Less than this amount of the mineral, and it is unlikely that the young man will feel much of a sexual urge, be able to sustain an erection, or produce any quality of semen ...Such stressors as smoking, alcohol, coffee, infection, and medications deplete the body’s zinc reserves that might have accumulated over time” (3).

Since the standard industrial agricultural practice is to grow food on mineral-depleted soil, most people in the industrialized world are mineral deficient. See the section 3.3 for the best sources of mineral supplementation.

Virility Vegetables and Passion Fruits

Peak potency is a dynamic balance between building the bio-chemicals necessary (hormones, neurotransmitters, etc.) for sex from raw materials (vitamins, minerals, protein, fat, etc.), and constantly cleansing metabolic waste products of this process as well as toxins from the environment.

Generally, fat and protein-rich foods help with the secretion of semen, and the biosynthesis of sex hormones and neurotransmitters. Fruits and

vegetables help by providing antioxidant protection, aiding in excretion and/or inhibition of excess estrogen and DHT, etc. Fruits and vegetables also have healing, hydrating properties that aid the constant cleansing process necessary to keep the body's organ and gland (factories of erectile bio-chemicals) productivity at their peak. Fruits and veggies are especially important in keeping the liver clean, and its function strong, which, as mentioned in section 1.2, helps keep erections powerful and lasting long.

Fresh fruits, vegetables, or properly processed whole-food concentrates provide a wide variety of nutrients, such as enzymes, phytonutrients, biophotons, vitamins, etc. in their ideal ratios alongside the synergistic cofactors and transporters necessary for the body to properly utilize them. They also provide the dissolved nutrients that constantly need to be replaced. In fact, produce grown the way nature intended is nothing short of a medical miracle. In the words of renowned medical researcher Dr. Sherry Rogers,

“When biochemists have broken down foods to determine their preventive and curative properties, they have discovered thousands of compounds designed to heal. Although medical libraries are full of the healing properties of foods, there is no money in it, in comparison to the sustained profits of the pharmaceutical and fast-food manufacturers. And besides, it cures.” (4).

Vegetables and fruits contain a wide range of estrogen-inhibiting and testosterone-enhancing chemicals. Fruits, vegetables, seeds, and nuts contain compounds called lignans and flavonoids (bioflavonoids) that inhibit the aromatase enzyme, which converts testosterone into estrogen (5). Fruits and vegetables are loaded with antioxidants, which are nature's antidote to toxic free radicals that lower production of the “erectile neurotransmitter,” nitric oxide.

Green vegetables such as broccoli, brussel sprouts, kale, cauliflower, asparagus, and cabbage contain a naturally occurring chemical called indole-3-carbinol (I3C). This compound helps the body metabolize, breakdown, and clear away excess estrogen, thereby helping to mitigate its evil effects (testosterone suppression). I3C is popular with body builders in

supplement form because of its anti-estrogenic effects. The fiber abundant in most fruits and vegetables lowers prostate cancer risk (6) and helps excrete excess estrogen. In the words of Ronald Hoffman, M.D.,

“A low-fiber diet causes estrogen levels to be higher, while a diet high in fiber results in decreased estrogen levels in the bloodstream. Why? Excess estrogen is excreted in the bowel. When the stool remains in the bowel for a longer time, the estrogen is reabsorbed” (7).

Red and pink fruits such as tomato, watermelon, and pink grapefruit contain a carotenoid called lycopene, which reduce the risk of prostate cancer. In males, the reproductive organs seem to have an affinity for this antioxidant nutrient, as it tends to concentrate in the testes, adrenal glands, and prostate. Veggies and fruits such as broccoli, oranges, apples, and radishes inhibit acetylcholinesterase, the enzyme responsible for breaking down the “sexual neurotransmitter” acetylcholine (8). The power of fruits and vegetables is also revealed in studies that show that a diet rich in vegetables and fruits works just as well as dangerous drugs to control (normalize) cholesterol levels (9). Another advantage to a diet high in vegetables and fruits is that it will help keep one’s internal environment clean, which will help make one’s scent and sexual secretions smell and taste attractive.

Potency Protein

The potency-producing properties of protein (amino acids) are profound. Protein provides the building blocks that the body needs to build (bio-synthesize) many “bio-chemicals of potency,” (hormones and neurotransmitters that power penile erections). Pumping up protein intake also speeds up semen secretion.

The amino acid arginine has been called “nature’s Viagra” because arginine converts into the aforementioned “erectile neurotransmitter” nitric oxide (see 3.1). The amino acid tryptophan is the building block from which the body bio-synthesizes serotonin when adequate B vitamins (B1, B3, B6, and folic acid) are present. Low serotonin levels promote premature ejacu-

lation, while enough serotonin can power one's nervous system to better handle intense sexual stimulation without triggering rapid ejaculation. Eating plenty of tryptophan-rich foods and taking natural herbs that elevate serotonin levels (see 3.1) is a great way to power prolonged pleasure during one's sexual play. Tryptophan also stimulates growth hormone release, as does the amino acid glutamine. The amino acids tyrosine and phenylalanine are the building blocks of dopamine, a neurotransmitter associated with triggering pleasure in life, sexual arousal, and orgasmic ecstasy.

The Potency Protein Profile

Because amino acids are very fragile and heat-sensitive, heat denatures (degrades) the delicate amino acids in protein. Therefore, cooked protein is okay, but raw protein is more powerful. Artificially synthesized "test-tube" amino acids found in poor quality nutritional supplement products are the least healthy.

Eggs are a nearly perfect source of protein. They are nutritional powerhouses, chock full of virilizing vitamins A, D, E, B₁₂, B₆, folate, thiamin, riboflavin and phosphorus. Eggs contain all the above mentioned amino acids crucial for building sexual neurotransmitters, as well as the B vitamin choline, the building block from which the body bio-synthesizes another neurotransmitter that plays an important role in the sexual response called acetylcholine (ACh). Eggs also contain zinc and iron. They contain all nine essential amino acids (amino acids that the body cannot make). They contain unoxidized cholesterol, a compound the body uses to build sex hormones. As mentioned, it is free radicals that are increasingly implicated in causing the body's liver to produce excess cholesterol, not dietary cholesterol. Studies have shown eggs actually improve the body's bad cholesterol status and help maintain LDL/HDL cholesterol levels (10).

The most potent way to eat eggs is raw. The old-school body-builders, boxers, and others who have extraordinary physical prowess have known how powerful and potent raw eggs are, and been eating them this way for years (11). Most people do not eat raw eggs because they associate them with the scary-sounding salmonella sickness. The renowned health-care professional, Dr. Mercola, debunks this unfounded scare:

“Why on earth would any competent health care professional ever recommend eating uncooked eggs? When you carefully analyze the risk of contracting salmonella from raw eggs, you will find that it is actually quite low. A study by the U.S. Department of Agriculture earlier this year (Risk Analysis April 2002 22(2):203-18) showed that of the 69 billion eggs produced annually, only 2.3 million of them are contaminated with salmonella. So simple math suggests that only 0.003 percent of eggs are infected. The translation is that only one in every 30,000 eggs is contaminated with salmonella. This gives you an idea of how uncommon this problem actually is ...Salmonella infections are usually present only in traditionally raised commercial hens. If you are purchasing your eggs from healthy chickens, this infection risk reduces dramatically. Remember, only sick chickens lay salmonella-contaminated eggs. If you are obtaining high quality, cage-free, organically fed, omega-3 enhanced chicken eggs as recommended above, the risk virtually disappears ...You might still be a bit nervous and say, ‘What if I follow these guidelines and still get an infection?’ Salmonella is generally a benign self-limiting illness in healthy people” (12).

For your safety, please only eat eggs raw that have come from a reliable source, a local family, small-scale “organic-style” farm. As discussed in detail in section 5.2, the agricultural-industrial complex cuts every cost and corner by implementing insane and inhumane industrial farming methods which breed sickness and suffering for animals and humans. For more information on consuming eggs raw visit Mercola.com.

Libido Lipids:

As mentioned in 1.2, nature’s raw lipids (fats) are essential hormonal building blocks, and they rejuvenate the nervous system. Many may fear fat because of the fatal fat fairy-tales that have been sold by the medical establishment and media. Dr. Al Sears clears up this confusion, “The most common form of medical malpractice is recommending the low-fat (read

high-carb) diet. Since most doctors know little to nothing about nutrition, it only makes sense that they often recommend the diet endorsed by mainstream medical organizations such as the American Medical Association (AMA) and the American Heart Association (AHA). These low-fat diets are actually high carb killers. In seeking to cut out “fatty” meats and cholesterol, they substitute man-made poisons such as pastas and breads and tubers” (13).

In addition to being an essential bio-chemical building block, fat is an excellent fuel source. Conversely, refined carbohydrates are counterproductive because they cause the body to secrete insulin, which sends the signal to the body to store fat. For more manly muscle and less fleshy, fatty flab, invert the medical establishment’s advice, eat ample quality fat and protein, and cut down on processed carbohydrates.

As with protein, fats are very fragile. When they are exposed to industrial processes such as high heat, hydrogenation, homogenization, and pasteurization, they become a toxic poison that contributes to heart disease. Therefore, it is important to avoid fabricated factory fats and fuel up on unadulterated libido-liberating lipids that come straight from the source, nature. For sources of pro-potency fats in their pristine form, see section 3.3 - “The Potency Panacea Principle”

Seeds and Nuts

Next on the sexual super-food pyramid are seeds and nuts such as pumpkin, sesame, sunflower, hemp, and flax, as well as nuts like almonds, walnuts, pistachios, cashews, etc. Some nuts and seeds contain phytosterols (plant hormones) that mask or coat the hormonal receptors in the prostate and the scalp to counteract the negative effects of DHT. For example, raw pumpkin seeds contain natural chemicals called cucurbitacins that protect the prostate from enlargement due to trapped DHT. Pumpkin seeds are also high in zinc, essential fatty acids, and beneficial proteins. Walnuts contain the healthy omega-3 fatty acids, L-arginine, folic acid, fiber, gamma-tocopherol, and other antioxidants, all of which provide nutritional sexual support. Studies also show that walnuts appear to help prevent atherosclerosis and other cardiovascular diseases (a common

source of impotence) by improving endothelial (blood vessel lining) function (14).

For maximum nutritional benefits, nuts and seeds should be eaten raw. Roasted seeds and nuts contain damaged fat that can lead to plaque in the arteries (15). Seeds that have been sprouted or germinated are in their most energetically vitalized and nutritionally potent state and contain even more nutrition. When consumed by the body, they rejuvenate at an astounding rate.

Sexual Spices

Next on the sexual super-food pyramid are spices. In Ayurveda (traditional Indian medicine), nutmeg has a long history as a health and sex aid. Modern research has revealed that nutmeg extract possesses aphrodisiac activity, increasing both libido and potency (16). Nutmeg also has other effects beneficial to sexual health: it can help increase circulation, lower cholesterol, and lower blood pressure (17). Please note that taking too much nutmeg can cause negative side effects.

Cinnamon

Cinnamon contains antioxidant properties (18), balances blood sugar, reduces triglycerides, LDL cholesterol and total cholesterol levels (19), along with many other health benefits.

Ginger

Ginger is a traditional aphrodisiac and flavor enhancer that has been found to have antioxidant properties, as well as providing excellent support for the cardiovascular system. Ginger extract has been shown to lower cholesterol, prevent LDL oxidation, and slow atherosclerosis (20). One should never take ginger root in conjunction with blood-thinning medications; it can make the blood too thin.

Cayenne Pepper

Cayenne pepper is a spicy sexual stimulant that boosts circulation (genital blood flow).