

Diet for Premature Ejaculation

Premature Ejaculation is a sexual dysfunction that is generally related to stress, anxiety or depression, and is not a condition that develops on its own. Men with Type 2 Diabetes, obesity or heart disease are prone to developing Premature Ejaculation.

With the Genesis Premature Ejaculation Program, you will learn simple diet modifications that have been shown in countless medical journals and in Ayurvedic medicine to return the body systems to balance and eliminate premature ejaculation naturally.

There is no diet specifically to cure premature ejaculation, but rather Ayurvedic diet modifications to reduce or eliminate harmful ingredients that impact efficient blood flow, cause inflammation and disease, such as Type 2 diabetes, heart disease and obesity. These diet modifications also improve mind/body balance to reduce stress, anxiety, insomnia, and depression, which are primary culprits in premature ejaculation.



Diet for Young Men with Premature Ejaculation (Age 20-40) and Older Men with Premature Ejaculation (Age 50-75)

- A poor diet high in trans-fats, cholesterol and sugar leads to cardiovascular disease, weight gain/obesity and Type 2 Diabetes, which are leading causes of premature ejaculation. 50% - 75% of men with Type 2 Diabetes have premature ejaculation.
- Stay away from foods that may make you feel tired or sluggish, especially if you plan to engage in sexual intercourse within 12 hours after the meal.
- If you eat a western diet high in fats, cholesterol, sugar and sodium, it is recommended that you adopt a more Mediterranean-style diet where fruits, nuts and grains are the focus of the meal, and meats are the side dish.
- If you do not eat a Mediterranean diet, limit consumption of red meat, and add red fruits and vegetables to your diet, which is a natural source of lycopene.
- Get 7-8 hours of sleep per day.

Foods to prevent Premature Ejaculation



- Increase consumption of dates, which is a popular food in Ayurveda to improve sexual performance.
- Men can eat several dried dates, or dates in milk to prevent premature ejaculation.
- Dark green vegetables are a good source of zinc, which improves blood flow to the major organs, and has been shown to improve blood flow to the penis.
- Eat foods high in Potassium (especially for older men age 50 and above), which is a natural combatant to high levels of sodium in foods.
- Red fruits and vegetables, such as watermelon, strawberries, pomegranate, and tomatoes contain lycopene, which relaxes blood vessels and improves blood flow, similar to Viagra, and without the side effects.
- Eliminate high consumption of sugar, which is one of the major causes of Type 2 Diabetes and weight gain. Nearly 50% to 75% of men with Type 2 Diabetes and obesity will get premature ejaculation.
- Eating foods high in fat, such as partially hydrogenated oil, increases unhealthy levels of fats and cholesterol in your blood, this leads to heart disease and diabetes. This includes fried foods and processed foods.
- Foods high in Omega-3 Fatty Acids that should be in your diet to eliminate sexual dysfunction and premature ejaculation are fish, flaxseed, walnuts, eggs, Canola Oil, and pumpkin seeds.
- High sodium consumption leads to high blood pressure, heart disease, Type 2 Diabetes and hypertension.
- Fruits, including bananas, strawberries, cantaloupe, oranges and watermelon are an essential source of phyto-nutrients.
- Use a natural colon cleansing product, to rid the body of the build-up of toxins due to a long-term poor diet.

Benefits of Eating Foods to Prevent Premature Ejaculation



- Improves blood flow and circulation to the major organs of the body.
- Reduces or eliminates stress or anxiety.
- Helps men achieve and maintain a hard erection, and helps men last longer in bed.
- Reduces chances of developing heart disease.
- Reduces or eliminates premature ejaculation in men with Type 2 Diabetes.
- Replaces fatty, sugary, high sodium and processed foods with healthy, natural foods, such as fruits, vegetables, nuts, fish and whole grains.
- Reduces weight gain that can lead to health problems and obesity.
- Reduces sluggishness and lethargy.
- Eating a healthy diet helps maintain a proper weight and BMI.
- Eating a healthy diet reduces hypertension, high blood pressure and LDL cholesterol.
- Eating foods low in LDL cholesterol, improves the utilization of insulin, which prevents Type 2 Diabetes.

In closing, studies have shown that making changes to your diet can act as a natural treatment for premature ejaculation.

Recommended Diet Modifications to Prevent Premature Ejaculation

The western diet is generally heavy in red meat, trans-fats, cholesterol, sugar and processed foods.

By making simple diet changes to your breakfast, lunch and dinner meals, this can significantly reduce many health related problems, such as erectile dysfunction and premature ejaculation.

While there is no specific diet to cure or prevent premature ejaculation, below are suggested meal modifications you can make, which have been shown to improve blood circulation, reduce toxins in the body, improve mood, boost energy levels and improve sexual function.

Breakfast Modifications:

Instead of having eggs for breakfast, which are high in cholesterol, replace with a popular Ayurvedic diet for improving sexual performance. This diet includes a bowl of dried dates in almond milk.

- Dried dates are high in Vitamin B3 (Niacin), which has been shown to improve male sexual function and stamina.
- Almond milk is a non-dairy alternative to animal derived milk, is low in fat and cholesterol and is a popular ayurvedic remedy for premature ejaculation by increasing time for a man to reach climax.

Lunch Modifications:

Reduce or eliminate consumption of red meat, such as hamburger or steak, particularly from a fast food restaurant. These meals are high in trans-fats, cholesterol and sodium.

Replace hamburger with an oily fish, such as wild caught salmon trout, which are high in Omega-3 Fatty acids. Other fish high in Omega-3 Fatty Acids are sardines, smelt, fresh tuna, and anchovies.

Benefits of Omega-3 Fatty Acids are:

- Increase antioxidants in the blood
- Natural anti-inflammatory, which is good for the prevention of heart disease, diabetes, and obesity.
- Men with heart disease, diabetes, and obesity are prone to develop premature ejaculation.

Dinner Modifications:

Replace hamburger with an oily fish, such as wild caught salmon trout, which are high in Omega-3 Fatty acids. Other fish high in Omega-3 Fatty Acids are sardines, smelt, fresh tuna, and anchovies.

Add the following vegetable suggestions to your dinner meal:

- Carrots are considered valuable in impotence. For better results, add about 150 grams of chopped carrots.
- Half of a boiled egg dipped in a spoon of honey, once daily for a month or two. This recipe increases sexual stamina.
- Asparagus or dried asparagus root are used in Unani medicine as an aphrodisiac. They are available in health food stores or Mediterranean markets as Safed Musli. Take 15 grams of asparagus roots boiled in one cup of milk twice a day. Regular use of this remedy is valuable in impotency and premature ejaculation.
- Eat 3 raw garlic cloves a day. Garlic is a popular aphrodisiac that is known to increase sperm production, and improve sexual performance.
- Ginger is a valuable aphrodisiac and beneficial in the treatment of sexual weakness. For better results, half a teaspoon of ginger root or ginger juice should be taken with a half-boiled egg and teaspoon of honey, once daily at night for a month.

It is recommended to use these diet modifications for two weeks to one month to cure premature ejaculation.

Genesis Premature Ejaculation Treatment Program

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