

Diet Modifications for Male Enhancement

With the Genesis Male Enhancement Program, you will learn simple diet modifications that have been shown in countless medical journals and in Ayurvedic medicine to help achieve your male enhancement goals.

In order to achieve permanent male enhancement results, your heart, blood vessels and organs must be healthy enough to push the increased amount of blood to your penis to both achieve an erection and maintain it during sexual intercourse.

You should reduce your consumption of these foods, which block arteries, damage your heart and impact sufficient blood flow to the penis:

- Foods high in LDL cholesterol
- Foods with high levels of trans-fat
- Food high in sodium and sugar
- Processed Foods
- Fried Foods

Increase your consumption of these foods:

- Red and purple colored fruits and vegetables.
- Adding spices to your meal, especially peppers, onion, garlic, turmeric and basil not only make food tastier, they increase libido and sex drive in men.
- Lean meat in moderation helps boost sexual energy.
- Darker the fruit or vegetables, such as beets, and green leafy vegetables have a higher concentration of vitamins, nutrients, zinc, iron and antioxidants.
- Foods high in vitamins and minerals.
- Foods low in sugar, trans-fats and sodium, antioxidants,
- Foods high in HDL cholesterol.
- Foods high in omega-3 fatty acids, such as oily fish and nuts.

These diet modifications increase blood flow to the major organs of the body by relaxing blood vessels to improve blood circulation and oxygen saturation, two components necessary to maintain an erection.

For men with Type 2 Diabetes and heart disease, these diet modifications are designed to help you reduce LDL cholesterol and increase insulin utilization. Men with high cholesterol and poor insulin utilization generally have erection problems.

Male Enhancement Diet for Young Men (Age 20-40) and Older Men (Age 50-75).

- A diet low in trans-fats, cholesterol and sugar reduces cardiovascular disease, weight gain/obesity and Type 2 Diabetes, which improves blood circulation.
- Trans-fats and cholesterol leave deposits on the inside walls of the arteries and blood vessels that restrict blood flow to the corpus cavernosum.
- Do not supersize your meals. This leads to obesity. Eat until you are satisfied and not full, usually one moderate-sized plate.
- Eat foods that contain 250mg to 500 mg of Vitamin C per day. Vitamin C helps increase blood flow and strengthens your immune system.
- Drink 6-8 glasses of water per day. The human body is 75% water, so your body requires more water than food for survival.
- Increase consumption of Vitamin E, which is known to prevent disease, such as cancer, is an antioxidant and increases the production of sex hormones.
- Stop smoking. Cigarette smoke contains 4,000 cancer-causing carcinogens that make the smooth arterial walls rough, which results in arterial sclerosis and blood clots, thus reducing the size and hardness of your erection.
- Reduce or eliminate alcohol consumption. Excessive alcohol use numbs the central nervous system and weakens male libido (sexual desire).
- Eat foods that contain 250mg to 500 mg of Vitamin C per day.
- Take a male supplement that contains saw palmetto or ashwagandha. These two natural ingredients have been used in Ayurveda for thousands of years to improve male sexual performance.
- Add red fruits and vegetables to your diet, which is a natural source of lycopene, antioxidants and other nutrients.
- Get 7-8 hours of sleep per day.

Foods to Improve Male Enhancement



- Dark green vegetables. 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 and improves prostate function.
- Foods High in Potassium (especially for older men age 50 and above). Potassium 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.
- Reduce consumption of processed foods, which are high in trans-fats, sodium, sugar and cholesterol.
- Eat foods low in fat, which reduces unhealthy levels of trans-fats and cholesterol, such partially hydrogenated oil, which leads to heart disease and diabetes.
- Eat foods low in Low Density Lipoproteins (LDL cholesterol) and trans-fats. LDL cholesterol is the “bad cholesterol” that builds up in the arteries causing coronary heart disease and a leading cause of heart attacks.
- Increase foods high in High Density Lipoproteins (HDL cholesterol), which is the “good cholesterol” that has been shown to scrub the arteries of the plaque build-up that hardens arteries and impairs good flow of blood through the body.



- Foods high in Omega-3 Fatty Acids that should be in your diet are oily fish, flaxseed, walnuts, eggs, canola oil, and pumpkin seeds. They are essential to control heart disease, reduce hypertension, rheumatoid arthritis, Alzheimer's disease, and diabetes.
- Fruits, including bananas, strawberries, cantaloupe, oranges and watermelon are an essential source of phyto-nutrients, which are compounds found in fruits and vegetables that protect the body against disease, illness and cell degeneration.
- Pomegranate or pomegranate juice is one of the best and complete sources of antioxidants you can consume.

Benefits of Eating Foods for Male Enhancement



- Improves blood flow to the major organs of the body.
- Reduces chances of developing heart disease.
- Reduces or eliminates Type 2 Diabetes.
- Reduces weight gain that can lead to health problems and obesity.
- Helps men achieve an erection naturally without medication.
- 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.
- A healthy diet and daily exercise reduces arterial inflammation and helps the body to produce and use nitric oxide in the blood, which helps men achieve and maintain an erection.

Genesis Erectile Dysfunction Treatment Program™ is a worldwide protected publication.

© Copyright Genesis Erectile Dysfunction Treatment Program™ and www.bangaloregenesishospital.com

All Rights Reserved

This guide or any part of it may not be reproduced or transmitted in any form whatsoever, including but not limited to recording, photocopying, or by any other means of information storing or retrieval system without written, signed and dated permission by the author. This guide is for the exclusive use of the client and should not be distributed or transferred.

Legal Disclaimer

All efforts have been made to make the information contained in this guide correct, verified and accurate. The author and his referrals cannot assume responsibility in any way for errors, omissions or inaccuracies. Any possible slights of people or organizations are unintentional. The content herein is for information purposes only and the author does not accept any responsibilities for any liability resulting from the use or actions resulting from the use of this information. The information provided is not a substitute for proper medical advice. If in doubt, please consult the doctor or licensed medical practitioner. The statements and opinions made here have not been evaluated by the Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease. The information contained herein represents the views of the author as of the date of publication. The author reserves the right to update, review or modify information and his opinions based on new conditions and the information contained herein can be modified or updated at any time.

Breakfast Modifications:

Instead of having eggs for breakfast, which are high in cholesterol, replace with a popular Ayurvedic diet for male enhancement. 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.
- Whole grain cereal and milk or almond milk.

Recommended to use for two weeks to one month to cure premature ejaculation.

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.

Replace processed food lunch meals heated up in a microwave oven with a salad, or make a lunch from home and bring to work.

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.
- Include 2-3 teaspoons of spices to your food to your taste, such as chilies, peppers, chopped or whole garlic, onion, turmeric and basil. These spices not only add flavor, they also increase libido and male sex drive.
- 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 said this remedy helps to relieve impotency, premature ejaculation, and spermatorrhoea.

In closing, studies have shown that eating a health male enhancement diet along with doing penis enhancement exercises will help you achieve a longer and firmer erection naturally.

Genesis Male Enhancement Program™ is a worldwide protected publication.

© Copyright Genesis Male Enhancement Program™ and www.bangaloregenesishospital.com

All Rights Reserved

This guide or any part of it may not be reproduced or transmitted in any form whatsoever, including but not limited to recording, photocopying, or by any other means of information storing or retrieval system without written, signed and dated permission by the author. This guide is for the exclusive use of the client and should not be distributed or transferred.

Legal Disclaimer

All efforts have been made to make the information contained in this guide correct, verified and accurate. The author and his referrals cannot assume responsibility in any way for errors, omissions or inaccuracies. Any possible slights of people or organizations are unintentional. The content herein is for information purposes only and the author does not accept any responsibilities for any liability resulting from the use or actions resulting from the use of this information. The information provided is not a substitute for proper medical advice. If in doubt, please consult the doctor or licensed medical practitioner. The statements and opinions made here have not been evaluated by the Food and Drug Administration and are not approved to diagnose, treat, cure or prevent disease. The information contained herein represents the views of the author as of the date of publication. The author reserves the right to update, review or modify information and his opinions based on new conditions and the information contained herein can be modified or updated at any time.