

## Lifestyle Changes for Men with Balanitis and Phimosis

- While there are few measurable cases of Balanitis and Phimosis directly related to smoking, smoking is directly related to Diabetes and Eczema, and penile disorders are related to Diabetes and Eczema.
- Men who smoke have higher instances of Diabetes and Eczema.
- Men who smoke are 3 times more likely to develop Diabetes than non-smokers.
- Tar in cigarettes clings to the smooth walls of arteries, impacts efficient blood flow and leads to cardiovascular disease and Diabetes.
- Men with diabetes are more likely to develop infections, such as Balanitis, than men without Type 2 Diabetes.
- Long-term use of nicotine products also leads to various health issues, such as heart disease, Type 2 Diabetes and lung cancer.
- Since many smokers begin as children under age 18, this contributes to Erectile Dysfunction and penis enlargement difficulties in young men in their 20's.
- Smoking can reduce a man's lifespan by 10 years.
- Smoking damages blood vessels, which causes high blood pressure and hypertension.



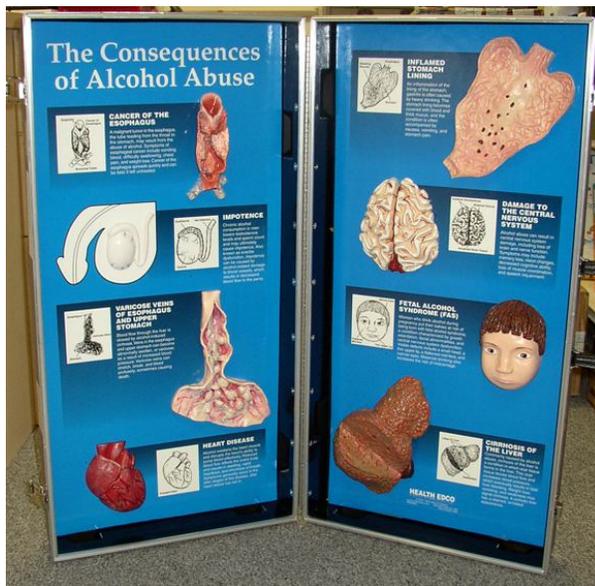
## Benefits of Quitting Smoking for Balanitis and Phimosis



- The body immediately begins to heal itself when someone quits smoking, and they can be 100% free of smoking-related issues within 5 years.
- Quitting smoking can help eliminate symptoms of Type 2 Diabetes, and related disorders.
- Quitting smoking is a beneficial for men with Balanitis and Phimosis, by eliminating or reducing the affect of diseases and disorders that contribute to Balanitis and Phimosis.
- Smoking has been shown in several studies to exacerbate symptoms of eczema compared to men with eczema who did not smoke.
- Lifespan can increase by 5-10 years if a person quits smoking and ill effects of smoking are reversed.
- Men who smoke and have eczema, seem to have higher instance of depression than men who smoke and did not have eczema.
- Studies show men who quit smoking will reach arousal and climax five times faster than men who continue to smoke.
- Quitting smoking can prevent the formation of heart disease, lung disease and Type 2 Diabetes.
- The goal of making lifestyle changes, is to prevent the need for surgery to correct the foreskin that is affected by Balanitis or Phimosis.

## Phimosis and Balanitis in Men who Drink Alcohol

- Alcohol consumption acts as a depressant on the central nervous system, and impacts a male's ability to achieve and maintain a hard erection.
- Excessive alcohol use damages the liver, and liver damage can cause skin disorders such as eczema. Men with Phimosis and Balanitis have higher instances of eczema
- Light alcohol consumption generally will not impact male enhancement.
- Excessive alcohol consumption dilates the blood vessels in the skin, which can lead to flare up of some skin disorders, such as Phimosis related to eczema.
- Alcohol consumption dehydrates the skin. This can cause excessively dry skin on the face, neck, hands and other body parts.
- Men, who reduce or eliminate alcohol consumption, are less likely to have skin flare ups, such as eczema, which can lead to Phimosis..



## Genesis Balanitis and Phimosi Treatment Program

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