

Lifestyle Changes to Eliminate Erectile Dysfunction in Young Men (20-40) and Older Men (50-75)

Erectile Dysfunction and Smoking

- Smoking cigarettes is a leading contributor to erectile dysfunction.
- Men who smoke are 60% more likely to develop ED than non-smokers.
- Tar from cigarettes attaches to the inside lining of the arteries. This makes the smooth surface bumpy and hard, which leads to heart disease.
- Long-term use of nicotine products also leads to various health issues, such as disease and cancer.
- Since many smokers begin as children under age 18, this contributes to Erectile Dysfunction in young men in their 20's.
- Smoking can reduce a man's lifespan by 10 years.
- Damages blood vessels and raises blood pressure.



Benefits of Quitting Smoking as a Natural Treatment for Erectile Dysfunction



- The body immediately begins to heal itself when someone quits smoking, and can be 100% free of smoking-related issues within 5 years.
- Men with ED, due to smoking, can see improved erections within 1-2 months or less after quitting smoking.
- Quitting smoking is a beneficial natural cure for both young men with erectile dysfunction and older men with erectile dysfunction.
- Prevents or reduces affects of heart disease.
- Improved blood flow to major organs.
- Body begins to cleanse itself of tar and nicotine build-up.
- Within 5 years of quitting smoking, affects of smoking on the body can be fully reversed naturally.
- Quitting smoking can eliminate or reduce the chance of developing smoking-related diseases.
- Lifespan can increase by 5-10 years if a person quits smoking and ill effects of smoking are reversed.
- Men who stop smoking are more likely to achieve larger and stiffer erections, as damaged blood vessels begin to repair themselves.
- Studies show men who quit smoking will reach arousal and climax five times faster than men who continue to smoke.

Risks of Erectile Dysfunction in Young Men and Older Men who Drink Alcohol

- Alcohol consumption acts as a depressant on the central nervous system.
- Excessive alcohol use inhibits male libido and sexual arousal.
- Light alcohol consumption generally will not cause impotence.
- Excessive alcohol consumption dilates the blood vessels, and allows blood to leak out, which can prevent a man from achieving or maintaining an erection.
- Alcohol consumption can interrupt messages between the brain and vital organs that is required to trigger libido and sexual stimulation.
- Excessive alcohol consumption prevents nerve impulses in the penis to allow blood to flow in and cause an erection.



Importance of Exercise for Young Men (Age 20-40) and Older Men (Age 50-75)

Daily Exercises for Young Men (Age 20-40)

- Exercise, especially walking, running, biking and cardiovascular exercise, reduces the risk of heart disease, which prevents or reverses erectile dysfunction.
- Daily exercise reduces inflammation of the arteries, improves blood circulation, reduces high blood pressure and hypertension.
- Exercise reduces your chances of developing Type 2 Diabetes, which has become a common cause of erectile dysfunction in young men.
- A good exercise regimen will raise your heart rate, which improves oxygen saturation in blood and improves the strength and size of your erection.
- Pelvic muscle exercises are important to strengthen muscles needed to prevent blood leakage that impacts a man's erection.



Benefits of Exercise for Young Men (Age 20-40)

- Exercise helps young men maintain proper healthy weight.
- Men in their 20's or 30's who exercise 2-3 times per week for 30 minutes or more are less likely to develop obesity or Type 2 Diabetes.
- Young people who exercise regularly are less likely to have work-related stress and anxiety, or can adapt to stressful situations more easily.

- Exercise reduces high blood pressure in young men between the ages of 20 and 40.
- Exercise improves blood flow and circulation, which can increase blood flow to the penis, to help achieve and maintain an erection.
- Daily exercise has been shown to improve mood, well-being, reduce insomnia and can prevent depression.
- It is important to see your doctor before beginning any exercise regimen, especially if you are overweight or have a health condition.

Daily Exercises for Older Men (Age 50-75)

- Exercise, such as walking, biking and light cardiovascular exercise, can help older men with heart disease reverse erectile dysfunction.
- Daily exercise reduces inflammation of the arteries, improves blood circulation, reduces high blood pressure and hypertension.
- Pelvic muscle exercises are important to strengthen muscles needed to prevent blood leakage that impacts a man's erection.
- A good exercise regimen will raise your heart rate, which improves oxygen saturation in blood and improves the strength and size of your erection.
- Older men who are new to exercise or have a medical condition should see their doctor before beginning this or any exercise program.



Benefits of Exercise for Older Men (Age 50-75)

- Exercise helps older men maintain proper healthy weight.
- Older men with ED who exercise 2-3 times per week for 30 minutes or more are more likely to reduce symptoms of obesity or Type II Diabetes, which are common causes of erectile dysfunction.
- Older people who exercise regularly are less likely to have work-related stress and anxiety, or can adapt to stressful situations more easily.
- Exercise improves blood flow and circulation, which can increase blood flow to the penis, to help achieve and maintain an erection.
- Exercise reduces high blood pressure and hypertension.
- Daily exercise has been shown to improve mood, well-being, reduce insomnia and can prevent depression.
- A good exercise regimen will raise heart rate, which improves oxygen saturation in blood.
- It is important to see your doctor before beginning any exercise regimen, especially if you are overweight or have a health condition.

In closing, studies have shown that in addition to exercise, by making simple lifestyle changes like the ones in this module, this program will give the best natural treatment for erectile dysfunction.

Genesis Erectile Dysfunction Treatment Program

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.