

Lifestyle Changes for Male Enhancement in Young Men (Age 20-40) and Older Men (Age 50-75)

Male Enhancement and Smoking

- Smoking cigarettes causes heart disease, which is a leading contributor to erection problems that can affect male enhancement, by limiting blood flow to the penis.
- Men who do the male enhancement exercises and continue to smoke may not achieve the best penis enlargement results they desire, due to lack of blood flow to the penis from cardiovascular disease.
- Men who smoke are 60% more likely to have erection problems than non-smokers.
- Tar in cigarettes clings to the smooth walls of arteries, impacts efficient blood flow and leads to cardiovascular disease.
- Cigarette smoke contains 4,000 cancer-causing toxins.
- Long-term use of nicotine products also leads to various health issues, such as heart disease 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.



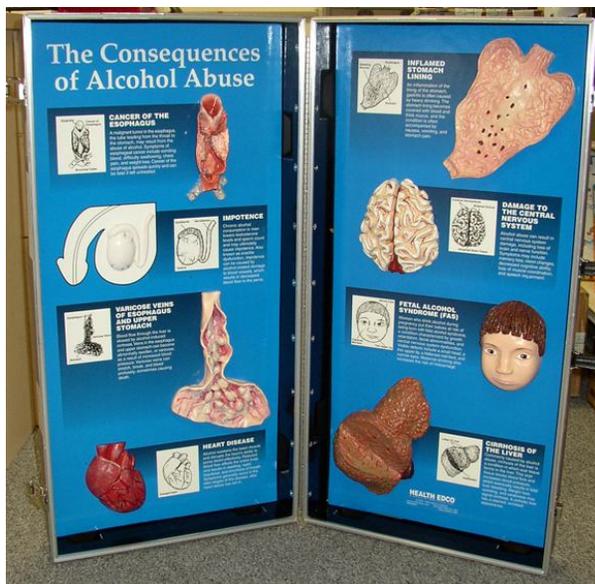
Benefits of Quitting Smoking for Male Enhancement



- The body immediately begins to heal itself when someone quits smoking, and they can be 100% free of smoking-related issues within 5 years.
- Men with erection problems, due to smoking, and begin the male enhancement program, can see improved erections within 1-2 months or less after quitting smoking.
- Quitting smoking is a beneficial for both young men with erectile dysfunction and older men who seek natural male enhancement.
- Ayurvedic male enhancement exercises can improve blood flow to the penis, allowing men to achieve longer, harder and thicker erections, naturally.
- 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.
- Quitting smoking can prevent the formation of heart disease or lung disease

Male Enhancement in Young Men and Older 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 inhibits male libido and sexual arousal, which impacts a male from achieving a hard erection, or no erection at all.
- Light alcohol consumption generally will not impact male enhancement.
- 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.
- Men, who drink excessively and do the Genesis Male Enhancement Exercises, may not achieve the penis enlargement results they desire.
- Men, who reduce or eliminate alcohol consumption, are more likely to achieve a longer, firmer and thicker erection.



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, and improves blood flow to the major organs, including the penis.
- A good exercise regimen will raise heart rate, which improves oxygen saturation in blood and improves the length and hardness 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, and reduces chances of developing heart disease, Type 2 Diabetes and obesity.
- People who exercise 2-3 times per week for 30 minutes are less likely to develop obesity or Type 2 Diabetes, and experience better erections, due to improved blood circulation.
- Young people who exercise regularly are less likely to have work-related stress and anxiety, or can adapt to stressful situations easily.
- Exercise reduces high blood pressure in young men between the ages of 20 and 40.

- Young men who exercise regularly are able to achieve a hard erection more easily than a man who does not exercise.
- A good exercise regimen will raise heart rate, which improves oxygen saturation in blood.
- Daily exercise has been shown to improve mood and 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 erection problems.
- A good exercise regimen will raise 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.
- Older men who are new to exercise or have a medical condition should see their doctor before beginning this or any exercise program.
- Older men should exercise 15 to 30 minutes per day, two to three days per week.
- A good exercise regimen for older men will slightly raise the heart rate. Follow a heart rate chart for your age and weight.



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

- Exercise helps older men maintain proper healthy weight.
- Older men who exercise 2-3 times per week for 30 minutes are more likely to reduce symptoms of heart disease, obesity or Type II Diabetes, which are common causes of erectile dysfunction.
- Older men who exercise regularly are less likely to have work-related stress and anxiety, and can reduce or eliminate depression.
- Exercise reduces high blood pressure and hypertension.
- Exercise to maintain heart health, in addition to performing the Genesis male enhancement exercises can help older men reverse penis shrinkage.
- A good exercise regimen will raise heart rate, which improves oxygen saturation in blood.
- Daily exercise has been shown to improve mood and prevent depression.
- 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.

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