THE ERECTION CONNECTION

A COMPLETE GUIDE TO MALE SEXUAL WELLNESS

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A COMPLETE GUIDE TO MALE SEXUAL WELLNESS

You Can Have a More Powerful Penis!
Secrets to Sensational Sex!
Be Your Best Lover Ever!

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Preface

Why write a book about Male Enhancement?

You may be wondering, why did I choose to write a book about male sexual performance? After all, it’s not exactly a book that will likely be left out on the coffee table, or discussed during polite dinner conversation.

But, it is precisely those reasons why I chose to write this book. This book is NOT about “Erectile Dysfunction,” although we will talk a little bout that condition.

I see men in my practice all the time, that do not have ED, but neither can they perform as well as they used to, or would like to. It is for those men who have sought “male enhancement” or increases in size or performance in dubious pills and products that I write this book.

I want expose the many myths and realities about male enhancement and sexual performance, and to let all men know that there are safe and effective ways to make what is good – even better!

My goal is to have men gain a deeper understanding of how and why their ability to perform changes, to expose the many myths and misconceptions that there are about male sexual wellness, and to let men and their partners know that there are many ways your doctor can help you to have the best sex lives ever!

Dr. Richard Gaines
President and Chief Medical Officer, AAG HealthGAINS
INTRODUCTION

Everything You Want to Know about Male Enhancement, but Were Afraid to Ask

What do you think of when you hear the term male enhancement? Probably penis enlargement. True, for many men a bigger penis can improve your sex life, psychologically and physically. However, when it comes to the broad range of techniques available today to improve sexual wellness, there is much more to male enhancement than just increasing size.

In fact, in my practice I have used techniques and treatments that do not necessarily increase penis size at all, but still, have improved a man’s ability to perform, achieve harder and more sustainable erections, and realize an overall more satisfying sex life.

Why Male Enhancement?

Again, the way I use the term male enhancement is all encompassing. I am a firm believer that a healthy and satisfying sex life, no matter your age, is essential
to overall health and wellness. Studies published in respected peer reviewed medical journals have found that men with active healthy sex lives have a lower risk of heart disease, tend to be less obese, and even live longer, then those with a lackluster love life.

The truth is, any man can benefit from an “enhanced” sex life, and male sexual enhancement can mean different things for different individuals, from wanting a little more size, to increased libido, a cure for erectile difficulties, or any combination thereof!
CHAPTER 1

The Truth About Male Enhancement

Penis Enlargement, What You Need to Know

One of my purposes in writing this book is to clear the air about penis size, penis enlargement, and so-called “male enhancement products.”

Despite recent headlines about the dubious, and in some cases, dangerous nature of many of these products, advertisements for countless pumps, pills, and powders offering to add inches to your penis continue.

Do any of them work? Basically, no. But before we discuss that, let’s once again take a look at the truth about the average size of a man’s penis. Clinically speaking, a small penis is one that is less than 3 inches. The average penis size is 3 – 5 inches when flaccid, and 5-7 inches when erect. Most men who think they have a small penis, are actually more likely to be average, or even above average.

Also, contrary to popular belief, just about any size penis can be accommodated by the vagina and bring a woman to orgasm. In fact, in most surveys, most women say they
do not prefer men with a very large penis.

**Male Enhancement Products**

Now, on to those penis enlargement products. Beyond surgery, there are few if any medically proven devices or products that can provide any kind of permanent male enhancement or increase in penis size.

**Penis Pills**

You have seen the ads, or gotten the emails for supplements with hundreds of names like Extenz, Maximus, Erex, etc., etc. The lot of these are a complete waste of money. They cannot provide anywhere near the results they claim, and some can be downright deadly.

**Penis Pumps**

A penis pump works by forming a vacuum seal around the penis, and pulling more blood into the penis. In this regard, they can help somewhat in some cases of Erectile Dysfunction, but any increase in size is temporary, and prolonged use without medical supervision, could lead to damage to the penis, and/or Peyronie’s Disease.

**Penis Surgery**

There is a technique called phalloplasty, or penis enlargement surgery, but it should not be used for purely cosmetic reasons, and even then, only in cases of an extremely small penis, as in 3 inches or less.

**Sexual Performance and Penis Size**

While there is no definitive correlation between penis
size and your ability to perform sexually, they are related. Biologically speaking, the size of your penis has nothing to do with your ability to achieve or maintain an erection. In fact, flaccid penis size also has very little to do with erect penis size.

Still, men that are of the impression they do not measure up, so to speak, may have problems performing based on emotional factors, such as lack of self-esteem, or embarrassment.

*Platelet Rich Plasma for Male Enhancement*

There are many so-called male enhancement products that promise increases in penis size. Most of these claims are dubious at best. But there is one *medically proven* male enhancement procedure that offers both a treatment for erectile dysfunction, and can increase both the length and the girth of your penis. It uses platelet rich plasma, or PRP.

PRP uses stem cells and the growth factors in your own blood to increase blood supply to the penis, and to stimulate the growth of new tissue. PRP, as used in my own Gains Enhancement®, is administered in a simple pain-free injection. The results are almost immediate and can last for over one-year.

Results of course can vary, but, generally speaking, to achieve the same increases in length, as well as overcome ED as you can with PRP, you would have to have penile implant surgery!

You will learn a lot more about PRP, The Gains
Enhancement® and other ground breaking treatments to help you perform like you never have before in Chapters 11 and 12.

**Pulsed Acoustical Wave Therapy**

There is a new, clinically proven male enhancement technique that is making waves throughout the medical and adult entertainment communities!

It is a remarkable, Male Enhancement treatment that uses sound waves to “pump up the volume” in your penis.

The technique, which we call “GainsWAVE Therapy” uses technology and a device similar to one that Men’s Health Magazine recently called the “New Viagra.”

**How do Sound Waves Help Your Perform Better?**

The technical term for this type of treatment is “extracorporeal shock wave therapy,” or “Audio Frequency Shockwave Therapy.” Regardless of what it is called, basically the technique uses mild acoustical waves to “shock” your penis back to life!

But, do not let the word “shock” scare you. At HealthGAINS we make the treatment completely painless.

So how does sound stimulate longer, harder and more frequent erections? Basically the pulsating waves stimulate increased blood flow to the penis, by stimulating the growth of new blood vessels. Blood flow
is essential to normal erectile function.

It is believed that the pulsed acoustical waves also have the ability to “wake-up” dormant stem cells in the penis, which also leads to improved erectile function and enhanced tissue growth. In other words GainsWAVE therapy may also increase the size of your penis!

*Sound Waves can also be an effective ED Treatment*

GainsWAVE therapy can help any male perform better sexually. For men that have ED, or erectile dysfunction, it is also an effective alternative treatment to medication. In clinical trials, acoustical wave therapy for ED proved to be effective, even for men that did not respond well to other treatments. A recent study published in the Journal of Sexual Medicine, found that 80% of the men treated with wave therapy showed some improvement in erectile dysfunction.

30% of the men in the study, who were using oral ED medication, achieved significant improvement, and did not need to use medication for months after receiving pulsed-waves as an ED treatment.

*Expected Results From GainsWAVE Therapy*

As with any medical procedure, your individual results of GainsWAVE Therapy will vary, but we have seen many men achieve significant results with a single treatment.

Depending on your age, medical history, and what kinds
of male enhancement you desire, we may combine GainsWAVE Therapy with other male sexual wellness treatments, such as the Gains Enhancement®, to maximize the effectiveness of your treatment.

Keep in mind that as opposed to “male enhancement” supplements, medications, and other more invasive penis enlargement or male enhancement treatments cures, GainsWAVE Therapy:

• Is drug-free and surgery-free
• Is completely non-invasive, and has little or no known side effects
• Is a simple in-office procedure, with each treatment taking only 20 to 30 minutes
• Provides long lasting results with little or no downtime

GainsWAVE Therapy can give your love life the bedroom boost it needs!

GainsWAVE therapy may “sound” too good to be true, but has been proven to help many men get back to having the best sex ever!

What About Sexual Enhancement Supplements?

So-called natural sexual supplements seem to be everywhere today. Whether to improve libido, boost performance, or give men that little extra lift they need in the bedroom, there isn’t any lack of sexual supplements designed to enhance or improve your sex life.
Men in particular seem to be a major target for sexual supplement advertising. If you are a male of a certain age, you probably can’t open your email inbox without being bombarded by headlines offering everything from relief for ED, to increased penis size. But is there any truth to their claims?

Sexual supplements in the US and abroad are a multibillion dollar business. Ageing baby boomers, and men in particular are seeking alternatives to prescription pharmaceuticals for sexual wellness. There are several reasons for this, cost for one, and also a perception that sexual supplements are “all natural,” and therefore offer a healthier alternative to prescription ED medications.

That last one, the idea that these so-called male enhancement supplements are safe, because they are made from herbs and other “natural” ingredients, is where many men have made terrible, even fatal, mistakes.

Anything that is sold as a “nutritional supplement,” is not regulated by the FDA. That means they can pretty much say whatever they want about what they can do to improve your size or performance. It also means they do not have to disclose the actual ingredients used. That means they may be at best, some phony “goat powder” that does nothing. At worst, it means they could contain dangerous, even deadly ingredients.

CNN Investigates

A recent CNN investigative report found that nearly 80% of so-called “male enhancement” supplements actually contained prescription ED drugs like Viagra.
That same CNN report stated that in 2012, a supplement called Rock Hard for Men was found to contain both a counterfeit version of the ED medication Cialis in combination with a diabetes drug called glyburide. Years earlier, that same combination of drugs was found in sexual supplements that had been linked to the deaths of dozens of men in China.

This does not mean that all sexual supplements are worthless, or dangerous, but, consumers should approach the use of them with caution. As with any dietary supplements, stick with well-known or name brands that clearly list all of their ingredients. Beware of outrageous claims, and as with most things, follow your instincts. If something sounds too good to be true – you are probably right!

**Authentic Treatments For Male Sexual Wellness**

Rather than turning to your health food store or the internet for supplements that may be unproven or dangerous, you should seek the advice of qualified, medically trained, sexual enhancement professionals.

Only through proper analysis and diagnostics, can doctors get at the root of your sexual issues, and then prescribe the most effective treatments for your individual needs and lifestyle.

For example, a testosterone deficiency could be the reason for sexual dysfunction, and treatments for Low-T, such as testosterone replacement therapy, may be indicated. We will discuss more on the link between male
sexual performance and hormones in Chapter 5.

Premature Ejaculation

Difficulties in getting or maintaining an erection is one type of male sexual dysfunction, but it is not the only one. In fact the most common male performance issue has nothing to do with your ability to get an erection -- it’s premature ejaculation, or PE.

PE, as the name implies, is a tendency to ejaculate upon very little stimulation, either during foreplay, or just as sexual intercourse begins. It can be as devastating on a man’s sex life as erectile dysfunction. Premature ejaculation can cause significant emotional distress in men, and be particularly stressful on relationships.

While different conditions, erectile difficulties and PE can be related. Since they can share many root causes, erectile dysfunction and premature ejaculation often occur together. Both conditions can be brought on by emotional factors such as stress and anxiety. It is not uncommon for one condition to influence the other. Men who “know” they may have difficulty obtaining or maintaining an erection may be subconsciously “training” themselves to ejaculate too early.

The two conditions are not only connected emotionally, they can share a physical or biological cause as well. Good blood flow is vital to an erection. Hampered blood flow can interfere with getting an erection hard enough to achieve penetration, however, you may still have full “sensation” and thus ejaculate, before engaging in, or completing intercourse.
You will learn a lot more about ED and the anatomy of an erection in Chapter 8.

**Peyronie’s Disease**

Men with Peyronie’s Disease have a curved penis. In some men, the curve does not present any problems. Sometimes their partners even find their curved penis oddly attractive and exciting. However, Peyronie’s disease, or PD can also cause erectile dysfunction.

For these men with Peyronie’s and ED, they sometimes turn to Viagra, or similar oral ED medications for help. But, is taking Viagra a good idea for men with Peyronie’s? Let’s take a closer look.

**Peyronie’s Disease and Viagra**

Peyronie’s disease is characterized by fibrous scar tissue that forms beneath the surface of the penis. This scar tissue can often make it difficult or impossible to have a normal erection. The number of men with Peyronie’s who also have ED is quite high, with nearly 80% of men with PD, also reporting some degree of ED.

Interestingly enough, doctors who treat men with PD, think that the increased public awareness of ED that drugs like Viagra created, also led to more men seeking treatment for Peyronie’s. However, Viagra is not a preferred ED treatment for men with Peyronie’s and ED.

In fact, Pfizer, the manufacturer of Viagra warns, “Viagra should be used with caution in patients with anatomical deformation of the penis (such as angulation, cavernosal fibrosis or Peyronie’s disease).”
I treat men with Peyronie’s, and I treat men with ED. I can assure you, that warning is valid. It can be painful and dangerous for men with PD to take Viagra. The problem is the way Viagra works. Viagra increases blood flow to the penis, but it cannot do anything to lessen the scar tissue causing Peyronie’s. In a way, ED in men with Peyronie’s is a kind of defense mechanism. Not being able to get an erection, prevents you from further damaging the penis. Taking an Oral ED medication like Viagra, can force a man with Peyronie’s to get a painful erection. That forced erection can even create more scarring and make the Peyronie’s worse!

However, as you will learn in later chapters, some of the new techniques we are using for ED, such as pulsed wave therapy and PRP treatments, can be very helpful for men with PD and ED.

As you can see, male enhancement, or male sexual wellness, encompasses much more than erectile function. There is no need to feel like you are “less of a man,” or embarrassed if you find anything lacking about your sexual performance, see your doctor!
CHAPTER 2

Lifestyle and Risk Factors

We know that changes in sexual performance can be caused by any number of physical conditions from low hormone levels to certain disease conditions, such as diabetes, or high-blood pressure. Emotional conditions and your lifestyle habits can also profoundly impact your sexual wellness. In fact, a recent study published in *The Journal of Sexual Medicine*, indicated that so called “mommy issues” could lead to performance problems! That study concluded that a strained relationship with your mother as a boy, could lead to problems in the bedroom as a man. I am not so sure about that, but I do know that there are many bad habits that can contribute to your ability to perform.

Your penis is a part of your body, and like any other part of your body, the way you treat it, effects how well it does, or does not function.

If you are not having the best sex ever, maybe you are not taking proper care of your penis!

*Behavior and Habits that Effect Your Erection*

Men in general do not always live the healthiest of lifestyles, but they rarely will make changes, until those
“bad habits” lead to trouble in the bedroom! Here are some ways you should “clean up your act,” that could help you be the kind of lover you want be.

**Reduce stress**

Stress is one of the main reasons men over 40 come to me with performance issues. Most of these men are in very competitive, highly demanding jobs. They tend to have a problem “leaving work at the office.” This leads to stress, anxiety and issues with desire and performance. Try to “turn off work,” and separate work time from “me time.” Make other efforts to reduce stress, such as yoga, meditation, or exercise. All of these can improve sexual performance.

**Poor sleep**

Many men with “bedroom blues” also have poor sleep habits. Studies have shown that getting less than 5 hours of sleep a night reduces your testosterone levels, which of course effects your ability to perform sexually. Lack of sleep also leads to increased stress and anxiety.

**Check your medicine cabinet**

Did you know that there are medications you may be taking that have decreased libido or ED as a potential side effect? Antidepressants, some blood pressure medications, even popular over-the-counter hair growth products, can all contribute to ED. Read the labels of any drugs you are taking.

**Maintain good oral health**

Rotten teeth and bad breath can affect your sex life in more ways than one! Recent studies have found that
a majority of men with gum disease also have ED. The reason? Researchers speculate that bacteria from gingivitis gets into the blood stream and effects blood flow to the penis.

Minimize alcohol consumption

One or two drinks may help set the mood, but keep it at that. Any more, can impair your ability to perform. Long term alcohol abuse can lead to chronic erectile difficulties.

Keep Your Laptop off Your Lap

Using your laptop on your lap for long periods of time warms the testicles, and decreases sperm count and testosterone production, which can lead to performance issues.

Reduce or quit smoking

Smoking is bad for your health in a number of ways, but there is also a direct correlation between poor sexual performance and nicotine addiction.

How Sugar Impacts Your Sex Life

Want to give your sex life a boost? Did you know that cutting down on the intake of processed sugars is a great place to start. Romance and sex have often been related to something “sweet.” But before you reach for that box of Valentine’s Day candies, take a minute to understand how sugar can be effecting your libido or sex drive.
Sugar, Insulin and Hormones

Your hormones, and in particular the hormones that regulate sexual desire and performance such as testosterone, do not operate on their own. They are part of an intricate web of metabolic processes, many of which are directly related to another hormone, insulin, and the level of sugar in your blood. Sugar, and in particular the processed sugars found in junk foods, create spikes in insulin, which leads to insulin resistance and hormone imbalances that negatively impact sexual wellness.

Specifically, sugar causes:

- **Decreased testosterone** - Particularly in men, increased sugar consumption leading to insulin resistance lowers testosterone levels. Low testosterone can lead to erectile dysfunction, and decreased libido in both men and women.

- **Leptin Resistance** - Sugar not only causes insulin resistance it causes leptin resistance. Leptin is a hormone that helps regulate appetite. It tells your brain when you are full and to stop eating. When you eat too much sugar, leptin stops working. Your fat cells continue to produce leptin, but your brains ability to “hear” its message shuts off. This condition of “leptin resistance” also leads to a reduction of testosterone production, with the concurrent impact on your sex drive.

- **Decreased production of HGH** - Over consumption of sugar also reduces production of Human Growth Hormone, or HGH. HGH is secreted
by the pituitary gland, and it has many “anti-aging” properties. In the presence of increased insulin, due to excess sugar, HGH drops, which also leads to sexual dysfunctions. Basically, too much sugar can interfere with all of the benefits of HGH

- **Tiredness and Fatigue** - Sugar may give you a temporary spike of energy, but too much sugar leads to fatigue, and you can’t perform sexually when you are too tired.

- **Increased stress and anxiety** - High levels of sugar and insulin lead to chronically elevated levels of cortisol, the so-called “stress hormone.” Elevated cortisol leads to increased stress and anxiety, both of which can cause decreased libido.

Excessive sugar intake also impacts fertility, and the viscosity of sperm.

**What About Caffeine?**

So sugar can you let you down in the bedroom, but what about caffeine? It’s stimulant right; so it should help? Indeed yes!

Coffee has been called a great “pick me up,” and current research indicates that could have a deeper meaning for men. A recent study conducted by the University of Texas Health Science Center at Houston, found that men who had at least three cups of coffee a day, had far fewer problems with sexual function, than men who were not coffee drinkers.

The researchers reported that men who ingested 85-170 milligrams of caffeine a day (the equivalent of about
2-3 cups of coffee), were 42% less likely to experience ED when compared to those who drank 0-7 mg a day. The percentages held up even among coffee drinkers who were obese, or had high blood pressure, a population prone to ED.

Caffeine Is a Stimulant

Men got the same results whether the caffeine was consumed in coffee, tea, or soft drinks containing caffeine. The researchers attributed the improvement in erectile function to the known stimulant properties of caffeine. In this case, caffeine likely improved and increased blood flow to the penis. David Lopez, DpH, M.P.H., one of the lead researchers on the study said he believed that caffeine “relaxes penile arteries and the cavernous smooth muscle that lines cavernosal spaces, thus improving blood flow.” Incidentally, this is similar to the way ED medications such as Viagra work.

I cannot say for sure, but maybe the results of this research could be the reason why there seems to be a Starbucks or a Dunkin’ Donuts opening on every corner over the past few years!

The Oral Connection

There is an oral connection to performing your best sexually, and no, not the one you are thinking of!

Did you know there is a link between poor erectile function and gum disease? I am not just talking about bad breath and an unattractive smile. A recent study found that men with gum disease were 80% more likely
to also have ED, than men with healthy gums and teeth. But what does gum disease have to do with your penis? What is the link between ED and unhealthy gums and teeth?

Gum disease causes your gums to recede from your teeth. This leaves big open spaces between your gums and teeth. Bacteria can easily enter these spaces, especially if you have poor oral hygiene. Once the bacteria enter your blood stream, they damage blood vessels, including those in your penis. Blood flow is restricted in the damaged vessels. Good blood flow is essential to getting and maintaining an erection.

The same damage could be effecting your heart. So, if you have bad gums, and poor sexual performance, this can be an early warning sign of cardiovascular disease. And speaking of heart health and sexual performance…

A Healthy Heart Equals a Healthy Sex Life!

The heart has long been a symbol of romance. We usually think of that in an emotional way, but there may be a lot more to it than that. Current research suggests that a healthy heart leads to a healthier sex life, and vice versa.

There are two common myths about sex and heart disease. One, that overly exuberant sexual activity can lead to a heart attack, and two, that if you have had a heart attack, or are known to have heart disease, you should refrain from sexual activity. Neither is entirely true. In 2012 the American Heart Association released a statement that said less than 1% of heart attacks could be attributed to sexual activity, and that sex is generally safe for heart patients, unless otherwise specified by
your doctor.

In fact, the reverse of those myths is actually true. A 2010 study found that sex can be good for your heart. That study, published in the American Journal of Cardiology found that men who had sex at least twice a week, were less likely to develop cardiovascular disease, than men of the same ages that reported only having sex once a month or less.

There have been several studies since then that not only corroborate these findings, but have found other heart healthy benefits of sex!

**Benefits of Sex for Your Heart**

The interesting thing about sex and heart health is they not only go hand in hand, the relationship goes both ways. If your heart is in good shape, you are likely to feel good, and strong, and therefore more likely to engage in sexual activity, and if you engage in frequent sexual activity, you are lowering your risk of heart disease.

Also, the same kinds of problems that can lead to plaque buildup in the coronary arteries -- the major cause of heart disease -- can also restrict blood flow to your penis, resulting in poor sexual performance.

Again, the reverse is also true; taking steps to reduce your risk of heart disease, such as: adopting a Mediterranean style diet, increasing your level of exercise, reducing stress, minimizing your consumption of alcohol, and quitting smoking, will all increase your ability to perform sexually!
Other Links to Decreased Sexual Ability: Medications and Toxins

There are other “environmental” factors that researchers believe are currently contributing to the increasing trend in men with sexual wellness issues. Many common prescription drugs and toxins in the environment, have been shown to have an impact on erectile function.

Prescription Drugs

Statins

Statins are a very popular drug used to treat high cholesterol. Many men with high cholesterol also suffer from erectile dysfunction (ED). Since statins, by their nature, lower “bad cholesterol” and fight clogging of the arteries, you would think that men taking them who have high cholesterol and ED, would benefit from improved blood flow, and have less erectile difficulty.

However, that has not proven to be the case, prompting medical researchers to try to find out if statin use can lead to ED. Researchers with the University of California in San Diego found that men on statins were twice as likely to report that their ability to achieve erections had worsened since taking the medications, than their counterparts taking placebos.

Yet, the link between statins and ED remains controversial, with some other studies suggesting that in otherwise healthy men, statins may actually improve erectile function.

What we do know for sure is, that men taking statins
usually suffer from other conditions such as clogged arteries and diabetes, which are known to contribute to ED. Furthermore, other known side-effects of statins include weakness and fatigue, muscle aches, and cramps, which can also lead to sexual performance issues.

Hair Loss Treatments and Prostate Medications

A study recently published in the medical journal, *Endocrine Reviews and Metabolic Disorders*, found that 25% of men taking Finasteride or Dutasteride, more commonly known as Proscar, Avodart, or Propecia for benign prostate enlargement (BPH), or for male pattern baldness, may “experience more adverse effects than benefits,” not the least of which was ED.

The 2011 study, conducted by the Boston University Medical Center concluded, “these types of drugs can have serious implications for sexual function, insulin resistance, cognitive function, and depression.”

These Drugs Can Lower Testosterone

These drugs are designed to block the conversion of testosterone into DHT, which is basically how a man’s body uses testosterone. Excessive amounts of DHT can lead to hair loss, and decreasing the levels of DHT in the prostate has been shown to temporally shrink the prostate and improve urine flow. That is why these drugs have been prescribed to treat both male pattern baldness, and BPH. However, more and more studies are
coming to light that they probably do more harm than good, particularly when it comes to sexual wellness. In fact, Propecia now carries a warning that 10% of users will experience loss of libido, and 18% “persistent” erectile dysfunction.

The Boston University researchers also found that the manufacturers’ claims that these effects will only last for about 6 months, before normal sexual function returns, were false. In fact, they discovered that patients on Finasteride not only did not find their problems with ED abating, but many experienced significant decreases in testosterone “causing hypogonadism.”

Is Pesticide Use Impacting Your Sex Life?

The increase in the worldwide use of chemical pesticides over the last several decades may have produced a side-effect that is bugging men. A new study in the journal Science Direct, indicates that the astounding rise in male infertility and erectile problems could both be linked to global pesticide use.

Erectile Dysfunction, or ED, the condition formerly known as “impotence,” used to be relatively rare, yet today more than 53% of males over 40 have experienced some degree of ED. The researchers of this study admit that there are many contributing elements that could account for the increase. These include a general increase in lifespan, stress, and other psychological and physical factors. However, they also believe that the ingredients in pesticides also need to be considered. They point out that research has shown that Atrazine, one of the world’s most common pesticides, has “demasculinizing” effect
on frogs, and even caused tadpoles to switch genders in some cases. In another study, Atrazine was also found to, “lower levels of the male hormone testosterone in sexually mature male frogs by a factor of 10, to levels lower than those in normal female frogs.”

The authors of the study conclude that pesticides and herbicides should be considered a cause for increasing reports of ED, because of their known, and proven ability to inhibit testosterone production.

**Other Links to Pesticides and Sexual Function**

In addition to their known effect on testosterone production, the researchers said that the chemicals in pesticides can contribute to ED because they are known to:

- Cause oxidative stress and cellular death.
- Inhibit the production of certain neurotransmitters that are involved in getting an erection.
- Damage the connective tissue that surrounds the corpora cavernosa of the penis. This tissue is instrumental in obtaining an erection.

As you can see, there are numerous factors that can influence your ability to perform sexually. Many are under your control, some are not. But, the good news is there are new treatments available that can help almost any man, at almost any age, improve their sex life – and perform like a star in the bedroom!
Hey guys, do you think you are too tough to go to a doctor, or that admitting you are sick or have a health problem makes you look weak? If so you are not alone.

There have been an overwhelmingly number of studies that show men are simply more reluctant to face up to symptoms of illness and go see a doctor than their female counterparts.

Men also are even less likely to go see a doctor for routine check-ups or health screenings than women. This is probably why life-expectancy for men and women right now, differs by about 6 years, in favor of women.

This lack of admission of a problem is even greater in men when sexual wellness issues are involved. Despite the increase in availability of treatments for sexual wellness issues in recent years, many men still are afraid to seek help for problems in the bedroom.

The reasons why men are less likely to go to the doctor than women are many, ranging from “the cost,” (men are less likely to have health insurance than women), to
being “too busy.”

But a recent study by psychologists with the Center for Men and Young Men at McLean Hospital in Belmont, Massachusetts, suggests the reasons may be more deeply rooted than that. Dr. William Pollack, director of the Center believes it has to do with the basic psyches of men, and something he refers to as the “boy code.”

“The boy code teaches young males to be rough and tough. Research also shows boys are discouraged from seeking help and are often punished when they do. Boys come to believe they should slough off pain and just ‘walk it off.’ An ideal that is hammered into boys and young men by coaches, fathers and sports heroes.”

These feelings of shame or embarrassment can be increased in men, when forced to face a problem with sexual performance. Most women on the other hand, understand the necessity to see a gynecologist for regular pelvic exams, mammograms and more. Men, notoriously will not go to see a doctor until there is a problem “down there,” and even then, it is usually reluctantly, or at the urging of their spouse or partner.

**Sexual Wellness and Men**

You do not need to feel embarrassed or ashamed if you are facing erectile dysfunction or other sexual wellness issues. First of all you are not alone. Nearly 40% of men have reported some degree of erectile dysfunction, or otherwise dissatisfaction with their ability to perform, at some point in their lives. Secondly, with so many existing and emerging treatments for male enhancement available, there is no reason any man needs to suffer in
silence with trouble in the bedroom.

Also, male sexual wellness problems do not begin and end with erectile dysfunction issues. Many men who have no problem with achieving erections, would still like an increase in penis size, or to be able to perform more like they could in their 20s. This is also something you should feel comfortable in speaking to your doctor about, as we have a number of safe and effective male enhancement treatments available that can add length and girth to your penis, and help your rock your lovers world like never before!

Most importantly however, you should never avoid sexual wellness issues, as the symptoms of ED or a lack of sexual desire, can be indicative of a more serious underlying medical problem.

Male Enhancement and Sexual Wellness Issues

There can be any number of reasons for a man, to be having some trouble in the bedroom, particularly if you are between the ages of 35 and 55, to be having some trouble in the bedroom. There could be physical, emotional, and hormonal reasons – or any combination thereof.

That is why it is so important you put the “boy code” aside and see your doctor. With a proper grasp of the root of you issues with sexual performance, a proper treatment program can be recommended.

And, remember, you do not necessarily even have to have anything wrong, to want to make what is “good,”
better, and benefit from treatments such as the GainsWAVE or Gains Enhancement®.

But the first step begins with being “man enough” to admit you have a problem, and to go see your doctor!
CHAPTER 4

The 7 Secrets to Super Sex!

The lights are low, the sheets drenched with sweat. Bathing in that uniquely erotic post carnal afterglow, you turn to your lover and say – “Was it good for you?”

Most men, even at their best, are anxious about their sexual performance. They are never quite sure if they have satisfied their lover. Even if you gave her a climax that had her swinging from the chandeliers, you still wonder if you were her best, or if you will be able to rock her world the same way the next time.

How would you like to remove that doubt? How would you like to turn your sex life from something that gives you stress and anxiety into something that you look forward to with unbridled confidence?

If want to “be up” for the challenge whenever it presents itself, and know that you will always be able to satisfy your partner – follow these 7 Tips!

**Secret 1 - In bed, you are what you eat**

A generally good diet that leads to maximum health overall- low in fat, low in inflammatory foods, high in lean protein, a variety of fruits and veggies – can also increase sexual performance. There is some truth to the claims of
certain foods being an aphrodisiac.

Consider these sex drive and performance boosting foods:

- **Oysters** - A lot of what you have heard about oysters being an aphrodisiac is true. For men in particular, oysters contain high levels of zinc. Zinc is essential for testosterone production.

- **Watermelon** – Watermelon isn’t only great to cool you off in summer, it can heat up your sex life! Watermelon is high in lycopene. Lycopene has been linked to improved sperm production, increased fertility, and a similar effect to oral ED medications such as Viagra.

- **Coffee** – The caffeine in coffee improves blood flow, which can improve your ability to obtain an erection.

- **Fruit Juices** – Certain fruit juices such as Concord grape juice and pomegranate juice can increase your production of nitric oxide. Nitric oxide is essential for healthy erections. Most oral ED medications work by boosting nitric oxide.

- **Dark chocolate** – Dark chocolate (not milk chocolate) has been thought to have aphrodisiac properties for centuries. Modern science has found the legends to be true. The flavones in dark chocolate increase the production of nitric oxide.

- **Walnuts** - The arginine in walnuts are another nitric oxide booster.

- **Garlic and Onions** – The potential for bad breath killing the mood aside, garlic and onions contain
quercetin which reduces plaque in vessels and increases blood flow.

- **Oily fish** – Fish that are high in omega-3 oils such as sardines and salmon, boost nitric oxide and lower blood pressure, both of which improves erectile function.

- **Hot peppers** – The same thing that makes hot peppers hot, capsaicin, lowers blood pressure and increases production of nitric oxide.

- **Olive oil** – Olive oil helps to increase testosterone production.

**Secret 2 - Chill Out**

Stress affects every aspect of your life in a negative way, your sex life is no exception. Being stressed out is not just a “mood killer.” Stress actually decreases your testosterone level, and increases the levels of hormones, such as cortisol. That is a combination that can cause loss of libido and erectile dysfunction. If you want to increase libido, find an effective stress reduction technique.

**Secret 3 - Get Moving**

Exercise of course is good for your health. But, getting in shape can impact your performance more than on the court! All aerobic exercises increase strength and stamina, so are also good for increasing your sexual abilities. Exercise releases endorphins, or the “feel good” chemicals of the “work out high.” The rush of endorphins can also increase libido. Of course, getting in shape can help you feel better about yourself, and finally high intensity workouts boost testosterone.
**Secret 4 - Decrease Alcohol Consumption**

Wine and romance do go together. But, keep it to one glass, preferably red for its anti-oxidant qualities. One glass of red wine can relax inhibitions and stimulate desire, but more than that can negatively impact your ability to get or maintain an erection.

**Secret 5 - Spice it Up**

A decrease in libido, particularly among couples in long term relationships, often is just a matter of boredom. Do not be afraid to “spice things up” a bit by breaking from your old routines. Try new positions, introduce “sex toys,” or maybe check into a “no tell motel” for your own special rendezvous. In fact, sex therapists say that adding anything new or exciting in your life, not just trying new things in the bedroom, can improve sexual attraction and desire.

**Secret 6 – Hack Your Hormones**

There are two critical hormones related to male sexual performance: Testosterone and Growth Hormone. Unfortunately age, stress, and other poor lifestyle choices often leads to declining levels of both of these hormones, which can and often does, lead to trouble in the bedroom. Learning how to increase these levels both naturally and with the use of hormone replacement can turn your from a DUD to a STUD!

**Secret 7 – No-Nonsense Male Enhancement Treatments**

There are two real male enhancement treatments now available. Simply put these are proven medical procedures that will give you a more powerful penis!
These are not some ridiculous herbal supplements, or “new wave” aphrodisiacs. No, these are the real deal that will help you achieve the ultimate sexual experience. We have developed proven techniques that are all about making what is good – even better!

These simple pain-free, drug free, surgery free treatments are designed to:

- Improve your ability to perform
- Give your harder, stronger and more sustainable erections
- Reduce the time between erections
- Increase the size of your penis

They are called the GainsWAVE and the Gains Enhancement® and you will learn much more about them in Chapter 12.
CHAPTER 5

Testosterone, Hormone Replacement and Sexual Performance

If your sex drive and your ability to perform in bed were a car, testosterone would be its fuel!

We now know that low testosterone can significantly reduce your ability to have satisfying sex. Low testosterone can lead to a loss of libido, and to difficulty gaining or maintaining an erection, or BOTH!

Your levels of other hormones, such human growth hormone, also can impact your ability to perform sexually.

The “Erection Connection” between Testosterone and Performance

Does low testosterone cause decreased sexual ability?

The simple answer is: Yes, No and Maybe.

I am not trying to be funny. Low testosterone and problems with sexual performance are those kinds of medical conditions that we call “co-morbid.” That means
they kind of go hand in hand, and are definitely related, but we cannot say that there is a direct cause and effect relationship.

Still, we know that declining levels of testosterone certainly effect sexual desire and sexual function. We also know that testosterone is essential for normal erectile function, however the exact role it plays in getting an erection is still unclear. It is also unclear how low your testosterone has to drop, before it affects your ability to get an erection. Some men who have been diagnosed with low testosterone, or Low-T, do not have erectile difficulties.

As you can see, the relationship between low testosterone and erectile function is a complex one. What we do know for sure is this: men with low testosterone also are very likely to suffer from other conditions that can cause, or can also influence ED. For example, men with Low-T also tend to be obese, have hardening of the arteries, and diabetes, all of which are known to contribute to ED. In addition, men with Low-T also tend to feel weak, fatigued, stressed, have poor or disrupted sleep, and can be depressed, all of which can lead to trouble in the bedroom.

Multiple clinical studies have shown a direct causal relationship between Low-T and decreases in libido, or sex drive. A decreased libido may not necessarily cause erectile dysfunction (ED), but a lack of sexual desire can negatively impact your ability to gain, or maintain an erection.
There Are Multiple Causes of ED

Even if there is a correlation between ED and Low-T, ED is a complex condition with many possible causes.

Low-T can be contributing to your ED, but so could:

- Stress, performance anxiety, or other emotional issues
- Certain medications you are taking
- Tobacco use
- Alcohol abuse
- High cholesterol
- Obesity
- Heart disease
- High blood pressure
- Diabetes
- Clogged arteries
- Effects of some cancers

Testosterone Therapy and Improved Sexual Performance

While we are still not sure of the exact relationship between low testosterone and a less than satisfying sex life, we do know that Testosterone Therapy can improve sexual performance.
According to a well-designed peer-reviewed study published in 2016 in the prestigious New England Journal of Medicine, testosterone therapy has been confirmed as being beneficial to men with libido issues. The study found that supplemental testosterone therapy was effective in boosting mood, and alleviating sexual wellness issues in men.

The study went on to say that the greatest benefits of testosterone replacement therapies, were experienced during the first year of treatment.

The men in the study self-identified as having sexual issues. They reported a loss of libido, or a declining sex drive, and/or erectile difficulties. In interviews before starting testosterone treatments, they also reported being moody, depressed, and “unmotivated.”

The study is on-going, and the men will continue to be tracked for other benefits of testosterone optimization. But for now, lead researcher on the study Dr. Peter Snyder, of the University of Pennsylvania, said it was clear that, “Testosterone improved sexual activity, sexual desire and improved erectile function.”

Snyder said that while he was also able to document improvements in mood, the biggest improvement was in sexual function, particularly in the group of men that had been getting the largest increase of testosterone.

**Details of This Testosterone Study**

Snyder and his team selected about 800 men described as having “low testosterone.” In a typical “double blind” study, half the participants were given supplemental
testosterone via a gel, and the other half a placebo gel.

Snyder said the men receiving the actual testosterone were boosted to the levels you would find in a “healthy young man.”

Dave Bostick, a participant who used the real testosterone gel said, that he definitely developed “a more robust libido.” But he added that even more importantly he just “felt happier.” He also says he had more energy, and his enthusiasm for trying new things was back. Even though his part in the study ended more than two years ago, Bostick has continued with testosterone therapy.

Previous studies have indicated that there was a greater risk of heart disease or developing prostate cancer in men who are on testosterone therapies. Last year several more recent studies indicated that those previous studies were flawed, and there is no such increased risk.

Dr. Abraham Morgentaler, is a well-known specialist in men’s health. He is someone I respect immensely and consider a colleague. Our careers have followed similar paths, we take a very comparable approach to testosterone optimization for men, and in fact, he and I did our residencies in the same hospital.

He is a fellow medical researcher, who like myself has dedicated his career to really understanding the effects of testosterone on our bodies throughout our lifespans. He has done much to advocate for the benefits of its responsible use, and to debunk much of the myths and misconceptions surrounding the potential risks of testosterone therapy.
Dr. Morgentaler published his first paper on testosterone in 1978, when he was an undergraduate. He has since become a recognized expert in the field, and wrote the very popular book, Testosterone for Life, in 2008.

Latest Study

Dr. Morgentaler has recently published a study that may not actually be the “final” word on the risks of testosterone replacement therapies, but from such a respected source, it pretty much puts to bed any connection between testosterone replacement, and an increased risk of heart disease.

Morgentaler’s paper, which was published in the January 2015 edition of Mayo Clinic Proceedings, actually took a look at all of the studies on testosterone and the increased risk of cardiovascular disease between 1940 and 2014 and analyzed them in detail.

After intensively studying almost 75 years of published medical research, Dr. Morgentaler and his team found only 4 studies that seemed to indicate an increased risk of heart disease associated with testosterone replacement. However, they found “dozens of studies” that suggested just the opposite, that testosterone replacement can actually reduce the risk of cardiovascular (CV) disease and heart attack. This led him to make only one inescapable conclusion: “In summary, there is no convincing evidence of increased CV risks with testosterone therapy. On the contrary, there appears to be a strong beneficial relationship between normal testosterone levels and CV health that has not yet been widely appreciated.”
Snyder’s research backs up Morgentaler’s paper. He saw no increase in the incidence of heart disease or cancer in the group on testosterone therapy in his study.

There have been some research studies, and many anecdotal reports of the benefits of testosterone therapy on sexual functions. This most recent study is very significant in that it is one of the “first really well-designed and scientifically rigorous trials to indicate that testosterone therapy provides [a sexual performance] benefit,” said endocrinologist Dr. Eric Orwoll, with the Oregon Health and Science University.

**How do I know if I need Testosterone Therapy?**

The improvements Mr. Bostick reports are very typical of the men I see in my own practice who receive testosterone therapy.

Bostick, and the other men in this study reported moodiness and sexual dysfunction before beginning testosterone therapy. But those are not the only signs and symptoms of low testosterone. Other signs of low testosterone, sometimes called “Low-T” include:

- A loss of lean muscle with particular difficulty in gaining it back
- Weight gain, particularly “around the middle”
- Weakness and fatigue, lack of energy

The good news is, there is more and more research coming out that is confirming the many positive benefits of testosterone therapy. But remember, you can only
receive legitimate testosterone therapy with a doctor’s prescription.

*Can Less Sex Lower Testosterone?*

It is one of those “chicken and egg” kind of questions… which came first, low testosterone in men leading to lower sexual desire, or is it less sex that leads to decreased testosterone?

New research out of Australia seems to indicate that decreased sexual activity and desire for sex, can lead to reductions in testosterone levels. The researchers found that particularly in men over 35, less sex and loss of libido, are more likely a cause - not an effect - of low serum testosterone.

There have been previous studies that have found regular sexual activity leading to orgasm, boosts testosterone production. One of the reasons could be that orgasm causes an increase in endorphins, the brain’s “feel good” chemicals. Endorphin release is known to positively influence testosterone production.

But no matter why sex seems to increase testosterone, what men need to take away from this study is - much like many other abilities that are effected by age - when it comes to sex and testosterone, use it, before you lose it!

*Testosterone, Sexual Wellness and Performance*

The results of this study are interesting for a few reasons. The researchers did not prove conclusively that less
sex leads to less testosterone production, but, like many other studies, they showed that there is clearly a relationship, regardless if “cause and effect” remain unclear.

We do know that there are many other factors that can affect a man’s desire to have sex, for example erectile dysfunction. Many men with erectile dysfunction also have low testosterone. Again, it is hard to say which is the cause and which the effect, but if we take the Australian study into account, it would seem to suggest if we found a solution for erectile dysfunction, that person would then be able to be more sexually active. Being more sexually active, in theory then, could increase testosterone levels and lead to an overall more satisfying sex life. This can then become a perpetual cycle of improved sex and improved testosterone levels!

Other Hormones and Sexual Function

In addition to testosterone, your level of growth hormone or HGH is also related to sexual performance.

Your ability to obtain and maintain an erection is based on a number of factors. One of those factors is hormonal. Specifically, your level of free testosterone in your blood affects your ability to have an erection. Men with low testosterone levels, are known to have sexual performance issues. One of the many functions of growth hormone is, it influences your production of Testosterone.
Testosterone, HGH and Sexual Performance

HGH not only is instrumental in stimulating the production of testosterone. HGH is also a precursor to nitric oxide production. Nitric oxide in turn is fundamental to erectile function. In fact, oral ED drugs such as Viagra, work by increasing the production of nitric oxide. Nitric oxide opens the blood vessels in the erectile tissue of the penis. When these blood vessels become filled with blood, an erection is the result.

Men who received HGH supplementation for other reasons, such as lack of vitality, or loss of muscle, also reported improved libido and increased ability to gain an erection. This has now lead to speculation that HGH therapy can also be an effective treatment for sexual performance issues.

A 2002 study looking into the link between growth hormone and ED published in *Urology*, concluded: “We believe our data provides strong evidence that GH may be of major importance in the maintenance of male erectile capability, and that a decline in GH release may contribute to the manifestation of erectile dysfunction.”

HGH Optimization and Improved Sex

It simply makes sense that HGH could help men with erectile difficulties. Let’s look at some of the factors related to poor sexual performance.

“Bedroom Blues” are often accompanied by

- Weakness
• Fatigue
• Mood swings
• Insomnia

HGH therapy may, or may not, directly cure sexual wellness problems, but it has been shown to help with all of the above. It only stands to reason then, that HGH optimization can also help men who feel their love-life needs a boost.

Men who are experiencing trouble in the bedroom, may benefit from HGH therapy. They also may benefit from testosterone replacement, or combined therapies.

Myths About Testosterone Therapy

There are a lot of myths and confusing information about the benefits and risks associated with Testosterone replacement therapies for men. One persistent perception is that testosterone therapy increases the risk of prostate cancer.

This misconception, which has been supported by many conventional medical practitioners, is largely based on a very old study done by a Dr. Charles Huggins in the 1940s.

Dr. Huggins’ research indicated that in a small sampling of men who had advanced prostate cancer, castration (total removal of the ability to produce testosterone) inhibited tumor growth.

It is important to point out two things about Dr. Huggins’ and subsequent research. One, of course, is that his research is very old, predating more modern investigative techniques. And two, and most importantly,
these results and indications, even if valid, only apply to men *already diagnosed with prostate cancer*. For them, decreasing exposure to testosterone, may help control the spread of their disease.

But, there has never, ever been one study to indicate that testosterone replacement therapy in otherwise healthy males could “cause” prostate cancer.

In fact, this year, researchers published the results of a five year study observing many thousands of men in which they concluded, “Our findings suggest that the incidence of prostate cancer in patients on T-therapy was not greater than in the general population. To date, there is no convincing evidence that T-therapy is a risk factor for Prostate Cancer. Thus, fears that Testosterone Replacement Therapy causes Prostate Cancer may not be justified. In fact, the incidence of prostate cancer in the testosterone treated men was far less than that detected in general screening trials.”

*If I suspect I Have Low Testosterone*

If you are a man over 35, and you are experiencing sexual performance issues, or any of the other signs or symptoms mentioned in this Chapter, you may have low testosterone. However, the only way to truly determine if you have an imbalance of one or more hormones related to your vitality, is with proper diagnosis and analysis.

The most accurate way to evaluate your hormone levels is with a blood test. Once your blood is drawn, sophisticated laboratory testing is then used to accurately determine whether your hormone levels are normal or have become deficient.
Remember, what is normal for you, may be different for someone else, and that is why we use the latest in diagnostic tools, and our years of expert analysis to determine the course of action that is most appropriate for your individual needs.

Only then will we be able to assess if Hormone Therapy is right for you.
CHAPTER 6

The Role of Your Partner

When you think of erectile dysfunction, of course, you think of men. However, for men involved in a heterosexual relationship, erectile dysfunction, or ED, isn’t only a male problem.

If a woman is involved in a relationship with a man suffering from ED, it becomes her problem too. Since sexual performance is not a one-sided issue, a better understanding of the problem for women, can help them to better help their partners.

First of all, most women tend to think that ED is a problem that only effects “old men,” so when they see it in someone younger, they immediately suspect something is seriously wrong with their man, or their relationship. However, this is a common misconception by men as well as women. The truth is, recent surveys have found that 1 in every 4 men seeking help for ED is under 40. The number of younger males experiencing erectile dysfunction is probably even higher, because that statistic only takes into account men who actually seek help. I suspect that ED in young males often goes unreported due to the stigma attached to the condition.

The other big misconception that many women have when it comes to ED is that the problem is mainly emotional, not physical. They think if their man can’t
perform, it’s “their fault”, that their partners no longer find them attractive, or that they are having an affair. While emotional factors, particularly stress, can contribute to ED, usually there is an underling health issue causing the problem.

Once you come to realize that ED isn’t all “in a man’s head,” you can stop blaming yourself, and also understand that there are ways to solve the problem – and you can help.

What You Can Do To Help

First and foremost, if your partner is having trouble in the bedroom, do not let him ignore it. Most situations of ED involve a reduction of blood flow to the penis. There are several underlying health conditions that may contribute to restrictions in blood flow, such as diabetes, high blood pressure, or heart disease. ED may be the first sign that your partner may have one of these conditions, so urge him to see a doctor.

Also, be sure he sees someone that specializes in male sexual wellness issues. Such a practitioner, not only will be able to get to the root of his erectile difficulties, but offer the best treatment options for his lifestyle and your sex life.

Most general practitioners, when confronted with a patient with ED, will merely prescribe Viagra, or one of the other common oral ED medications. While ED drugs can be effective, they are not right for everybody, and can be downright dangerous for men taking certain drugs or suffering from some particular medical conditions.
Furthermore, oral ED medications, may help with the immediate problem of obtaining and maintaining an erection, but will do nothing to effect the underlying health condition that could be causing the ED, should there be one.

*A Partner Can Help to Get Help*

Now, when it comes to treatments for erectile dysfunction, you can also play a major role. A spouse or partner can often be instrumental in getting a guy to seek treatment, and/or make important lifestyle changes that can help the situation. Your input on your sex life, frequency, preferred methods of arousal and satisfaction, etc., can help your sexual wellness counselor determine the best treatments.

Treatments for ED include the aforementioned oral ED medications, such as Cialis, Viagra and Levitra, Trimix injections, surgical procedures, and breakthrough new treatments that involve Platelet Rich Plasma and acoustical sound waves.

Sometimes, all it takes is shaking things up a bit. If your man is having some bedroom issues, this could be a good time to experiment in ways to make your love life more exciting. If your guy usually initiates things, you can try to be the one to suggest getting intimate. Facing a problem with intimacy head on, can actually be a great opportunity to share ideas about what makes you feel comfortable, relaxed and “sexy”.

Now could be a great time to get playful, get creative, and explore together some new ways to be more sexually exciting!
Sexual Issues Effect Both People in a Relationship

TV commercials make it all look so easy for couples facing sexual wellness issues, the guy just pops a pill, and “whammo,” the two of them are back to doing it like they did in college!

But, for couples dealing with a man who is struggling with performance issues, it’s not so easy. When a guy is having sexual issues, the emotional toll can be devastating, and often it is his wife or partner that has to bear the brunt of his lack of confidence and self-esteem issues.

A man who has trouble performing, will often lose interest in sex out of embarrassment, and a belief that he can no longer satisfy his partner.

So he pulls away. The woman then sees his pulling back as an indication that it’s all her fault, or that she has done something wrong, and so she then also retreats. This leads to the couple drifting further and further apart.

The end result: The couple can stop communicating altogether -- not only in the bedroom, but in all aspects of their relationship. Which will only make the problems in and out of the bedroom, worse for both partners.

The most important thing a woman can do when her man is having some issues with performance, is not to blame herself. She needs to realize that there can be many reasons why a man may not be performing as well as he used to. With open conversations between the two of you, and your doctor, you can all work together to find the root causes and the best solutions for the both of you.
The key to maintaining a mutually satisfying sexual relationship is communication. After all, if one partner is having sexual issues, it affects both partners, so it’s something that needs to be dealt with together.
As a doctor who helps men with sexual wellness issues, I often get the age old “does size matter?” question.

The answer to that question is as varied and individual as penises themselves! Believe me when I tell you that I have seen guys with penises that are well above average, who still think they are “too small.” I have also seen men of average size who have no hang-ups, about how well they are hung!

There are probably more myths and misconceptions surrounding penis size, then there are about any other aspect of human sexuality.

The most common misconception is just what an “average” penis length is. You may be surprised to know that the average size of a flaccid penis is 3-4 inches.

Some of the other most common myths about penis size include:

• That certain races average larger penises than others
• That taller men have bigger penises
• That the size of a man’s hands, nose, or feet, can indicate his penis size

None of these are true.
Perception and perspective is another thing to keep in mind when it comes to considering the size of your own penis. The angle from which most men view their penis most of the time, is looking down, while urinating – the penis naturally looks smaller then it is, when viewed from this angle.

**Does Size Matter?**

That is the age old question isn’t it?

First of all, penis size seems to matter much more to men than women. In a recent sex survey of heterosexual couples, 85% of women reported they were happy with their man’s size, while only 55% of men said they were happy with their penis size. In fact, to women, width, or girth seems to matter more, with almost 90% or women saying they prefer a thick penis, to a long one.

The idea that a penis has to be of certain length to pleasure a women is basically a male concept. The truth is the vagina is a flexible organ that can stretch or constrict to accommodate penises of all sizes and shapes. Furthermore, most women enjoy a sex life that is not purely restricted to vaginal intercourse, and many achieve stronger and more satisfying orgasms from manual or oral stimulation.

**Top 10 Things You Did Not Know About Penises**

Penises are pretty fascinating organs, but for all the time men (and women!) spend thinking about them, looking at them, and otherwise paying attention to them, how
much do you really know about them?

In no particular order, here are 10 facts you probably did not know about the penis.

1. The average ejaculation, or male orgasm, lasts about six seconds, the average female orgasm about 25.

2. Smoking can cause your penis to permanently shrink, as much as half an inch.

3. An enlarged prostate gland can lead to erectile difficulties and premature ejaculation.

4. There is a fish that has its penis on its head. No, it is not called what you may be thinking – its name is Phallostethus cuulong.

5. The biggest unenhanced human penis on record has been measured at 13.5 inches. Though approached, its owner has refused to appear in pornographic films.

6. During the missionary position, the penis is usually bent into a shape resembling a boomerang.

7. Total abstinence can lead to the penis shrinking by as much as half an inch to an inch.

8. There are over 40 different kinds of bacteria living on the average penis, more if you are uncircumcised.

9. A teaspoon of semen, (the amount in a typical ejaculation) has about 7 calories.

10. There are basically two types of penises, “growers” and “showers.” Showers appear fairly large most of the time and do not expand significantly upon becoming erect. Growers, on the other hand, appear relatively small, but grow significantly during an erection. A
recent survey revealed that 79% of men in America are “Growers.”

What do Women Say?

Most women, in most human sexuality studies, say that penis size does **not** matter. The majority of women say that sexual satisfaction does not revolve around the penis. In fact, they prefer a lover whose sexual performance does not begin and end with vaginal intercourse.

However when women do speak of penis size and sexual satisfaction, they think thickness, or girth, is more important than length. In fact, many women say they are intimidated by a very long penis, thinking it will cause painful intercourse.

But Could Bigger be Better?

What about penis size and erectile dysfunction? There is absolutely no medical link between the size of your penis and erectile dysfunction (ED).

However, some men who feel “small” may also experience trouble getting an erection due to performance anxiety.

So, back to the question of size, does it really matter? That is all up to you. Medically speaking, any size penis can “get the job done.”

However, just because most men may be making a “bigger” deal over penis size than they need to, that doesn’t mean you have to be satisfied with your size, or
your ability to perform. Let’s say you do fall below the average or are suffering from erectile dysfunction, or you may just want a few more inches no matter where you place on the size charts. You have every right to believe that bigger can be better!

In the Chapters ahead we will take a look at some of the remarkable new male enhancement procedures that can not only improve your ability to achieve and maintain an erection, but can increase penis size as well!

However, before we get there, let’s try to understand a little bit more about erections, how they work – and why sometimes they don’t!
Understanding ED

I am not an anthropologist, but I suspect that ever since men learned to walk erect, they have been concerned about erections of another sort!

For thousands of years men have tried everything from magic beads to herbs, to modern pharmaceuticals to achieve that special “little bedroom boost.”

So as you can imagine, with such an illustrious history of attempting to provide a lift to the old love-life, many myths and misconceptions have “arisen” about male enhancement and erectile dysfunction.

In no particular order, here are 7 of the most common “erection misdirections” I still run across in my practice.

1. **Oral ED Medications are the best treatment for everyone**

This is still the most common myth I come across. In the age of Viagra and its cousins, men think “the pill” is right for everyone who needs a little help. That is just not true, as there are many causes for ED, there are many solutions, and pills are not the only one, nor the right one for everyone. In fact they can be downright dangerous for some men, such as those with high-blood pressure or those taking nitrates.
2. Tight Underwear

I was surprised to see that this myth persists, but I have seen men that believe “tighty-whities” as opposed to boxers can lead to ED. Not true at all. There is no link between tight underwear and ED. This probably grew out of the real problem that tighter underwear can inhibit sperm production, and lead to infertility, but it has nothing to do with your ability to achieve or maintain an erection.

3. Erectile Dysfunction is normal as you grow older

While it is true that ED is a much more common occurrence as you age, it is not inevitable, and does not always happen simply because you are past a certain age. The opposite of this is also not true, that ED is a condition restricted only to older men. It can and does effect adult men of all ages.

4. It’s all in your head

Despite all we have learned about ED, I still see patients who believe that it is all emotional or psychological. Emotions, stress, the level of attraction, and other psychological factors do effect sexual performance, but true ED almost always has some degree of a physical cause.

5. Size

Men are obsessed with penis size, and our society does unfortunately equate size to masculinity. While not an ED myth per se, myths about just what is an “average” penis persist. If you want to be bigger, there are techniques that may help, but here are the hard facts: average penis
size is between five and six inches, and that’s for an erect penis. For a flaccid member, it’s about three and a half inches!

6. **There is no cure for ED**

In medicine we do not always like to talk about cures, but about management, and ED is a condition that we have many ways to manage, so that you can have as active and healthy a sex life as you desire.

7. **If you do not have an active sex life, you can ignore ED**

This is not only untrue, it could be dangerous. If you are abstinent by choice, or circumstance, so be it. But, you should never ignore symptoms of ED, as the inability to achieve an erection could be indicative of some other, potentially serious, medical conditions.

Erectile dysfunction is a complex condition with causes and treatments as varied as the individuals who suffer from it. The best approach to any kind of male enhancement or ED treatment, is to be willing to talk honestly and openly with your doctor about your problems, obtain an accurate diagnosis, and discuss the treatment that is best for you.

The medical dictionaries will define ED, or erectile dysfunction as “the persistent inability to achieve or maintain an erection that is satisfactory for sexual intercourse…”

Technically speaking, the condition needs to be “persistent” or chronic to be officially diagnosed as ED. But, from a practical standpoint, the definition is not so simple.
Male sexual wellness is more a matter of degrees, ranging from occasional difficulty in obtaining an erection to complete inability for the penis to become erect. Some men can live just fine with an occasional performance issue. For others, even one bout of ED can be devastating.

Statically speaking, 50% of all men, have experienced erectile dysfunction at some time or another. After age 40, nearly 40% have to deal with the condition, and by 70 years old, about 70% of men experience some form of ED, usually accompanied by a loss of libido or sex drive.

In the last few decades the numbers of men suffering with ED have been increasing.

Statistics aside, the truth is, every man probably has had trouble achieving an erection at one time or another. Many common everyday issues, from stress and anxiety to alcohol consumption, could contribute to your ability to achieve or maintain a erection.

While these occasional problems with sexual performance may not fit the “official” medical dictionary definition of ED, they can still have a profound effect on your sex life and overall happiness.

In this book, you will learn to look at erectile function as only one aspect of overall male sexual wellness. If you have had a serious problem with ED, you will learn about treatments and lifestyle changes that will help. But, even if you are enjoying your sex life, you will walk away with knowledge, tips and techniques that can make what is good, even better!
How Do You Get an Erection in the First Place?

Obviously, you and your partner know what an erection looks and feels like. But do you know the processes that occur within your body to achieve “lift off?” It’s a bit more complicated than you might think. To really understand ED, it is useful to understand how “normal” erectile function works.

Let’s start with a little anatomy of the penis. Your penis is made up of three chambers.

There are three chambers in total. Two paired chambers on the top, and one on the bottom. The two on the top, which run the length of the shaft, are called the corpora cavernosa. The bottom chamber is called the corpora spongiosum, and it contains the urinary channel, or the urethra. The chambers are each surrounded by an elastic membrane called the tunica albuginea.

The chambers inside the penis are filled with spongy tissue, which is really smooth muscle tissue. When the penis is in a flaccid state, the blood vessels that flow through this spongy tissue are small, and the “spaces” are tight and collapsed.

That all changes upon stimulation. As you are being visually, physically and or emotional aroused, the process of erection begins.

Your brain stimulates the sensitive nerve endings in the penis to release nitric oxide (NO). The release of NO causes the smooth muscles of the corpora cavernosa to
relax, which loosens up the sponge like spaces, making them larger and more open. As these spaces expand, blood flows into them, the increased blood flow creates pressure, which in turn causes the erectile tissue of the penis to expand.

Once the spongy tissue is completely filled with blood, a full erection is the result. After orgasm, the process is reversed. A different set of nerves releases epinephrine which makes the muscles contract, which opens channels for the blood to flow out, and restricts the inward blood flow.

As you can see, getting an erection involves a very specific sequence of events. Then, once erection occurs, it is maintained by complex interplay between blood vessels and nerves, stimulated by sexual arousal and activity.

Many things are going on at the same time. Nerves are firing, blood is flowing, arteries are dilating, veins are compressing – a disruption or “malfunction” at any point in the sequence, and you can easily go from “all systems are go,” to “failure to launch.”

That is why there can be many physical or emotional causes for ED. And in fact, most times, it is a combination of both. Problems with ED should never be ignored, because inability to achieve an erection, could be a sign of a more serious medical condition.

**Medical Conditions and ED**

As you have just read, blood flow through the arteries and veins of the penis are essential to achieving and
maintaining an erection. It stands to reason then, that any disease or disorder that impairs blood flow, can influence ED.

Diabetes, high cholesterol and high blood pressure, are just a few of the conditions that could lead to ED. When conditions such as these go undetected, the older you get the worse they usually get, and that is why ED can often seem to be just a sign of “getting older.”

It is true that your ability to get or maintain an erection does decrease with age. Other things can all contribute to ED such as diet, stress, and the nature of your relationships. However, more and more researchers are recognizing the link between these long-term chronic conditions and ED.

Medical science has known for years that men, on the whole, tend to die about five years younger than women. One of the big reasons for this is that men, on average, are less proactive about their health than women, particularly as they grow older. Studies have found that middle-aged men are far less likely to eat well, exercise, or see a doctor when something is wrong, than are middle age women. This accounts for many of the reasons why these chronic conditions, such as diabetes and heart disease, are more prevalent in men as they get older, than they are in women.

What is the Link with ED?

So how do these other conditions lead to trouble in the bedroom? It helps to understand that getting an erection involves physical, neurological, and circulatory processes. Interfere with any one of those and you inhibit
the ability to get, or maintain an erection. Diseases such as heart disease, obesity and type 2 diabetes, can effect one, two, or all three of these aspects of arousal.

A recent study by the University of Toronto, found that men with ED were twice as likely to have diabetes and not know it, then men without ED. Now, I know what you may be saying, “how can I have diabetes and not know it?” The truth is, men with diabetes can go without symptoms for a long time. And even when they do have symptoms, those signs can be confused with other medical conditions. The most common symptoms of diabetes are feeling tired, or having to pee more often -- things that men in the 30s or 40s, may just think are “normal.” For many men, the first real noticeable sign of diabetes can be ED.

See Your Doctor

While it is true that men are not inclined to run to their doctors over every symptom of poor health, studies also show that one thing they do tend to see their doctors about is ED. Today, we as physicians often use these appointments to open our male patients to the idea that their problems in the bedroom, may not be related only to their penis.

Talking to your doctor about ED, can often lead to discovering conditions that need to be treated, such as heart disease, or diabetes. And, even if such diseases are not present, a frank discussion about ED can get you on an overall life plan to age well and maximize health!
CHAPTER 9

Conventional Medical Treatments for Bedroom Blues

Now that we know a little bit more about how erections work, let’s take a look at some of the traditional medical treatments that have been used to improve erectile function, and more importantly, why they may not be the best approach for all men.

The first thing you need to understand is that it is perfectly normal for your sexual abilities to slide a little as you get older. It does not mean there is something wrong with you, or something you need to be embarrassed about!

Think about this, can you run as fast as you could when you were a teen, or hit a baseball as far, or slam a tennis serve as hard? It is natural for your physical abilities to slow down, and what is true on the playing field is also true for your sex life!

You do not need to be suffering from the clinical definition of “erectile dysfunction” to want to return to your “Glory Days,” in the bedroom!

According to the Massachusetts Male Aging Study,
published in the Journal of Urology, more than 50% of all men have experienced erectile dysfunction, or ED, at some time or another. After age 40, nearly 40% have had to face the condition, and by 70 years of age, about 70 percent of men experience some form of ED, usually accompanied by a loss of libido or sex drive.

Fortunately, ED treatments have come a long way. We now have five oral ED medications available: the early introductions - Viagra, Cialis, Levitra - and newer ones, Stendra, Staxyn. Pharmaceutical companies continue research into more effective and better tolerated ED medications, and many new options may be available in the very near future.

We also are at a time where there are many options beyond oral medications for the treatment of ED.

Other Traditional ED Treatments

The commonly prescribed oral ED medications, while effective, are not indicated for all men suffering from ED. For example, men who suffer from diabetes, high-blood pressure, or who are taking nitrates should not take these drugs.

That, and just the idea that some men prefer not to use drugs, or have had some undesirable side-effects, have led researchers to develop several alternative treatments for ED. Today, just about any man who wishes to engage in sexual activity, but has had problems with erectile dysfunction, can find some method or treatment to help him obtain an erection, regardless of the root of his problem.
Alternative treatments include:

- Penis pumps and vacuum devices
- Penile surgery
- Penile injections, such as Trimix
- PRP treatments, such as the Gains Enhancement®
- Pulsed sound waves, such as the GainsWAVE
- Hormonal Treatments

Each of these treatments have their own particular benefits and drawbacks. A complete medical history, and lifestyle evaluation, will help determine which is right for any one particular patient.

**Trimix Injections**

Trimix is a unique blend of three medications that have proven to be a safe and effective, alternative treatment option for men who are dealing with erectile dysfunction, or even for men that would just like to improve performance.

Trimix injections are a good alternative for men who cannot take typical oral ED medications such as Viagra, Levitra, or Cialis, or have been disappointed by the results they got from these drugs.

The injections can give you longer, fuller and more sustainable erections that can give you back, or even improve your sexual performance!

Trimix is recommended for men who have been “let down” by typical prescription oral ED medications, or
those who have had uncomfortable side-effects with the most common ED drugs. Trimix is also a very good option for men who cannot take any of the most commonly prescribed ED tablets due to interference with other medications, or their contraindication with certain medical conditions.

The mixture of the medications in Trimix increases blood flow to your penis. This causes an almost instantaneous erection, even in the absence of any sexual stimulation. The custom compounded medications work together to rapidly increase blood flow, better and more efficiently than any of the medications used singly. Unlike typical oral ED medications, Trimix Injections are fast acting. Trimix can trigger an erection in otherwise healthy males, in less than 5 minutes!

Trimix is injected directly into the side of your penis using a very thin needle, like the kind diabetics use to self-inject with insulin. Blood flow to the penis increases almost instantly upon injection.

You should be completely and thoroughly trained on how to give yourself the injections, to avoid any dangerous and unpleasant side effects such as bruising or priapism - a dangerously long-lasting erection.

Once you know how to give the injections, Trimix is a generally regarded as a safe treatment for ED.

In fact, according to studies published by the American Urologic Association, intracavernous injection is the most effective non-surgical treatment currently available for men suffering from Erectile Dysfunction.

As compared to most oral ED medications Trimix
injections are:

• Safer and have fewer side-effects
• More affordable
• Act faster and last longer
• Not affected by the consumption of alcohol

Your Sexual “MUSE”

Similar to penile injections, is another treatment known as the “medicated urethral system for erection,” or MUSE. In MUSE therapy, tiny pellets containing medication similar to Trimix are inserted via the urethra into the penis before intercourse. The pellets have been designed as an alternative for men who are just too squeamish to think about a penile injection, or who could never get used to doing the injections correctly. The MUSE method uses a disposable plastic applicator to insert a pellet about an inch into the urethra. From there, the drug is quickly absorbed by the surrounding tissue and reaches the corpora cavernosa, where it dilates the arteries, and provides a powerful and sustainable erection.

The Well Known Oral Medications

Male sexuality was revolutionized in 1998, when “the little blue pill,” Viagra (sildenafil) was approved by the FDA.

In 2003, the FDA approved two closely related drugs, vardenafil (Levitra) and tadalafil (Cialis). Five years later, in January 2008, low-dose Cialis for daily use came onto
the market, creating an option that — theoretically, at least — makes having sex a possibility without advance planning.

All three drugs work in a similar fashion. They are known as “PDE5 inhibitors.” Basically, by blocking the PDE5 enzyme, these drugs help the smooth muscles of the penis to relax and stay open longer, which increase blood flow to the penis. The penis fills with blood upon arousal, resulting in an erection hard enough for sexual activity.

One thing to point out about these drugs is that in order to work, they require sexual stimulation. They are not any kind of “aphrodisiac” they cannot put a man “in the mood,” so to speak. Therefore, if lack of libido, or loss of sexual desire is part of your problem, these medications cannot really help.

And, as we are about to see in the next chapter, that is not the least of the problems with Viagra and related medications.
The Problems With Oral ED Medications

Over the past few years men who are suffering from a less than satisfying sex life have been lead to believe that the “little blue pill” – Viagra, is the answer to all of their problems.

Viagra is a good drug, and it has helped to usher in a new awareness of ED, and a new era of effective treatments for men suffering from the condition. However, Viagra, and similar pharmaceuticals such as Levitra and Cialis, are not right for every man.

For example, these drugs should not be used by men that are taking nitrates for heart disease. They also are not indicated for men with conditions such as high-blood pressure or diabetes.

Even in men without these conditions, Viagra and the other well-known oral ED medications have a variety of unwelcome side effects, some of which are intolerable for users.

Side Effects of Viagra

All of the popular oral ED medications work basically the same, and therefore have pretty much the same possible
side effects.

The most common side effect is a headache, which occurs in about 16% of users of PDE5 inhibitors. Other reactions include flushing, upset stomach, nasal congestion, and urinary tract infections.

More rare but reported side effects include visual problems such as blurred vision and sensitivity to light. However, men with retinitis pigmentosa (RP), a degenerative eye disease, should be very cautious about using these medications. In such men that already have RP, Viagra use has been linked to total blindness.

Sudden hearing loss is another rare, but documented side effect of these drugs. And, as stated earlier, men with diabetes, high-blood pressure, or taking nitrates for heart disease should avoid PDE5 inhibitors entirely.

Viagra and Cancer Risk

A 2014 study published in the Journal of the American Medical Association (JAMA) found that men who had been taking Viagra were 84% more likely to develop melanoma, or skin cancer, than men who were not taking the oral ED medication.

According to the peer-reviewed study, men who took Viagra for ED did not seem to be at higher risk of other, less-dangerous skin cancers, such as basal cell or squamous cell cancers. The researchers concluded that the reason why Viagra could increase the risk of melanoma is because its active ingredient affects the same genetic pathways that stimulate increased growth of invasive skin cancers.
The men in the study averaged age 65. About 6% of them had taken Viagra, and their risk of developing melanoma was almost double that of those who had never used the drug to treat erectile dysfunction.

Despite the 2014 study, Pfizer, the makers of Viagra, have not been required to add to the drugs warning label the significant increased risk of developing fatal skin cancer. This has prompted several lawsuits to be issued against the drug company. Treatments for melanoma can be long, painful and expensive. Those filing the lawsuits are seeking recompense for the drug manufacturer’s failure to warn about such a serious side effect.

A number of law firms across the country are accepting claims in a class-action from men who took Viagra for ED and subsequently developed melanoma.

**Viagra and Peyronie’s Disease**

Men with Peyronie’s Disease have a curved penis. In some men, the curve does not present any problems. Sometimes their partners even find their curved penis oddly attractive and exciting. However, Peyronie’s disease, or PD can also cause ED, or erectile dysfunction.

For these men with Peyronie’s and ED, they sometimes turn to Viagra, or similar oral ED medications for help. But, is taking Viagra a good idea for men with Peyronie’s? Let’s take a closer look.

Peyronie’s disease is characterized by fibrous scar tissue that forms beneath the surface of the penis. This scar tissue can often make it difficult or impossible to have a normal erection. The number of men with Peyronie’s
who also have ED is quite high, with nearly 80% of men with PD, also reporting some degree of ED.

Interestingly enough, doctors who treat men with Peyronie’s think that the increased public awareness of ED that drugs like Viagra created, also lead to more men seeking treatment for Peyronie’s. However, Viagra is not a preferred ED treatment for men with Peyronie’s and ED.

In fact, Pfizer, the manufacturer of Viagra warns, “Viagra should be used with caution in patients with anatomical deformation of the penis (such as angulation, cavernosal fibrosis or Peyronie’s disease).”

I treat men with Peyronie’s, and I treat men with ED. I can assure you that warning is valid. It can be painful and dangerous for men with PD to take Viagra. The problem is, the way Viagra works. Viagra increases blood flow to the penis, but it cannot do anything to lessen the scar tissue causing Peyronie’s. In a way, ED in men with Peyronie’s is a kind of defense mechanism. Not being able to get an erection, prevents you from further damaging the penis. Taking an Oral ED medication like Viagra, can force a man with Peyronie’s to get a painful erection. That forced erection can even create more scarring and make the Peyronie’s worse!

**Is it OK to use Oral ED Medications “Recreationally?”**

Unless you have been living in a cave for the last decade or so, you have no doubt heard of the popular oral medications to treat erectile dysfunction – Viagra, Levitra, Cialis, and the more recently introduced,
Stendra. These medications have proven to significantly help men suffering from ED. They have also prompted many men, who may not really have an ED problem, to wonder if they should try them, just for “improved performance.” But, is “recreational use” of these oral medications a good idea?

Probably not, and for several reasons.

Like any prescription drug, oral ED medications are prescribed by a physician only if there is a “medical need.” You would not consider taking insulin if you were not a diabetic, nor would your doctor prescribe it to you. The same logic applies to ED drugs.

Because of the popularity of these medications, there are those interested in using them, who will obtain them without a legitimate prescription – such as through an online pharmacy.

There are several health risks to taking ED drugs that have not been properly prescribed to you. First of all, any ED drug you get online without a prescription could be counterfeit. At best, that means you may be paying for nothing more than a blue-colored sugar pill that will not work, or at worst, something with unknown and potentially harmful ingredients.

Beyond that, doctors prescribe ED medications with care. They are aware of potential serious side-effects due to interactions with other drugs you may be taking, or due to underlying medical conditions. Did you know there are some men that should not take these medications at all? If you are one of them, and obtain Viagra for example without a prescription, you could be in for potentially fatal consequences!
And finally, there was a psychological study published in 2003 that found that men who used oral ED drugs recreationally, became dependent on them, similar to opioid addiction. It seemed the men developed a lack of confidence in their ability to perform sexually without the drugs. So, in effect, these men actually gave themselves ED!

**Sexual Satisfaction**

Beyond the men that should just not take Viagra due to their health, or the drug’s side effects, there is also a common misconception about these drugs and how they work. Viagra and related oral ED medications can and do help a man achieve an erection, but they do nothing to increase sensitivity, increase sexual satisfaction, improve the appearance of, or increase the size of your penis.

This is why I believe that simply returning a man’s ability to obtain an erection should not be considered a “cure-all” for male sexual wellness issues.

In fact, a recent study of sexual satisfaction conducted in the UK found, that while men over 50 who had used Viagra and similar drugs reported higher levels of sexual activity than men without an ED issue, they also were more likely to be dissatisfied with their sex lives. This basically means that just being able to perform more often, does not necessarily mean you are engaging in better, or more satisfying sex.
The Latest Treatments for Male Sexual Enhancement

In my practice I look at the whole patient. Part of that is understanding that having a satisfying sex-life is not only contingent upon the ability to achieve sexual intercourse. That is why I have developed my own sexual enhancement treatments that can do more than merely help you get and maintain an erection. I have treatments that can renew your sense of intimacy and sexual satisfaction, as well as treatments that can increase penis size.

One such treatment is The Gains Enhancement®. It uses your own blood to create something known as Platelet Rich Plasma, or PRP. The PRP, which contains stem cells and other growth factors is combined with other proprietary ingredients into a shot that is painlessly administered to the penis. It stimulates the growth of new cells and improves blood flow to the penis, resulting in an improved ability to obtain and maintain an erection. The Gains Enhancement® is the only non-surgical ED treatment that can effectively treat erectile dysfunction, as well as increase penis size.

Another development is our Gains Enhancement® Quick Tabs. These fast melting lozenges takes the active ingredients in the popular ED medications, and combines them in a custom quick dissolve tablet. The other components in the mixture not only make the ED medications faster acting and more effective, the special blend of ingredients improves stimulation, satisfaction, and provides a feeling of euphoria that enhances the entire sexual experience.
And finally we have introduced the GainsWAVE, a remarkable new treatment that can help any man, and not only those with a problem, obtain longer and harder erections.

We will learn more about these and other treatments in our next two chapters.
Alternative Ways to Improve Sexual Performance

There are a number of ways to spice up your sex life before seeking help from your doctor. Some of them even involve actual spices!

A recent study has found that fenugreek seeds, also known as methi seeds, can have similar effect as the prescription medication Viagra, for men suffering from erectile dysfunction. Fenugreek seeds are a popular spice in India, where fenugreek leaves are also eaten as a food.

Various health benefits of fenugreek have been reported, and it is a staple in Ayurveda, or Traditional Indian Medicine, where it has been used to relieve everything from gastric distress to menstrual cramps.

This most recent study of its effect on male sexual function, was conducted by researchers with the Center for Integrative Clinical and Molecular Medicine in Brisbane, Australia.

The Australian scientists used 60 healthy men between the ages of 25 and 52 for their study. In a typical double-blind randomized study, the participants were given
either a supplement containing 600 mg of fenugreek extract, or a placebo.

After six weeks, nearly 70% of the men taking the fenugreek extract reported improvements in their sex lives, including: increased libido, easier to obtain erections, and a quicker “refractory period” – or the time it takes to achieve a second erection after orgasm. More than half of the men taking the extract reported a “general sense of improved wellbeing,” and more than 80% said they felt like they had “more energy.”

The researchers determined that the phytochemicals known as saponins found in fenugreek stimulates the production of testosterone, which accounts for its positive effect on ED, and increased stamina reported by the men in the study.

Saponins are also powerful anti-oxidants, and they can help reduce cholesterol, decrease the risk of cardiovascular disease, and boost the immune system, all of which can lead to a healthier sex life, whether you are suffering from ED or not.

_Bedroom Beverages and Cuddly Cocktails_

“A jug of wine, a loaf of bread and thou…”

For centuries, a glass of red wine, or sparkling champagne have long been the things of romance to poets and songsters. But did you know there are actually several beverages that can boost libido, and increase satisfaction in the bedroom?
Let’s talk about alcohol for a moment. We all know that on a date, that first glass of wine can relax you, set the mood, and make conversation a little easier. But, if romance is in the air, stop at one. One glass of wine can lower inhibitions, and raise expectations – but we also know that too much alcohol interferes with both a man’s ability to achieve an erection, and a woman’s ability to reach orgasm.

So limit the consumption of alcohol, and incidentally, if you want to know what that one drink should be, make it a red wine. According to current research, red wine is the one alcoholic drink that has been shown to increase blood flow to the erogenous zones of both men and women, thus increasing sexual performance in both sexes.

Here are some other libido boosting beverages:

- **Apple Cider** – From the Forbidden Fruit of the Garden of Eden, to several ancient Roman myths, apples have long been associated with sex, and with good reason. Warm apple cider, particularly when enhanced with spices such as cinnamon and cloves, is a documented aphrodisiac.

- **Ginseng Tea** – Some sexual therapists refer to ginseng tea as “G-tea,” not just because of the letter it starts with, but because of its ability to stimulate a woman’s G-spot. Studies have also found that ginseng has a positive effect on a man’s ability to perform. In fact, in Asian cultures ginseng has long been used as a cure for erectile dysfunction.

- **Hot Chocolate** – Hot chocolate, particularly one made with dark, thick Mexican chocolate, can warm
up a lot more than a cold night. Cocoa beans have been used as an aphrodisiac for centuries, and recent studies have proven the libido enhancing properties of dark chocolate.

Drinks to Avoid

Just as there are drinks that can spice things up, there are also beverages that are a definite downer as far as sexual performance is concerned.

- **Soda** – You know how awful soda -- both regular and diet -- is for your health in general. It also can be a major mood killer. Avoid soda, particularly diet soda. Artificial sweeteners such as aspartame are known to cause headaches, and lower libido.

- **Gin and Tonic** – This popular cocktail should be avoided, particularly by men. One, for the alcohol, but more importantly, the “tonic” in gin and tonic contains quinine, which is known to reduce testosterone.

- **Caffeinated beverages** – a little caffeine, can be a stimulant, but like alcohol, too much caffeine can let you down. As a stimulant, too much caffeine can increase anxiety, which can lead to performance issues.

- **Soy Milk** – Men in particular should avoid drinking soy milk, or any products with soy. Studies have found an association between consumption of soy with lower sperm counts, decreased semen production, and erectile dysfunction.
Adopting a Mediterranean Diet

There is an old expression that says “you are what you eat.”

There is a lot of truth to that, and now some of the latest research says that what you eat, may also define your performance in the bedroom. New dietary studies have concluded that the so-called Mediterranean Diet may not only be good for you, but could make you “good in bed.”

It stands to reason that the Mediterranean Diet could be helpful in improving your erections. At its most basic level ED has to do with poor blood flow. The Mediterranean Diet is well-known for lowering the risk of heart disease. The same reasons that increasing your consumption of fruits, vegetables, beans, nuts and olive oil - typical of the diet - can keep your coronary arteries from clogging up, can prevent decreased blood flow to the penis that results in poor erectile function.

Another factor in high fat, high cholesterol foods contributing to performance issues, has to do with the production of nitric oxide. Nitric oxide is instrumental in being able to achieve an erection. Nitric oxide causes the blood vessels in penile tissue to dilate, or open up, allowing increased blood flow to the erectile tissue. In fact, increasing the production of nitric oxide, is how most prescription ED medications work.

Nitric oxide is produced by a lining in the cells of arteries. If you are obese, or have excess plaque in your arteries, this lining is impaired, and leads to inadequate production of nitric oxide.
Other Foods and Sexual Performance

Basically, if you think about it, any food that is “bad for you,” can also “let you down,” in the bedroom. So that means in addition to adopting a Mediterranean style diet, avoid sugary sweets and snacks, highly processed foods, or an excess amount of protein from animal fat. Instead, stick with lean meats and fish.

Beets and beet juice have been called “natures Viagra.” They are a rich source of nitrates that convert to nitric oxide in the blood stream. But like the real Viagra itself, beet juice is not recommend for men who are taking nitrates for heart disease.

Other foods that have been known to have a positive effect on male performance include:

- Cruciferous Vegetables
- Tart Cherries
- Almonds
- Avocados
- Oysters – yes, what you always heard is true!
- Figs
- Dark chocolate

Is Spider Venom The Next Viagra?

Spiders. They’re creepy, crawly and more than a bit scary, especially if you are a Hobbit. While spider venom may not turn you into a web-slinging superhero, it may help you perform mightily in the Bedroom!
Researchers believe that when it comes to male enhancement, spider venom may be the new Viagra! Specifically, the venom of the Brazilian Banana Spider (stop snickering). The banana spider is very large, sometimes as big as 5-6 inches in circumference. It mostly keeps to itself out in the rain forests, despite its reputation for being shipped along in crates of bananas, hence its name.

Its size and deadly looking appearance notwithstanding, it is not even that poisonous. In a study of about 500 Brazilian spider bite victims, few were even medical emergencies, with the worst symptoms being sweating, pain, and heart palpitations. However, many of the male victims also had something in common, a sustained erection, lasting several hours known as priapism. Priapism is no laughing matter, and does require medical treatment. However, the reports of priapism inspired researchers to wonder if a modified version of the spider’s venom could be used in an erectile dysfunction medication.

They did just that, and created a genetically modified version of the venom and tested it on mice and rats. The genetically modified venom had similar effects on erectile tissue as Viagra, without the usual associated side effects. The next step was for the researchers to find a way to make a synthetic version of the modified venom commercially viable, which they say they can easily accomplish.

However, do not expect see “Spider Man Pills” on your shelves anytime soon. It can take years for a drug to get through the approval process, if at all. Still this is a very promising, albeit creepy, avenue of research.
As a practitioner who specializes in sexual wellness treatments, I can understand why men are interested in “natural” alternatives to oral ED medications. Drugs such as Viagra, Cialis, and Levitra, are not recommended for all men. These medications have a number of side-effects, and I know many men that are just not comfortable taking a prescription medication, unless it is absolutely necessary.

There are a number of foods, spices, and herbal supplements that claim to provide effects similar to Viagra and other ED drugs. Some of these claims, as discussed in this chapter, are real and can be substantiated.

However, there are even better “all natural” treatments for men looking to improve sexual performance that are medically proven, and are safe for all men, even those with diabetes and high blood pressure.

And, these remarkable new procedures that you will learn about in our next chapter, can do something oral ED medications cannot – increase the size of your penis!
CHAPTER 12


If you have read this far, and you are in need of a little lift around the bedroom every now and then, you know you are not alone.

You have also learned that the popular treatments may not be right for everyone, and while they can be effective, each of these therapies have their drawbacks.

However, two new astounding, all-natural, safe and effective male enhancement procedures have become available -- one that uses your own blood and the other uses sound waves to improve your ability to gain and maintain an erection, even if you do not have ED!

We call them the Gains Enhancement® and the GainsWAVE, but you will call them miraculous!

The Gains Enhancement®

The Gains Enhancement® uses the growth and healing
factors in your own blood to help you perform better than ever! With the Gains Enhancement® you can expect:

- Better, longer, and firmer erections
- Increased length and girth, up to one inch or more
- Better blood flow and circulation for overall improved penile health
- Increased stamina
- Increased sensation and pleasure
- A more youthful appearance

The Gains Enhancement® uses a revolutionary, clinically proven medical technique known as Platelet Rich Plasma Therapy – or PRP.

What is PRP?

Platelet-rich plasma, or PRP has been used very effectively over the past several years for the treatment of sports injuries, joint disease, and other orthopedic problems.

Many well-known athletes such as Tiger Woods, tennis star Rafael Nadal, NFL All-Pro wide-receiver Hines Ward, and many others have used PRP successfully to treat various problems, such as sprained knees and chronic tendon injuries. They claim that PRP allowed them to return more quickly to competition, with fewer complications than typical medication, physical therapy, or even surgery!

Your blood is made up primarily of two components, the liquid, or the plasma, and the solid – red blood cells,
white blood cells, and smaller cells known as platelets.

PRP is plasma that has been “super-charged” with many more platelets than what is normally found in your blood. In “platelet rich plasma” the concentration of platelets, and the accompanying healing “growth factors” are as much as 10 times greater than “ordinary” plasma.

Although it is not yet 100% clear how PRP works, clinical studies published in peer-reviewed medical journals have shown that the increased concentration of growth factors in PRP improves blood flow and stimulate the production of new cells.

Those of us that provide male enhancement treatments, instinctively saw how PRP could be used to revitalize and supercharge your penis! This lead to the development of my trademarked Gains Enhancement®.

The Gains Enhancement® is one of the only non-surgical male sexual wellness procedures that can not only give you stronger, harder erections, it can increase the size of your penis!

**How is the Gains Enhancement® Given?**

The procedure starts with drawing a few vials of blood, just as in any simple blood test. The plasma containing the PRP is separated from the red and white blood cells using a centrifuge, and is then reapplied to the specific areas of the penis involved with sensitivity and obtaining and maintaining an erection. As a local anesthetic is applied first, the series of injections are given with little or no discomfort.
Your body’s own growth factors within the Gains Enhancement® get right to work to increase blood flow to the penis, resulting in stronger, harder, and bigger erections, as well as enhancing length, girth, and an overall more youthful appearance.

Soon after their first Gains Enhancement® treatment my patients have reported:

- Improved erections, as much as a 5-point increase on the 25-point scale used by doctors to evaluate erectile function.
- May increase up to 1-2 inches in both length and girth of the erect penis
- A “feeling of being young again”
- In addition, the Gains Enhancement® also has the following advantages over oral ED medications and other treatments:
  - The Gains Enhancement® dramatically increases blood flow to the penis, and only the penis, so it does not create vascular side effects, such as headaches in other parts of your body, the way Viagra and other medications can.
  - Since PRP is derived from your own body, there have never been any reported toxicity effects.
  - As compared to other treatments for ED and male sexual enhancement, this non-surgical procedure is relatively inexpensive.
  - With the Gains Enhancement®, there are no pills to remember to take, or prescriptions to refill.
• Results can last up to one-year or more.

The GainsWAVE

Are you a man over 30? Even if your sex life is good, wouldn’t you like to make it even better? You do not have to have any real “trouble in the bedroom” to want to rock your lover’s world the way you did in your 20s. Remember when you could last for hours instead of minutes, or be rock-hard and ready to go again and again, all night long?

Have you ever watched an adult film, and wondered to yourself, “man how do they DO that?”

We have discovered one of their secrets!

It is a remarkable, medically proven Male Enhancement treatment that uses sound waves to “pump up the volume” in your penis.

The technique, which we call “GainsWAVE Therapy” uses technology and a device similar to one that Men’s Health Magazine recently called the “New Viagra.”

How Can Sound Waves Help Your Perform Better Than Ever?

The technical term for this type of treatment is “extracorporeal shock wave therapy,” or “Audio Frequency Shockwave Therapy.” Regardless of what it is called, basically the technique uses mild acoustical waves to “shock” your penis back to life!

But, do not let the word “shock” scare you. The
GainsWAVE treatment is completely painless.

So how does sound stimulate longer, harder and more frequent erections? Basically the pulsating waves stimulate increased blood flow to the penis, by stimulating the growth of new blood vessels. Blood flow is essential to normal erectile function.

It is believed that the shockwaves also have the ability to “wake-up” dormant stem cells in the penis, which also leads to improved erectile function and enhanced tissue growth. In other words GainsWAVE therapy may also increase the size of your penis!

**Sound Waves Can Also be an Effective ED Treatment**

GainsWAVE therapy can help any male perform better sexually. For men that have ED, or erectile dysfunction, it is also an effective alternative treatment to medication. In clinical trials, acoustical wave therapy for ED proved to be effective, even for men that did not respond well to other treatments. A recent study published in the Journal of Sexual Medicine, found that all of the men treated with wave therapy showed some improvement in erectile dysfunction.

30% of the men in the study, who were using oral ED medication, achieved significant improvement, and did not need to use medication for months after receiving pulsed-waves as an ED treatment.
Expected Results From GainsWAVE Therapy

As with any medical procedure, your individual results of GainsWAVE Therapy will vary, but we have seen many men achieve significant results with a single shockwave for ED treatment.

Depending on your age, medical history, and what kinds of male enhancement you desire, we may combine GainsWAVE Therapy with other male sexual wellness treatments, such as the Gains Enhancement®, to maximize the effectiveness of your treatment.

Keep in mind that as opposed to “male enhancement” supplements, medications, and other more invasive penis enlargement or male enhancement treatments cures, GainsWAVE Therapy:

• Is drug-free and surgery-free
• Is completely non-invasive, and has little or no known side effects
• Is a simple in-office procedure, with each treatment taking only 5 to 10 minutes
• Provides long lasting results with little or no downtime

GainsWAVE therapy may “sound” too good to be true, but has been proven to help many men get back to having the best sex ever!
Gains Enhancement® and GainsWAVE Used Together

In my practice I pride myself on finding new and innovative therapies to improve the quality of life of my patients. We were often among the first to try some novel approaches, such as PRP, that later became mainstream.

I also am truly excited when we introduce new therapies, that when combined, make each other that much more effective.

We recently added pulsed-wave therapy as a treatment for male enhancement, which we call the GainsWAVE. By itself, GainsWAVE therapy is showing remarkable results. Men who never even considered that they had a problem, are now saying they are having the best sex ever after a single GainsWAVE treatment!

However, I have found that when we can combine the GainsWAVE therapy with our other proven PRP-based male-enhancement technique, the Gains Enhancement®, we get even better results!

The anecdotal results we are seeing in our offices, are supported by several studies that have shown the benefits of combining PRP therapies with similar soundwave therapies.

PRP and Soundwaves Work Better Together

As were the original uses for PRP, the first effective uses of combined PRP therapies came from the worlds of sports medicine and orthopedics. Orthopedists and
sports doctors were quite aware of the healing properties of low-frequency sound waves to help speed the repair of tendon and ligament injuries. The first uses of PRP were to treat the same kinds of injuries. PRP is made from your own blood, and is powered by the healing proteins and growth factors concentrated within it. When injected into a site of injury, PRP reduces inflammation, increases blood flow, and stimulates tissue regrowth.

Ultrasonic sound waves, and similar techniques such as “extracorporeal shock wave therapy,” or ESWT, have a similar effect in reducing inflammation and stimulating cellular rejuvenation. It was logical to assume that combining the two therapies would have a positive effect. In fact, a 2015 study found that PRP when combined with sound wave therapies could stimulate the regeneration of dead or dying bone.

It seems that the two therapies are entirely “synergistic” with each helping the other to do its job better. The PRP opens up blood vessels, which enhances the effects of the wave therapy, and the pulsed-waves helps to “push” the growth factors in the PRP deeper into tissues, enhancing their effect.

Prior to this, a 2013 study found that combing PRP with soundwaves – a common standalone treatment for Achilles tendinopathy – was more effective at reducing pain and swelling than soundwaves alone.

It only stands to reason that these two therapies would have similar positive combined effects when used to treat improve sexual function in men.

Not every man who I see with erectile difficulties will need both pulsed-wave therapy and the Gains
Enhancement®. Clinical trials have shown that pulsed-wave therapy alone can be very effective for improving sexual performance. However, I have found that when combining the two therapies, results are indeed better.

When the GainsWAVE treatment is applied first, prior to administering the Gains Enhancement®, I find that the PRP treatment takes effect quicker and lasts longer. I believe this is because the application of the GainsWAVE first, kind of “prepares the way,” for the PRP injection.

By using the pulsed-wave therapy first, stem cells and erectile tissue within the penis are already in a stimulated state before the PRP injection. This makes the PRP injection that much more effective.

I think that combining these two therapies together, is going to be the “wave” of the future for helping all men feel more confident in the sexual prowess.

You do not have to try either GainesWAVE or Gains Enhancement® therapy. You can keep going along like you are with an average sex life that will only get worse the older you get. Or, you can try one or both of these remarkable new therapies and have the sexual stamina you had when you were younger!
We have now come to our last chapter. You have hopefully learned a lot more about your penis than you ever knew before!

At this point you may be wondering exactly what is considered “normal” sexual ability for a man of your age?

As you have read in previous chapters, it is perfectly normal for you to experience a problem with sexual performance at almost any age. So called “performance anxiety,” or stress, can find even the most young and virile of men in need of a bedroom boost when it comes time to get intimate.

It is also no secret that as you get older, your ability to obtain and maintain an erection is affected. But when do you know if your little problem, is a big problem? Just what is normal erectile function for a given age?

If you are a man over 35 and you have noticed a change in your erections, that does not mean there is immediate cause for concern. In fact, more than 50% of men in the 30s and 40s report some issues with sexual wellness or erectile dysfunction (ED).

ED can be a bit of a misunderstood term. Many believe that if you “have ED,” that means you have lost your ability to get an erection entirely. That is not true. Total
inability to obtain an erection is the most severe form of ED, and likely has a serious medical cause. But there are “degrees” of ED that occur as you get older, that could be considered “normal” for your age. These include:

- It takes a little longer to get rigid than it used to
- You may climax, or lose your erection sooner than you used to
- You might lose your erection before you climax
- Your climaxes are not as strong, or contain less fluid
- It could take longer than it used to for a second erection

Any of these conditions can be considered a “type of ED,” and are all related to the fact that testosterone production and blood flow to your penis decreases as you age.

But just because these problems are a “normal” part of getting older, does not mean you have to accept them!

If you are satisfied with your level of performance, even if that includes some occasional bouts of erectile dysfunction (ED), so be it. However, if you are not satisfied, and want to perform better, or, more like you could when you were younger, thanks to this book, you also know that now you can!

And did you know that enjoying an active sex life, could actually improve your health and maybe even help you live longer!
How Much Sex is Ideal?

Think about it - what is the one thing we all want more of? Money? Power? No! It’s Sex!

But how much sex is the “right amount?” As doctors, we know that you need to get a certain amount of a given nutrient to get its full health benefits. But, is there such a thing as an “RDA” for sex? As it turns out there is!

A recent study of 30,000 Americans has concluded that sex at least once a week is enough to receive the many physical and emotional benefits of sexual satisfaction. The study, published in The Society of Personality and Social Psychology, also said that results were “inconclusive” if having more sex than the “minimum requirement,” resulted in greater benefits. But it certainly can result in more fun, and more intimacy!

Health Benefits of Sex

So if sex even once a week is good for you, exactly what are the benefits of sex?

Sex can improve your overall mental and physical wellness. It may even help you to live longer by:

• Combatting anxiety and stress
• Improving emotional wellbeing
• Helping you to lose weight by burning excess calories and fat
• Giving your immune system a boost
• Improving your sleep patterns
Reducing your risk of high blood pressure and cardiovascular disease

Making you look and feel younger

Reducing your risk of some cancers

Improving cognition, focus and other mental functions

Aging and Sex

We have learned a lot about the benefits of sex. But we also know that as we age, we may not have the ability to enjoy the kind of sex life we used to. For some men and women over 35, even achieving that once a week minimum, can be difficult, or even impossible.

As men get older they can have problems with erectile dysfunction, or ED. Women may become more difficult to arouse, or achieve orgasm. After 40, women and men both may go through a loss of libido, or a decline in sexual desire.

Just about all of these sexual wellness issues as you get older are due to declining hormone levels as you age. But, no matter how old you are, or why you may be having less sex than you would want or should -- there is help available.

At HealthGAINS, we strongly believe that everyone should enjoy an active sex life for as long as they would like to, and are physically able.

We offer a number of sexual wellness treatments as part of our comprehensive wellness programs. Our sexual wellness therapies include many of the things we have
discussed in this book, such as hormone therapy, and the use of alternative sexual wellness treatments such as the GainsWAVE and the Gains Enhancement ®.

Is Sex the Best Anti-aging Medicine?

Sex is fun, sex is gratifying, sex brings you closer to your partner, but did you know a good sex life may actually help you live longer?

According to a recent Dutch survey the search for the Fountain of Youth may lead right to the bedroom!

The study was inspired by the recent United Kingdom sex survey which revealed seniors were having and enjoying sex in surprising numbers. The survey found that over 50% of men, and 30% of women over the age of 60 were still participating in a satisfying sex life, and 1/3 of the group overall reporting they were engaging in frequent sex, even among participants in their 70s and 80s!

The Dutch researchers decided to see if there was any correlation among longevity, ageing well, and these seniors enjoying healthy sex lives.

The researchers looked at a group of men and women between 58 and 98 who reported having frequent sexual activity, and a satisfying sex life. They then tested those individuals with a series of tests for cognition and mental acuity. The participants who reported a satisfying sex life, all scored higher on the tests, then those who had less frequent sex.

The reason why sexual activity may improve cognition, is that we know increased sexual activity raises testosterone. Normal, or greater than normal
testosterone level has been linked to improved mental function. Besides improvement in cognition and memory, there are many other “anti-aging” benefits to a healthy and active sex life.

*Top 10 Ways Sex Can Help You Live Longer*

Here are 10 health benefits of sex that can add years to your life.

1. **Sex burns calories**

Just can’t feel motivated to get to the gym? “Workout” in the bedroom instead. Studies have shown that the average love making sessions burns about 150 calories.

2. **Sex reduces the risk of cardiovascular disease**

A huge study conducted by the New England Research Institute in 2010 concluded that sex reduces the risk of stroke and heart attack.

3. **Sex can fight colds and flu**

A university study found that people who had sex at least twice a week had higher levels of immunoglobulin A in their systems, than those who had less sex. Immunoglobulin A is one of your immune system’s key defenses against colds and flu.

4. **Sex can relieve pain**

During sex, among the “feel good” chemicals that are released is oxytocin, which reduces pain, particularly the pain of headaches. So, remember that guys, the next time she says “not tonight, I have a headache,” tell her sex is
just what the doctor ordered!

5. **Sex reduces stress**

Oxytocin, and the other hormones released during sex, also calm the nerves and reduce stress and anxiety.

6. **Stress reduces your risk of prostate cancer**

Studies have shown that the more often men between 20 and 50 ejaculate, the less likely they are to develop prostate cancer later in life.

7. **Sex fights depression and boosts mood**

A healthy sex life not only creates that feeling of euphoria just after orgasm, it is an effect that can last long after. Psychological research indicates that sexually active adults have more self-esteem, more self-confidence, and are less likely to suffer from depression and anxiety.

8. **Improves Skin and Makes you Look Younger**

Ever notice that after sex it looks like your skin has a healthy glow? It’s not your imagination. According to a Scottish study, men and women who had orgasms three or more times a week, looked 10 years younger than those who orgasmed less. The researchers believed it has to do with the release of estrogen during orgasm, which leads to healthier skin and hair in both men and women.

9. **Sex improves memory and cognition**

Studies have found that sex improves the connections in the areas of the brain related to long term memories, cognition, and analytical thinking.
10. **Sex can help to regulate sleep**

It’s a joke that men like to nod off after sex, but the truth is, after achieving orgasm, the brain releases a number of hormones such as norepinephrine, serotonin, oxytocin that help you to feel relaxed and fall asleep. Regular sex, can lead to more regular sleep patterns.

**Is There an Age That is Too Old for Sex?**

Not too long ago, there was a general feeling that there is an age that is simply “too old” for sex. Of course I do not believe that, and in fact, in my practice I am helping men and women in the 60s, 70s, even in their 80s have the best sex of their lives!

Now, a recent study has shown that even in places like England, which you might perceive as a little less daring in the boudoir than us Yanks, are filled with sexy seniors!

The study, the English Longitudinal Study of Ageing (ELSA), looked at the sex lives of over 7000 men and women between the ages of 50 and 90. Questions ranged from attitudes about sex, frequency of sexual activity, and about any issues with sexual dysfunction.

The researchers found that at least half of men, and about one-third of women aged 70 and over were still quite sexually active, with around a third of them having sexual intercourse at least 2 – 3 times a month or more.

However reports of less than desirable sex lives and sexual wellness issues were also quite common, with a third of the women complaining of decreased stimulation, and ability to achieve orgasms, and more than 40% of the men reporting problems of erectile
dysfunction.

The researchers hoped that what lay persons and medical professionals alike, take away from the study is an understanding of how important sex is to healthy long-term relationships. Furthermore, that problems with sexual dysfunction are prevalent in both aging men and women, and should not be ignored. The researchers also concluded that elderly Individuals, and their healthcare professionals, should be open and willing to talk about sex, and how they feel if they are not satisfied, because help is available.

“We hope our research will encourage a more open discourse about late-life sexuality and health, and foster wider intergenerational understanding that sex doesn’t stop at 50!” said, David M. Lee PhD MPH, one of the lead researchers on the project.

_Great Sex – For Life!_

A healthy sex life and an overall healthy and fulfilling life are inextricably linked. My goal in writing this book, and indeed as a medical professional, is to provide treatments and lifestyle changes that will not only improve your ability to perform sexually, but will improve your life overall.

If you are having trouble in the bedroom, it impacts your health and happiness on many levels. If you feel you are not performing as well as you would like, or as well as you used to, we can usually help with our PRP, and/or our pulsed-wave treatments. Remember, as you have learned by reading this book, these treatments are the only erectile dysfunction male enhancement procedures
that not only improve your ability to gain and maintain an erection, but can increase your penis size!

Once you are again performing at your peak, we can take a more in-depth look at your testosterone levels. If you are over 50, and experiencing other problems beyond the bedroom, such as fatigue, moodiness, loss of muscle tone and cognitive difficulties, Low-T could be the cause. This is why I will often combine hormone therapy, along with male enhancement treatments.

Such an approach has helped hundreds of my patients to be the best that they can be, from the bedroom – to the boardroom!
AFTERWORD

There are probably a lot more ways than we have discussed in this book that sex can help you live a long and happy life.

But what if you are being a little let down in the bedroom? If you are not performing sexually the way you used to be able to, than the opposite can be true. Lack of sex can lead to increased stress and anxiety, and the negative impact that could have on your health could actually take years off of your life!

However, don’t panic – help for sexual difficulties is available. I have made it my mission to ensure that any man - whether they are 30, 40, 50 or 60 - can enjoy a healthy and active sex life for as long as he would like!

The secret is not in a little blue pill, but in making the right kind of lifestyle choices, and considering our proprietary treatments such as the GainsWAVE, and the Gains Enhancement® we have discussed in this book.

My Co-author and associate, Michael Lada was instrumental in developing the GainsWAVE pulsed acoustical wave treatment discussed in this book.

Together with these two treatments, Mike and I have helped hundreds of men to have their best sex-life ever!

One of our patients, who actually works in the adult entertainment industry has said, “I can tell you, this really, really works, the results are staggering. I will not go into the details, but I am having a lot of fun again…”

His results in particular, were accomplished when
combining our GainsWAVE therapy with our unique platelet rich plasma treatment for men, The Gains Enhancement® Plus.

If you are not performing the way you would like, if you feel you are not satisfying your partner the way you used to -- you can do nothing, and continue on a downward spiral of poor sex, low self-esteem, and diminished health.

Or, you can make the right decision, like hundreds of our patients; contact our offices today for more information about these radical new male enhancement procedures.

CALL TO SPEAK TO A MEDICAL ADVISOR

(800) 325-1325

OR VISIT US AT

www.HealthGAINS.com
ABOUT THE AUTHORS

Richard Gaines, MD, FAARM, ABAARM

Richard Gaines, MD, FAARM, ABAARM, is a leading practitioner of the rapidly evolving science of physician-guided age management. He has been administering hormone therapy and sexual wellness treatments since 1993. He graduated from Boston University School of Medicine in 1981, completed his internship at Tufts University School of Medicine and his residency at Harvard Medical School and earned a fellowship in cardiac and obstetric anesthesia at Brigham and Women’s Hospital. After a distinguished thirty-year career as a physician and health-care executive, Dr. Gaines became president and chief medical officer of the age management medical practice HealthGAINS, which he founded in 2005.

Michael Lada, MPAS, PA-C

Michael Lada, MPAS, PA-C, completed his Master of Physician Assistant Studies in August 2008, at the University of Nebraska. Prior to obtaining his PA certification, he served the U.S. proudly as an elite Army Ranger and Senior Medic, achieving the rank of Captain. His military background has earned him unparalleled experience in intuitive problem solving, interpersonal skills, the value of setting goals, and working as a team. Like Dr. Gaines, Michael “practices what he preaches,” and in his early-40s, is still in “combat shape,” and participates in competitive modern sports, thanks largely to his commitment to fitness and belief in Age Management Medicine.