5 ERECTION KILLING FOODS TO NEVER EAT
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Hey, Jack here, and welcome to your guide on

5 Erection-Killing Foods to Never Eat

Those common and seemingly harmless Erection Killing Foods can be ruining your sex-life without you even knowing about it.

You have decided that tonight’s the night for some fun under the sheets. It doesn’t matter if you’re with a new date or with your wife.

What does matter is the food you eat, because there are 5 erection killing foods that will make you lose it when it really counts. Make sure to avoid them if you want to have a long-lasting and fun sex life.

On the next several pages, you will find the 5 erection killing foods to NEVER eat.
CHAPTER 2: 
The Bottom Three

#5 - Soy

Yes, this seemingly harmless food that actually provides great cardiovascular improvements is not so good at maintaining your sex drive. In other words, soy and its byproducts lower your testosterone levels, thus contributing to trouble in bed. A 2011 study from Beth Israel Medical Deaconess Center, Harvard Medical School revealed that a 19-year-old who maintained a vegan diet mainly consisting of soy-based products suffered from erectile dysfunction and extremely low testosterone levels[1]. Another study done in 2003, reassured, that soy actually does lower testosterone levels in males who consume soy flower[2].

Many men include soy products in their daily diets, whether knowingly or not and the long-term effects can be most unpleasant in bed. Avoiding soy-based products will help in avoiding erectile dysfunction and increase fertility.

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#4 - Processed Foods

We have all fallen into the tasty and convenient situation where grabbing a juicy hot dog spared us time and money. However, eating food like hamburgers, bacon and other processed foods that are packed with salt will quickly catch up to your performance in bed. A recent study has shown that consumption of processed meats in healthy young men is linked with a lower sperm count.[17]

Virtually all contemporary processed foods have high salt contents. It was shown that the typical western diet contains 10 grams of salt per day, whereas our hunter gatherer ancestors ate a tenth of this amount. The majority of our present day salt intake comes from processed foods, particularly breads and cereals[3].

Also, if bagels, pancakes or even doughnuts for breakfast are your regular meals, trans fatty acids (trans elaidic acid) inside those products have been shown to be related to a reduced sperm count in healthy men[4].
CHAPTER 2: The Bottom Three

#3 - Dairy Products

Very few men would associate their lack of sexual capability with cow milk. However, milk ingestion has long been associated with male reproductive disorders\[5\]. In fact, dairy products add up to around 12% of the average daily caloric intake in the U.S. diet\[6\].

A recent study\[7\] on active and healthy young men showed that consistent and regular dairy intake was linked to irregular sperm morphology, particularly with full fat dairy products. Another study in men who were suffering from low fertility rates revealed that increased cheese intake was linked to low sperm concentrations.\[8\]

While dairy products have their benefits for your health, the data speaks for itself and foods like cheese, milk and other dairy products will impair the ability to have an erection.

The main problem with dairy products is that the calcium in milk and cheese blocks your body from absorbing zinc and iron\[9; 10\]. That doesn’t really say much about your performance in bed, but zinc actually is the number one nutrient missing in the U.S. diet, with over 73% of the population not meeting the recommended intake for zinc\[6\]. Even further, zinc is an essential nutrient for sperm development and function\[11\].
CHAPTER 2: The Bottom Three

#3 - Dairy Products

Now you know more about the possible reasons behind the problems in bed. Seemingly harmless and healthy products may actually be hindering the function of your most sensitive body part.

There are two more products that are most likely to kill your erection not only when you need it, but permanently. Continue reading and find out about the top 2 erection killing foods.

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SURVIVE IN BED
5 Erection-Killing Foods to Never Eat
#2 - Refined Sugars

With all major headlines, movies, documentaries and news reports raging about the severe health risks related to sugar you are likely familiar with the stories and arguments. However, while refined sugars are linked with erectile dysfunction, it often gets shadowed by other health risks like weight issues, diabetes and teeth decay.

According to recent study performed on healthy males, it was discovered that sugary soft drinks and soda pop are closely linked with erectile dysfunction[12]. In fact, many men try to combat the inability to have an erection with medicine like Viagra, but the real culprit lies in all those sugary drinks, which are so hard to resist.

Remember that all health issues connected with refined sugars get progressively worse as you age and erectile dysfunction is not an exception[13]. If you always have sugary drinks on hand and they are part of your daily meals – you must consider different alternatives or face grave consequences.
CHAPTER 3:
The Top Two

#1 - Alcohol

Alcohol abuse is the leading cause of impotence and other disturbances in sexual dysfunction[14]. That sentence says it all really. It was reported that 61% of patients dependent on alcohol reported sexual dysfunction, the most common being erectile dysfunction followed by reduced sexual desire[15].

But you aren’t “dependent” on alcohol, are you?

Well, if you drink more than 3 standard units of alcohol daily, you fit into the statistic. Here’s a representation of how much standard units there are in different drinks:

- A 250ml glass of 14% wine is 3 units
- One pint of 4% beer is 2.3 units
- One glass of 25ml measured spirits (your favorite whiskey) is 1 unit

So the amount of alcohol you have to drink for it to have an effect on your sexual health is fairly low and easy to abuse. Virtually all aspects of human sexual response are affected by alcohol, especially sexual desire and erection[16].

The issue is that most men are used to consuming far greater amounts of alcohol during weekends or even regular days. Staying within the recommended amount can be hard for most men, but the threat of developing erectile dysfunction may make you think otherwise.
CHAPTER 4: Conclusion

All of the foods described in this article have proven to have negative and severe effects on the male reproductive organ. These effects are amplified with age.

>> Revealed: #1 Weird Trick Destroys ED

(Try this tonight!)

If you’re a man in your 40s, 60s or 70+...

Then you’ve been lied to -- ED is not a natural part of aging as we were led to believe. And...

It is not your fault.

In this quick video you discover:

* The 3 biggest dangers to your performance, stamina and energy...

* Exactly what you need to eat - step by step - to beat ED permanently...

* The truth that doctors never tell their patients about ED. And...

* How to never lose confidence in bed again... so that you can snatch back your manhood and keep it for good.

I urge you to watch this video in full now, because when multi-billion dollar “blue-pill peddlers” find out - I can’t guarantee this page will stay online.

(continued on next page)
CHAPTER 4: Conclusion

They DON’T Want You To See This:

====> Click here to see the truth about ED that NOBODY is telling you... >>
References


