



ANCIENT ED FIX

SPENCER FIELDS

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1

INTRODUCTION

From the beginning of time there have been known responsibilities and roles men and women both play in a relationship. Our male ancient tribal ancestors would sacrifice their lives for their women and tribes. Competing against the world's most dangerous animals for provisions. It's a duty which has been ingrained in men since Adam and Eve. Genesis, chapter 2 in the Bible says, "So God formed the man from the dust of the ground." (v. 6). God planted a garden, made trees grow in it, and put the man there to take care of the garden (vv. 8-9, 15). Around the world, the theme in marital relation-

ships is the man provides and the woman is a helper. Think back to your first “date”. Chances are you saved up and paid her meal, right? Or your dad slipped you \$20 before heading out the door to cover dinner. But it doesn’t stop there. A man has historically been the one to protect his wife and family as well. This was established from the beginning as you see men making fires, packing together huts, searching for caves, all to protect their family. And they were equipped for the physical task to do so as well. If you look at the muscle mass between a male and female, there is no comparison. A man has more muscle, strength, and size than a female. Why?



Because men were equipped with more testosterone to provide and protect and have sex for populating the earth (which we’ll get into in just a minute). So when a man loses his ability to do any of those things, he begins to feel a loss of identity. You see, most men will stop at nothing to provide, protect, and please their spouse. It is a natural need they must fulfill to feel fulfilled. They feel a great sense of responsibility to meet the needs of their partner in every way shape and form. And the fact you are reading this manual now means chances are, you are one of those guys.

When Ancient E.D. Fix was created, it was created with a purpose to rescue men from the physical, mental, and emotional strain erectile dysfunction is having on their relationships. Because recent statistics show 20%-30% of spouses end their

commitment with one another due to a “sexless marriage”. Whether the partner ends up finding someone else or leaves due to the loss of intimacy, those stats aren’t clear. However, there is no doubt this natural “struggle” for men is getting into our marriages and relationships and causing tension. So let’s take hold of the commitment right now, as men, to fix our sex lives. For the sake of our relationships and ultimately our happiness, implement all of the information in this manual and watch your ED reverse in days.



The truth is, when the challenge or problem of a man is related to sex and his ability to pleasure his partner is no longer or minimal, it can lead to painful effects on his confidence and consequently put significant strains on the relationship. Again, it all comes back to our DNA and the role man has played since the beginning of time. We were designed to “spread our seed”. Not just for the sake of population but for enjoyment. After all, if sex wasn’t meant to be enjoyed, why would we have so many sensitive nerves endings surrounding our sex organs (both male and female), why would we have orgasms, and have all natural urges for sex that we have? It’s because we were created to enjoy it. And when you stop enjoying one of the greatest acts of passion a man and woman can give one another, the tension builds and the stress piles on the relationship. I’m here to help you change that. But first, let’s take a closer look at erectile dysfunction.

A Closer Look At Erectile Dysfunction

It is shown that upwards of 140 million men struggle with erectile dysfunction on a yearly basis. And of those 140 million men over 85% are not willing to seek out treatment or any form of medical attention. Which is shocking because E.D. is one of the most (if not the most) embarrassing disorder for men and is very common. Especially the older you get.

Yet ED doesn't have to be as complicated as the public makes it out to be. You have to do is turn on any sort of sporting event and you will be bombarded by the message that a little blue pill like Viagra or Cialis is the only cure for your erectile dysfunction. That every time you want to have sex for the rest of your existence you will have to plan around one medication. Later in this text we'll expose why Viagra and Cialis are not actual cures for your erectile dysfunction. Instead, they, along with other male enhancement formulas are "money-pits" disguised as solutions.

These "solutions" come with too many side-effects and expensive pills. Making ED treatment not suitable for every man. In fact, 61% of men are looking for safe



and all natural solutions to get off of their current “blue pill” and onto something more potent, effective, and will treat the root cause of their erectile dysfunction instead of masking the issue. And over 30% of men are seeking out less expensive alternatives to ED medications. You may be trying to do the same thing. Either way, don’t let the media complicate the truth of how simple your ED can be cured when the right actions are taken.

So what is the actual root cause of erectile dysfunction? Well, it can be many things. It’s often caused by stress, poor blood flow to the male organ, oral hygiene (which we’ll examine more in this manual) or factors related to poor diet. Many men are unaware of these triggers for ED and often blame them on other problems such as bad luck, genetics, and may even believe they are losing attraction for their spouse.

However, most of the time the reasonings go unanswered because in a recent study performed in the U.S., 80% of participants reported generally avoided sexual health questions during their physical exams with their primary care physician. So unless you have done the research yourself, chances are you may be uninformed of what ED is, what the symptoms are, and what treatments are available. And if that sounds like you, browse through the next few sections to learn a bit more before moving onto the meat of this manual.



How Does Erectile Dysfunction Work?

To give you a basic understanding, erectile dysfunction can encompass several different conditions of reproductive health and sexual dysfunction. Erectile dysfunction is defined as the inability to maintain an erection sufficient for sexual intercourse.

Achieving an erection is a process involving the brain, hormones, nerves, muscles and blood circulation. If something interferes with this process, the result may be erectile dysfunction. And in some cases, ED can be the first sign of other serious underlying health conditions, such as cardiovascular problems, that need treatment because erectile dysfunction can share the same risk factors for heart attacks and strokes. So if you have a family history of such chronic diseases or other are concerned about potential underlying risks of your ED, certainly speak with your physician about those topics.

Now, in order for a man to achieve an erection when aroused, the blood capillaries must be functioning well and have a free flow of blood without any obstruction (we'll speak more about how your oral health is creating "blockages" in your blood flow throughout your penis deeper into the manual). During an erection, the walls of these blood vessels relax and allow free passage and flow of blood. Eventually, the blood flows through the network of capillaries in the penis with an intense amount of pressure which then leads to an erection.

Looking at the entire process put together when all is working properly, the brain (during arousal) sends a series of messages that travel along the spinal cord and are delivered to the nerve endings in the penis. Neurotransmitters, also known as chemical messengers are then released into the blood and are responsible for all the hardening that will take place. First, the vessels bringing oxygen-rich blood to the male sex organ to receive an order to relax. After relaxing, enables blood is then able to freely flow into the penis. The blood entering the penis then cause it to enlarge and stiffen, leading to an erection.

It's a straightforward process which when all is working properly, happens in a matter of seconds. But if it's so quick and easy, why are so many facing the challenge of having sex? Why does this happen to some guys while others can go strong through their 60's, 70's, and 80's? It has been well documented that problems can start to arise when a man's blood vessels are blocked or damaged. Nerve endings not functioning properly in the penis, tissues in the organ, or even something as common as oral health (unknown until recently) or poor diet can be other common factors.

Take confidence though. With the right natural treatments you can reverse your erectile dysfunction by correcting the root of the problem. And before exploring the treatment in this text it's important to provide clarification and education of ED and the public misinformation. This way, you have all of your questions regarding erectile dysfunction answered in this text so you don't have to continue with your own research outside of this manual. With this information comes great responsibility to share it with other men who may be suffering with the same issue. As men, we are in this fight together. Because a majority of men who currently have ED, don't have to have it. In fact, the answer has been under their nose the entire time. Unfortunately all natural solutions don't have the multi-billion dollar budget or power as that of other male-enhancement companies. So take this message and be sure to spread it to other men you are close to.



Signs And Symptoms Of Erectile Dysfunction

Erections may occur at random, when there is no specific sexual stimulation to cause it. Wet dreams are a frequent occurrence, especially among younger men and teenagers. Erections most commonly result from arousal by being with your sexual partner. Whatever the stimulation is, the typical reaction of an aroused man is an erection. So the biggest symptom of ED itself is when you are unable to achieve an erection.

As mentioned earlier, ED may be the result of blocked blood flow to the genital area due to different factors such as poor oral health, poor blood circulation from a medication or other health disorder, or due to psychological factors related to stress. Lifestyle choices such as eating unhealthy can play a huge role if you are experiencing ED and slight changes may make a huge difference for your erections. If no stress is apparent and you are still not able to have sex, you would then want to take a look at your oral health and dietary choices as these could be the two factors at work.

Be sure to continue reading throughout this text as there will be a complete oral health morning routine laid out for you in full to prevent your mouth from causing blockages in your blood flow to your penis. There will also be an extended nutrition portion to this manual as well to ensure proper dietary practices to keep your sex life healthy and your erections functioning as should be.



Here's a few other signals of erectile dysfunction other than just not being able to achieve an erection which include low self-esteem, anxiety and depression. These can cause impotence to become worse. So it adds extra turbulence to your erectile dysfunction if these other side-effects do occur.

In some cases, an underlying medical condition, such as diabetes or high blood pressure, may cause impotence. So the symptoms of the condition may be present along with impotence. They may include any of the following underlying conditions or medicine taken to treat these conditions may also support your erectile dysfunction:

- diabetes
- obesity
- thyroid problems
- kidney issues
- sleep disorders
- blood vessel damage
- nerve damage
- high blood pressure
- high cholesterol
- low testosterone
- pelvic or spinal cord trauma or surgery
- tobacco use
- alcoholism

Your doctor may be able to diagnose impotence by taking a medical history and performing a physical examination. Make sure to discuss any medical conditions you may have with your doctor. Sharing your medical history with your doctor can help them determine the cause of your impotence. Also, let your doctor know if you're taking any medication. Tell them the name of the medication, how much you take, and when you began taking it. Also notify your doctor if you first experienced impotence after taking a certain medication. All very important. During the physical examination, your doctor will visually inspect your penis for any external causes for your impotence. External causes could be trauma or lesions from sexually transmitted infections (STIs).

If your doctor thinks an underlying issue may be the cause to your condition, they will perform various tests. For example, your doctor will order a blood test to check your blood glucose levels. This will show them if diabetes is to blame. Other tests may include:

- blood tests to check for low testosterone levels, lipid levels, and other conditions
- ECG (electrocardiogram) to detect any heart issues
- ultrasound to look for problems with blood flow
- urine test to determine blood sugar levels

It's important to note, do not make any changes with your medications if you do believe them to be the source of your erectile dysfunction. Please speak with your physician first before making any and all changes.



The Specific Cause Of Your ED?

Your doctor will have the best insight regarding your erectile dysfunction. However, we will go through a series of possibilities of what could be causing your erectile dysfunction. Take a look at some of the possibilities below:

1. Circulatory System Issue

Your circulatory system is responsible for the passing of blood throughout your entire body, including your male sex organ. And because achieving an erection is directly related to blood flow, this very well could be a cause for your ED. This could come from circulatory system diseases such as atherosclerosis or venous leakage as both tend to interrupt the normal passing of blood and make blood travel more difficult with the hardening of arteries. Again, especially when it comes to under-laying illnesses, these are best diagnosed by a medical doctor instead of using a self-diagnosis platform.

2. Stress

Another key player in erectile dysfunction is stress. If you are someone who has a stressful job, home life, or other outside stressors, this could be the reason you are experiencing episodes of ED with your partner. You may not even find yourself in the mood for sex as depression and anxiety can play a role in low testosterone levels which decreases sex-drive. If you are experiencing lots of stress, or have noticed your ED appearing after stress be sure to speak with someone about the things causing your stress.

One of the things I like to do when becoming stressed is take up to half an hour of my day praying and writing in a gratitude journal. This sends me into a relaxed and peaceful state and I get to focus on the things in life which are good instead of focusing on the negative.

Also, if you have any stressors you are okay with sharing with myself you can contact me at [this email] and I would be happy to speak with you and provide any type of encouragement possible for victory over this silent struggle.

3. Lifestyle Factors

As discussed earlier, other factors such as lifestyle choices such as what you eat, drink, and how well you take care of your health plays a necessary role in ED and should be considered. If you are not currently exercising, it is important to speak with your physician and see if you are healthy enough to begin an exercise regimen. I highly recommend, **Joe LoGalbo's Anabolic Running program** as a powerful 16-minute exercise routine shown to increase testosterone levels, boost sex-drive, and enhance sexual performance.

The causes of your ED can also be related to age, lack of desire, chronic illness and certain medications can interfere with the normal working of the penis and genitals. Also injuries to the penis often go unreported for men and can lead to erectile dysfunction later on in life.

4. Oral Inflammation

Your mouth is an oral gateway to good health and great sex (for reasons you may not be thinking about at the moment). In fact, poor oral hygiene has been shown to be a reasonable cause of erectile dysfunction in men. Take a look at this recent study in the International Journal of Sexual Medicine:

Researchers from Taiwan suggest that men who have certain forms of gum disease – are more likely to have erectile dysfunction (ED) than those who do not.

In their study, 53% of the men who had ED also had chronic periodontitis (a form of gum disease). In the comparison group of men who didn't have ED, only 23% had gum disease.



What happens with gum disease and other type of oral infections is that they cause systemic inflammation. This is the same type of inflammation which effects the blood vessels around the penis. When the body is inflamed from poor oral hygiene or infection, the capillaries “clog” up. Think of it like a traffic jam.

When you are on a three-lane highway and there is a car accident which causes a one or two lane blockage, suddenly the pace of the traffic slows down, almost to the point of standing completely still. Once the crash has been removed from the scene (in this case, after you rid your mouth of the toxins causing inflammation in your body), the cars can then continue moving at high speed, as normal.

This is exactly how oral inflammation and infection effects your penis and will open up the pathway to better blood flow for longer and stronger erections. Later into the manual we will take a look at the oral products you are currently using which are helping or hurting your penis and what you can do about. You’ll also be introduced to the ancient inflammation cure used thousands of years ago in Easter medicine which will destroy the oral bacteria causing the inflammation in your body and disrupting your blood flow for erections.



Make The Right Decision

Like with most illnesses, ignoring the treatment method, cause, and cure can lead to unnecessary stress and prolonged suffering. Many people are not aware that erectile dysfunction can be cured with traditional and natural methods without pills or surgery. So before jumping to potential hazardous conclusions or allowing yourself to make uninformed decisions, it is crucial to ensure proper and accurate understanding of ED. Which is why we've outlined the potential causes of your ED and provided understanding to what ED is.

Having basic knowledge of ED can go a long way in avoiding unnecessary time considering dangerous treatments, which come with harmful side-effects and large expenses. This book uses thorough research to address how it is possible to make a full recovery and regain the sex drive and youthful vigor you once had.

Before starting your journey to reversing your erectile dysfunction naturally, please know these few things:

Erectile dysfunction is not like diabetes or asthma. It's not something you have to live with for the rest of your life and can get better. This manual is filled with all the information you need to make the lifestyle changes necessary to get rid of your ED for good. The rest of the text will be your all-natural guide to have your ED fixed in a matter of weeks.

You are not alone in this. When I was battling with ED, that's exactly how I felt, alone. And without someone to share my struggles with. To be successful you need to follow through with this program and believe your ED will be cured.

Lastly, it's important you and your partner go through this information together. Not only will this journey bring you two closer but it will also be easier for you to follow through the program with the support of your loved one. They will also see your efforts being put forth, taking action to fix the "friction" in your relationship being caused by sexual dysfunction.

This book is going to take you down a path of discovery and success with reversing your erectile dysfunction. Be sure to keep all negative or discouraging thoughts out of your mind. And think upon good things and envision yourself performing in the bedroom how you once were. Trust me, your positive thinking will go a long way in your path to long-term success and freedom from erectile dysfunction.





2

THE TRUTH ABOUT ED

With erectile dysfunction being a “hot topic” these days, especially as it becomes even more relevant to younger adults, it’s important to expose any of the myths you’ve been told regarding ED so you can understand the truth and how the truth is going to set you free. Take a look at the following false claims about erectile dysfunction. You may be believing some of them yourself, so it is important to break these old thoughts so you can move forward with excitement that yes, you can begin your healing of ED starting this very day forward!

True or False

Erectile Dysfunction Cannot Be Cured

False. Since erectile dysfunction has generally been a sensitive condition for men, those suffering from ED generally have no idea about the truth. So instead of having thought provoking questions and researching solutions, they believe it is something they will have to live with forever. Just as you would with diabetes or asthma. However, ED is perfectly curable. We have and will continue to provide you more methods to battle ED throughout this book.

True or False

I Have To Go On Pills

False. With commercials for drugs like Viagra and Cialis flashing across the television screen, it's no wonder most men think they have take pills to improve their sexual health. The truth is, the pills on the market today are only temporary solutions. So yes, you will have to take them the rest of your life if you do not discover the root cause of your erectile dysfunction and fix the issue from the source (which is what this book will help you accomplish).

This book is going to save you an extraordinary amount of money on prescriptions and protect you from the harmful side-effects like vomiting, back pain, high blood pressure, and heart attack. Remember, this manual will only give you all-natural solutions to treat the root cause of your erectile dysfunction.

True or False

I Am A Failure As A Man

False. Millions of men face ED on a yearly basis. It is a common problem and nothing to be ashamed of. Many men tend to find their identity in sex. I can assure you, your identity is rooted in so much more if you can find it. This is just a “road bump” that you will soon be able to get past and return to being the man in the bedroom you once were.

True or False

ED Should Be “Normal” At My Age

False. Never at any age should a man accept ED as “normal”. Sure, it is common, however it is not the average man’s experience. Look at it this way. About 1 in 7 men will be diagnoses with prostate cancer in their lifetime. Does this make it normal or acceptable to suffer with the disease? Not at all!

Same goes for erectile dysfunction. Yes, as we get older, it tends to become easier to let certain things go. For example, having a high blood pressure or bone loss are conditions you have very little control over. However, ED is curable and treatable no matter your age and is not something to accept as a way of life.

True or False

ED Only Affects Older Men

False. If you remember my story about the struggle I had with erectile dysfunction, I was just a 26 year old man who was recently married. My wife and I both saved our virginity for marriage, so you can assume how frustrating it was for me to suffer from ED after our very first year as newlyweds. In fact, I too believed ED was only for “older” gentlemen. And I quickly discovered how wrong I was. Is an 80 year-old man more likely to have ED than a 30 year old? Of course. At 80 years of age, one’s body has been exposed to a large amount of inflammation which is shown to disrupt the blood flow to the penis. The more “wear and tear” from inflammation, the harder it will be on one’s body to continue being healthy sexually.

However, as we mentioned earlier, at no age should erectile dysfunction be looked at as a normal way of life. Whether 26 like I was or 90. And as we continue on in this manual you will discover how to reduce the silent inflammation in your body which is causing you to experience ED. You’ll be shocked at how many contributing factors are causing inflammation of the capillaries around the penis. The biggest being your oral health, which we’ll take a look at in a moment.

True or False

The Sex Life I Once Had Is Over

False. Some men think that their age is a marker and erectile dysfunction is one of life's events to tell them they should slow down on the sex and save it for the anniversaries and birthdays a few times each year. Nothing could be further from the truth! Our sexuality is a part of us till we die. Libido can fluctuate at any age, but it does not mean that is the end. And even though physical problems like diabetes and high blood pressure can affect your ability to achieve an erection, this book will provide remedies for every situation and stage of ED. The earlier you start your journey to recovery, the better.

True or False

Watching Porn Will Help My ED

False. In fact, growing research is showing pornography is doing the opposite for men by lowering their desire for their real-life partners, and making it harder to achieve erections. So many men fall into the downward spiral of trying to fix their ED by sitting in front of a computer screens and masturbating. However, this is only causing more damage to your progress with erectile dysfunction. It's like having a few big slices of greasy pizza while you're trying to lose weight. Our advice is to kick pornography from your journey to a healthier and happier sex life with your partner. Easier said than done. However, we have gone ahead and added bonus material near the end of this text to help you overcome the temptations of pornography so you can cure your ED without prolonging the process with setbacks.



3

ED PHARMA INDUSTRY **EXPOSED**

In this section, you're going to see why male enhancement industries like Viagra, Levitra, and more are not bringing any healing to your erectile dysfunction. Instead, they only provide a temporary solution (a mask of a cure) which leaves men coming back for more pills over and over again. Setting men up for dangerous side-effects and breaking the bank of men in a desperate situation. Because let's face it. Nothing makes us as guys more vulnerable and desperate for a solution than erectile dysfunction. This section will uncover the truth about these big companies and their products.

The Truth About Viagra

Viagra first went public in 1998. Before then, the drug on the market was alprostadil. A drug, painfully injected into the penis through the urethra. So when Viagra was introduced in the market, it dominated. And for the following five years and the total market price of the three new drugs combined exceeded \$3.4 billion by 2004. Viagra continued to crush the competition for another few years, having more than 50% of the entire market share all to itself. Not surprising. To date, over 30 million men have used viagra in their lifetime.

Here's how Viagra works. Again this information is in this text as there are many men who have not researched ED before reading The Ancient E.D. Fix. Therefore, this book will not only provide a solution to ED but also educate of the matters surrounding ED as well. To continue, Viagra is an oral pill which uses the chemical nitric oxide to dilate blood vessels in the penis, allowing more blood to flow to the organ. The nitric oxide causes muscles in the penis to relax so more blood flows in. This results is the hardening of the penis for an erection.

Viagra, just like any other drug, has a recommended dosage. Which usually costs around \$10 a pill. Due to its potent nature, Viagra should be taken up to one hour before any sexual activity and will remain active in your system for four hours after you take it. Again this acts not as a solution but a temporary fix.



Many men make the assumption that Viagra increases libido, but it does not and neither causes erections automatically. Instead, you would want to take the pill an hour before sex and be sure to inform and communicate with your partner as well so you do not expire a pill with no good use.

Along with taking Viagra come some common and also severe side-effects including:

Common Side Effects of Viagra

- Headache
- Flushing in the face, neck, or chest
- Upset stomach, indigestion
- Abnormal vision
- Nasal congestion
- Back pain
- Muscular pain or tenderness
- Nausea
- Dizziness
- Rash
- Diarrhea

Serious Side Effects of Viagra

- Change or loss of vision
- Ringing in ears or hearing loss
- Chest pain or irregular heartbeat
- Shortness of breath
- Lightheadedness
- Swelling in the hands, ankles, and feet

This blue pill can also clash with any current medications you may be taking. So please speak with your physician if you are considering using this product. This information is for educational purposed only and is not recommended by our team. We will look into all-natural solutions for you including the one 3,000 year old oral hygiene routine every man should begin following right away.

The Truth About Levitra

Levitra is Viagra's very first competitor. Levitra came out in 2003 and remains one of the chief rivals of Viagra. The drug works on the same concept as Viagra. Levitra helps with blood flow toward the penis and helps a man become erected and stay erected during sex.

Similar to Viagra, it should be taken up to an hour before a man plans to get together with his sexual partner. This is why communication between you and your partner is a must. Levitra has some advantages over Viagra. It can be taken alongside other illnesses such as diabetes and can be taken by a man who once had some form of prostate surgery. These factors lead doctors to recommending it over most other ED drugs available on the market.

Common side effects of Levitra include:

- headache,
- flushing (warmth or redness in your face, neck, or chest),
- runny or stuffy nose,
- stomach upset,
- heartburn,
- dizziness,
- back pain, or
- nausea.



More serious side effects of Levitra include:

- sudden vision loss;
- ringing in your ears, or sudden hearing loss;
- chest pain or heavy feeling, pain spreading to the arm or shoulder,
- irregular heartbeat;
- swelling in your hands, ankles, or feet;
- shortness of breath;
- vision changes;
- feeling light-headed, fainting;
- penis erection that is painful or lasts 4 hours or longer; or
- seizure (convulsions).

Like most medications, they do come with a list of potential side-effects. Does that mean this would be the case for your personal experience with any of the ED medications on the market? Not necessarily. However, the possibility is there.

Speak with your partner and make an informed decision. My wife and I were both against taking chemically charged medications. My family has a history of heart disease, so the last thing we wanted to use was some form of ED assistance that was not all-natural and safe. You'll discover those techniques later in the text.



The Truth About Cialis

Cialis is another big-name company in the market of ED drugs. Where Viagra and Levitra only work for four hours, Cialis does eight times that amount and can go up to 36 hours of active service. Working similarly to its counterparts, Cialis encourages an increase in the flow of blood to the penis as a man becomes aroused. Proven clinically to improve erections whether the man is suffering from mild to severe ED, Cialis continues to be one of the top prescribed erectile dysfunction drugs.

Serious side effects include:

- changes in vision or sudden vision loss;
- ringing in your ears, or sudden hearing loss;
- chest pain or heavy feeling, pain spreading to the arm or shoulder,
- irregular heartbeat;
- shortness of breath, swelling in your hands or feet;
- seizure (convulsions);
- feeling light-headed, fainting; or
- penis erection that is painful or lasts 4 hours or longer.
- memory problems



Less serious side effects may include:

- redness or warmth in your face, neck, or chest;
- cold symptoms such as stuffy nose, sneezing, or sore throat;
- headache;
- memory problems;
- diarrhea, upset stomach; or
- muscle pain, back pain.

Some Side Effects To Highlight

Priapism

Priapism is an ironic situation because it refers to a state where a man continues to have an erection even after he has finished making love to his partner. So the man goes from failing to have an erection to now having a prolonged and uncomfortable erection. This will certainly dampen any plans you had after having sex. And although a man with ED may look at this side-effect as “no big deal”, you’ll want to think again.

The situation can lead to a very serious state of damaging the penis. This prolonged erection, if not addressed, could lead to the man hurting his penis and leading to an even worse problem such as permanent impotence. Something to consider. And be sure if you do experience this, to speak with your physician immediately.

Increased Risk of Heart Attack

The last thing anyone wants is to have their partner pass during sex. It has happened before. Men, usually over the age of 65, suffering from a vascular condition, have taken one of the medications listed above, coupled with over exerted themselves during love making. They have ended up suffering from a heart attack because their heart could not handle the intensity. So keep this in mind.



4

ALTERNATIVE ED OPTIONS

The following alternatives are not the all natural alternatives we encourage in the text. In fact, the very next chapter we will introduce the oral hygiene solution used 3000 years ago that will help men today reverse their erectile dysfunction. For the sake of education we will list just a few more less popular alternative ED approaches.

Vacuum Pump Therapy

Doesn't sound too sexy does it? Using a pump takes some time, effort, and dedication from both you and your partner. But if you stick with it, it is possible. Here's how it works. In a transparent cylinder, the man inserts his penis and through the use of a pump he forces air out of the cylinder, creating a vacuum (suction) around his penis which aids in drawing blood into the penile tissue. After the man forms an erection, he then places a particular ring specially designed for this purpose over the base of his shaft in order to trap blood inside his penis.

The pump works if you have plenty of patience. These pumps have been shown to cause bruises on genitals with prolonged use.



Injection Therapy

This is one of the more painful options on the list. Injection therapy is where a man injects chemicals into his penis to aid better flow of blood, allowing him to have an erection.

The downside to this therapy is that they cause terribly painful erections and in rare cases, the erection continues way after the sexual intercourse. It often ends up needing medical attention. Not to mention, injecting your penis before sex is most likely a “mood killer” for you and your partner, wouldn't you say?

When inserted into the penis, the drugs require about ten minutes until they work. This solution will generally last for up to an hour. Which for most guys is too little a price to pay. All in all, the process of injecting drugs into your penis and waiting for them to kick in is rather painful and makes this one of the least favored options for ED.

Implantable Penile Prosthesis

The major downside of surgery on the penis is that you will most likely never be able to have a natural erection again. This is why this option is usually the final one regarding ED.

How this works is a surgeon will implant into your corpora cavernosa a semi-firm penile prosthesis which is made from silicone rods. These rods are flexible and bend as the need arises. There is also a pump that is placed in your scrotum and you can squeeze it, giving room for it to inflate and deflate. Once you have had this surgery, you will most likely never be able to use your “real” self. Another downside is its inability to be completely hidden under clothes and can lead to infertility.

The choice is truly yours, however. Once a man has received all the information he needs to about the surgery, he can then proceed to carefully weighing his options between him and his partner. However, we personally believe that surgery is far too invasive and natural methods described in this book are the easiest and safest mode of getting rid of your ED.





5

ED & ORAL HEALTH

In this section you're going to discover how your oral health is affecting your sex life and what you can do to begin reversing your erectile dysfunction starting today. You will learn the science behind ED causing oral bacteria and how can clean your mouth by following a 3,000 year old Eastern Medicine secret which has been used to cure over 30 systemic diseases and destroys the root cause of erectile dysfunction, silent inflammation. Be sure to take notes throughout this section so you can begin transform-

ing your oral hygiene routine into one that will heal your ED for long lasting and satisfying sex for both you and your partner.

Oral Hygiene & ED

Recent reports from the International Society of Sexual Medicine have revealed a shocking link between gum health and erectile dysfunction. There is such a connection, men with gum disease are up to 3x more likely to experience some form of erectile dysfunction in their lifetime.

Other researchers from Turkey investigated the relationship between chronic periodontitis (a more advanced form of gum disease) and erectile dysfunction for men in their thirties. In their study, 53% of the men who had ED also had chronic periodontitis. In the comparison group of men who didn't have ED, only 23% had gum disease.

Scientists believe the gum inflammation can lead to problems with the cells that line blood vessels. Since blood flow to the penis is an important part of an erection, the problems from gum disease are affecting the blood vessels in the penis through inflammation.



More research documented by the American Academy of Periodontology, periodontal disease may be associated with vascular disease, which is a common cause of erectile dysfunction. And the association between this form of gum disease and impotence is related to inflammation. Now, if you think you may not have some form of periodontal disease, recent data from the Centers for Disease Control and Prevention estimate that over 64 million Americans, or almost half of U.S. adults, have periodontal disease. Of that, 56 percent of men have periodontal disease, compared to over 38 percent of women.

And according to the People's Dental Association, about 98% of all Americans have at least some areas of diseased gum tissue in their mouths. This mean that although symptoms for ED may not be appearing now, eventually the inflammation in the male gums could turn into impotence causing oral inflammation.

It is also important to note, this same form of inflammation may also produce chronic diseases in your body such as cancer, diabetes, or heart disease (the #1 killer in the world).



Some of the symptoms you may be experiencing which point to some form of oral inflammatory disease, include:

Bad breath that won't go away

Red or swollen gums

Tender or bleeding gums

Painful chewing

Loose teeth

Sensitive teeth

Receding gums or longer appearing teeth

Change in how your teeth fit together when chewing

You may not notice any of the above symptoms at all. Red or swollen gums may be located deep in your mouth where unseen, along with receding and bleeding gum-lines. Again, 98% of the population has some form of gum disease which is silently inflaming your body, and may be effecting the blood vessels surrounding your penis for an erection. Speaking of. Here's how your penis is supposed to work during an erection, followed by the effects oral inflammation is having on your penis, preventing you from achieving an erection.



Oral Inflammation And Your Penis

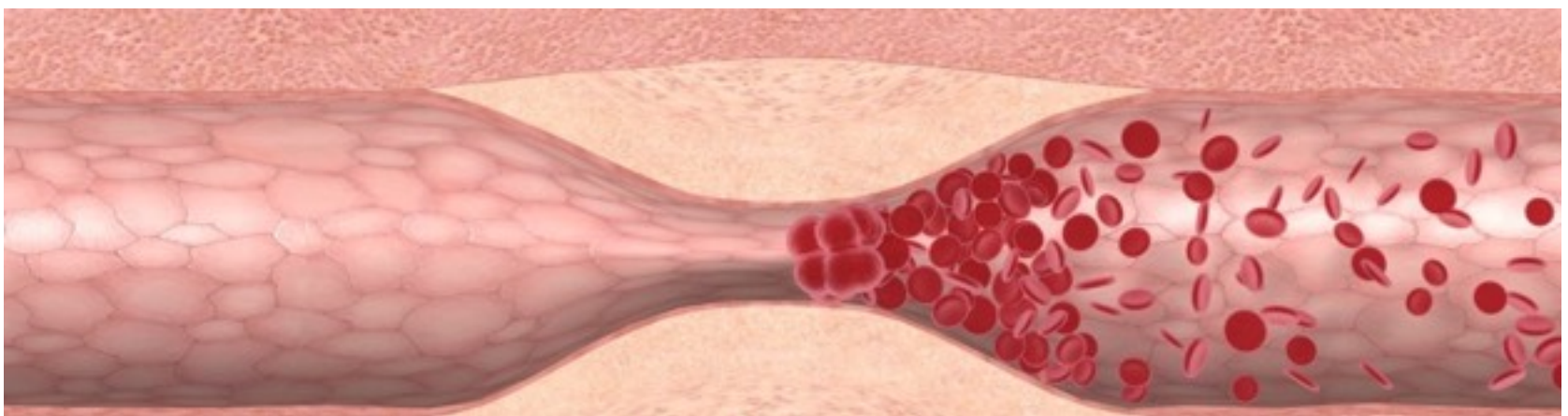
To understand where the malfunctions are happening within your penis, biologically. It's important to first know how an erection takes place.

Normal Function

An erection starts in your brain. Something you saw, felt, smelled, heard, or thought makes your nerves send chemical messages to the blood vessels in your penis. The capillaries relax and open up to allow more blood to flow in; at the same time, the veins close. Once blood is in the penis, pressure traps it within the corpora cavernosa (erectile tissue forming the bulk of the penis). Your penis expands and holds the erection. When the inflow of blood stops and the veins open, the blood is released and your penis becomes soft.

Abnormal Function

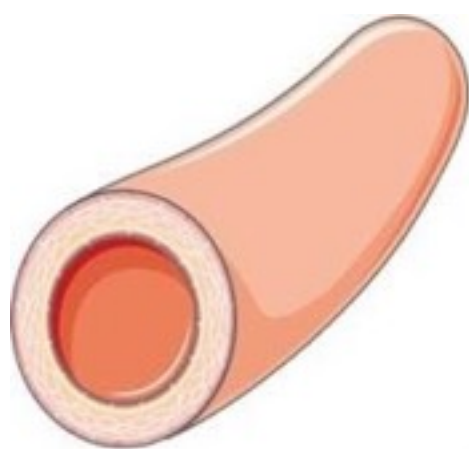
Here is how your penis works when you have inflammation disrupting the blood flow in the penis. It all begins the same way. Your erection starts in your brain. Whether you are being sexually stimulated by your partner or for other reasons listed above. In that moment the capillaries relax so blood can flow into the penis. However, when your capillaries have been inflamed they are actually constricted in a process called vasoconstriction. At this point the capillaries cannot dilate enough to allow blood to flow into your penis. Making it nearly impossible to achieve an erection. And if you are able to, it may take anywhere from 30-90 minutes to pass enough blood through your penis for it to become hard enough for sex. Below is a picture of vasoconstriction of the capillary caused by inflammation.



You can think of erectile dysfunction which has been caused by oral inflammation like a traffic jam. When you have oral infection in your mouth it triggers an inflammatory response, just like the vasoconstriction of the capillaries surrounding your penis.

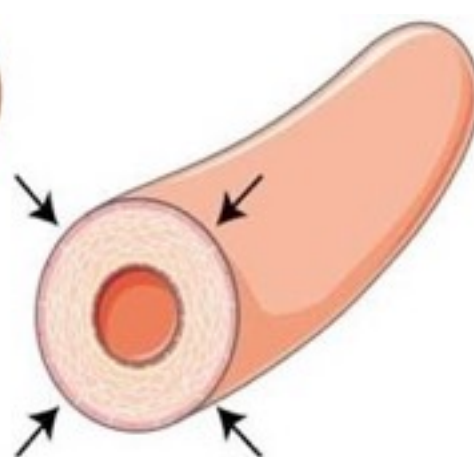
This process is like a two-lane pile-up on a three lane highway. All of the cars were managing just fine, keeping the flow of traffic and smoothly traveling to their destination. After the car wreck, two lanes are block and all the cars in all three lanes now have to merge into one lane. This slows down the flow of traffic tremendously and causes a “clogging” on the road. Similarly, this is what happens when you try to achieve an erection when your body is in an inflamed state of being. The capillaries are no longer open for a smooth flow of blood in the penis. Instead the blood gets backed up and clogged, thus prohibiting an erection from taking place.

Normal capillary size
for penis



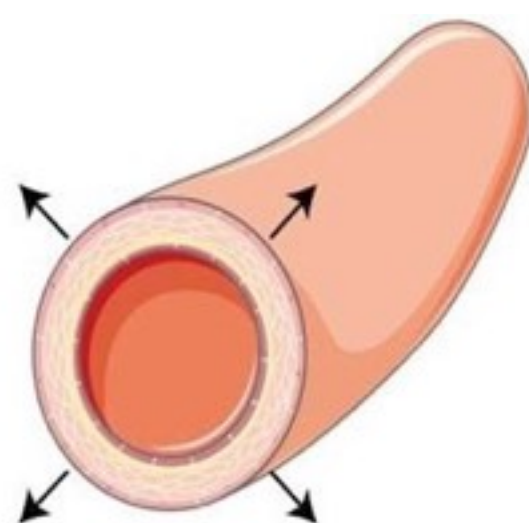
Normal

Capillary opening
during an erection
with inflammation



Vasoconstriction

What your capillary
opening should look
like during an erection



Vasodilatation



The above picture is a great analogy of what is taking place in your penis during the time you should be having an erection. Inflammation is only clogging up your capillaries, not allowing them to open wide enough for free flowing of blood to get hard. Truth is, the same frustrations you feel while sitting in stand-still traffic are most likely the similar frustrations you feel when your penis is not operating in it's normal fashion. However, this doesn't have to be the case for you any longer. Move onto the next chapter to discover the ancient mouthwash cure that will reduce inflammation throughout your entire body, including your penis, allowing you to achieve and maintain full and hard erections again.



6

THE ANCIENT SECRET

This ancient mouth cleaning secret will effectively remove harmful bacteria and kill the germs in your mouth which are causing silent inflammation throughout your entire body. Including your penis. Not only is oral-inflammation a leading cause in erectile dysfunction but is also responsible for producing chronic disease, such as diabetes, stroke, cancer, and the leading killer in the world, heart disease. And the cure, all begins with the section right under your nose. Your mouth. Take a look.

The mouth is the very first part of your digestive tract. Most doctors are only concerned with what you are eating. Although important, more attention should be placed on your current oral hygiene practices (and we'll expose the current practices that are killing your penis, later in this book).

Over 3,000 years ago there was an ancient Ayurvedic mouth cleansing discovery which would be used to heal over 30 systemic diseases. The age-old secret? A technique called oil pulling.

A process where you swirl a natural oil around your mouth for 15 - 20 minutes. During this process, inflammatory bacteria is being extracted from your gums, teeth, tongue, and the rest of the oral cavity. Cleansing your oral environment, layering it with protective enzymes, and keeping you safe from the oral inflammation destructing your sex life. After spitting out the liquid, the bacteria extracted from your mouth end up in the trash can, not your digestive tract. It also prevents inflammatory bacteria from invading your blood stream via your gums. Just performing this one technique during the day is enough to remove the toxic microbes from your mouth and begin healing your body of erectile dysfunction and other illnesses.

Not only does this simple formula increase your performance, reliability and confidence during sex, it also defends against chronic diseases. It won't be long before you notice a fast surge in energy and the feeling of great health and vitality. You see, inflammation is the root cause of many bodily issues in both men and women. It doesn't discriminate against age or gender.



It was labeled in TIME magazine as the “secret killer” and how inflammation was the surprising link between systemic diseases such as cancer, heart attacks, and alzheimer’s. This discovery was published back in 2004 and since then inflammation has explored even deeper. Also playing a key role in weight gain, low energy levels, and as already mentioned, effecting the normal function of an erection. However, on the next pages you are going to receive the ancient formulas that you can use today to detoxify your mouth and heal your body from the inflammation which is causing your erectile dysfunction. Just add in any of the following formulas to the beginning of your day to reduce and protect your male sex organ from inflammation and improve blood flow for long and strong erections during sex. No more “traffic jams” so to speak in your penile capillaries (refer to pages 36-38).

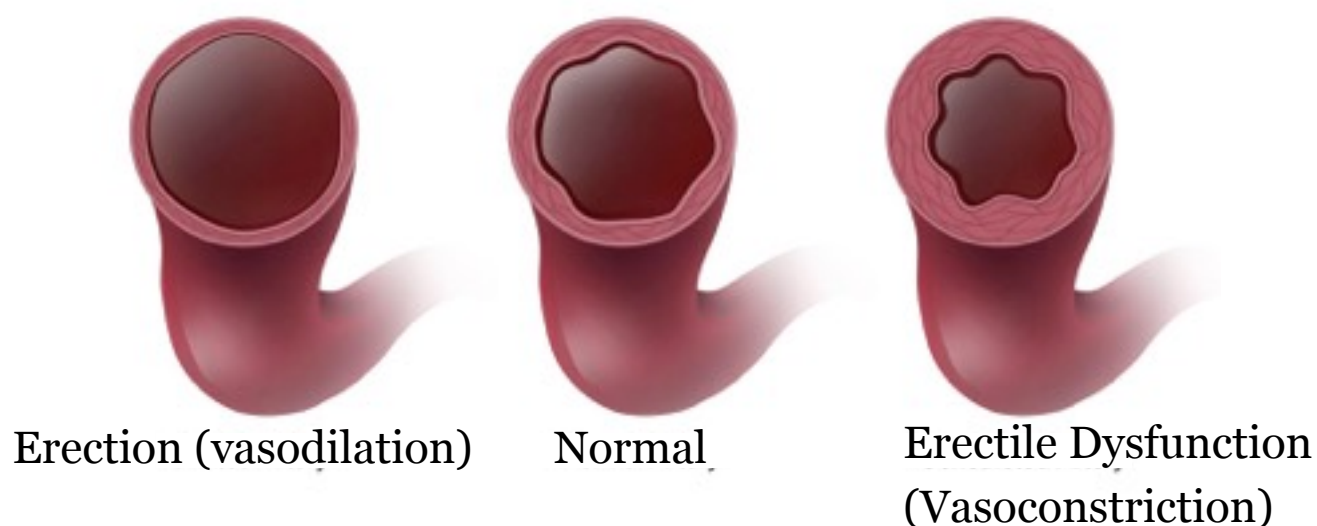


Why Oil Pulling Works

The oil pulling secret has just begun breaking into modern medicine and home dental care treatment as a powerful “healing” and “purifying” remedy. The *Journal of Ayurveda and Integrative Medicine*, recently highlighted a study that oil pulling is one of the most effective natural health solutions known to scientists. It’s been shown to prevent oral inflammation, bodily inflammation, tooth decay and loss.

“Oil pulling is a powerful detoxifying Ayurvedic technique that has recently become very popular as a CAM remedy for many different health ailments. Using this method, surgery or medication could be prevented for a number of chronic illnesses. The oil therapy is preventative as well as curative. The exciting aspect of this healing method is its simplicity. Ayurveda advises oil gargling (which we will explore later in the text) to purify the entire system; as it holds that each section of the tongue is connected to different organs in the body.”

The inflammatory organisms oil pulling protects against are the same ones effecting your sex life. The *International Society of Sexual Medicine* recently published a shocking report stating men with gum inflammation are three times more likely to have E.D. compared to guys without. And the inflammation from your gums is constricting the the cells aligning your blood vessels throughout your entire body, including those around your penis. Making blood flow nearly impossible to achieve or maintain an erection long enough for pleasure and performance. Because at the end of the day, all a man needs to his penis is blood flow. However, with inflammation causing a vasoconstriction among capillaries in the penis (and other areas of the body. Which is why inflammation is credited for heart attack and high blood pressure as well), it’s becoming increasingly difficult for a man to get erect.



Oil pulling will help reduce the inflammation causing the constriction in your capillaries allowing for fresh oxygen transport to “max out” the arteries in your penis for full and hard erections. Take a look at any of the available oil pulling formulas you can use on the next few pages, followed by the oil pulling schedule you should be following each day. It is important to note that simply oil pulling on it's own cannot “erase” the lifestyle choices which may also be causing your erectile dysfunction.

For example: If you are a smoker, you cannot expect oil pulling to erase the damage smoke is causing in your body by inflaming your body, thickening your arteries, and creating blood clogging plaque. And because lifestyle choices are important we have not only designed for you an oil pulling formula that will get rid of the oral and bodily inflammation causing your ED, but we have also included nutrition tools, lifestyle recommendations and more near the back of this text.

Any erectile dysfunction product which claims you only need to drink “one smoothie”, or eat this “special herb” is not providing you a full resolution for your erectile dysfunction. We want to encourage you to view this entire text as your ED reversing manual you can reference to for all of the information you need to restore the magical sex-life you once had with your partner and go into deeper relationship physically and emotionally with that person.



COCONUT OIL EXTRACTION

There are a few difference options you can use when creating your Ancient E.D. Fix mouthwash. Coconut oil is the favorite choice as it has a semi-sweet flavor to it. This tropical fat was not the primary oil used in Eastern Medicine (see next page) but scientific research has proven it to be potent liquid for extracting inflammatory toxins.

Note: Coconut Oil pulling works by detoxifying the oral cavity in the same way soap cleans dirty dishes. It will literally suck the toxins out of your mouth and creates a clean, antiseptic oral environment in your mouth, helping to reduce ED causing inflammation.

Additional Benefits of Coconut Oil Extraction:

- Balance Hormones
- Kill Candida
- Improve Digestion
- Moisturize Skin
- Reduce Cellulite
- Decrease Wrinkles and Age Spots
- Balance Blood Sugar and Improve Energy
- Improve Alzheimer's
- Increase HDL and Lower LDL Cholesterol
- Burn Fat



Coconut Oil Ancient ED Fix Mixture:

- 1-2 Tablespoons of Organic Coconut Oil

(The below are “add-ins” and are optional)

- Essential Oils (1 drop each); clove, orange, lemon, peppermint
- If battling infection (1 drop each); clove, oregano, tea tree oil
- Oils (1 drop each) from cilantro, basil, and thyme

SESAME SEED OIL EXTRACTION

Just as powerful of a detoxifier as coconut oil, sesame seed oil extracts the oral bacteria causing inflammation in your manhood. Sesame seed oil was the primary oil used for oral cleansing in Eastern medicine over 3000 years ago. It's important to remember, in spite of most people today all being raised with toothbrushes, our ancestors didn't brush their teeth with toothpaste for thousands of years. Even more amazing, archeological evidence suggests most people in history lived until a ripe old age with most of teeth intact and in a strong, healthy state. Not to mention they have no problem spreading their seed and populating the earth.

Additional Benefits Of Sesame Seed Oil Extraction:

- Helps prevent diabetes
- Reduces Blood Pressure
- Promotes Heart Health
- Protects from DNA Damage
- Prevents Cancer
- Boosts Bone Strength
- Relieves Constipation
- Improves Digestive Health
- Provides Relief for Arthritis
- Prevents Asthma
- Helps Lessen Anxiety

Sesame Seed Oil Ancient ED Fix Mouthwash Mixture:

- 1-2 Tablespoons of Organic Sesame Seed Oil

(The below are “add-ins” and are optional)

- Essential Oils (1 drop each); clove, orange, lemon, peppermint
- If battling infection (1 drop each); clove, oregano, tea tree oil
- Oils (1 drop each) from cilantro, basil, and thyme



OLIVE OIL EXTRACTION

Anyone coming from the Mediterranean region of the world would tell you about the health benefits, and the wonderful flavor, of a good dose of olive oil. Not only is it flavor packed, but has numerous health benefits and was commonly used as an oil pulling remedy to reduce oral bacteria and inflammation. Of the 3, coconut oil remains the most popular for oil pulling, however you can test all three (at different times of course) and see which oil you prefer for your miracle mouthwash. All three provide the same inflammation reducing power.

Additional Benefits Of Olive Oil Extraction:

- Kills Cancer Cells
- Reduces Risk of Type II Diabetes
- May Help Prevent Stroke
- Keeps the Heart Young
- Fights Osteoporosis
- May Protect Against Depression
- May Prevent Skin Cancer
- Fights Against Metabolic Syndrome
- Reduce Risk of ALZHEIMER'S
- Reduces Blood Pressure
- Helps Lessen Anxiety



Olive Oil Ancient ED Fix Mouthwash Mixture:

- 1-2 Tablespoons of Organic Extra Virgin Olive Oil

(The below are “add-ins” and are optional)

- Essential Oils (1 drop each); clove, orange, lemon, peppermint
- If battling infection (1 drop each); clove, oregano, tea tree oil
- Oils (1 drop each) from cilantro, basil, and thyme

Oil Pulling Routine

Step 1: Make sure to schedule your oil pulling first thing in the morning right after you get out of bed and before you brush your teeth or eat or drink.

Side Note: To conserve time, you can do this while getting ready for work, or in the shower.

Step 2: Gently “swish” 1-2 tablespoons of your selected Ancient ED Fix mouthwash around your mouth and between your teeth for 5-15 minutes (15 being the most potent extraction).

Side Note: Do not swallow the oil. This is where the inflammatory toxins are sucked out of your gums, teeth, and oral cavity. Also, to keep jaw and cheeks from soreness, do not swish too vigorously as you may have with previous mouthwashes.

Step 3: Spit out the oil in the trash and immediately rinse your mouth out with warm water. Use salt water for added antibacterial properties.

Side Note: Don’t spit out in the sink. It may clog the plumbing.

Step 4: Brush your teeth as normal

You’re finished! Something so simple and easy, yet has the power to kill the oral inflammation seeping into your bloodstream and causing your ED. You and your partner will begin to see those capillaries widen once again for long-lasting erections in the bedroom again.

For enhanced oral health and fighting oral inflammation, be sure to consume the following 7 foods throughout the day:

7 FOODS TO EAT DAILY

Now that you have your secret weapon to cleansing your body of oral inflammation so you can achieve erections once again. Here is a list of 7 foods that will help to purify your gums, teeth, and tongue and protect your mouth from inflammation throughout the entire day so you can maintain these powerful results from morning to night.

1. Minty Herbs

Spearmint and peppermint, as well as parsley, coriander (cilantro), eucalyptus, rosemary, cinnamon, and tarragon offer antimicrobial properties. These fight bad breath and aid in digestion. These herbs will also assist in cleaning and purifying your mouth. You can easily add these fresh herbs into your day by throwing them over the top of a salad or whipping them together in one of your smoothies from the “E.D. Fix” Smoothie Recipes you received as a free gift with this ebook.

Here's another way you can add these powerful cleansing herbs into your daily oral routine. When searching for toothpaste, find one that also incorporates these plants' (listed above) essential oils. Then brush after your oil pulling routine in the morning and in the evening before bed.



2. Yogurt

Recent research suggests probiotics in yogurt fight bad breath, attack plaque, and defend against gum disease and bacteria. Yogurt creates an inhospitable environment for harmful bacteria in your mouth. You can also try kefir, a drinkable yogurt.

With either yogurt, avoid shelved products with lots of added sugar (which feeds odor-causing mouth bacteria) and check the label to be sure the yogurt contains live, active cultures. Much popularized yogurts are loaded with sugar. Some items may even be listed as “healthy” or “weight loss” yogurt. However, these are the

yogurts which are feeding E.D. causing bacteria in your mouth. Be sure to check the nutrition label for a low sugar yogurt with cultures to stay on the safe side.

3. Cheese

Increasing evidence suggests cheese eaten at the end of a meal prevents tooth decay, reduces tooth-enamel breakdown, and neutralizes acids formed in plaque. All essential for keeping your defenses high against bacteria and winning the war on inflammation.

Similar to yogurt, no-sugar added to the cheese is ideal. Some of the top cheeses you can consume to “clean” your mouth after a meal are brie and goat cheese which have 0.3 grams of carbs (sugar) per ounce. You can also select blue cheese or cheddar cheese which have around 0.4 grams of carbs (sugar) per ounce.

With every meal, slice yourself a few pieces of cheese and save them for the very end. Remember, this is optional so if you do have a dairy allergy or just hate cheese (which is hard to imagine) then do not feel obligated to include these products into your nutrition regimen.



4. Crunchy Raw Vegetables & Fruits

Crunchy fruits and vegetables increase circulation in your gums and promotes bacteria-flushing saliva by chomping on apples, carrots, celery, bell peppers, and cucumbers. The natural high fiber, “skin” of the vegetables “scrubs” teeth naturally and dislodges food particles.

Add in some form of crunchy fruit or vegetable into each meal so you have a natural mouth cleansing snack every time you eat, whether a full course meal or quick midday snack.

5. Vitamin C Rich Foods

An important immunity and blood flow booster, vitamin C also creates an unwelcoming scene for bacteria growth and wards off gum disease. Fill up on plenty of vitamin C-loaded berries, citrus, and melons to not only fight off harmful microbes but also increase your performance in bed and help you knock out erectile dysfunction for good.



6. Drink Your Tea

Here's the perfect post-meal drink. Green and black teas' antibacterial properties prevent plaque buildup while weakening existing inflammation causing bacteria. When tea isn't available you can also swish your mouth with a natural mouthwash containing antibacterial ingredients like cinnamon, tea tree oil, and clove. If still none available, rinse with water after eating to remove excess food debris.



7. Sugarless Gum

Chewing sugarless gum after a meal enhances bacteria-fighting saliva and removes food particles. Xylitol-enhanced gum, in particular, helps prevent cavities; a very common oral infection. If you decide to chew gum post meal, make sure xylitol is high on the ingredient list.





7

OIL PULLING QUESTIONS ANSWERED

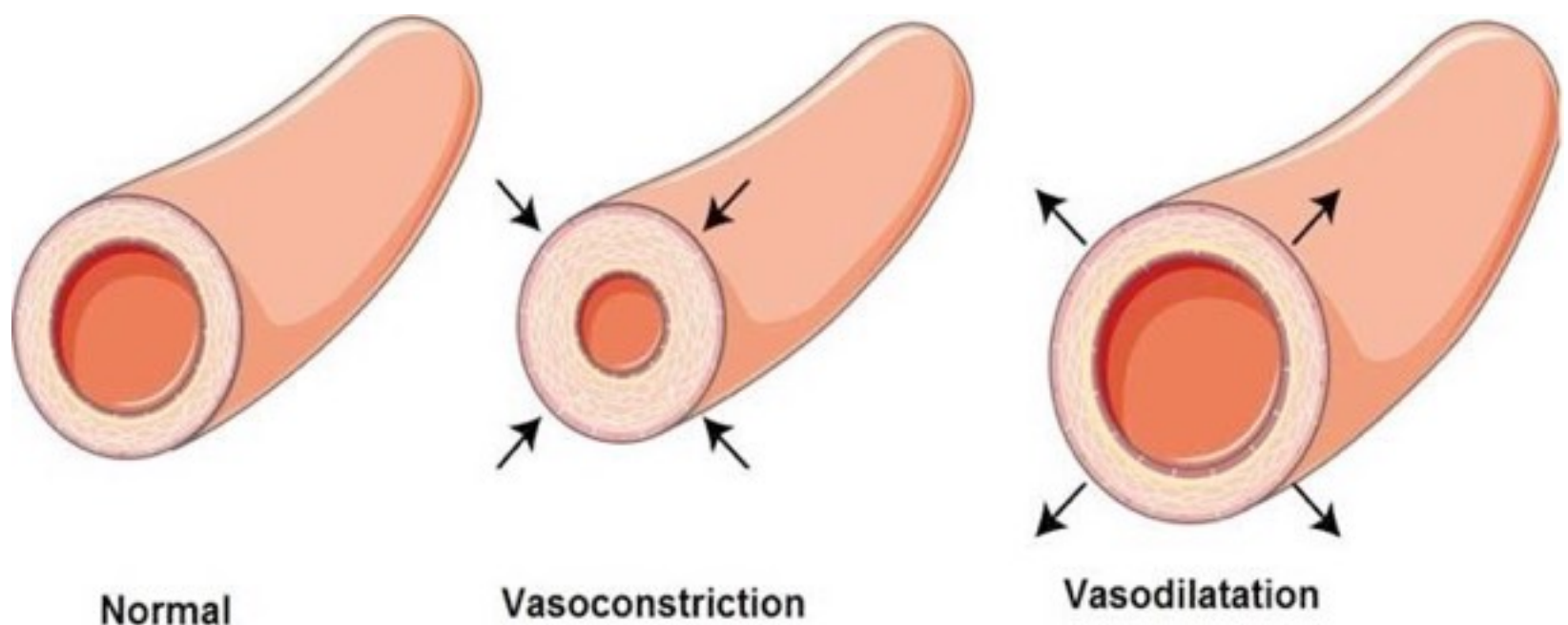
Because oil pulling is a relatively new practice in first world countries, it's important to answer any direct questions you may be having regarding oil pulling, how to complete the process properly, how long it may take to experience results and more. The following chapter will include some of the most common oil pulling questions and how it can treat your erectile dysfunction.

How Does Oil Pulling Treat My ED?

Countless studies have surfaced proving how oral health and has a direct effect on inflammation within the body. Studies have also shown, men with oral disease are 3x more likely to have ED than a men without. Scientists believe the inflammation produced from the mouth due to poor oral hygiene are directly effecting the capillaries in the male sex organ, causing them to go through a process called vasoconstriction.

Vasoconstriction is when the capillaries begin to tighten and are not able to pass blood through the organ, in this case the penis. This is not just an ED issue but is also a root cause in high blood pressure and heart attack (which ED is a precursor for both). Your blood flow to the penis becomes clogged during this process withholding the amount needed to produce an erection for sex. (pg. 36-38)

The normal process when a man is aroused is a vasodilation of the capillaries, or a widening of the capillaries in the penis. This allows blood to easily pass into the penis, fill the blood vessel walls fully, and achieve the desired result of an erection. Oil pulling reduces and destroys the oral bacteria in the man's mouth which is causing the inflammation in one's organs, including the penis. When the inflammation of the penis has been reduced and removed, the capillaries can then operate as normal, widening to it's fullest capacity during arousal for a full erection.



How Long Before I Start Seeing Results?

It depends on your current state of lifestyle decisions and how much inflammation you are exposing yourself to on a regular basis. As an example, one who may be eating healthy, exercising consistently, does not drink or smoke, and already has a decent oral health routine, will notice increases in their sexual performance within the next few days.

However, someone who may have a poor diet, be thirty pounds overweight, and smoke may take months before they begin seeing results, especially if they do not make any lifestyle changes regarding those areas of his life. Sure, you will begin to reduce oral inflammation, however there are other factors such as diet and smoking which will make the success harder to achieve compared to the example above.

Can I Buy Ancient ED Fix Mouthwash Anywhere?

Yes you can. If you took a look at the three options available for performing your morning oil pulling ritual, all of them can be found at your local shopping market. Be sure to purchase organic extra virgin coconut oil and organic extra virgin olive oil if you do decide to use one of those remedies as your Ancient ED Fix mouthwash. Reason being, we do not want to bring into your mouth any harmful chemicals from non-organic products. So be on the lookout for the specific labeling.



How Do I Know If I Have Oral Inflammation?

This is something your dentist will be able to answer with certainty. However, the recent data from the Centers for Disease Control and Prevention estimate that over 64 million Americans, or almost half of U.S. adults, have some form of oral inflammation (also known as periodontal disease). Of that, 56 percent of men have periodontal disease, compared to over 38 percent of women. And according to the People's Dental Association, about 98% of all Americans have at least some areas of diseased gum which could lead to periodontal disease. So the chances are high. Below are some symptoms you may be experiencing:

- Bad breath that won't go away
- Red or swollen gums
- Tender or bleeding gums
- Painful chewing
- Loose teeth
- Sensitive teeth
- Receding gums or longer appearing teeth
- Change in how your teeth fit together when chewing

Does Inflammation Only Affect My Penis?

Not at all. Inflammation will attack many different organs of the body. In fact, inflammation is a common cause for heart disease, heart attack and high blood pressure as well as ED. Similar to erectile dysfunction, inflammation produces the same result with the capillaries near the heart, clogging blood flow and preventing a healthy transport of blood. However, inflammation does not stop there. According to a report from the American Dental Hygienists Association to healthcare physicians, "Patients, dental hygienists, dentists, dental specialists and other health care providers should be aware of the consistent relationships between oral inflammation and systemic diseases" (diabetes, stroke, heart disease, cancer, etc.). "They should value the need to modify assessment, prevention, and treatment protocols to improve the oral health as well as total health of the patients they treat in the office."

Chances are oral inflammation is causing more than one health problem for you if you are experiencing multiple health concerns or symptoms. Hence the importance to absorb the material in this book and apply it to your life as soon as possible.

Should I Let My Partner Know I'm Following This Program?

Yes. You want as much support from your partner during this process as you can get. Which, chances are she will be very supportive. It also shows you are willing to take the necessary steps to improve your sexual relationship with your partner instead of allowing things to progressively get worse. One of the best qualities you can show your partner is your willingness to take action and fight for your marriage and your intimate relationship. If you do not feel comfortable sharing with your partner the details as to why you are oil pulling suddenly, you can let her know it is for your overall health and encourage your partner to join you as her oral health is just as important to the workings of her body as it is to yours.

What About My Current Oral Health Routine?

Please continue reading to the next section to uncover how your current oral health routine is secretly destroying your sex life. However, to briefly overview the next chapter, be sure to read the ingredients on your current oral hygiene products and consider removing mouthwash products altogether as they may be causing more inflammation in your body, which you want to eliminate.



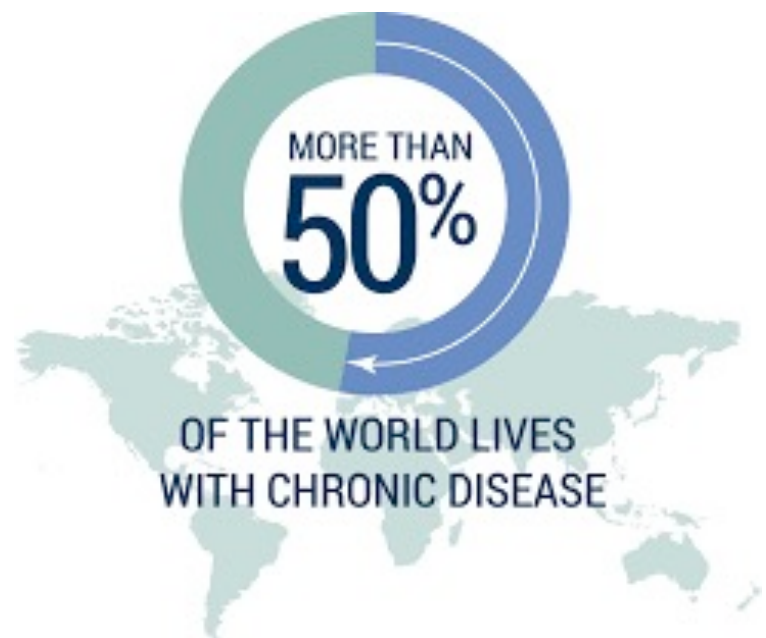
8

HOW YOUR CURRENT ORAL HEALTH ROUTINE IS KILLING YOUR PENIS

Have you ever thought twice about your current oral hygiene routine and wondered, “am I doing this right?” Chances are, you hadn’t thought about it. For your entire life you were conditioned to do the same oral routine everyday. Brush your teeth, floss, and maybe use some mouthwash (chances are the mouthwash came about as you got a bit older). Some of your routine was good. Some of it may be silently releasing inflammatory agents into your bloodstream without you even knowing, disrupting the normal operation of the capillaries in your penis.

In fact, you may be experiencing some of the damaging side-effects from oral inflammation already. Consider switching up your oral hygiene routine if you are experiencing the following:

Erectile Dysfunction
Loss of libido and sex drive
Headaches, migraines
Low energy levels
High blood pressure
Poor blood circulation
Arthritis
Digestive Issues
Ache, skin damage
Diabetes
Past Stroke
Past Heart Attacks
Cancer



The above are just a select group of illnesses and disorders which could be affecting your everyday life as a result from oral inflammation. And according to a report published by *The People's Dental Association*, 98% of the population in this country have some form of oral infection without realizing until other health problems arise. So it's no surprise over 50% of the world population is suffering chronic disease. The other 50% may be silently suffering or approaching some sort of chronic disease due to their oral routine.



The next pages will have the top 3 oral hygiene practices which may be destroying your sex-life. Take a look:

Brushing Your Teeth, Nothing Else.

Microbiologist, Chris Yost PhD states, “when we brush our teeth, we do not kill any of the bacteria in our mouths, not even close.” When you brush your teeth you are only controlling the growth of bacteria and breaking-up food particles from your meal.

That’s it. Brushing your teeth only acts as a prevention measure to keep harmful organisms from running rampant in your mouth... It’s not a curative measure. Now I’m not saying brushing your teeth is pointless. It’s essential to keep nasty germs from festering in your mouth. And let’s be honest... no one wants to see your lunch caught between the trenches of your teeth...

Yet if you think brushing your teeth will rescue you from the oral bacteria causing your E.D. it just won’t do the trick. Be sure to follow the Ancient ED Fix morning mouth cleaning plan listed on page 47. This will include the steps you will want to take to include both oil pulling and brushing your teeth in the morning for the most effective inflammation fighting practice.

By no means does this segment encourage you to not brush your teeth. It is an important part of the oral cleansing process to prevent inflammation from continuing to effect your sex life. Be sure to implement both in your day. Oil pulling once and brushing your teeth up to three times per day.



Using Chemical Based Mouthwash

Dental Hygienist Dr. Joe Bulger says using mouthwash puts you in a “vicious cycle that harms your oral health and can potentially threaten your life”. Here’s how it happens... Your mucous “shield” becomes damaged after using mouthwash. The remaining microbes and bugs not killed can then easily attack and invade your exposed gums and raid your bloodstream.

And it get’s worse. Dr. Bulger also suggests mouthwash decreases saliva production, the only substance limiting oral damage caused by harsh bacteria and chemicals formed by everyday food and drink. Sure, you may get a cool, mint sensation after swirling around this harmful liquid around in your mouth for a minute.

And you may even think the “burning” feeling along your gums are germs being killed. However, this is also destroying your defenses against inflammatory organisms, allowing them to easily penetrate your bloodstream, cause inflammation amount your organs and therefore disrupt the blood flow in your manhood and all other areas of your body.

Good news is, you already have the plan of action you need moving forward. Simply follow the oil-pulling process listed at the beginning of this manual each morning instead of using chemically charged mouthwashes that even dentists are advising against. Now, I’m not saying these oral products are useless for whitening your teeth or freshening your breath. And they do kill germs. However, if erectile dysfunction is something you are currently experiencing or would like to avoid in the future, stick with natural oil pulling techniques with coconut oil, sesame oil, or olive oil. It’s a win-win for your manhood and your oral health.



Brushing And Flossing Too Much

Too much of anything is a bad thing. The same rule of thumb applies to brushing and flossing your teeth. According to Ascend Dental Group, “over-flossing” can destroy the gum line, exposing the root of your teeth to bacteria and other inflammatory organisms. This creates harmful tooth decay and cavities, two culprits of inflammation causing E.D. ...

Similarly, brushing your teeth too often leads to “toothbrush abrasion”. An occurrence which shaves off layers of your gums, lowering your bacterial “defenses” and inducing even more harmful inflammation.

With that said, when most guys hear their dental health could be the sole reason for their erectile dysfunction they “go crazy” with the brushing and flossing, thinking the more they do it, the faster they will reverse the effects oral inflammation has had on their erectile dysfunction. This isn’t the case and as mentioned above will cause the adverse effects you desire.

Be sure to check the Ancient ED Fix Oral Cleansing Plan on page 47 for examples of how to heal your mouth from toxins and get back the intimate-life, body, energy, and health you may have lost from oral inflammation.





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MORE SOLUTIONS FOR YOUR ED

As mentioned earlier in this manual, one can't expect to see a reversal with their erectile dysfunction if they are still following unhealthy, inflammatory causing habits while following the Ancient ED fix. This program works best when it is coupled with the following healthy lifestyle choices that will increase your sex-drive, enhance your blood flow and circulation to your penis, and improve your cardiovascular system. All combined, you'll be following the most powerful ED reversing plan in existence. Within a matter of weeks, you and your partner will forget you ever had a "problem."

Make Your Own Specialty Oil Pulling Extracts

The following are a list of “specialty” ingredients you can add to your Ancient ED Fix oil pulling formula. As you have already noticed, the process of making your extract takes little to no time at all. You are simply using some of the world’s most powerful all natural cleansers to remove the bacteria tucked away in your mouth and causing the inflammation driving your sex life into the dumps.

However, the following few pages allow you to add a few more compounds which have been shown to increase sex-drive and enhance the purification process of during the oil pulling ritual. These extra ingredients are not “necessary” to have success with your morning cleansing, however they can add benefit to your health and sexual experience for both you and your partner.



ATTENTION: THE FOLLOWING ARE "ADDITIVES" YOU CAN THROW IN WITH YOUR OIL FOR ACCELERATED RESULTS AND EXTRA BENEFITS!

TURMERIC

Did you know turmeric has the ability to boost testosterone levels and even fight “man boobs” to give you a more sculpted chest? Turmeric is so powerful, that studies have suggested the effects of this herb may be equally or more effective than the pharmaceutical estrogen-lowering drug tamoxifen. Of course, turmeric is an all-natural spice so you don’t have to worry about harmful side-effects. This spice also has the ability to whiten your teeth as well. [Click Here to Purchase The World’s Strongest Turmeric Extract For A Discount Today](#)

Additional Benefits Of Turmeric Extract:

- Improves Insulin Sensitivity For Higher T Levels
- Improves Liver Function
- Reduces Estrogen Levels
- Aids In Weight Loss
- Fights Certain Cancers
- Delays Aging
- Improves Digestive Function
- Relieves Symptoms of Inflammatory Bowel Syndrome
- Reduce Risk of ALZHEIMER'S



How To Add Turmeric Into Your Detoxifying Oral Extract:

Turmeric often time comes in the form of a powder and is typically used as a spice for some Eastern flavor. However, for your morning extract you will want to add liquid turmeric to your ancient oil. Be sure to avoid poor quality turmeric extracts as they will only eat a hole in your wallet and not give you the testosterone boosting benefits you desire for more muscle and increased sex drive. If you would like to add turmeric to your morning extract, [be sure to use the most potent quality which you can find here.](#)

GINGER

Talk about another prime testosterone booster. Ginger has been shown to raise testosterone levels a whopping 17% in healthy males at a study conducted in the University of Tikrit, Iraq. It also boosted luteinizing hormone levels by a 43%. Not only that but ginger has also been shown to increase nitric oxide levels for increased blood flow to all areas of your body including your male anatomy for improved sexual performance and greater muscle pumps during your workouts.

Additional Benefits Of Ginger Extract:

- Increases Testosterone Levels
- Improves Circulation
- Enhances Sexual Performance
- Treats Digestive Issues
- Reduce Muscle Pain & Soreness
- All-Natural Anti-inflammatory
- Lowers Blood Sugar
- Improves The Risk Of Heart Disease
- May Lower Cholesterol Levels
- Fights Memory Loss
- Combats Infections



How To Add Ginger Into Your Detoxifying Oral Extract:

Like turmeric, ginger will often come in the form of a powder or as a whole food. So it is best to find Ginger extract in a liquid form where you can just add a few drops to your morning extract and swish in your mouth. Again, this is another powerful liquid which will increase your testosterone levels so you can increase your libido and turn on your anabolic fat burning hormones.

LEMON

Lemon is a quick and refreshing additive you can include with your morning extract. Although not quite a testosterone booster like your previous two options, lemon will help clean your mouth of toxins, boost your immunity, reduce inflammation and fight free radicals known for causing cancer and other forms of heart disease.

Additional Benefits Of Natural Lemon Juice:

- Improves Immunity
- Reduces Inflammation
- Fights Free Radicals
- Cleans Your Mouth Of Toxins
- Improves Metabolism
- Helps Repair Digestive System
- Lowers Blood Sugar
- Helps To Dissolve Kidney Stones
- Great For Vision
- Powerful Antibacterial
- 22 Cancer Fighting Components



How To Add Lemon Into Your Detoxifying Oral Extract:

Lemon juice is quick and easy to throw into your morning extract. Just squeeze a few drops into your elixir and you're all set. This is a powerful anti-inflammatory and toxin fighting fruit which provides numerous health benefits. You can mix lemon juice in with the other two additives or simply add in lemon on it's own.

MAKE YOUR OWN

STEP 1: Using any of the 3 oils you choose (coconut - sesame - olive), take a table-spoon and poor, or scoop out the oil.

Note: Most often, coconut oil comes in a solid form. If preferred, you can chew the coconut oil until it becomes a liquid texture (takes no more than 10 seconds) or you can melt the coconut oil in the microwave and let cool before using.

STEP 2: Add in any “additives” listed earlier in this manual for accelerated results and bonus health benefits. (turmeric - ginger - lemon). You can use all, or just one option. Your choice.

STEP 3: Set timer for 5-15 minutes. Gently “swish” the oil around your teeth and gums. This is the extraction process where harmful oral bacteria causing your inflammation will be pulled out of the oral cavity and into the oil.

Warning: DO NOT swallow oil after the 5-15-minutes. It is filled with toxins.

Warning: DO NOT spit the oil out into the sink or toilet as the oil can cause damage to your plumbing. Simply spit out in a trash can.

STEP 4: Finish the last 30 seconds of your oil pulling by “gargling” the extract.

STEP 5: After spitting out the oil, swish water around your mouth for 30 seconds and spit down the drain.

STEP 6 (optional): Brush Your Teeth to remove the oil flavor you chose.

DO THIS EVERY DAY FOR 30 DAYS TO EXPERIENCE THE MAXIMUM BENEFITS. SOME MOUTHS ARE MORE “TOXIC” THAN OTHERS. SO RESULTS MAY TAKE LONGER FOR SOMEONE WITH LOW DENTAL HYGIENE.

FOLLOWING THIS DAILY ROUTINE FOR MAXIMUM RESULTS

SCHEDULE

TASK

FIRST THING IN MORNING	OIL EXTRACTION USING ANY OF THE 3 OILS LISTED IN THIS MANUAL
DIRECTLY FOLLOWING	BRUSH TEETH AS NORMAL & CAREFULLY FLOSS
UP TO 30 MINUTES LATER CONSUME YOUR FIRST MEAL	CONSUME A BIG BREAKFAST, LOW IN SUGAR. EXAMPLE: 4 WHOLE EGGS, 2 TURKEY SAUSAGE LINKS, A SMALL BOWL OF MELON
BEFORE FINISHING YOUR MEAL	CONSUME A FEW CARROTS OR CELERY STICKS AND A SLICE OR TWO OF BRIE. FOLLOWED BY 8 OZ. OF LEMON WATER
IN BETWEEN MEALS	DRINK PLENTY OF WATER OR CHEW SUGAR-FREE GUM TO KEEP BACTERIA FIGHTING SALIVA LEVELS HIGH
WITH ALL REMAINING MEALS (LUNCH, DINNER, OR SNACKS)	KEEP MEALS LOW IN SUGAR AND FINISH OFF EACH MEAL WITH A FEW PIECES OF CRUNCHY VEGETABLES, A SLICE OR TWO OF CHEESE AND A BIG GLASS OF LEMON WATER
BEFORE BED	BRUSH TEETH AS NORMAL & CAREFULLY FLOSS. DO NOT RINSE MOUTH AFTER BRUSHING
REPEAT FOR 30 DAYS	

All of these mouth detoxifying tricks are going to stimulate your sexual health, increase your sex drive and help open up the capillaries around your penis for long lasting and powerful erections. Follow this routine for 30 days. Keep a log of how you are feeling and the improvements you notice with your health and sex-life. You'll be shocked at what happens when you commit to keeping your "oral gateway" healthy just as much as you do with your workout routine or nutrition plan. As stated earlier. Your current oral hygiene will play a role in how quickly you experience these results. Some bodies have acquired massive amounts of inflammation over the years and will take longer to begin reversing those effects. So be consistent over the next 30 days.

E.D. Vitamin Solution

Multivitamins have been shown to reduce inflammation in the body. The reason being, multi-vitamins are packed with all of the vitamins and minerals your body needs to fight off inflammation and even lend support in curing erectile dysfunction. Below is a list of essential vitamins you need to help fix your E.D. and improve your health and energy.

Vitamin A: An essential vitamin for the regulation of the sex hormone progesterone, which is important when looking for optimal sexual health.

Thiamin B1: This vitamin is incredibly important for optimizing nerve and energy transmission throughout your body. Vitamin B will help to improve your blood circulation and stamina in the bedroom.

Vitamin C: Vitamin C helps produce hormones needed for a healthy sex life and fertility. Vitamin C helps to increase sperm count and their mobility, strengthens capillaries as well as veins and reduces blood cholesterol.

Vitamin E: This vitamin is often referred to as the "sex vitamin". It's also considered an anti-aging antioxidant. It helps to protect the membranes of the cells from free-radical damage (causing inflammation). It also promotes the creation of prostaglandins, hormones important to a healthy sex drive.

If you are not taking one already, be sure to find a reliable multi-vitamin you can include in your daily nutrition regimen to fight off dangerous inflammation and rescue your sex-life, physique, and health. I personally recommend **Vitamin Code For Men from Garden Of Life**.



Avoid Watching Pornography

Pornography will not help with your erectile dysfunction. In fact, growing research is showing pornography is doing the opposite for men by lowering their desire for their real-life partners, and making it harder to achieve erections. Porn is increasingly proving itself to becoming a chemical issue in the brain and not so much a blood flow problem to the penis. Which is much harder to reverse than solving a capillary problem. So many men fall into the downward spiral of trying to fix their ED by sitting in front of a computer screens, where it is safe. Away from the disappointed look in their partner's eye if they cannot perform. It's a place where you feel like you can get things working again without the embarrassment. And although we understand the assumption there. This is only causing more difficulty overcoming your ED.

It's similar to eating a few big slices of greasy pizza while you're trying to lose weight. If kicking porn is something you're interested in achieving, we've added bonus material in the "Overcoming Porn" guide you received. We know your sex life with the person you love is most important to you. After all, that is why the majority of our readers open up this manual in the first place. And with more and more evidence pointing to the addictive nature of porn on men and the destructive nature of porn on relationships we decided to include the bonus guide for you. The bonus text to help you overcome the temptations of pornography so you can cure your ED without prolonging the process with setbacks. The choice to use it is entirely yours.



Acupressure

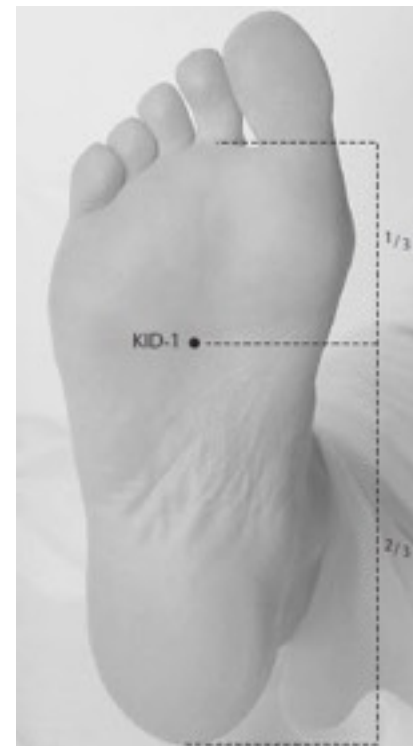
Have you heard of acupressure? It's an ancient Chinese healing technique used to cure illnesses in your body. Some of the acupressure activation points are also used to reverse ED. I've listed 3 below for you. They will take no longer than 5 minutes to complete and you can use them at the beginning or the end of each day.

K1 Activation Point

Ancient Chinese medicine refers to this pressure point as the "bubbling spring". It's located directly in the center of the sole of the foot (see image to the right)

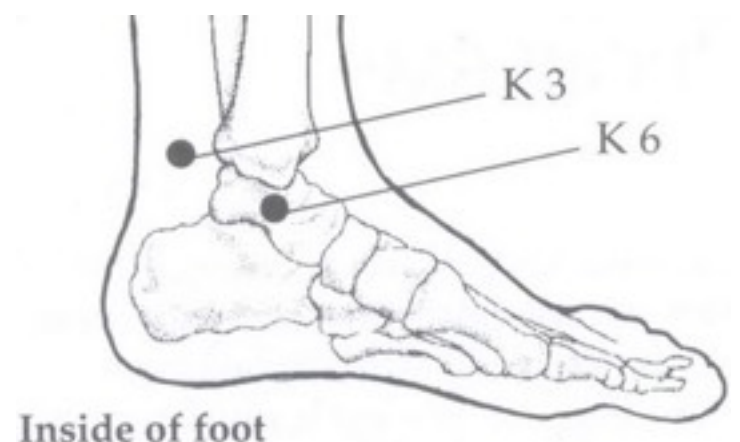
This pressure point, at the very bottom of your foot is massaged in an effort to cure ED...

You can stimulate this point by pressing into it with your thumb and breathing in deeply for one minute.



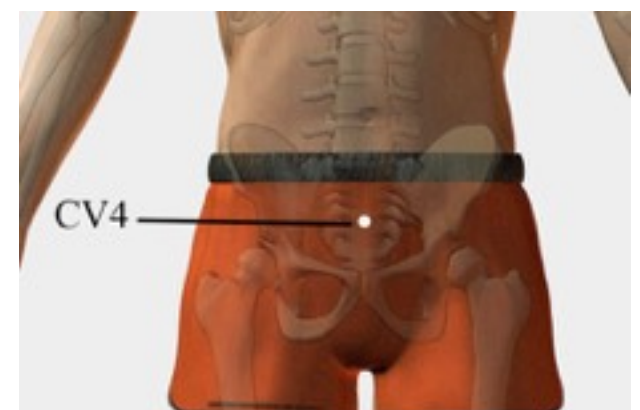
K3 Activation Point

The K3 is named the "Bigger Stream" activation point. This point is used to relieve sexual stress (important for reversing ED) and increase libido for a higher performing sex-drive. You can activate this point by pressing firmly with your thumb for one minute and angling the pressure toward the inner ankle bone. Be sure to breath deeply throughout the entire exercise.



CV 4 Activation Point

Chinese medicine calls this one the Gate Origin activation point. This pressure point aids in relieving impotence and fixing reproductive issues in men and women.



E.D. Reversing Diet

In a report posted by Harvard Medical school, they examined a Male Aging Study where men were eating a diet rich in fruit, vegetables, whole grains, and fish — with fewer red and processed meat and refined grains. They found this type of diet actually decreased the likelihood of ED.

This may not come as a surprise to many but proper nutrition choices are like adding fuel to your engine. And this time the engine we're referring to is your penis. Truth is, foods like processed deli meats, refined grains, sugary snacks and beverages are all contributors to the one thing this book aims to remove from your body. ED causing inflammation. That's right. It's not just because these foods may add a few extra inches around your belly that's the problem. It's the inflammation these foods cause your body after consumption. Inflammation which can last for days at a time!

However, not only can your food selections be preventative for ED. They can also help increase your sexual performance by consuming the right nutrients. Certain vitamins and minerals have the ability to increase blood flow and nitric oxide levels in for more “pumps” in the bedroom. They also have the ability to reduce the inflammation which may be causing your erectile dysfunction. If you have not already picked up your copy of the Erectile Dysfunction Rescue Kit, you can now. It's complete with an entire ED reversing diet, sex-boosting smoothies and nutrients, all-natural testosterone boosting tools and more. It's the perfect addition to the Ancient ED Fix if you are serious about dominating your diet and your performance under the sheets.



Substance Abuse

If you enjoy alcohol, then drink it in moderation. An example would be, instead of having a drink every single day, try and limit yourself to a drink only on weekends. If you're feeling really motivated, try giving it up altogether. And if you would consider yourself to have an alcohol problem, consider getting professional help from alcohol-related groups or therapy. There is no shame in this, as you are making a lifestyle change for the better. It won't be easy. No change is. But it is a chance to start over fresh.

It is also advised to stop using recreational drugs altogether. While you may feel good for a short term after using them, the long term effects are highly damaging and rarely worth it. Smoking is also a habit you must break on your journey to beating ED. You know what smoking does to your health and how it affects your blood vessels. So if you are a smoker, you will want to stop immediately.

Look at it like this. Not many people have the opportunity to redo their life over again, and at the end of their life most often regret not having doing things better. Remember, it is never too late to start over. As long as you're alive you have a shot at starting afresh. So finish strong with the time you have, no matter what your age. Do what it takes to make your life better. You are stronger than you think and you can defy the odds. With some help from family, friends, and this book, you will be impressed with just how far you can go to succeed.



Take 5 Minutes...

One of the factors which can play a role in erectile dysfunction is stress. Between the stresses of finances, family planning, work, and even family crisis, it can be hard to focus on sex with your partner. Sometimes, you'll find yourself not even thinking about sex because your mind is anxious with other thoughts. If that is you then take between 5 and 10 minutes each day (I personally take 30 minutes) to pray, reflect on the good things in your life, write in a gratitude journal, or meditate on thoughts that bring you peace.

De-stressing will help you focus on your partner during sex. Giving both you and her an amazing sexual experience. And remember, as listed earlier in the text, arousal all begins with chemical messages sent from the brain. If the brain is not stimulated due to stress, it will be hard to achieve or maintain an erection. If you are having mental barriers with your erectile dysfunction, be sure to apply this tip daily.



DRINK POMEGRANATE JUICE



Research published in the *International Journal of Impotence Research* finds drinking 8 ounces of POM Wonderful 100% Pomegranate Juice daily will help improve symptoms of erectile dysfunction.

Researchers believe the results may be due to the heavy antioxidant content of pomegranate juice, which can prevent free radical molecules from disrupting proper circulatory function.

In several previously published medical studies, pomegranate juice has been shown to enhance blood flow and to slow or reverse arterial plaque growth. And because an erection requires significant blood flow, these potent pomegranate antioxidants may provide the benefit by opening up blood vessels for enhanced blood flow.

Sip on some pomegranate juice in the morning for breakfast and in the evening with dinner.

GET ENOUGH ZINC

12 Foods High In Zinc



Oysters



Chicken



Cheddar Cheese



Cashews



Watermelon Seed



Almonds



Milk



Red Meat



Yoghurt



Pumpkin Seed



Salmon



Cacao/Cocoa
Dark Choc

Zinc improves the sperm mobility and induces the production of testosterone hormone in the body. Therefore, increasing the intake of zinc rich foods such as wheat germ, pumpkin seeds, salmon, garlic, sesame, squash, lamb, roast beef, crabs, milk, oysters, etc will greatly enhance your sexual performance and rescue you from erectile dysfunction.

In fact, zinc is one of the minerals most people worldwide lack in their diets. And it is strongly connected with erectile dysfunction and other health issues. So be sure to get as many of these zinc rich foods into your diet to ensure your manhood works as it should inside the bedroom.

You can also look for zinc in forms of a multi-vitamin or stand-alone vitamin. The choice is yours.



BONUS

ED REVERSING SMOOTHIES

This section is a bonus section filled with a few ED reversing smoothies. The ingredients in these smoothies are customized to increase nitric oxide levels and improve blood flow circulation so you not only feel “fuller” than ever in the bedroom but larger than life. The best time to add any of these ED reversing smoothies into your day would be after your Ancient ED Fix mouth cleansing routine in the morning. Have one of these along with a “hardy” breakfast.

THE SEX SMOOTHIE

INGREDIENTS

12 to 16 oz. skim milk
1/4 tsp. zinc sulfate
1 tsp. grated ginger root
12 drops ginseng tincture
1 drop selenium
4 strawberries or 1/2 banana (optional)
1 tsp. choline bitartrate powder

Place all ingredients in a blender, add two or three ice cubes, and blend for 30 seconds.



SECRET INGREDIENTS

Ginger root supports your cardiovascular system which is important for every erection. The best way to get it is simply to grate it from a piece of ginger root.

Selenium is key to fertility--you need it to produce sperm.

Choline bitartrate is a nutrient that helps sustain memory function and sperm volume. Choline bitartrate is widely available in powder form

Zinc is an antioxidant which improves your lipid profile and blood circulation, crucial to erectile function. It's especially important for testosterone and sperm production.

APHRODISIAC JUICE

INGREDIENTS

2 green apples
1 medium-sized beet root
1 bunch of Romaine lettuce
1/4 lemon
A thumb-sized ginger root (an aphrodisiac food)
Splash of apple cider vinegar

This recipe will require a juicer. Juice all the ingredients together and enjoy a punchy and sweet smoothie to enhance your performance under the covers.

SECRET INGREDIENTS



Beet root contains high concentration of nitrites which helps open up the blood vessels in the body. It also increases blood flow and oxygen specifically to your manhood.

Apple Cider Vinegar works very quickly in the body. You will notice a rise in your sex-drive after one day from this stuff.

Apple cider vinegar also reduces and repairs the nerve fibers and blood vessels around the penis. It also has been shown to reduce swelling in the prostate gland which also helps with erections.

And if that wasn't good enough. Apple cider vinegar also increases testosterone and aids with fat loss.

WATERMELON PUMP

INGREDIENTS

2 cups seedless watermelon
1 cup whole strawberries
2 cups fresh baby spinach (or other leafy green)
1/2 vine tomatoes (optional)
1/2 cup water if needed
1/2 Grapefruit (flesh only)

Place all ingredients in a blender, add two or three ice cubes, and blend for 30 seconds.

SECRET INGREDIENTS

Watermelon is a superfood for erectile dysfunction, containing lycopene, l-arginine, and citrulline, all of which are great for erectile dysfunction.

Strawberries are nature's own version of viagra. Strawberries will provide you with a lot of energy. Men who suffer from impotency should consume strawberries an hour before going to bed.

Grapefruit is filled with lycopene. A phytonutrient that is good for circulation and good for sexual troubles. This Lycopene is found in grapefruit which is therefore one of the best fruits for erectile dysfunction/impotence.



BEET ROOT BLITZ

INGREDIENTS

- 1 Beet root
- 2 Carrots
- 3 Celery stalks
- 1 Lemon
- 1 Tomato
- 20 grams of fresh ginger

This recipe will require a juicer. Juice all the ingredients together and enjoy a punchy and sweet smoothie to enhance your performance under the covers.

SECRET INGREDIENTS

Celery has plenty of vitamins for healthy sex drive for men (magnesium, zinc, potassium). It also has the famous natural viagra amino acid called arginine chock full in this vegetable.

Ginger is one the most famous superfoods in the world. Ginger is sufficient for raising testosterone levels – making ginger a great add-on to this manly juice recipe.

Beet Root increases blood circulation and eases blood flow to all areas of the body including the penis. This earthly vegetable is promising for increasing sex-drive and has been shown to help fight E.D.





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7 DAY TOXIC MOUTH DETOX

After reading through the manual, by now you have a good understanding as to how oral inflammation has been causing your ED. Anything from erectile dysfunction to low sex drive, to chronic diseases such as cancer and diabetes can all be attributed to oral inflammation. Most people pay little attention to their oral health and the extreme impact it has on your life. I can assure you, after following the material in this entire book you're going to regain your confidence and your performance in the bedroom.

DAY 1



SCHEDULE	TASK
FIRST THING IN MORNING	OIL PULLING USING ANY OF THE 3 OILS LISTED IN THIS MANUAL - ADD IN ANY OR ALL OF THE THREE ADDITIONAL “EXTRACTS” FOR ADVANCED PURIFICATION
DIRECTLY FOLLOWING OIL PULLING	Brush Teeth As Normal And Carefully Floss
UP TO 30 MINUTES LATER CONSUME YOUR FIRST MEAL	Consume a Big Breakfast, Low in Sugar: 3 Egg Omelet with Chopped Vegetables 1 Small Bowl of Melon. 1 Slice Whole Grain
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves (Don’t Drink The Mint Leaves)
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
LUNCH	Again, Keep Meals Low In Sugar: Lettuce Turkey Wraps Loaded With Full Fat Cheese Slices & Mustard. Eat With a Side Salad of Spinach, Olives, Cashews, a One Whole Egg, and Some Chicken Breast. Consume With Water
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
DINNER	1 10 oz. Salmon Filler with Grilled Asparagus, Sauteed in Olive Oil and Covered in Garlic. With a Side Spinach Salad Loaded With Walnuts, Grated Full Fat Cheese, Crunchy Peppers, and a Full-Fat Caesar Dressing. Drink With a Glass of Green Tea.
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
BEFORE BED	Brush Teeth As Normal And Carefully Floss. Do Not Rinse Mouth Out With Water

DAY 2

SCHEDULE	TASK
FIRST THING IN MORNING	OIL PULLING USING ANY OF THE 3 OILS LISTED IN THIS MANUAL - ADD IN ANY OR ALL OF THE THREE ADDITIONAL “EXTRACTS” FOR ADVANCED PURIFICATION
DIRECTLY FOLLOWING OIL PULLING	Brush Teeth As Normal And Carefully Floss
UP TO 30 MINUTES LATER CONSUME YOUR FIRST MEAL	Consume a Big Breakfast, Low in Sugar: 4 Eggs, Scrambled w/ Chicken Sausage Tossed In. 1 Large Apple. 1 Slice Whole Grain
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves (Don’t Drink The Mint Leaves)
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
LUNCH	Again, Keep Meals Low In Sugar: Blue Cheese Stuffer Beef Patty Layered With Mustard. Eat With a Side of Green Peppers, Carrots, Celery & Hummus. Consume With Water
BEFORE FINISHING YOUR MEAL	Leave a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
DINNER	2 Grilled Chicken Breasts Wrapped in Corn Tortillas Filled With Crunchy Onions and Peppers. With a Side Spinach Salad Loaded With Pecans, Grated Full Fat Cheese, Crunchy Onions & Cucumbers, and a Full-Fat Ranch Dressing. Drink With a Glass of Green Tea.
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
BEFORE BED	Brush Teeth As Normal And Carefully Floss. Do Not Rinse Mouth Out With Water

DAY 3

SCHEDULE	TASK
FIRST THING IN MORNING	OIL PULLING USING ANY OF THE 3 OILS LISTED IN THIS MANUAL - ADD IN ANY OR ALL OF THE THREE ADDITIONAL “EXTRACTS” FOR ADVANCED PURIFICATION
DIRECTLY FOLLOWING OIL PULLING	Brush Teeth As Normal And Carefully Floss
UP TO 30 MINUTES LATER CONSUME YOUR FIRST MEAL	Consume a Big Breakfast, Low in Sugar: Black Bean & Cheesy Egg Skillet (w/ Cheddar) & Salsa. 1 Small Bowl of Strawberries. 1 Small Bowl of Whole Grain Cereal
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves (Don’t Drink The Mint Leaves)
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
LUNCH	Again, Keep Meals Low In Sugar: Shrimp Stir Fry With Broccoli, Carrots, Corn & Brown Rice Topped With Soy Sauce. Eat With a Side of Mixed Nuts. Consume With Water
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
DINNER	1 10 oz. Steak with Grilled Asparagus and Crunchy Carrots. 1 Medium Size Sweet Potato With a Side Spinach Salad Loaded With Apples (with the skin on), Slivered Almonds, Grated Full Fat Cheese, Crunchy Peppers, and a Full-Fat Caesar Dressing. Drink With a Glass of Green Tea.
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
BEFORE BED	Brush Teeth As Normal And Carefully Floss. Do Not Rinse Mouth Out With Water

DAY 4

SCHEDULE	TASK
FIRST THING IN MORNING	OIL PULLING USING ANY OF THE 3 OILS LISTED IN THIS MANUAL - ADD IN ANY OR ALL OF THE THREE ADDITIONAL “EXTRACTS” FOR ADVANCED PURIFICATION
DIRECTLY FOLLOWING OIL PULLING	Brush Teeth As Normal And Carefully Floss
UP TO 30 MINUTES LATER CONSUME YOUR FIRST MEAL	Consume a Big Breakfast, Low in Sugar: 1 Cup of Full Fat Yogurt With Blueberries Mixed In. A Side Plate of Eggs or a Quick Low Sugar Protein Shake.
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves (Don’t Drink The Mint Leaves)
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
LUNCH	Stuffed Green Pepper With 95% Lean Ground Beef. Topped With Chopped Cherry Tomatoes And Homemade Sauce. Eat With a Side Salad of Crunchy Carrots & Celery Along With 2-3 Tbsp. of Organic Almond Butter. Consume With Water
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
DINNER	2 Tilapia Fillets Mixed In With Quinoa, Chopped Celery, Carrots, And a Small Handful of Raisins. Add a Side Spinach Salad Loaded With Cucumbers & Carrots, Grated Full Fat Cheese, Crunchy Peppers, and an Olive Oil & Vinegar Dressing. Drink With a Glass of Green Tea.
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
BEFORE BED	Brush Teeth As Normal And Carefully Floss. Do Not Rinse Mouth Out With Water

DAY 5

SCHEDULE	TASK
FIRST THING IN MORNING	OIL PULLING USING ANY OF THE 3 OILS LISTED IN THIS MANUAL - ADD IN ANY OR ALL OF THE THREE ADDITIONAL “EXTRACTS” FOR ADVANCED PURIFICATION
DIRECTLY FOLLOWING OIL PULLING	Brush Teeth As Normal And Carefully Floss
UP TO 30 MINUTES LATER CONSUME YOUR FIRST MEAL	Consume a Big Breakfast, Low in Sugar: Protein Pumpkin Pancakes made with a Sugar Substitute And a Side of Plain Greek Yogurt
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves (Don’t Drink The Mint Leaves)
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
LUNCH	Lettuce Turkey Wraps Loaded With Full Fat Cheese Slices & Mustard. Eat With a Side Salad of Spinach, Olives, Cashews, a One Whole Egg, and Some Chicken Breast. Consume With Water
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
DINNER	2 Pork Chops with Grilled Asparagus, Sauteed in Olive Oil and Covered in Garlic. 2 Large, cooked Portabello Mushrooms With a Side Spinach Salad Loaded With Walnuts, Grated Full Fat Cheese, Crunchy Peppers, and a Full-Fat Caesar Dressing. Drink With a Glass of Green Tea.
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
BEFORE BED	Brush Teeth As Normal And Carefully Floss. Do Not Rinse Mouth Out With Water

DAY 6

SCHEDULE	TASK
FIRST THING IN MORNING	OIL PULLING USING ANY OF THE 3 OILS LISTED IN THIS MANUAL - ADD IN ANY OR ALL OF THE THREE ADDITIONAL “EXTRACTS” FOR ADVANCED PURIFICATION
DIRECTLY FOLLOWING OIL PULLING	Brush Teeth As Normal And Carefully Floss
UP TO 30 MINUTES LATER CONSUME YOUR FIRST MEAL	Consume a Big Breakfast, Low in Sugar: Chocolate Protein Yogurt Smoothie With 1 Small Banana. Eat Alongside With A Handful of Macadamia Nuts
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves (Don’t Drink The Mint Leaves)
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
LUNCH	Again, Keep Meals Low In Sugar: Lettuce Shrimp Wraps Loaded With Full Fat Blue Cheese & Mustard And Crunchy Vegetables. Eat With a Side of Green Peppers, Carrots, Celery & Hummus. Consume With Water
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
DINNER	Avocado & Tuna Salad On Whole Grain Crackers Or Dipped Placed Atop of Crunchy Celery Sticks., With a Side Spinach Salad Loaded With Pecans, Grated Full Fat Cheese, Crunchy Onions & Cucumbers, and a Full-Fat Ranch Dressing. Drink With a Glass of Green Tea.
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
BEFORE BED	Brush Teeth As Normal And Carefully Floss. Do Not Rinse Mouth Out With Water

DAY 7



SCHEDULE	TASK
FIRST THING IN MORNING	OIL PULLING USING ANY OF THE 3 OILS LISTED IN THIS MANUAL - ADD IN ANY OR ALL OF THE THREE ADDITIONAL “EXTRACTS” FOR ADVANCED PURIFICATION
DIRECTLY FOLLOWING OIL PULLING	Brush Teeth As Normal And Carefully Floss
UP TO 30 MINUTES LATER CONSUME YOUR FIRST MEAL	Consume a Big Breakfast, Low in Sugar: 3 Egg Omelet with Chopped Vegetables 1 Small Bowl of Raspberries. 1 Slice Whole Grain
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves (Don’t Drink The Mint Leaves)
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
LUNCH	Again, Keep Meals Low In Sugar: Spicy Chicken Stir Fry With Broccoli, Carrots, Corn & Brown Rice Topped With Soy Sauce. Eat With a Side of Mixed Nuts. Consume With Water
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
IN BETWEEN MEALS	Drink Plenty of Water or Chew Sugar-Free Gum to Keep Bacteria Fighting Saliva Levels High
DINNER	1 10 oz. Steak with Grilled Asparagus and Crunchy Carrots. 1 Medium Size Sweet Potato With a Side Spinach Salad Loaded With Apples (with the skin on), Slivered Almonds, Grated Full Fat Cheese, Crunchy Peppers, and a Full-Fat Caesar Dressing. Drink With a Glass of Green Tea.
BEFORE FINISHING YOUR MEAL	Consume a Few Carrots or Celery Sticks and a Slice or Two of Brie. Followed By 8oz. of Lemon Water With Mint Leaves
BEFORE BED	Brush Teeth As Normal And Carefully Floss. Do Not Rinse Mouth Out With Water

Conclusion

Erectile dysfunction is not something any guy wants to experience in his lifetime. It's challenging, frustrating, and embarrassing. It most often causes sexual irritation between you and your partner and can even lead to depression or anxious thoughts. Yet it's a testimony of your character today that you are choosing to fight for what is yours and take back the intimacy you once had with your significant other.

I want to encourage you that one of the best actions you can take during the process of your recovery and reversal from ED, is to love your partner well. Although you both are frustrated about the situation, always be willing to communicate with your significant other, ensure them you are taking action to restore your sex-life and continue to do the romantic gestures you once did when you were having sex. As guys, sometimes it's easy to give gifts with the high hopes of sex that night. However, this is a true test to being a champion of a man. Do "special things" for your wife, expecting nothing in return in the process of reversing your ED. Let me tell you the rewards in your relationship will be outstanding and when you are ready for sex again it will be more passionate and pleasurable than you could have imagined. I just want to remind you that you can still be a warrior and a king, even at this very moment.

The goal of this book has been to give you hope that this problem is only temporary and in the control of your hands. That you can in fact, free yourself from ED and enjoy the sex life you've been missing with your partner. With the advice taken from this guide, your life is sure to improve. With all the valuable knowledge in this book you are now able to look ED straight in the eye, and face it head on. You are in control of your future. You will overcome. And your love life can resume with more passion than ever!

A Note From The Author

First of all, I would like to say, congratulations on picking-up your copy of Ancient E.D. Fix. And thank you for trusting me to provide you an amazing solution to greatly enhance your sex-life and reverse your erectile dysfunction. Long hours and tremendous research have gone into packaging this entire product for you. And I know you (and your partner) will love the results.

I want you to know how admirable it is to take your sex life seriously. You see that it may be frustrating your relationship and tearing down your confidence and you've decided "enough is enough" and you took massive action today. For that I commend you.

I hope it's okay for me to give you a quick personal note. All of my sexual health solutions for men are designed for men to share with his wife. I personally believe a man's sex life should be given over to one woman, and the same goes for a woman sharing her body with one man. Ancient ED Fix and all of the programs packaged together for you to erase your erectile dysfunction and boost your sexual performance and pleasure has been designed to help husbands strengthen their sex life and relationship with his spouse.

After researching more on erectile dysfunction and it's effects on relationships (some of which I experienced first hand) I discovered how painful ED can be for both husbands and wives. Which is why I wanted to go public with this message and help you reverse your erectile dysfunction quickly and restore the time lost with your spouse. With that said, I wish the best for you both and a healthy, long, sexually fulfilled, and loving relationship. Ancient ED Fix is a tool to bring intimacy back into your home.

Sincerely,

Spencer Fields