



All-Natural Ways to Achieve and Keep the Best Erections of Your Life!



So how do you get — and keep — the best erections of your life the all- natural way? It's an age-old question that human beings have been trying to answer for centuries, and there are plenty of ancient, and not-so-ancient, answers out there, from aphrodisiac foods to penis rings.

You'll soon discover that you don't need fancy pharmaceuticals or even drastic lifestyle changes to give your love life a boost, and you may already have what you need stashed in your fridge, pantry or medicine cabinet.

Maybe things have slowed down a bit in the bedroom department. Or maybe they haven't, and you're just here to get some ideas. Whatever the reason, welcome. You're in the right place for some erection-boosting solutions made specially for you and your partner by Mother Nature.



Edible Aphrodisiacs

The word aphrodisiac is derived from Aphrodite, the Greek goddess of love, pleasure and procreation – a potent combination if ever there was one. At some point in history, almost every food imaginable has been revered for its abilities as an aphrodisiac, though the ones listed below have persisted across time and cultures.

Aphrodisiac foods generally fall into two erection-enhancing categories: those that increase libido and others proven to improve circulation and increase the flow of blood to your penis.

Many are believed to work for women, as well, so you and your partner can share the benefits both during your meal and, hopefully, afterward. Here are a few foods to consider for your next sexy grocery shopping trip:



Chili Peppers

Chilis are some of the most common aphrodisiacs, found in cultures across the world. Part of their scintillating charm is their ability to cause the body to release endorphins – natural painkillers that can bring a rush to all of the right places. There are hundreds of chili varieties to choose from, and part of the fun can be finding the one that’s just right for you.

Kale

This trendy leafy green contains nitrates, which help open blood vessels and increase blood flow, including where you need it most. Kale also contains a number of nutrients that can balance the levels of your hormones, directly impacting your libido. You don’t have to eat it raw to get the full benefits – try some crunchy kale chips instead of a salad. For some added oomph, toss on some magnesium-packed pumpkin seeds, which are thought to help raise the levels of testosterone in the bloodstream.

Pomegranates

According to Greek mythology, the love goddess Aphrodite herself planted the first pomegranate tree, and people often link their abundant seeds to fertility and abundance of all kinds. One small study even found that drinking pomegranate juice every day lowered the levels of cortisol in the body, which can correspond with increased testosterone in both women and men. And as you know, increased testosterone can equal increased desire.

Tomatoes

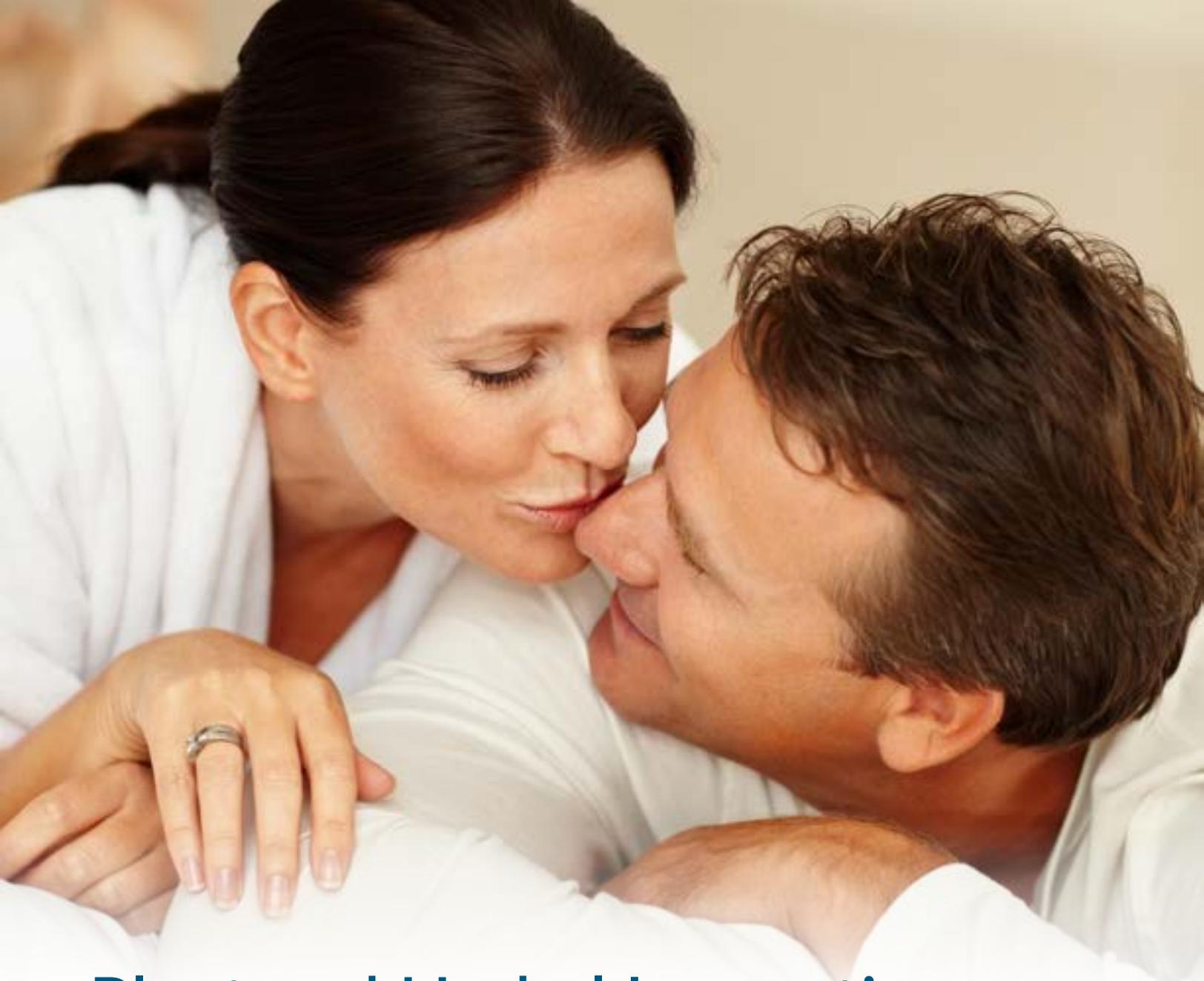
These brightly colored treats that the Puritans called “love apples” contain lycopene, a phytonutrient that’s considered good for circulation. Watermelon and pink grapefruits also have lycopene, but researchers say cooked tomatoes pack more of a punch. In fact, one recent study found that just the smell of tomatoes can increase blood flow to the penis by 5 percent. Homemade marinara sauce, anyone?

Watermelon

This seedy summer staple contains citrulline, an amino acid that’s believed to help improve blood flow to the penis. In one 2011 study of citrulline, half of the participants with mild to moderate erectile issues reported that they’d been cured and experienced increased libido after just a month of supplements.

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Plant and Herbal Innovations

For many cultures, herbs, plants, weeds and even tree bark have long held the key to men's sexual health and virility. The fact that we're all here means that our ancestors were doing something right, so it's worth taking a closer look at some of their plant and herbal innovations.

As with any supplement, be sure to read the fine print and pay close attention to any potential side effects that you may be experiencing.



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Arginine

This amino acid is naturally found in red meat, poultry, fish and dairy products, as well as lab-made supplements. Doctors think it heightens circulation to the penis, making it a first stop for many patients looking to avoid the prescription meds on the market.

Ginseng

The Asian and American varieties of this wonder-plant have been used medicinally for centuries to, among other things, increase energy, enhance concentration and, yep, you guessed it, improve male sexual performance. Medical research is finally catching up, with one popular study finding that both ginseng and saffron are effective at spicing things up in the bedroom.

Horny Goat Weed

Yep, you read that right: Horny goat weed. This wild leafy plant has been used in traditional Chinese medicine to turn erection problems around and to increase libido in men and women. A 2008 lab study also found that a naturally occurring compound in the plant blocks the effects of an enzyme that can restrict the flow of blood to the penis. Way to earn your name, horny goat weed.

Rhodiola Rosea

Also known as arctic root or golden root, this versatile herb traditionally grows in the arctic areas of Europe and Asia. It's been shown to have beneficial effects on some mental health conditions, mental capacity and physical performance, including an increase in sexual energy. Some doctors who specialize in men's health even say it's their go-to for patients looking to bring sexy back to their lives.

Yohimbe

This evergreen tree that grows in parts of central and western Africa may provide you with just the jump start you're looking for. It's available in drug form, but some herbalists believe the bark itself is more potent and effective for easing erectile issues.



Penis Rings

You've been chugging watermelon juice for breakfast, popping Rhodiola Rosea supplements at lunch, carbo-loading all kinds of pasta with tomato sauce for dinner, and still nada. If it turns out that aphrodisiac foods aren't your cup of ginseng tea, it may be time for a more hands-on solution.

[Penis rings](#), also known as cock rings, are small, thin circles made of material that's meant to stretch, usually leather, rubber or silicone. When attached to the base of the penis, the rings keep blood flowing and ensure erections are firmer and longer lasting from start to climax.

Unlike the other all-natural erection boosters out there, you'll know immediately whether a penis ring is working. It's also something you and your partner can do together, and chances are, she's as eager to get things going as you are. One word of caution: penis rings aren't meant to be worn longer than 20-30 minutes. You can learn more about penis rings at our [online store](#).



Maintaining a healthy weight has also been linked to avoiding or fixing the strain on men's sex lives.

Exercise

It's common sense backed by medical research: One of the best ways to get the blood flowing again is to...get the blood flowing again.

In one Harvard University study, even 30 minutes of walking a day led to a 41 percent drop in the risk for erection problems. Getting to and maintaining a healthy weight has also been linked to avoiding or fixing the strain on men's sex lives. Excess fat can negatively affect hormones, and hormones, as we've said, can affect libido.

If you want exercise to affect your sex life even more directly, you can work on [strengthening your pelvic muscles](#) for better performance. The right [training program](#) will help you isolate the muscles that control your penis, and giving those muscles a workout now will help you with more fulfilling play later.

Well, there you have it. We hope that reading this guide has brought you that much closer to finding the all-natural way of achieving and keeping the best erection of your life that will work for you. Here's to having some great food, safe supplements – and lots of fun times – in the process.

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