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## 1.0 – The Libido-Liberating Lifestyle



“Men gain more self confidence when they perform sexually to their fullest potential. They like to have more erections, to maintain erections longer and to ejaculate more semen during climax. This is not just a macho male desire, it is an inherent psychological need within most males to feel sexually powerful—just as most women desire to be thought of as beautiful and alluring.”

—Hsi Lai

Few things are as exhilarating in life as the rejuvenating rush of youthful passion felt during an erotic encounter. The temptation, anticipation, hesitation and finally the stream of sexual sensations enliven our very essence like the warmth of sunshine kissing our soul. For a man with a healthy libido, the onset of an erotic encounter creates a complex chain of chemical reactions that cause blood to cascade into the sex organs, swelling them up solidly, and bestowing the ability to erotically express human love.

Men endowed with the potency to power up their penile erections, as well as with the stamina and skill to use their “love tool,” can successfully satisfy their soul mate and create cries of pleasure. These men can play their part in intense interludes of sexual intimacy that not only create celestial climaxes, but also lead to love that lasts a lifetime. Readily receptive women adore and appreciate men who have the potency to provide a penile erection powerful enough to provide a smooth sensual ride that stimulates sensational seas of orgasmic shockwaves through their soul as much as men love the victorious validation of their virility.

Profound physical potency is also the prerequisite to creating suspended orgasmic states that can lead to higher levels of love consciousness hidden deep within the soul and heart. This can further ignite a couple’s love life like a beautiful work of art.

### **Impotence in the Age of Industrialization**

The inability to fully imbibe the ambrosia of aphrodisiac, love’s nectar, due to any sexual shortcoming is one of life’s most feared and frustrating failures. Most men agree that the most tormenting tragedy of all time is the decline in desire, energy, and eagerness to provide an erection enormous and enduring enough to excite a voluptuous vixen with the passionate penetration of her fragrant, feminine “love flower” until both lovers reach the highest peak of ecstasy.

The drastic decline of male sperm counts (1) and the explosion of the erectile-dysfunction drug market, are indicators that impotency is exponentially increasing. Evidence of subtler shades of sexual shortcomings and lack of sexual satisfaction is also prevalent in society, as is evidenced

by the thriving pornography industry (read the “masturbation-assistance” industry).

### **Solid Sexual Solutions**

The solid sexual solutions presented within this book are designed to enable everyone to enjoy the most sublime sexual satisfaction so that their sexual energy can serve as a natural life-enriching euphoriant and as a source of fulfillment rather than frustration. Whether one is trying to reverse declines in sexual desire, promote sexual potency, performance, passion and pleasure, or gain stronger, more spontaneous swelling of the sex organs, the solid sexual solutions one is seeking can be found within the libido- liberating lifestyle.

This lifestyle was created by compounding and crossbreeding the most advanced scientific research with one of the most ancient wisdom traditions called Taoism. It is the antidote to all things anti-potency so that lovemaking can always remain an infinite source of irresistible pleasure for both partners.

### **The Physics and Philosophy of Potency**

These sexual solutions are simple, they are nature’s secrets. Just as there are laws of life governing the growth of a plant, i.e. a plant needs water and sunshine to grow, there are laws that govern the life/growth process of the penis, potency and penile erection power. Failure to faithfully follow these laws will inevitably result in softer, smaller, erections, a lower libido, and a limited love life.

Conversely, harmonizing with the laws of life that govern the growth of one’s penis, potency, and erection power will bestow the most exciting erotic enjoyment and limitless libido. Just like love, the potential to cultivate potency is infinite, but the process is fragile and intricate.

### **Partaking in the Paradigm of Potency**

Consider yourself at the crossroads from this moment on. On the one hand, one can cultivate potency, even super-potency ad infinitum, and enjoy erections that engorge and expand with blood to an extreme every day, and do not soften or shrink even after one ejaculation.

On the other hand, one can lead the libido-lowering lifestyle, which is disharmonious with the natural life process, and can therefore cause disease and degeneration. This can manifest as anything from semi-soft, short-lived erections (semi-impotency), to a state of full-blown erectile dysfunction (impotency) depending on the degree of damage.

By the time one finishes reading this book, the reader will have a Ph. D. in potency. The reader will know the lifestyle that makes one longer, the health habits that make one harder, the power practices that make one more potent, as well as beneficial ways of being that make one bigger. This is analogous to an animal going from domestication to living like a jungle king, wild and free, with infinite invigoration and libido liberation.

**Note to Female Readers:**

Most of the information within this book is applicable to women, especially chapters 3, 4, and 5. Men, please share this important information with your lover. Just replace the words “potency” and “penile erection” with the words “sexual receptivity” and “vaginal engorgement” and “lubrication.”

## 1.2 – Solid Sexual Solutions



“No man should ever think he is sexually perfect because there is always room for improvement, and the older he gets, the more help he needs to maintain his sexual prowess. It is only common sense that men would accomplish all this naturally and safely.” -Hsi Lai

## **The Misleading, Misinformed Size Myth**

The myth that penis size is strictly determined by genetics and cannot be improved upon is misleading. Obviously, penis size is determined by genetics. What is commonly left out of this overly simplistic understanding is that the expression of one's genes is controlled primarily by the health habits one has and the lifestyle one lives! Genetic expression is not static like a machine. It is in a constant state of change like a living, growing human being. Gradually gaining growth in the size of one's sex organ when it is swollen is simple and straightforward when one has the motivation and is familiar with the methodology.

## **Methodology, the Good, the Bad and the Ugly**

The penis is not made up of active muscle tissue, but rather passive vascular tissue that is comprised of cylindrical chambers. An erection is simply blood blowing these chambers up like a balloon. Therefore, the penis cannot be effectively enlarged by external exercise alone. Trying to enlarge passive vascular tissue by exercising it directly like a muscle is analogous to trying to comb one's hair by combing the mirror--it won't work.

In fact, many mechanical manipulations designed to enlarge the penis actually lead to disastrous damage to this most delicate, sensitive part of the body. Dr. Lin, founder of the Research Center for Multiple, Sexual Orgasms ([actionlove.com](http://actionlove.com)), has hundreds of case studies that document the effects of beating up this part of the body with erroneous external erection enlargement exercises. According to Dr. Lin, the potential consequences of unwittingly undertaking anti-potency actions miscategorized as penis-enlargement practice include damage to erectile nerves, tissues and blood vessels, penile deformation, penile shrinkage, formation of scar tissue, loss of the ability to experience orgasm, erectile dysfunction, and chronic premature ejaculation. (1)

Authentic penis enlargement requires consciously cultivating care and caution when coming into contact with the penis. It also requires learning to distinguish the difference between erroneous, artificial penis-enlargement exercises and effective (natural) enlargement exercises.

Brainstorm for a moment and ask yourself this question: If the penis is a blood balloon comprised of vascular tissue, how can one expand its capacity to engorge with blood bigger, longer, and harder? If one wants a plastic balloon to blow up bigger, longer, and under greater pressure, one needs a stronger pump and a more flexible balloon. With the penis, the sexual delivery systems that cause it to power up with blood are the so-called sex support systems. Sex support systems include the cardiovascular system, which delivers blood to the penis, the glandular system, which secretes hormones that power up the penis, the nervous system, which coordinates the complex chain of chemical reactions (signals) that make penile erections possible, etc. Therefore, gradually cultivating (rejuvenating) the health of the sexual support systems is the first step to growing a bigger, longer, harder penis and increased sexual fitness (see 1.2).

### **The Roadmap to Sexual Rejuvenation**

True penile-erection elongation is a process of physical (sexual support system) rejuvenation; growing biologically young regardless of one's chronological age. It is a process of reaching the state of youthful vigor when one's hormone levels were highest, erection power was strongest, ejaculate volume was the highest and one's penis grew at its most rapid rate. Below are the seven rules that collectively comprise the roadmap to sexual rejuvenation:

1. Increase Testosterone
2. Inhibit Estrogen
3. Detoxify Dihydrotestosterone (DHT)
4. Ingest the Essential Elements of the Earth
5. Avoid Fabricated Factory Food and Drugs
6. Enjoy Effective Exercise
7. Regulate Ejaculation Rhythm and Regularly Make Love at the "Rhythm of Rejuvenation"

#### **1. Increase Testosterone**

If one wants his penis to grow, he must tell his body to do so. Of course, the body does not speak the English language, so verbal instructions do

not work. However, one way the body does communicate is through chemical messengers called hormones. To cultivate penile growth, one must stimulate the body to secrete more of the active androgens (male hormones) involved in signaling penile growth. The libido-liberating lifestyle will increase levels of the sex steroid (hormone) called testosterone, which can bind with the androgen receptors in the penis and stimulate growth. Specifically, the sexual super-hormone pivotal to penile growth is actually dihydrotestosterone (DHT), but it is a metabolite of testosterone, so for all practical purposes, testosterone is what one must elevate.

Consider testosterone the “endocrine elixir” of erection enlargement. Testosterone is the virilization hormone essential to libido, erection frequency, maintenance of manly muscle mass, and staying slim, smart, strong, etc. According to Dr. William Regelson, author of several books on hormones and health, testosterone “elevates mood, prevents osteoporosis, improves memory, lowers cholesterol, protects against heart disease, and trims fat.” (1)

In the words of one leading authority on male health Dr. Al Sears, M.D., “Testosterone is man’s primary masculine hormone. It’s what makes you strong, smart, quick and aggressive. It’s what makes you a potent and virile lover. It’s what gives you the drive to succeed, to win at sports, profit at business, shock the world with your art and romance the ladies with your poetry. Testosterone is what makes you feel invulnerable in your twenties and thirties. And the reduction of testosterone in your body is what makes you feel weaker, slower and more breakable as you age.” (2)

## **2. Inhibit Estrogen**

One of the most powerful ways to increase usable testosterone is to inhibit and eliminate excess estrogen, the main female sex steroid (hormone). Estrogen competes for the same receptor sites as testosterone, and can cancel out testosterone’s healthy pro-potency hormonal signals. Excessive estrogen also literally eats up one’s precious testosterone. Excessive estrogen promotes weight gain and fat cells produce an enzyme called aromatase, which converts testosterone to estrogen. (3)

Estrogen can also eradicate the effects of testosterone by binding it up,

rendering it inactive. The way estrogen does this is by increasing the production of sex hormone-binding globulin (SHBG), which renders testosterone unavailable. Only free-form or unbound testosterone can be picked up by the testosterone receptors on cell membranes and relay its manly chemical message. (3)

The testosterone-suppressing effects of excessive estrogen are evil, considering the fact that without sufficient androgen (male) sex hormones connecting with the androgen receptors in the penis, it will shrink (4). In fact, feminine features, atrophied testicles, male breasts (gynecomastia), a soft body, weight gain, decreased sperm count, prostate gland enlargement, prostate cancer, weaker erections, etc. is just some of the hormonal havoc excessive estrogen can cause in men.

One way to mitigate the negative effects of excessive estrogen involves eating various foods that help the body metabolize and eliminate estrogen. This concept is explained in section 3. Another way to avoid the sex-busting-penis-shrinking-prostate-enlarging hormonal signals that excessive estrogen induces is to avoid common chemicals that mimic this hormone. Unfortunately for men, many synthetic chemicals used in multiple industries have a molecular structure that is almost identical to estrogen. When these estrogen-mimicking chemicals enter the bloodstream, the body cannot tell the difference. These chemicals connect with receptors in the organs and tissues and wreak the estrogen-induced hormonal havoc listed above.

Various industries use estrogen-mimicking chemicals (xenoestrogens) in numerous applications, and they are present in our food, medicine, water and air (see section 4). Estrogen-mimicking chemicals are often present in drinking water, can leach into food from plastic containers, is sprayed on food during industrial farming to keep pests away, fed to factory farmed animals to fatten them up faster for slaughter, etc. (see 4 and 5.2).

Estrogen-like chemicals in the environment as well as other endocrine-disrupting chemicals can also damage and degenerate the sex support systems (the cardiovascular system, liver, the nervous system, etc.), and cause serious sex-busting symptoms of disease. Examples include cancerous changes in our genetics, high blood pressure, heart failure, high cholest-

terol, loss of libido, prostatitis, diabetes etc. (5) Avoiding the evils of excess environmental estrogens (xenoestrogens) and other endocrine-disrupting chemicals is explained in section 4.

### **3. Detoxify DHT**

In addition to increasing testosterone and inhibiting estrogen, DHT needs to be detoxified because not only can its potent growth-stimulating properties stimulate the penis to grow, DHT can also stimulate the prostate to grow, which can in turn cause sexual problems. If one does not take the proper precautions to protect against DHT's power, negative effects can manifest as benign prostatic hyperplasia (BPH) (enlarged prostate), prostate cancer, and male pattern baldness.

Don't get the wrong impression. DHT should never be demonized. Masculinization of the male genitals requires DHT, and a deficiency during the developmental years causes defective masculinization to varying degrees. A testament to DHT's necessity can be seen in the detrimental sexual side effects that DHT-inhibiting drugs designed to fight hair loss have (6). It is not that DHT is a demon, but its power needs to be respected. Because the penile tissues are the only part of the body that can benefit from DHT's growth-stimulating properties, DHT needs to be detoxified in all other areas. The sexual scholar Newman K. Lin, Ph.D., PE has the best solution to the DHT dilemma: "Frequently de-stress your body and mind; frequently sweat stress hormones out of your bloodstream; eat a lot of fresh vegetables/fruits (juices) and seeds/nuts/soy products to get sufficient plant sterols/isoflavones to mask/detoxify/flush the hormonal receptors via a good blood circulation." (7)

The world-class wellness workouts in section 2.1 are designed to counteract stress, which constricts the arteries, and reduces circulation and therefore DHT detoxification. This contributes to DHT becoming trapped in places where it is detrimental. The sexual super-foods and supplements that cleanse the body of DHT, as well as coating and protecting the DHT receptors in the prostate and scalp, will be discussed in section 3.

#### 4. Eat the Essential Elements of the Earth

Potency, pleasure, prowess, penis enlargement, sexual sensitivity, orgasmic intensity etc., can all be enhanced through sound sexual nutrition. Feasting on fresh, authentic food is the most distinguishable dietary dynamic for sound sexual nutrition. Finding food straight from the source, and foregoing the fake factory foods that have been artificially adulterated (explained next) is the formula to experience enhanced sexual energy.

Fresh food can be found in nature. One can pick it off a tree, a bush, pull it up from the ground, catch it from the sea, hunt for it in the woods, milk it from an animal, or harvest it from a garden or farm.

Fresh food, along with sexual super-food supplements, provide all the essential elements of Earth (vitamins, minerals, amino acids, enzymes, etc.) that nourish and sustain the sexual support systems. The essential elements of the Earth are also the building blocks (raw materials) that the body needs to bio-synthesize the bio-chemicals of potency that power up the penis. Foods that contain testosterone-building, estrogen-inhibiting, and/or DHT-detoxifying properties/substances, are especially valuable. Eating the essential elements of the Earth for erection enlargement is explained in section 3.

