

Healthy to 120

How Men Can Live Happy and Sexy
Lives to Age 120

Matt Cook

Daily Medical Discoveries

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Chapter One

What Do People Do Differently Who Live to Age 110 or 120?

I intend to live to 120. And I intend to be healthy doing it. That seems like a radical statement to some people. But it's possible for humans to live a long and healthy life. To get that chance though you need to know how.

Men Who Lived Very Long Lives

Men who live long and productive lives typically share common lifestyle traits, and I'm going to teach you those traits in detail in this book. Here are some examples of men who have lived long lives.

Anthony Mancinelli lived to be 107. He worked until the end of his life, lived by himself, and had no health issues. I learned so much from Mancinelli. I learned about the value of

routine. About how to eat and sleep and work a little differently. It isn't genetics. It's a few different ways Mancinelli does things, different from the rest of us.



Anthony Mancinelli lived to be 107 and worked until the end of his life. https://gerontology.fandom.com/wiki/Anthony_Mancinelli Retrieved 19-May-2024

Magomed lived to the age of 122. He ate a lot of fresh fruits, dairy products, corn, vegetables, and wild garlic. He was always in good shape. Why? Because he did not work out. Instead, he was active. I learned the value of being active and moving around, rather than doing workouts.



Magomed Labozaonov lived to be 122. He ate lots of fruit and wild garlic and was always in good shape. https://gerontology.fandom.com/wiki/Magomed_Labazanov Retrieved 5-9-2024

Richard Overton lived to the age of 112. He smoked cigars, drank whiskey, and drove by himself until the age of 108. Overton taught me the importance of just havein a few friends, of social connection. You don't need loads of friends. But so many men have no friends at all. And yet women tend to have friends, and I think this is why women live longer than men do. It's about Overton — having some social connections, getting out and visiting with your buddies.



*Richard Overton lived to be 112.
He smoked cigars and drank
whiskey and drove by himself un-
til age 108.*[https://en.wikipedia.org/w
iki/Richard_Arvin_Overton](https://en.wikipedia.org/wiki/Richard_Arvin_Overton) Retrieved
19-May-2024

Joe Newman lived to be 107. He ran for congress at age 101. Newman had a very active love life. He never gave up on sex, or romance. I've worked with thousands of men, the oldest men are in their mid 90s and they can all have amazing sex regardless of age.



Joe Newman lived until 108 years old. He never gave up on sex or romance. https://gerontology.fandom.com/wiki/Joe_Newman Retrieved 5-19-2024

What Did These Long Lived Men Really Do Differently

If you look carefully at what these men did, then you will find that there are some common factors.

- They are all active but don't necessarily exercise.
- They are optimistic and had a purpose in life.
- They eat and drink milk, fruit, coffee, and rice. They eat a few veggies, not a lot, and they always well-cooked, never raw.
- They have strong social networks, or at least some friends, some buddies, a girlfriend. They are not alone all the time like so many of us.

- They have a future. So many older people I meet who have lots of health issues are living in the past, and don't have plans, don't have a future.

So this is when I hear people say, "Matt, you can say all this, but these men who live to 110 or 120 are genetically different from everyone else. They have magic genes.

I don't have magic genes. How do you expect me to live to 120 without magic genes?

But magic genes are a comforting myth. Because today scientists have figured out genes are not the answer at all to living a long time.

The Myth of Genetics

Popular culture would have us believe that if our dad had a heart attack at 52 then we are doomed to the same fate. That's nonsense. There is a role that genetics play in health and lifespan, but it is much less than you think.

One of the more recent discoveries in science is something called **epigenetics**.

Basically, these are switches in your genes that determine how a gene expresses itself based on environmental influences.

That means that you have far more control over most of your health than what physicians have previously thought.

For instance, in a study published in *PLOS*...

...they find that while genetic risk factors can give you a higher chance of developing type 2 diabetes...

...having a high quality diet LOWERS your risk even if you have genetic markers for the disease.

A healthy diet is linked to lower diabetes risk across all levels of genetic risk.

And if you have a low-quality diet, your risk for getting type 2 diabetes goes up no matter what your genes are. You can have magic genes and still have diabetes because you are not eating right.

The team found that, irrespective of genetic risk, a low diet quality, as compared to high diet quality, was associated with a 30% increased risk of type 2 diabetes

An unhealthy diet usually consists of lots of processed foods and PUFA fats (polyunsaturated fatty acids).

A healthy diet will have lots of fruit in it, lots of carbohydrates, which are basically sugar, either lactose, sucrose, glucose or starch, or a mixture of sugars and starches.

In another study by the UK Biobank, researchers found similar results in regards to cardiovascular disease.

Higher diet quality predicted lower risk of all-cause mortality, independent of genetic risk.

[Fruits and starch and sugar] was also associated with lower risk of cardiovascular mortality. These findings demonstrate the benefit of following a healthy diet, regardless of genetic risk.

People who eat a higher quality diet have a lower chance of dying from heart problems than those who have a low quality diet...

Regardless of genetics.

No magic genes are needed to live to a very old age with good health.

Epigenetics are far more important than genes.

That's why in another paper from the U.S. government, nutrition is identified as being one of the most modifiable factors that affects epigenetics.

It has been demonstrated that nutrition can influence the epigenetic regulation of DNA methylation in different ways by altering the substrates and cofactors necessary for this process, by changing the activity of enzymes regulating the one-carbon cycle or by playing a role in DNA demethylation activity.

Sometimes people ask me why I focus so much on food as part of my work.

It's because food plays a huge role in how healthy you are and your individual gene expression.

What you eat (and don't eat) has a profound impact on your overall health – even if you are genetically predisposed to a disease (which I believe is very rare.)

I've had men who tell me, "my dad died at age 45, my mom had diabetes at age 40, I'm doomed" and they change their diet and are 80 years old and in great shape.

A long life is mostly due to the lifestyle factors a man is willing to change. And most of the changes are easy changes, not dramatic or difficult ones.

This is why dramatic, radical diets such as keto, carnivore and low carb is so harmful. I'll show you later on why they are so toxic, and you'll be convinced even if you think the low carb diet is correct.

As a preview, let me mention two words: metabolic rate. The more you diet, the lower your metabolic rate falls, and you can cut calories or carbs and still gain fat.

But I will get to that in a bit.

I've seen men who were on these diets and they had type 2 diabetes, were on statins, had very high blood pressure, prostate medications, had stents, multiple heart attacks, blood clots. Terrible problems. And when they got their diet changed, took a few key supplements, in many cases over a year their doctor was able to take them off of their medications.

Now those men may live to 90, 100 or even 120, who knows. Because they are so healthy they no longer need to take medication.

Family history has little or nothing to do with how healthy you can become, and how long you can live.

To me, that's great news that epigenetics are so much more important than genetics.

Because epigenetics means that I have a good deal of control over my own health and my own body, and you do too. Don't ever let the medical establishment tell you that you are doomed. It doesn't have to be that way.

You can take control of your health, and you can start doing it right now.

And the main culprit, the limiting factor in living life, is something your doctor hardly knows how to pronounce.

It's endotoxins.

How Endotoxins Shorten Life

One of the main things that contributes to how healthy you are as you age and how long you will live is your **endotoxin load**.

People that live long and healthy lives eat in a way that lowers their endotoxin load.

Endotoxins occur in your gut, and making sure that your gut is eliminating endotoxins and keeping them under control, is the key to having good health. In this chapter you'll discover

what endotoxins are, why they are important and why they are the key to having great health.

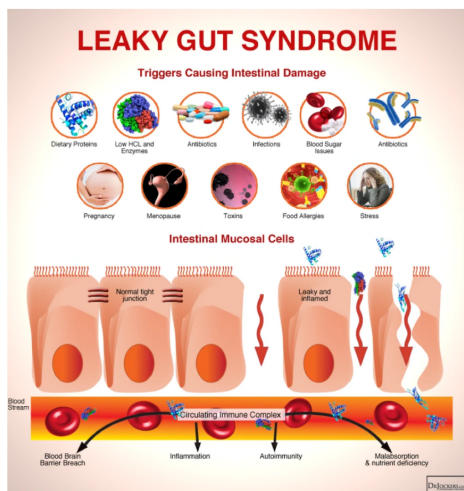
Endotoxins are the residue of waste products from bacteria. They are very inflammatory and very dangerous.

Each of us has 3 pounds of bacteria, viruses, fungi and archaea, basically microscopic plants and animals, in our bodies. We have 10 times more of these than actual cells of our own!

And some of these tiny bacteria create dangerous endotoxins that our bodies have to deal with.

Bottom line: When you have a high endotoxin load in your body, your gut becomes leaky and inflamed.

When you have a leaky gut, the cell wall of your gut opens up and leaks endotoxins into the rest of your body, causing the conditions for many different types of diseases to develop.



How do you know that you have too many endotoxins?

One test is what I call the poop test.

Believe it or not, you should never have "tire treads" on your underwear, and if you wipe after a bowel movement, you should be able to poop without getting any residue on the toilet paper when you wipe.

I call this a *ghost wipe*. It's good and right not to soil toilet paper after a bowel movement.

Not only that. The speed that food moves through your gut determines how many endotoxins you have. If you have a slow gut, the food ferments, rots, and releases huge endotoxin loads.

A fast gut is what you need. And you want to have one or two bowel movements a day. Some of these very long lived men have a bowel movement after every meal.

If you can't ghost wipe, or aren't pooping at least once a day, then you probably have problems with eliminating endotoxins.

Endotoxins can cause flu-like symptoms, as well as cold body temperatures or fever.

High endotoxin loads are also often responsible for prostate inflammation, low testosterone, high estrogen and prolactin, glaucoma, and age-related macular degeneration. Just about all chronic diseases are a result of high endotoxin loads.

You will find that endotoxins can result in cognitive impairment and dementia, as well as blood sugar problems, dental problems, and obesity. That's because endotoxins change your hormones and can cause high serotonin, high histamine, and high cortisol levels in your body.

The best ways to tell if you have high endotoxins are to:

1. Monitor brain fog and whether or not you have trou-

ble recalling memories and information.

2. Looking to see if you have residue on your toilet paper after a bowel movement (you shouldn't).
3. A general feeling of weakness and discomfort.

Foods That Cause Endotoxin Build Up

In our modern environment there are many causes for high endotoxin loads in our bodies, and eliminating as many of those causes as possible is the key to starting down the path to better health.

Here are some major gut challenges that slow food down and create a high endotoxin load.

Food Gums

Food gums are very common additives in many packaged foods. Food gums feed the bad bacteria in your gut and create a higher endotoxin load, as well as irritable bowel syndrome.

Food gums include:

- Locust bean gum
- Guar gum
- Xanthan gum
- Carrageenan

- Soy lecithin

PUFA Fats

To dramatically improve your health you have to eliminate the toxic fats from your body. Those are primarily PUFAs, polyunsaturated fatty acids, but too much of any fat isn't good for you.

PUFAs do a lot of bad things. They:

- Kill beta cells
- Cause inflammation
- Depress metabolism
- Instead of having a temp of 98.6 you might be 95 or 96
- Lower energy production
- Create high cortisol levels
- Create high lactate levels
- Create high serotonin levels, which lead to mood problems
- Lower testosterone and increase estrogen levels
- Suppress our anti-cancer system, increasing our risk of cancer

- Throw off the natural regulation of what you eat

PUFA fats are everywhere! They include:

- Corn oil
- Soy oil
- Peanut oil
- Canola oil
- Flaxseed oil
- Vegetable oil
- Fish oil
 - Krill
 - Cod Liver
 - Sardines
 - Salmon
 - Mackerel
 - Red fish oil



Bottled salad dressing are full of PUFA fats, and terrible for your health. Don't eat them - ever.

When you are starting to eliminate PUFA fats from your diet, it's important to read the labels because they are in all kinds of packaged food, like crackers, cookies, and salad dressings. Here are some of the items that you should avoid because they are loaded with PUFA fats:

- Fried foods
- Bottled salad dressings
- Restaurant soup
- Bottled sauces
- Packaged crackers and cookies
- Packaged prepared food
- Chinese, Indian, and Thai food
- Nuts (except Macadamia nuts)
- Avocados - contain 15% PUFA fats.

PUFAs are stored in the fat cells and take a while to purge from your body, so **you must be diligent with eliminating them.**

Your body preferentially burns saturated fats and stores the PUFAs, and it can take up to 4 years to get rid of stored PUFAs. We will help you reduce this time period, but you **MUST** be ever vigilant!

Raw Veggies

Avoid raw veggies and fermented veggies

- All veggies that you eat should be cooked to death
- The exception to this is carrots, which are great for you raw

Soluble (Fermentable) Fiber

Pectin, potato starch, and Jerusalem artichokes all contain soluble fiber, which increases the endotoxin load in your body. Avoid pears and apples, which contain pectin.

I know everyone, all the so-called gurus, are saying that resistant starch, fermentable fiber,

Medications

Medications like proton pump inhibitors, SSRIs, and blood thinners can all cause endotoxin build-up.

Excipients

Many pills have ingredients called excipients that can cause higher endotoxin loads in the body. These include silicon dioxide, titanium oxide, and talc.

Food Intolerances

Many people find that they don't tolerate certain foods well. You can try an elimination diet and then add foods back in one at a time to see how you tolerate various foods.

Common food intolerances include:

- Eggplant
- Chocolate
- Tomatoes
- Peppers
- Potatoes
- Corn
 - There is a process used on corn called nixtamalized corn, and that corn is much easier to digest. You can get it with masa harina flour.

Why Calcium Is So Important to Living a Long and Healthy Life

We all know now that inflammation in the body is responsible for rapid aging, heart disease, stroke, cancer and just about every other chronic disease.

And now you know this inflammation comes from endotoxins in food. Our bodies increase their endotoxin load, as our gut becomes inflamed and the gut junctions work like a picket fence that has lost some of its pickets — endotoxins pour into the body and we get overwhelmed with the toxins.

But another source of inflammation is something I've observed in my visits to places like Japan. In Japan, the old folks there are very long lived and have a wonderful diet except for one thing.

You see so many leaning on their canes, bent over, with bone loss, osteopenia and osteoporosis.

And this is from their diet which is quite good, except for one thing. It is very high in phosphorus and low in calcium.

Low calcium and high phosphorus results in a lot of parathyroid hormone. The parathyroid gland is above the thyroid gland in the neck — and when you secrete parathyroid hormone, it pulls calcium out of bones and deposits it into the bloodstream where the calcium can begin sticking to the sides of blood vessels. To the heart valve. To the tiny tubules in the kidneys.

A diet high in phosphorus and low in calcium creates high parathyroid hormone and this results in calcium deposits — hardening of the arteries. It deposits calcium and scar tissue in the erection chambers of the penis, even.

And this is from one diet problem.

Most people have way too much phosphorus and not nearly enough calcium in their diets. And this raises parathyroid hormone and makes inflammation worse.

It's extremely important to get more calcium than phosphorus in your diet so you keep parathyroid hormone LOW.

Notice that many doctors make a fundamental mistake. They think if you have arteries that are hardening, it's because you have too much calcium. But the excessive calcium is from high parathyroid hormone.

If you consume MORE dietary calcium, you lower parathyroid hormone.

And hardened arteries, given some time and vitamin K2 MK4 and sufficient D3 and dietary calcium...will get cleared out! They will become LESS clogged, more flexible, and more youthful.

This high calcium diet lowers harmful parathyroid hormone and that has many benefits including vastly improved erections in men.

So it's great to raise calcium and lower phosphorus. A diet high in meat is a diet high in phosphorus because meat is very high in phosphorus and very low in calcium.

By meat I include meat, poultry and fish. All very high in phosphorus and low in calcium.

Then there are things like beans which also high in phosphorus and low in calcium.

Not good.

And that's the problem in Japan — these very old people are struggling to walk because they have very low calcium levels in their bones and they are severely handicapped.

And it's totally unnecessary.

The easiest way to do this for many people is to drink a lot of milk. 1% or skim is the best because you want to keep your overall fat intake low.

You can use lactose free milk and eat other dairy products as well if you are like me, and you don't tolerate lactose.

Milk today is so vilified by the so-called gurus but it is a near perfect food.

If you are someone who cannot tolerate milk at all, then cheese is as good although it contains more fat.

Hard cheese such as parmegiano reggiano has 700 milligrams of calcium in only two ounces — and much lower phosphorus.

Milk itself is actually a bit high in phosphorus but it is still higher in calcium which is why it is a great way to get calcium and lower parathyroid hormone levels.

If you eat yogurt, then Greek yogurt is the best choice. Regular yogurt can be too acidic, too loaded with lactic acid to be really healthy. Greek yogurt is made by draining a lot of the sour whey which gets rid of the high acidity and makes it much healthier than regular yogurt.

You can also make your own yogurt if you want.

But what if you don't eat dairy or can't tolerate it?

If you don't get enough dairy then you will need to supplement your calcium in other ways.

- Eggshell calcium
 - Save your eggshells
 - Put them in a bowl with a little water, and cook in the microwave for 10 minutes
 - CAREFULLY (HOT!!!) remove after cooling
 - When you have enough shells, put them on a cookie sheet and cook at 300F in the oven for 20 minutes to dry out
 - Grind in the coffee grinder (reserved for anything but coffee)
 - Sprinkle $\frac{1}{4}$ teaspoon twice a day on your food
 - Or you can buy eggshell calcium.
 - It's made for pets but it's the same as what you would make if you were making it yourself.
- Oyster shell calcium
 - 2000mg of elemental calcium
 - Half a dose twice daily
- Calcium d-maleate
- Avoid calcium citrate

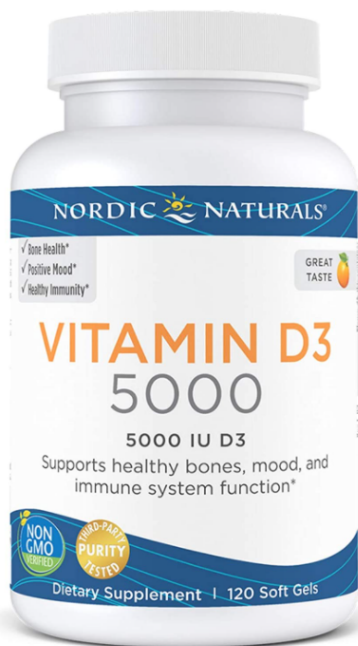
- Get your calcium from well cooked greens in water
 - You can use:
 - Kale
 - Collards
 - Turnip greens
 - Spinach
 - Dandelion
 - Rocket / arugula
 - Cook 8 ounces of greens in boiling water for 10 minutes and let cool
 - Drink the juice of the greens - split the juice and drink twice a day
 - Eating the greens is optional

D3 and K2MK4

You also need adequate D3 and K2 MK4. About 15 to 20 minutes a day of whole body exposure to the sunlight will get you enough D3.



Getting more calcium than phosphorus is critical to having a healthy gut.



You can take 5000 IUs of D3 per day.

K2 MK 4: 1mg to 15mg, 1 to 3 times a day. K2 comes in 2 types. K2 MK-4 and K2 MK-7. You ALWAYS want to take the MK-4 version.

I use this one, that I buy from this supplier. It comes as a small baggie with waxie powder, and you have to dissolve a TINY amount in coconut oil or drop into fatty food. The supplier is really a wholesaler.

They offer 5000mg of K2 for \$80.00 plus+ \$6.00 shipping. It comes with a certificate of purity from an independent lab. You also can only buy it uncut in the cold months of the year.

The owner's name is Peter and you can buy anything from him, in my experience, with confidence. He only sells large quantities of things.

Here's where to get bulk K2 MK4 from vitaspace.

Citations:

<https://www.sciencedaily.com/releases/2022/04/220426153624.htm>

<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1003972>

<https://pubmed.ncbi.nlm.nih.gov/33795309/#:~:text=Conclusion%3A%20Higher%20diet%20quality%20predicted,diet%2C%20regardless%20of%20genetic%20risk.>

Chapter Two

How I Was Going To Die and What Actually Saved Me



Fred Kummerow lived until the age of 102. He was a pioneer in the crusade against trans fats and was active well into his old age. <https://blogs.illinois.edu/view/6231/508848> Retrieved 5-19-2024

When I was a young adult I was very, very ill. I had huge problems with asthma, was hospitalized several times, and nearly died. I also had terrible ED - even as a young man. That's what started me on my path as a health researcher.

You can't argue with my results. My results were so dramatic that you can't say they are psychological, or just minor. No, my results are dramatic and show that if I can do this, anyone can.

Because in just a few days, I got off of 6 medications and reversed life threatening asthma with the method I'm about to show you.

All due to what I have perfected and now call the Oxygen Remedy.

I can't guarantee your results will be the same, but for many men the Oxygen Remedy is the most single life changing thing they do other than Nirvana Sex. It can even help with erections,

"I decided to stay a member and support your work, and learn as much as possible (again because its so opposite what we hear mainstream.. to try and glean what I can). So as mentioned before, into my second month following some of your advice my wife (of 30 years) and I are having some of the best love making sessions we've ever had and am now getting some of the best and longest lasting erections I can remember ... even waking up at night at times with a full erection or even a partial..."

The Oxygen Remedy has the power to change your life forever.

Because we can live without food for weeks. We can live without water for days.

But we can't live without oxygen more than a few minutes.

And the problem is that for most of us, our tissues are starved of oxygen even though we breathe just fine.

So once you fix this, once you get more oxygen reaching your tissues...

...your body you can reverse many diseases, you will get far better erections, last much longer before orgasm, and be much healthier overall.

I'm not recommending that you start this and quit medications with the blessing of your doctor.

(As always, if you want to get off of medications then you need to work with your doctor to make sure you do it safely for your specific circumstances. Don't just quit 6 medications like I did.)

The reason the Oxygen Remedy works so well is an effect called the Bohr effect. This was discovered by Christian Bohr in 1904. Christian Bohr was a brilliant scientist who made this discovery around 1904.

And Christian Bohr is the father of one of the most famous scientists of all time, Niels Bohr who discovered a lot of what we call quantum mechanics — and his discoveries are why we can have chips with millions of transistors in them, super

computers in our pockets (we call them smart phones) and all sorts of miracles of modern electronics.

But getting back to Christian Bohr and his Bohr Effect...

The basics are that if you have more carbon dioxide, then you have higher levels of oxygen reaching the tissues of your body. The higher level of oxygen that reaches your tissues, the healthier you are likely to be.

So if you run fast, your tissues run an oxygen deficit. They can't get enough oxygen quickly enough. You build up a lot of carbon dioxide, and that results in MORE oxygen reaching tissues.

Higher carbon dioxide levels means your tissues get MORE oxygen.

That's the Bohr Effect.

How to be confused with the Bohr equation

The Bohr effect is a phenomenon that describes the effect of the chemical properties of hemoglobin on oxygen binding affinity. Hemoglobin-oxygen dissociation curves are normally shifted both to the right and to the left by the concentration of carbon dioxide.¹ That is, the Bohr effect refers to the shift in the oxygen dissociation curve caused by changes in the concentration of carbon dioxide in the pH of the environment. Since carbon dioxide reacts with water to form carbonic acid, an increase in CO_2 results in a decrease in blood pH^{2,3} resulting in hemoglobin proteins releasing more of oxygen. Conversely, a decrease in carbon dioxide provides an increase in pH, which results in hemoglobin picking up more oxygen.

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Experimental discovery [edit]

In the early 1900s, Christian Bohr was a professor at the University of Copenhagen in Denmark, already well known for his work in the field of respiratory physiology.⁴ He had spent the last two decades studying the solubility of oxygen, carbon dioxide, and other gases in various liquids^{5,6} and had conducted extensive research on hemoglobin and its affinity for oxygen.^{7,8} In 1903, he began working closely with Otto Neustadt and August Krogh, two of the associates of the physicist, in an attempt to experimentally resolve the issue of factors that influence using animal blood instead of hemoglobin solution.⁹ Krogh had suggested that the oxygen-hemoglobin binding curve was hyperbolic in shape¹⁰ but after extensive experimentation, the Copenhagen group determined that the curve was in fact sigmoidal. Furthermore, in the process of plotting out hemoglobin dissociation curves, Krogh became aware that high partial pressures of carbon dioxide shifted the curve to the right.¹¹ Further experimentation, while using the CO_2 concentration as the variable, confirmed the existence of what would soon become known as the Bohr effect.¹²

Christian Bohr, 1869-1942

with the discovery of the effect in 1904

And it turns out that, the more air you breathe in and out, the LESS carbon dioxide your body holds onto.

As you breathe more and more air per minute, your health gets worse and worse because you are losing carbon dioxide and therefore your cells are not getting sufficient oxygen.

Remember again, higher carbon dioxide levels mean your cells get MORE oxygen.

The faster you breathe when you are resting, the more air you breathe in and out at rest, the LESS carbon dioxide your body holds, and that creates a constant deficit in your tissues.

Your tissues are strangling due to low carbon dioxide and low oxygen — what we call tissue hypoxia. Hypo means low, and oxia means oxygen.

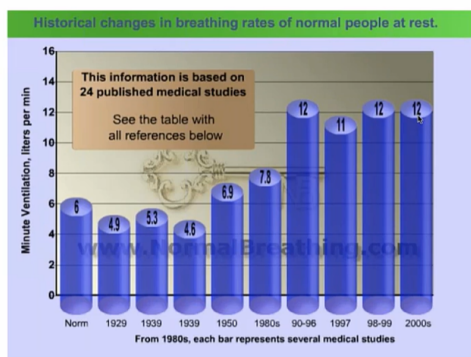
Low tissue oxygen is at the heart of over 200 chronic diseases¹ and when you raise the levels of carbon dioxide in your body, the healthier you become.

You can generally tell how healthy someone is by how many liters of air a person breathes per minute. The healthier that you are, the less air that you breathe per minute.

As you breathe more air, your metabolic rate falls, your tissues are strangled from lack of oxygen and you fall prey to many different diseases including high blood pressure, stroke, asthma and much more.

And this is why many of us are less healthy than our grandparents.

You can see in the table below that historically, people breathed much less air per minute than they do now.



The Oxygen Remedy fixes this problem and helps you to be healthier. In my experience this can vastly improve a large variety of conditions.

- It can move more oxygen to the penis, creating better erections.
- It can help you be more clear-headed and help to prevent dementia.
- It can help with heart disease: angina pain and hypoxia.
- It can help with severe asthma, bronchitis, COPD, and low O₂ levels.
- It can help with diabetes, chronic fatigue, and body O₂.
- It can help with problems with the brain, liver, kidneys, small and large colons, spleen, and other organs.
- And it can help any histologically abnormal tissue and

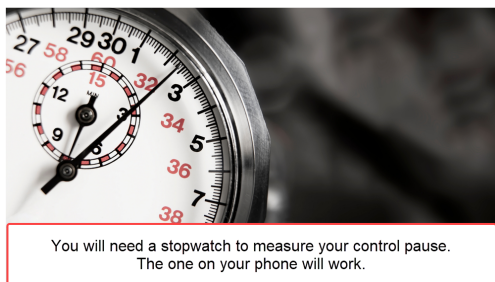
low oxygen concentration.

It does have limitations though. It's not going to restore lung tissue that's already scarred and damaged. It also won't raise your metabolic rate.

When you go through this chapter, you'll develop what I like to call "the air-hunger lifestyle." It's simple, but these techniques do require some follow through.

The Control Pause

As you go through the Oxygen Remedy Transformation you will want to measure your progress to see how you are doing. You'll need to have a stopwatch on your phone or another stopwatch at the ready. This measurement is called a **control pause**.



Measuring your progress is simple. Here's how to do it:

1. Exhale normally.
2. Keep your lips closed and pinch your nose closed.
3. Start the stopwatch function.

4. When you feel uncomfortable stop the stopwatch.
5. Record the time.

The key to doing this successfully is that you must be able to continue breathing at the same tempo as before.

This procedure is just for measuring and testing and it's not therapeutic. But it does give you a measurement of where you are and how far you get in the process.

Your control pause time should be higher after you do an Oxygen Remedy Transformation session, and also it should be higher over time as you continue your practice.

You can also measure heart rate before and after a session. Your heart rate should be lower after a session.

It's a good idea to set up a spreadsheet so that you can track your progress over time. I find that if I don't track my progress, I have a hard time staying motivated to reach my goals and that tracking really helps me to see how far I've come over time.

How to Exercise in a Way that Increases Oxygen

The most important thing you can do when you are exercising is to nose-breathe. You want to close your mouth and never breathe through your mouth when you exercise. This seems counterintuitive to most people, but it really helps.



It's extremely important to keep your mouth closed and breathe through your nose when exercising.

In fact, you should nose-breathe as much as possible. Unless you are eating or talking, you should be nose breathing - even during sex.

Now at 67 as a result of your teachings, 72 pounds less, very active sexually, last for 30 minutes easily, just want more...

Some people find nose-breathing difficult because they have a stuffy nose. Most of the time a stuffy nose will not keep you from nose breathing, but if it does then you can try two things:

1. Use a long pause. This is where you do the control pause like in the last module, but let the air hunger build a bit longer. It can be a bit more uncomfortable when you take a breath, but it shouldn't cause you to gasp for air. This often clears your nose.
2. Nose-nod. This uses a mechanical action where you need to exhale, pinch your nose, and you nod up and

down. It can clear the mucus.

If you do find that you need to mouth-breathe when you exercise then you are exercising too hard. Slow it down and rebuild your capacity as you nose-breathe.

Steps Exercise

This is a very effective exercise for everybody. It works very well no matter how good your fitness or health level is currently. Start slow and build up over time.

1. Take 5 steps at the same tempo.
2. Do one long exhale during the 5 steps.
3. Take a sniff of air inhale on step 6.
4. Start the 5 steps again.
5. Over time increase the exhale to 109 to 20 steps.
6. If 5 steps is too difficult to start, then start with 1 or 2 steps.
7. To increase the difficulty you can pause after your exhale and walk for 2 or 3 steps paused.
8. Do this for 15 to 20 minutes a day.

Elevation Training Mask

These look funny, but if you exercise with an elevation training mask you will build up air hunger and increase the oxygen levels in your body.

Train at Altitude

This isn't an option for everybody, but if you have the ability to train at altitude, then you should try that as well.

Sleeping that Increases Oxygen and Reduces Apnea

The way you sleep is important. You can easily build up oxygen while you sleep if you sleep in the correct positions. But sleeping is also where you hyperventilate the most if you aren't sleeping properly. When you increase the oxygen in your body during sleep it's much easier for your body to have healthy, nocturnal erections which can dramatically increase the quality of your sex life.

You want to sleep on your left side. The next best position after the left side is the right side. After that is stomach sleeping.



Never sleep on your back! In order to nose-breathe at night you tape your mouth shut. This is the most effective way that I've found to start nose breathing at night.

If you want to sleep on your back then you can try sleeping in a recliner with your torso elevated.

Increasing Oxygenation with Bag-Breathing

Bag-breathing is simple, but extremely effective at raising oxygen levels in your body.

I recently joined your portal for blood pressure protocol and am really pleased with the results so far: I've been doing the bag breathing exercises, white button mushroom recipe, and K2 MK4. The results have been immediate and noticeably positive.

When you bag-breathe you will take a woven bag (NOT solid plastic) and put it over your head. **It's important that the bag**

is breathable. You seal it around your neck gently with your hands only.



Use a breathable woven bag for bag breathing.

Breathe for 5 to 15 minutes in the bag, 1 to 3 times a day.

Don't wait for a headache. Stop when you feel yourself getting warm.

When you start bag-breathing you may find that you need less sleep. Anxiety levels typically go down, and your overall health will generally improve.

These methods seem simple, but they had a profoundly positive impact on my health and can have an equally positive impact on yours.

Chapter Three

How Eating Healthy
is Killing Men and
What to Eat to Live
to Age 120



Gilbert Ling - lived in his own home at 100 years old. https://en.wikipedia.org/wiki/Gilbert_Ling Retrieved 5-19-2024

In my 25 years of health research, I've talked to a lot of people. There are about 700,000 newsletter subscribers at this point, and at least 70,000 men who've been through our programs and protocols.

Since I've been doing this type of research for so long, I've learned a lot from what actually works day to day for guys. These are real life experiences and not just theory.

One thing I ask people about is diet. And almost everyone says, at first, "I eat a healthy diet."

But is that true, really?

I really want to emphasize is that a lot of what we are taught is healthy and what most people think is healthy isn't actually healthy. It's a big scam. It's harmful. It's bad for us. It is killing

us, making us sick, wiping out our sex drive and our ability to function.

I know that's a bold thing to say that most diets that people think are healthy are actually toxic...

...but if you stick with me, you'll see what I mean and you'll agree with me.

If you look at the really long-live people in the world, you'll see that they eat differently than we do in the West.

These are people in Japan, Okinawa, Sardinia, or even the US who live to 110 or 120. There are long lived people everywhere. You can be from anywhere and live a long, healthy, and happy life – if you know the secrets.

First of all, people who live a long time don't eat a lot of processed foods because these foods are loaded with polyunsaturated (PUFA) fats. These are the bad fats that really do terrible things to your health.

When you consume PUFA fats you are consuming fats that are very unstable in the body. These unstable PUFA fats break down into harmful lipid peroxides, which can cause cancer.

The PUFA fats participate in an inflammatory process. Without omega 6 PUFA fats, we literally can not become inflamed. With omega 6 PUFA fats, we become inflamed and many delicate cells die from the unstable fats.

PUFA fats kill Leydig cells in the testicles, resulting in low T.

PUFA fats kill delicate beta cells in the pancreas, resulting in type 2 diabetes.

PUFA fats kill immune cells in our thymus, resulting in low immunity to bacteria and viruses and fungus.

And when people THINK they are eating healthy they are usually consuming loads of PUFA fats. I'll get into that more later, but that's one of the things that is killing men.

The other thing that is really trendy and a huge problem is g low carb, keto, or carnivore diets. These diets are hugely problematic and unfortunately they are also hugely popular.

I've discussed the fact that these low carb and keto diets are very high in phosphorus and low in calcium — producing high inflammatory parathyroid hormone can causes calcium deposits in the heart valve, in the blood vessels, in the penis, in the kidneys, in the brain.

That's one problem with low carb and keto and carnivore diets. But it isn't the only problem.

Look... if you are on a low carb diet now or have been on one in the past you should know that I was there too.

I've been on the Atkins variation and the Eades' Protein Power, and low carb paleo versions of this diet. These low carb diets all dump ketones into your bloodstream. Ketones are good fuel actually. But the production of ketones in the body is a very stressful process.

It's why if you look at a lot of guys who are on low carb for a long time, they look old and worn out before their time.

Their bodies have to continually produce ketones from the proteins they eat — and this is very stressful and takes its toll on the skin, organs and brain.

Not to mention the important fact that low carb diets cause very high cortisol — a major stress hormone you want to lower, not raise.

So over time and with research I've learned that low carb, keto and carnivore diets are terrible for you. It was terrible when I did it and it's still terrible.

The argument that the gurus make is that carbs raise your insulin and that our ancestors lived on a high meat diet. But that's nonsense.

No people in history have ever lived for a long time on high meat unless that's all they could get — the Inuit in the Polar circle are who I am thinking of. And they actually have a lot of heart disease eating a low carb diet.¹

And I can tell you from my own experience that when I stuck to a primarily meat diet I lost a lot of my health and it took me SEVERAL years to recover. I've worked with 70,000 men over time, and they ALL have to recover from these diets if they have been on them for more than about a year.

This is not a path that I personally recommend. There are much better and healthier ways to eat.

1. <https://europepmc.org/article/med/2736000>

I know I lose a lot of people at this point. "Matt," they say, "Dr. Atkins, all of these guys, all tell us carbs are bad. Why should we listen to you when you say carbs are good?"

Well, the reason why is that...

Long Lived People Eat Mostly Carbs for Energy, not Fat

There are three major food macros: protein, fat and carbs. You can't get enough energy from protein, so it all has to come from either carbs or fat.

A low carb diet is actually a high fat diet. When people tell me they are eating low carb, I tell them, "you are on a high fat diet." That's the source of their calories mostly — fat, not carbs.

Here's the thing. If you really start digging into the records you will find that long lived people eat a ton of carbs and get most of their energy from carbs, not fat. In fact, most of their diet is carbs.

I'm thinking about Dr. Hinohara, who was a Japanese doctor. He died to 105.

But here's the thing, he was completely active until the day he died,

He lived by himself. He traveled constantly around the world doing lectures, worked 14 hours a day, seven days a week.

He always said, "the secret is carrying your own bags." When he traveled he walked up the stairs with his own bags. He had to be fit to do that.

And his diet was lots of rice. He also had some milk and an egg or two as well as about 3 or 4 ounces of meat twice a week.

What I really want to emphasize here is that his primary source of calories was carbohydrates from rice. Long lived people eat carbohydrates and lots of them.

And EVERY one of the long lived men I've studied — EVERY one gets most of their calories from carbs, never from fat.

And this becomes more important as we get older.

What Happens As We Get Older

I think it's important to understand what happens to your body as we get older.

First of all, our body temperature and metabolic rate falls.

The second thing that happens, is that you start burning more fat than sugar. Young men burn mostly sugar. Old men burn mostly fat.

Youthful energy is from sugar. By sugar, I mean carbs including starch and honey and fruits and fruit juice and a bit of white sugar in your coffee.

Old people create energy from mostly fat. And they are very unhealthy when their bodies burn mostly fat — in fact, they easily become diabetic, get cardiovascular disease and many

chronic health issues when their bodies are burning fat and unable to burn sugar.

This fat-burning effect is accelerated if you are on a low carb diet – which is one of the reasons these diets are so bad for you.

Because you are burning more fats, the PUFA fats that your body has stored get released into your blood stream and start destroying delicate beta cells in the pancreas that produce insulin.

They also destroy Leydig cells that produce testosterone. And it doesn't stop there. These PUFA fats also destroy immune cells in our thymus gland.

Eating PUFA cells is like taking a wrecking ball to the cells that control so much of what goes on in our bodies.

It's a mess and this lowering of metabolism and the destruction of these delicate pancreatic cells means that many people end up with diabetes or pre diabetes as they get older.

The good news is that this pattern is not inevitable, and I'll show you what to do instead.

The Role of the Gut

One of the problems with becoming a fat burner as you age is that it makes your gut all porous – like a sieve. The gut is supposed to keep the food, bacteria, and fungi contained in the gut and just let the good stuff into your body.

I'll admit this is gross, but the food that you eat rots in your body and becomes like raw sewage in your gut. That's why farts smell bad. It's from the fermentation process.

So we have about two or three pounds of fungi, bacteria, viruses, a group of microbes called archaea, and another group of microbes that we're just learning about that are thought to cause Parkinson's disease in our guts.

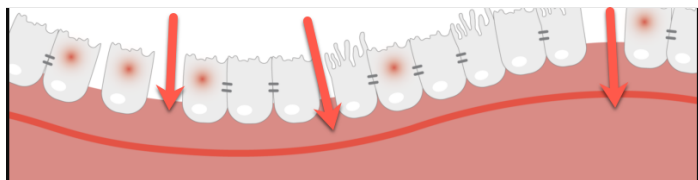
These create hydrogen sulfide gas. Testing breath for hydrogen sulfide can reveal the extent of archaea in the gut. We all have some, but too many cause chronic constipation and result in high endotoxin load in the body.

Because all kinds of things are happening in our gut as it's processing the food we eat.

The food sitting in the gut is essentially rotting during the digestive process — and this rotting is constantly creating toxins, called endotoxins.

Now if our gut is healthy we've got these junctions that are really tight. It's like a chain link fence or a fine sieve. Only little things can go through the fence, little like a mosquito. But a big animal can't get through the fence. That's how it's supposed to work.

But with the toxins in our food, and a poor diet and too much stress, inflammation causes the gut to open up and leak these endotoxins.



Red arrows show how endotoxins enter the body through the leaking gut junctions.

The gut is supposed to let the food and nutrients out and it's supposed to keep the endotoxins in the gut.

But as we get older and our metabolic rate falls, we are not maintaining the gut wall integrity. And that creates a leaky gut.

This isn't uncommon, everyone has a leaky gut as they get older. And the endotoxins lead into the body from the gut.

Because endotoxins are extremely dangerous our bodies have developed defenses against them. And to some extent our bodies can detoxify a certain amount of endotoxins.

But that only works for a small amount. Mostly our bodies get overwhelmed with the load.

The liver gets fatty from so much PUFA fat consumption and then it can't filter the endotoxins well.

Endotoxins can then float around our bloodstream, enter our brain, and cause all the chronic diseases that we can think of.

For men, prostate inflammation is caused by endotoxins. Arthritis is caused by endotoxins and so is a lot of dementia.

The gut leaking too many endotoxins into the body is what causes most of the chronic diseases we see today. It's a nightmare really – especially since it's easy to fix.

Why I'm Eat a High Starch Diet

I personally eat a high starch diet, and I've found that pretty much everyone who tries this has great success.

Normally I eat white rice and masa harina (corn flour made in the traditional way in lime, easily available in almost any USA grocery store). And I eat it with a small amount of saturated fat – like a pat of butter.

About 30% of my diet is saturated fat. A small amount of fat in your diet is good, but too much is bad.

If I was recovering from diabetes or other chronic disease, I would lower the fat even more and get almost all my calories from starch. Maybe 10% of calories from fat, and the rest from starch until I had recovered my health.

In fact, Dr. Walter Kempner is a famous physician who taught at Duke University and helped over 19,000 people who were literally on death's door — he gave them a diet² almost 100% from carbs, and they almost all recovered to live a long and healthy life.

2. <https://www.ahajournals.org/doi/full/10.1161/HYPERTENSIONAHA.114.03946>

I have found both with my experience, with studying long lived people, and with the experience of the men in my programs that this type of high starch diet is really helpful in healing the gut and improving overall health. It may be the only thing that works if a man is obese with high blood pressure and diabetes, a man who is typical of many of the men who begin our protocols.

Beyond trying to get most calories from carbs, here is another huge tip that all long lived people follow to a "T":

Don't Eat Until You Are Completely Full

Most all the very old and wonderful men I have studied eat not until they are full — maybe 70% of the amount it takes to feel really full.

I've started doing the same. I often eat and leave some of my food on the plate especially if I'm eating at a restaurant — and I never feel bloated or overly full anymore and it's so much healthier.

I find that when I eat until I'm really full I feel sluggish and just not well.

Getting too full makes your gut leaky and then you end up with endotoxin symptoms that feel very flu-like.

Now I don't stuff myself and I feel so much better.

There is Hope for a Better Life

You don't have to fall into the trap that is set by Western diets, Big Food, and Big Agriculture. You can take control of your health today through your diet.

Set up your life in a way so it's easy to eat in the way that I describe below. If you have to start buying and fixing your own food, I encourage you to do that. The foundation of health is based on what we eat and the good news is you are in control of that.

What Human Diets Used to Look Like

In 1939, human diets were much different then they are today.

The average healthy adult male in the US ate over 5,000 calories a day and didn't have problems with obesity.

The typical diet consisted of flour, butter, sugar, potatoes, some beef and pork, and lots of milk.

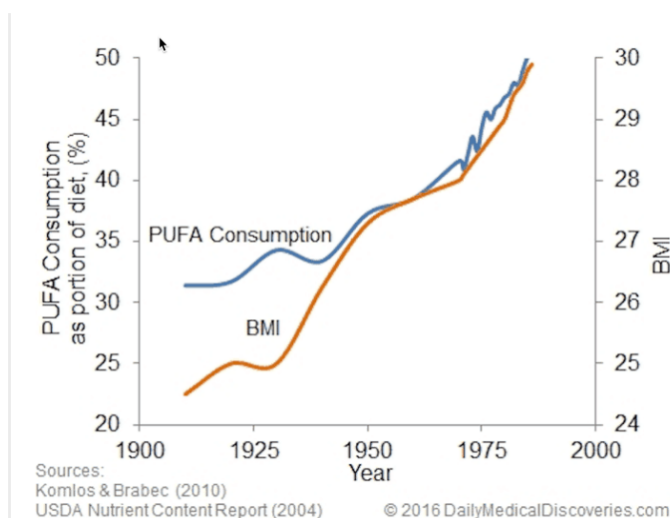
There is a lot of nonsense out there right now about carnivore diets, carbs being bad, and eating way too many raw vegetables.

The idea that low carb, lots of meat, and raw vegetables actually make you healthy is completely wrong. In the rest of this chapter I'm going to show you further facts about how our modern Western diet is poisoning our bodies and making us hold onto body fat, and how to lose body fat steadily without feeling deprived and hungry.

This diet also has the added benefit of being the way that people who live long, long lives eat.

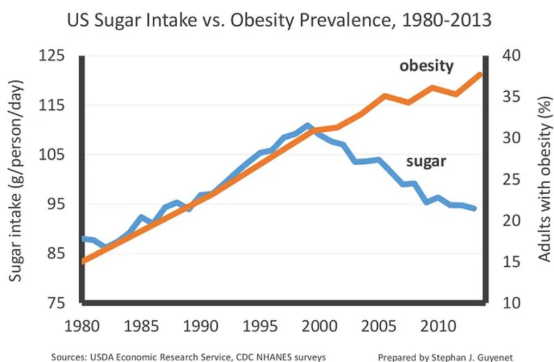
Before 50 to 70 years ago, the fat we ate was SATURATED. Fat wasn't the polyunsaturated seed oils (PUFA fats) that we see today. These PUFA fats have been promoted because of fraudulent study that said they were good for you and a big financial incentive to sell what used to be waste product on farms.

Here is a chart my research team compiled from public data, showing how we've gotten fatter and fatter (BMI higher and higher), as our consumption of PUFAs has increased.



Source: <https://www.dailymedicaldiscoveries.com/is-the-wrong-fat-causing-your-health-problems-and-weight-problems/>

Our sugar consumption and carb consumption as fallen as we've gotten fatter.³



Sugar consumption has been falling for a number of years, w/ obesity is at all time highs and getting worse. The problem is sugar...it's bad PUFA fats.

Courtesy of Stephan Guyenet

Crazy, right?

Here's the real deal. Fats are designed to be stored and used for emergencies in our bodies. Our bodies are designed to use carbohydrates as the primary fuel, not fats.

And when we consume a lot of fat, we consume a lot of PUFA fats.

These PUFA fats accumulate in the tissues and suppress the metabolic rate. They also kill important cells in your body -

3. <https://www.annualreviews.org/content/journals/10.1146/annurev.nu.02.070182.000553>

Leydig cells, beta cells, thymus cells. They also create something called esterified cholesterol in the brain which is linked to dementia.⁴

When you are hungry or exercising intensively, PUFAs spill into the bloodstream and poison the brain and organs. And if you look at the data everywhere that PUFAs are introduced as a main part of the diet, obesity follows. It's CRAZY.

PUFA fats include:

- Soybean oil
- Sunflower oil
- Safflower oil
- Fish oil, krill oil, cod liver oil
- Corn oil
- Flaxseed oil
- Canola oil

Generally speaking, you want to keep your diet low to moderate fat anyway, but you specifically want to avoid these types of fats.

4. <https://www.sciencedirect.com/science/article/abs/pii/S0047637494900396>

These PUFAs are in all kinds of processed foods as well as in most people's kitchen cupboards. You want to replace PUFAs with a small amount of coconut oil and butter. It's never good to eat a ton of fat, and that includes saturated fats.

Good fats include:

- Coconut oil
- Butter
- Dairy fat
- Lamb fat
- Beef fat
- Goat fat

When you start to change your diet to saturated fats you will almost always start to see major health improvements.

Changed my diet to eliminate pufa fats and can now report (after 15 yrs of medications) that my blood pressure is within NORMAL range. I'm elated Matt.

I'm also going to show you how to avoid blood sugar spikes and dips (hypo and hyperglycemia) so that you avoid dumping stress hormones into your body and so that you FEEL full. This will also dramatically improve your health.

I don't look at things like Big Food or Big Pharma does. Because what they are doing is making us sicker and fatter. It just doesn't work.

And sadly doctors focus entirely on high blood sugar. And high blood sugar is a result of a deranged fat metabolism, not from consuming carbohydrates. In fact, where people consume mostly carbohydrates, their diabetes rates are very low.⁵

When I look at problems I try to find solutions that aren't fads or theories, but that are based on real data from the real world.

This diet is based on data from long lived French and Japanese men and men from lesser developed countries who live a really long life.

These men have diets that have LOW fat and HIGH carb.

Think rice with butter, corn tortillas grilled with some coconut oil, or buttered bread.

What a diet like this does is suppress the appetite and suppress cortisol production. It also displaces the PUFA fats that your body has stored and maintains very even blood sugar so that you avoid hypoglycemia.

5. <https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/carbohydrate-intake-and-incidence-of-type-2-diabetes-in-the-european-prospective-investigation-into-cancer-and-nutrition-epicpotsdam-study/08833449B37CEBF4B79964E8D275C6E2>

When you have a diet that is lower in sugar and uses starches bound with saturated fats you will also normalize your blood sugar for hours at a time. That means that you will only feel hungry around meal time.

Results: Other than significantly higher fasting glucose concentrations for high vs. moderate protein intakes with a low-fat diet (difference \pm SE: 0.47 ± 0.14 mmol/L; $P = 0.001$), there were no significant effects of dietary protein or SF on glucose metabolism, plasma insulin, or concentrations of lipids and lipoproteins. Changes in plasma BCAAs across all diets were negatively correlated with changes in the metabolic clearance rate of insulin ($\rho = -0.18$, $P = 0.03$) and positively correlated with changes in the acute insulin response to glucose ($\rho = 0.15$, $P = 0.05$).

This won't happen right away — you may be very hungry all the time, and that won't change quickly even once you adopt a high carb diet. But it WILL change. You will gradually become less hungry and you will begin wanting to eat only normal portions.

When you eat like this you'll distribute the fat you do carry throughout your body, instead of just your liver - which is much healthier. In addition, this diet is anti-inflammatory and can help you to minimize or even reverse many chronic diseases.

The Core of How I Eat Every Day

This is the core program. It's very different from how most people eat, but it's very easy to do.

Get enough calcium.

- The best way to get calcium is dairy
 - Cheese
 - Whole Milk

- Whole Milk Yogurt
- These have saturated fat and very low in PUFAs



Consume a small amount of saturated fats (about 30% of total calories).

- Dairy fat
- Beef fat
- Coconut oil

Eat high starch and low sugar

- Eat any of these with butter or other saturated fat
 - Corn tortillas (nixtamalized, from masa harina, only containing corn and lime)
 - White rice

- White potatoes – some people don't tolerate these well.

Macros

- Low to Medium fat
 - About 50g to 100g per day
 - Eaten with starch
- Medium carb
 - About 150 grams per day
 - No limit on carbs at all
 - You will notice that you feel full when eating them with saturated fat
 - Don't overfill
- Lowish Protein
 - About 60 grams per day

Eat enough fruit

- Your sugar should ONLY come from fruit and dairy and a little white sugar for your coffee

Eat in the right order. This is called the “Magic Order.” It helps to keep your blood sugar stable.

1. Well-cooked veggies
2. Protein and fat
3. Carbs
4. Activity after eating a full meal

...I'm seeing a lot of improvement in conditioning, detection quality just eliminating PUFAs on my diet.... of course, I'm following the ageless body program and I'm on the 4 week...i already feel mentally alert, (initially, I. Was grumpy and i get hit with bouts of mood swings, which all went away after the second week), in my workouts, I'm energized and not dragging my feet to the gym ad opposed to Keto diets I was sadly proponents of....

Example Menu

Here is a typical day of eating the way that long-lived people eat.

Breakfast:

- Starch with fat

- Rice with butter
- Nixtamalized corn tortilla with butter
- Masa Harina with butter
- Egg
- Cheese
- Whole milk
- Fruit
- Coffee with collagen

Lunch:

- Well-cooked veggies
- Starch with fat
 - High butter bread like brioche or all butter croissants
 - White rice with butter
 - Nixtamalized corn tortilla with butter
- Cheese
- Coffee
- Whole milk



Dinner:

- Green veggies cooked to death
- 4 ounces of beef or lamb or lean fish or boneless skinless chicken/turkey
- Well-cooked white rice
- Whole milk
- Fruit
- Optional 1 cup portion of no-gums high-quality ice cream
 - Remove this if you aren't losing fat

Snack

- Whole milk
- Cheese

Fluids

- Whole milk
- Water
- Gerolsteiner

How to Overcome Pitfalls

Eating Out

When you go to eat out, your best choices are to eat a steak or a hamburger and a white potato, or to eat sushi or sashimi. One of the keys with the steak is to make the protein portion as small as possible. 4 ounces is plenty. You can take the rest home.

Buying Your Food

When you buy your food there are specific things that you should look for.

In cheese, you want a cheese that is made with real rennet. Not vegetable rennet. They aren't easy to find, but there are some of them still on the market. You're going to need to read labels.

Can't Tolerate Milk or Cheese but Butter Is OK

Many people can tolerate butter but not milk or cheese. Make sure you are buttering your bread (if you tolerate bread) and then use small portions of sliced turkey or roast beef instead of cheese.

Eating the way that I've described here has the power to change your life for the better almost immediately. If you are skeptical, I would suggest you give it a shot for a month and see how you feel.

Chapter Four

Unlimited Sexual Power



*Shigeaki Hinohara living
independently at age 104.
https://en.wikipedia.org/wiki/Shigeaki_Hinohara
Retrieved 5-19-2024*

One of the greatest discoveries I've ever made is a way to have the most loving strong connection with your romantic partner, greater than you could ever imagine...

...and then it gets even better!

Then when you think it can't get better...it gets 1000% better again!

This discovery also pretty much fixes the troubles for men who are experiencing erection problems.

I've helped countless men to have successful intercourse, and I can safely say that any man, at any time, can have intercourse with his partner, even if he's experiencing erection problems.

Along the way, I discovered why and how we are all, as a society, experiencing a huge problem with pornography and this leads to erectile dysfunction in young men, and to lack of interest in having a real romantic partner.

These are very troubling developments that I've witnessed first hand when in Japan studying the problem. Japanese men and women are about 20 years "ahead" of US men and women so we can see what happens when the pornography addiction grabs an entire society by the balls.

It's an ugly, ugly picture of men and women alone other than odd perversions that are anything but healthy.

But on the way, I've been studying sexuality constantly, from a viewpoint of Tantra, Taoism and Ayurveda, and sometimes due to my very serious and deep interest in sex...

...and working with over 70,000 men...

...I've often been accused of being a sort of sex maniac!

I admit that I love love love sex. What healthy man doesn't?

I'm very happily married for 40 years and make love twice a day with my wife.

That's how much I love sex. We don't always have intercourse twice a day, but we have some form of sex, and most often including intercourse, and we both love it so much.

We may do our lovemaking for an hour or two. And yes, it's twice a day unless she or I have to get up early for a meeting or something.

For men, sex is probably the most important part of living aside from seeing that your family is safe. Sex is just such a big deal.

And beyond everything else, in a man, if his body is not fully healthy, his body will pour resources into everything EXCEPT sex. And if his body is healthy, he gets good strong erections very frequently and can last in bed with a partner and have an incredible time.

Erections are the dipstick of male health. If a man is healthy, good erections. If he's not healthy, poor or no erections.

And that's why I'm very excited about this chapter. This is the chapter that always sparks the greatest interest in the entire book because it's about sex and as men we love sex of course and that's why we are still here as a species!

How I Have Lots of Sex for an Hour or More at a Time

I'm not saying what I have said about my sex life to brag, but I want to explain where I'm at and how I got here because I think anyone can get here.

In fact, I've had many thousands of men go through my courses and turn their entire sex lives and the rest of their lives around.

What I've found both in my own life and in the lives of my students is that most men feel like they don't get enough sex. They lack sexual abundance. This is very common.

Now... as is normal, before I sat down to write today I had a very typical morning. I had about an hour of sex with my wife this morning and I'll probably have an hour of sex before I go to sleep tonight.

Just so you know my wife has a low sex drive and she's post menopausal. I'm in my mid sixties and she is 70.

So if we can do it, anybody can do it.

But it isn't that way for most couples...instead it's

Hot and Then Not

Normally, in a relationship as long as ours things would be sexually hot in the beginning and then kind of fade over time.

If you are lucky the relationship will become more based on companionship and sex will not be as hot or as frequent as at the beginning. If you are unlucky, everything can get really bad.

But I'm here to tell you that there is a better path than either of these options.

You can actually have it all.

You can have a deep soulmate connection and have the best sex life you've ever had with the same person for forty, fifty, or sixty years if that's what you want.

What I find is that living like this means that I'm deeply in love with my wife. We have a life with very low drama, and it just keeps getting better.

I also find that the sexual abundance that I experience leads to material abundance. And many other men have found the same thing.

But it wasn't always this way for me and my wife.

Sex was good when we were first together, but then when we got married the sex become less and less frequent and less interesting too.

I would be looking at porn and masturbating in the other room while my wife was asleep and we would just lose that important sexual connection.

That's what I did for years because it kind of replaced that real connection of real sex with her.

And all during this time even though I had a good sex drive I always thought that sex wasn't as rewarding as it should be.

That completely changed when I found the oxytocin track for sex.

The Two Tracks for Sex

One of the things that I'm going to go over in this chapter and the next chapter are how our brains have two different tracks for sex. We have the dopamine track and the oxytocin track.

But very few people talk about the oxytocin track even though it's where incredible fulfillment lies.

When I moved from the dopamine track to the oxytocin track myself - my relationship with my wife completely transformed for the better in every single way.

And the sex can be way better than what you can currently dream. It is for me and I get letters from men everyday that tell me it is for them too.

I know it's hard to believe for people, it really is.

If you're not in this and you're already in a position where things are dead and you're fading away from each other there is hope.

Maybe you have a long -term relationship, you're not going to leave each other, but you're not having sex anymore, this will bring it all right back.

It'll be amazing how you can bring it back. It'll overcome all of these issues where you feel like your partner's flawed, just got so many problems or where you're bored with each other.

And amazingly it will cut down on addictive behaviors that are hurting your relationship like gambling, drugs, shopping, spending too much money, alcohol, or depression.

Those things will get better too because the sort of hack that we use also tends to remove the power of addictive behaviors. We're more able to guide and govern ourselves according to our higher selves and not be in all those addictive behaviors.

I'm also going to tell you it doesn't matter if you have ED or not. You can have an amazing sex life. You'll end up having great erections over time anyway, even if you have terrible ED.

You CAN have the life you've always dreamed of. And it can start now.

How To Have Unlimited Sexual Power

What I'm about to show you will allow men to have nearly unlimited sexual power.

If you've ever dreamed about having very high libido and extremely quick recovery from ejaculation, you need to read this chapter.

It's possible to have incredible sexual pleasure for hours every single day, and recover in as little as 15 minutes from ejaculation. What's not to like?

I've been experimenting with these techniques for about a year now and I think they're incredibly helpful for any man who

wants to have a much higher libido and great sexual performance.

You don't need a partner to make this work. It's fine if you have one, but it's not necessary. In fact, if you follow this methodology, you'll probably be attracting women left and right.

One of the most remarkable things that I've seen over the course of my life and working with various men, is that if you change how you work with your sexuality you get instantly more attractive to women regardless of your looks. And it can increase dramatically, very quickly.

The Orgasmic Cycle

Most of you probably know that many women can have multiple orgasms rather easily, but for men it's different. Men having ejaculation, and then they have a refractory period.

The refractory period is when they can't get a new erection and really usually aren't very interested in one anyway.

For young guys, this refractory period can last for 10 to 15 minutes. If you're an older man it can last for several days. This is the normal cycle for most guys who do sex the "traditional way."

The Coolidge Effect

The Coolidge effect is named after President Coolidge, and it means that when we have sex - especially hot sex - that we will be interested in other people right after sex.

For instance, if you have a male rat in a cage with one female rat, they will have sex, but soon, he will get tired and not want to have sex anymore. But if you put him in a new cage with new female rats, then the male rat will start having sex again. It's all about novelty.

Both men and women have this effect. It's biological.

Also, the hotter the sex the more drama a relationship often has.

But it doesn't have to be that way.

The Oxytocin Track

Instead of being on the hot sex track, or reproductive sex track as I like to call it, there's another option.

You can be on the oxytocin track. When you're on the oxytocin track, you have incredible pleasure and joy that you don't get on the reproductive or dopamine sex track.

You get an incredibly happy and euphoric life this way. You also have a very strong sex drive, and women will often experience a much stronger sex drive on the oxytocin track.

When you're on the oxytocin track you will do a lot of naked cuddling, eye gazing, and have sex in a different way. I call this Nirvana Sex and I go into detail about how to do this in the Physical Intimacy to 120 chapter.

Very satisfied with our sex life. Since I have been employing multiple protocols over the past 2 years, it has never been better. The Oxytocin levels definitely increase when we cuddle and hold hands. I feel that difference and the positive impact it provides us.

When you practice sex this way, you are going to have a tremendously strong libido, strong lasting power, and a strong ability to come back after an ejaculation.

The Cost of Ejaculation

Speaking of ejaculation, one of the things that most men don't know about ejaculation is that it's tremendously biologically costly for a man to produce sperm and ejaculate.

In one study, they had young men ejaculate twice a day at for at least two weeks. Some of them had girlfriends and some of them were single.

These men didn't recover their sperm count for 6 months!

That's what I mean by biologically expensive.

Another thing that happens after you ejaculate is that your testosterone will fall.

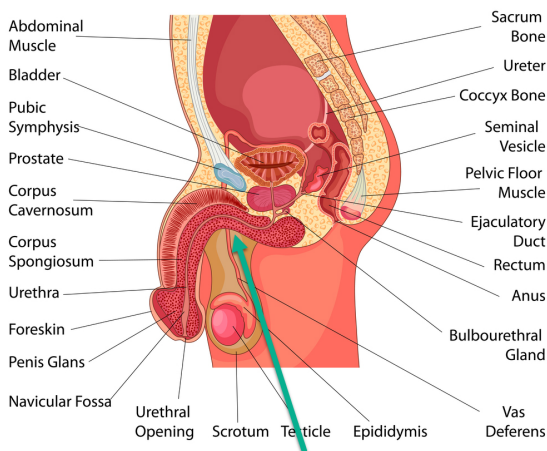
But if you do what I'm going to show you, then your testosterone increases, your overall health generally increases, and you get huge benefits.

Root Focus and It's Joys

This is the first step to unlimited sexual power. Don't ignore this step.

Root focus relaxes the pelvic floor and helps you avoid blue balls. As you get better at it you can use root focus to pull intense pleasure throughout your entire body during sex.

Male Reproductive System



When you focus on your root, you want to focus on the part of your penis that is inside your body.

To do root focus it helps if you sit in a hard chair at first. Sit in the chair and feel the area of your body between your balls and your anus. Put your attention there and when your attention wanders bring it back. Once you get used to doing root focus

you can do it anytime. You can do it in your car, on a date, at a meeting, or during sex.

After you get good at root focus you can try pleasure centering. Focus on your root and then bring a small amount of attention into the rest of your body. You can't force it, but you will often find that you'll start getting incredible sensations in your body. This is more incredible than I can put into words. It's quite amazing really. For women it works much the same way. It's also helpful during sex to circulate the sexual energy. You can picture energy circulating from the penis to the vagina up to the breasts and back to your chest.

At any rate I was extremely happy with the results because she was able to climax multiple times in this session and I did not and lasted for what was for me a marathon session

Edging to Build Sexual Power

This is where we're going to talk about the exact method that builds sexual power and libido and will lead you to multiple orgasms. Edging is an amazing way to build sexual power. So what do I mean by edging?

Let's just talk about it in terms of masturbation, because that's the easiest. Basically, you're doing root focus, you're touching your penis, and you're coming close to an ejaculation

and then just backing off. And there's two ways of doing it. You should use a gentle touch, just a few fingers. You can also tickle your testicles and play around with nipple stimulation. You could go right up to the point of no return, and then back off by just stopping. You don't touch your penis anymore. Just completely relax.

The other way of doing it is using an orgasmic scale between 1 and 10. When you get close to reaching an orgasm - say level 9 to 9.8 then you back off and take it down to a 4 or 5. It's important to stop before you reach the point of no return. Many men find that going to a level 8 and then backing off works better at the beginning. You can then increase your level of arousal over time.

You can actually edge quite a lot. You can edge every day and go for 1 or two hours a day if you'd like. The big thing is to limit ejaculation.

I like to use an ejaculation schedule. Limiting ejaculation helps to limit orgasmic fallout and build sexual power.

For young healthy men they can ejaculate every 2 days or so. Healthy middle-aged men can ejaculate every 4 days or so. And a man who is 60 or 70 or taking a lot of medications should ejaculate once a week or so. This can vary from person to person. But these are the general guidelines that I find useful.

Now you can edge anytime. You just want to back off before you ejaculate if it's not in your ejaculation schedule.

In the beginning you will probably ejaculate more than you want to. That's okay, just try again and don't get as close to the edge the next time. You can also develop the ability to have

multiple orgasms without ejaculating. It's really amazing when that happens!

How to Defeat Obstacles that Arise

When a man goes down this path there are several possible obstacles that he may encounter. Having a plan to handle those obstacles is key to being successful with gaining unlimited sexual power. You might be tempted to ejaculate when you do an edging session even if it is not in your schedule. Don't beat yourself up if you do, but do try to give the ejaculation schedule a chance. You are likely to find that you feel so much better.

Blue balls can happen when you are starting this. Root focus helps to prevent blue balls. If you are getting blue balls when you start you can hold your balls in some ice water and that will also help.

As you move on, you are much less likely to experience this issue.

Penis soreness is another potential issue that can happen. If you experience this it's a good idea to take a break and use a lighter touch when you resume edging.

If you find that you are getting prostate swelling then I recommend the Aneros prostate massager. It works amazingly well.

The good news is that if you stick with this technique then you will be able to sustain sexual interest for hours on end.

Supplements for Libido and Sexual Power

There are three supplements that I find work well for libido and sexual power.

- DHEA at 5 mg a day
- Sublingual pregnenolone starting at 50mg twice a day and moving down to 10mg twice a day
- Micronized BASE testosterone
 - 3 to 5 mg in tocopherol (Vitamin E) right after I shower
 - Topically in your belly button or inner thighs

Now, you should get most of your nutritional needs from your regular diet, but you will need a few new nutritional elements in addition in order to achieve peak sexual power. So, you will want to eat foods that give you some copper and zinc, as well as other micronutrients.

These aren't nutritional elements that you need lots and lots of, but you do need some. Here's how to get them.

Liver

There are two ways to get liver in your diet. Both are fine. You can mix them up or choose one that you enjoy more. Liver is a

great source of iron and copper and many other micronutrients that are hard to get other ways.

Liver Option 1:

You'll want to eat liver like once every 2 weeks - about 4 ounces.

Get calf or lamb liver and cook it rare in butter and salt and pepper. Remember to keep the butter to a small amount. You want fat to be about 15% to 20% of your calories.

Liver Option 2:

This makes a sort of liver pâté. Use butter to cook the liver, with about $\frac{1}{4}$ onion or a whole shallot and a clove of garlic. Then grind it all up with a tablespoon of booze. Eat about 1 tablespoon a day. It's delicious.

NOTE: When you eat liver you want to drink coffee (if you consume dairy), milk, or purple grape juice with it because these juices help to limit the absorption of iron in your body. You need a little iron but not a lot.

Oysters:



Oysters - canned or raw - provide many valuable micro nutrients, including copper.

You don't need both liver and oysters, but I like to be able to switch them up so I don't get bored of any one thing. You want to eat oysters about once per week if you aren't eating liver.

Canned oysters are fine. You want the ones that are packed in olive oil.

Other Options:

Oysters and liver are the best options so I encourage you to develop a taste for one or the other or both. But if you really don't like liver and oysters then you can eat these instead:

- Lobster
- Crab
- Squid
- Octopus

- WILD (gulf) shrimp

If you don't eat liver or oysters then you can supplement.

Here's what to take:

- Zinc gluconate - 200mg per day
- Selenium (selenomethionine) 200mcg per day
- Chelated copper - 4mg per day
- Manganese chelate - 8mg per day

When you build sexual power your entire life will become better. You will become more attractive to women, gain confidence and ease, and really enjoy life a lot more.

Chapter Five

Physical Intimacy to Age 120



*Dr. Charles Godfrey was
practicing medicine at the
age of 100.*

*<https://deptmedicine.utoronto.ca/news/legacy-torontos-physiatry-pioneers-return-humane-medicine>
Retrieved 5-19-2024*

Many people believe that sexual frequency and function will decline as they get older. But I have students who are having great sex into their 80s and 90s. This isn't an accident.

What I've found is that to have great sex for your entire lifespan you have to approach sex differently than what is normally talked about or what you see in porn. The good news is that when you take a new approach to sex through the three methods that I outline next, you can have amazing intercourse for your entire life.

It doesn't matter if you can get erections or not. It doesn't matter if you have a partner right now or not. Good sex that gives lots of pleasure and connection is available to you, and I'll show you how.

"The past couple of weeks we've been doing your suggested oxytocin time... we've had some of the best and longest lasting sex that we've ever had."

Nirvana Sex

Nirvana Sex is a revolutionary sexual practice that can completely transform a couple's intimate life. It provides an experience beyond anything most couples have encountered before, with the power to make sex the best it's ever been. Nirvana Sex creates full-body orgasmic sensations and a level of pleasure and connection far beyond "regular" sex.

For couples who have gotten bored with their sex life or feel unsatisfied, Nirvana Sex offers a whole new world of pleasure and connection. It has the ability to make sex the most amazing and satisfying thing in a relationship again.

Even couples who already have decent sex lives report that Nirvana Sex brings their intimacy to an entirely new level. And if you aren't in a relationship right now, or if you don't want to be in one, Nirvana Sex can dramatically decrease drama in your sexual encounters while also dramatically increasing sensation.

Last night and this morning it was feeling so good!! My penis would be really hard and then it would get softer and then it would get hard again and then it would get softer, but I didn't care, hard or soft it just felt good! All that cuddling and loving on my wife has just caused me to explode in these deep, incredibly loving thoughts and feelings toward her! Thank you for sharing all of this wonderful knowledge on increasing levels of testosterone and libido, oxytocin levels, how to increase sensitivity and all the other invaluable knowledge that you are sharing- I really appreciate you, Matt, and what you've done for me in my life! Thank you!!

The Dopamine vs Oxytocin Tracks

Human sexuality has two different "programs" - the dopamine track and the oxytocin track.

The dopamine track represents reproductive, biologically-driven sex.

This type of sex serves an evolutionary purpose of encouraging reproduction and bonding just enough to raise offspring together. Dopamine sex tends to be fast and goal-oriented, focused on climax. It offers a quick hit of intense pleasure.

However, dopamine sex does little to foster true intimacy and affection between partners. As the novelty wears off in a long-term relationship, sex on the dopamine track also becomes less frequent and less satisfying.

Both partners can end up feeling disconnected and unhappy.

The oxytocin track represents bonding-focused, emotionally-driven sex. Oxytocin is sometimes called the "love hormone" or "cuddle chemical." It is associated with warmth, affection, closeness, trust, and generosity between partners.

**Oxytocin during the initial stages of romantic attachment:
Relations to couples' interactive reciprocity**

Inna Schneiderman^a, Orna Zagoory-Sharon^a, James F. Leckman^b, and Ruth Feldman^{a,b,*}

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^bChild Study Center, Yale University, New Haven, CT, USA

Sex on the oxytocin track is an entirely different experience. There is no urgent race to climax. Instead, oxytocin sex emphasizes whole-body sensuality, plenty of skin-to-skin contact, emotional intimacy, and deep eye gazing between partners. This creates a sensual experience of "merging" where both partners feel incredibly connected.

Oxytocin sex fosters the feelings of satisfaction, love, and trust that are the bedrock of a lasting relationship. Even as the novelty of sex declines, oxytocin sex continues providing profound fulfillment and connection. It can be an amazing transformation in your life if you are willing to give it a try.

How to Practice Nirvana Sex

Nirvana Sex activates the oxytocin track to provide an intimate, deeply satisfying sexual experience. There are three key elements to practicing Nirvana Sex:

1. **Relaxation** - Let go of any goal-driven mentality and relax into the experience. Avoid urgent horniness or vigorous thrusting. Melt together gently and sensually instead.
2. **Presence** - Keep your attention on each other and on the sensual sensations of the moment. Gaze into each other's eyes, sync your breathing, connect heart-to-heart and soul-to-soul.
3. **Delayed Orgasm** - Orgasm produces a flood of dopamine that switches you back to the dopamine sex track. By delaying orgasm, you sustain the peak oxytocin experience.

The goal of Nirvana Sex isn't orgasm. It's having full-body pleasure for 30 minutes or an hour. This can take a bit to get the hang of, but it's really worth the effort.

You can practice Nirvana Sex and still have an ejaculation schedule like I discussed in the Unlimited Sexual Power chapter. These two methods work extremely well together. People who practice Nirvana sex report much higher levels of relationship satisfaction, sexual satisfaction, and sexual desire. It's pretty amazing.

Some of the best positions for Nirvana Sex are scissor position, side-by-side, missionary, or cowgirl. These let you sync slow, rhythmic movements and full-body contact without vigorous thrusting.

Avoid positions that are overly stimulating.

Use plenty of natural lubricant like coconut oil or olive oil. Even butter can work in a pinch.

There is no need to wait for high arousal first. The man can be erect or soft - that doesn't matter for Nirvana Sex.

A lot of men don't believe me when I say this, but if you have erection problems then Nirvana Sex is for you! You can "plug in" using the Intercourse Anytime technique that I outline next and then have sex for 30 minutes to an hour - even without an erection.

The is on sustained sensual connection rather than vigorous pumping. Move together gently in a relaxed intimate "hug." Circulate loving energy through your connected bodies.

The man should avoid ejaculation entirely, or at least for as long as possible. This sustains peak oxytocin levels and sensual energy. The woman may or may not orgasm - she can simply relax into waves of full-body sensual pleasure.

I've seen many men improve or regain sexual function with the use of Nirvana Sex. It's remarkable how well it works.

I wanted to brag a little. Recently I started with the Oxytocin protocol (naked cuddling and caressing) and root focus. The replay of the phone call with Eric where he recounted the story of a 68/71 year old couple who were having sex for over an hour per day inspired me to concentrate on those two strategies. On the weekend I had sex continually for two hours straight! Incredible. That was the best sexual experience of my life and I am 53 and suffered with performance problems, on and off, most of my adult life. Ironically I didn't orgasm and I was ok with that. Before, that was always my goal. Now I see how Nirvana sex is much better than "fertilization" sex.

There is no right length for Nirvana Sex. Continue your nurturing intimate connection for as long as you both wish. Even 20-30 minutes leaves couples feeling wonderfully satisfied and deeply bonded. And if you are dating new women, Nirvana Sex will reduce drama and increase pleasure tremendously.

The Numerous Benefits of Nirvana Sex

Couples who practice Nirvana Sex regularly experience incredible relationship benefits:

- It deepens intimacy and affection tremendously. Partners feel more loved, connected, and understood.
- It eliminates sexual boredom and dissatisfaction. Couples look forward to sex because the closeness is so fulfilling.
- It increases attraction and romance inside and outside the bedroom. Couples date each other all over again. The relationship often becomes more flirty and fun.
- It boosts trust, communication, and conflict resolution. Partners feel bonded as a team.
- Each session gets better and better as you learn each other's energy. Orgasm isn't needed to feel satisfied.
- It resolves sexual problems like erectile dysfunction and mismatched libido. The pressure of "performance" disappears.
- The woman's sensuality opens like a flower, increasing lubrication, pleasure, and desire for sex.
- For the man, it eliminates the urge for pornography or

fantasy. Real intimacy is far more fulfilling.

Influence of a "Warm Touch" Support Enhancement Intervention Among Married Couples on Ambulatory Blood Pressure, Oxytocin, Alpha Amylase, and Cortisol

JULIANNE HOLM-LEISTAD, PhD, WENDY A. BIRMINGHAM, BS, AND KATHLEEN C. LIGHT, PhD

Nirvana Sex also provides powerful health and well-being benefits:

For men:

- It boosts testosterone, the key hormone for sexual virility and overall vitality.
- Higher testosterone reduces prostate cancer risk, builds muscle mass, burns fat, and prevents depression.
- It resolves chronic horniness and re-balances sexual appetite. Men become deeply fulfilled.

For women:

- It balances hormones and neurotransmitters, creating a sense of well-being.
- It boosts libido and lubrication while reducing menopause symptoms.
- It improves body image, self-esteem, and confidence.

For both partners:

- It lowers stress and anxiety while improving sleep quality.

- It reduces inflammation, which is the root of most chronic diseases.
- It slows aging and creates a radiant, youthful glow.

Overcoming Resistance

Some couples feel resistance to trying Nirvana Sex. They may think it sounds boring, too "new age," or unnecessary. However, these attitudes quickly change once they try it.

Partners may not immediately realize how disconnected they've become sexually. Nirvana Sex needs to be experienced to be understood. Most couples become passionate converts after just one or two sessions — although it can take longer for some people to warm up to the practice.

It's understandable to be skeptical of such an unfamiliar sexual practice.. Our culture promotes dopamine sex as the only kind that "counts." But Nirvana Sex is tremendously satisfying in different ways that keep couples fulfilled long-term.

It's important to keep an open mind and give Nirvana Sex a fair trial. The incredible intimacy simply can't be imagined until you feel it. Don't deprive yourself of deeper love and connection due to preconceived biases.

Nirvana Sex has a profound capacity to bond couples together heart, body, and soul. It provides emotional and physical nourishment you never knew were missing. It also dramatically reduces emotional drama in a relationship.

The inner presence and expanded consciousness created through Nirvana Sex ripples out into every area of couples' lives. They become more patient, loving, grateful, and happy within themselves and with each other.

Nirvana Sex is lifelong learning. Each couple develops the practice in their own unique way as they learn and grow together. There are always new depths of intimacy, sensation, and pleasure to explore.

This is a little known path, but completely natural, and the rewards in pleasure and performance are almost impossible to overstate.

It's been about 2.5 weeks and I wanted to give you an update on our Nirvana sex. It is fantastic! It's going better than expected! The naked cuddling is amazing. We are really enjoying all of it and look forward to it each time we have intercourse or naked cuddle (we call it nuddling). We're sort of working on a soft weekly schedule where we schedule it out week by week depending on our schedules with the kids. We're having intercourse 3X per week and I've been able to have intercourse without cumming 4 X in the past 2.5 weeks and it feels great! Root focus works with no blue balls! She had an orgasm every single time except once and that session was over an hour long which was amazing! She said she really liked how it felt and came really

close to an orgasm a few times. She commented several times during this session how good it felt! That session was also one where I had planned on cumming and she knew this. I tried to time it where we both could go at the same time, but I went too early when I thought she was going. I've never made it over an hour before and it felt fantastic! The slow movements have also not had her in any pain the next day so she can recover quicker for the next time. Overall it's been a wonderful change to our sex life and I don't believe we will go back to the old way! We couldn't be happier with Nirvana Sex! Thank you very much! Here's to 120!

Intercourse Anytime (The Unusual Practice)

For men suffering from erectile dysfunction, the inability to get an erection can make intercourse difficult or impossible. This can put a huge strain on a sexual relationship and a man's self-confidence.

However, there is a little-known technique called the "Unusual Practice" that allows a man to have satisfying penetrative intercourse without any erection at all. This practice has transformed the sex lives of thousands of men.

We did indeed do the intercourse anytime some more. She got off each time she got on top... just like being in her, although my penis was completely flaccid, we rode it out till she wet me and the bed again repeatedly.

Not only does the Unusual Practice enable intercourse at any time, but it also brings tremendous sensual and emotional pleasure for both the man and woman. Over time, it creates new neural pathways that provide extremely intense whole-body orgasmic sensations during sex.

The Unusual Practice dissolves performance anxiety and makes sex easy, natural and supremely pleasurable. It enables couples to connect intimately whenever they wish.

How the Unusual Practice Works

Most people believe satisfactory intercourse relies on a firm, erect penis. However, a surprising truth is that women experience the majority of sensual intercourse feelings from penetration of just the first 1-3 inches inside the vagina. This area contains thousands of nerve endings and provides women with immense pleasurable sensation.

Beyond those first couple inches, the sensation comes from the mental/emotional connection and full-body intimacy. With the Unusual Practice, all these needs can be met without an erect penis.

When using the Unusual Practice, lubricant is applied and the man gently slides his flaccid or semi-flaccid penis inside his partner's vagina. 1-3 inches of shallow penetration is all that's needed for her to feel completely "filled" and experience intense sensual pleasure.



**Have her lay on her back and
make sure she is very wet.
Then slide your penis in.**

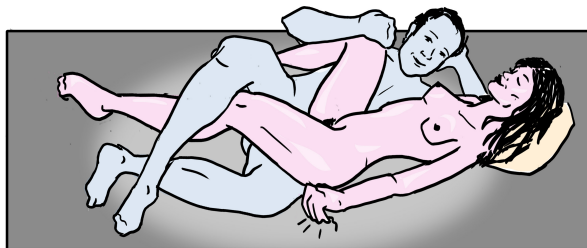
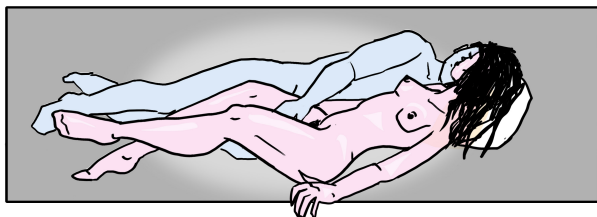
The man focus is on relaxing into the sensations while providing loving caresses, deep gazing, and gentle movements. There is no need for vigorous thrusting. Both partners tune into the sensual energy flowing between their connected bodies.

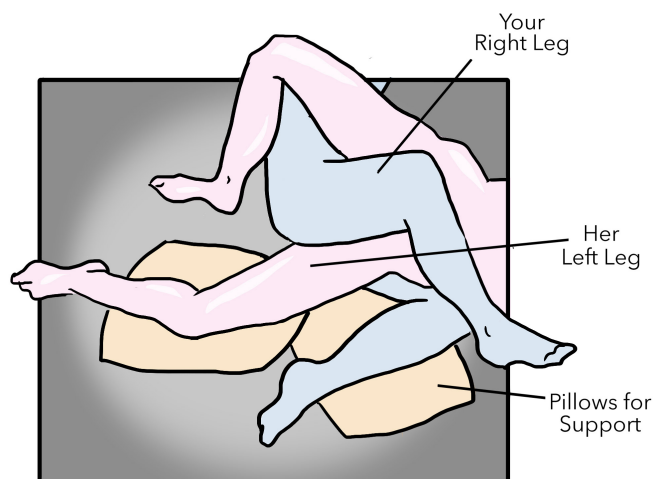
Erections may come and go. Both partners learn to focus on sensual and emotional pleasure rather than physical friction.

Advanced Positions and Techniques

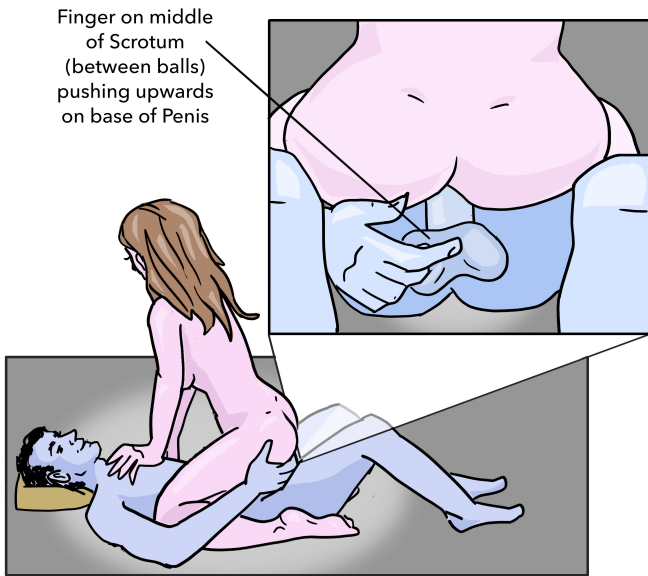
Once a couple has learned the basics of the Unusual Practice they can incorporate advanced positions and techniques:

- The Scissors Position - Excellent for long sessions of gentle intimate intercourse. The woman lays on her back and spreads her legs. The man puts his thighs under hers and kneels so his penis is against her vulva and he inserts his lubricated penis into her vagina.





- The Hidden Finger - Allows the woman to lightly grind her clitoris on the man's pubic bone during intercourse to experience blended clitoral and vaginal orgasmic sensations.



- Sensate Focus - Partners tune into the subtle sensations in their bodies - enjoying every caress, squeeze, and ripple of pleasure.
- Breath Synching - Partners sync their breathing rhythms together to become even more connected.
- Energy Circulation - Visualizing intimate energy circulating through both bodies as a figure 8 or circle.

These techniques enable incredible euphoric pleasure during intercourse. Both bodies may experience prolonged

whole-body orgasmic states from the amplified sensual energy flowing between them.

The Life-Changing Benefits

The Unusual Practice brings tremendous psychological and physical benefits:

For men:

- It banishes performance anxiety and shame allowing men to connect confidently.
- Natural male virility and libido are restored. Pornography and fantasy lose all appeal.
- It prevents the loss of penile sensitivity from excessive friction. Orgasm becomes full-body and deeply satisfying.
- It boosts testosterone and semen production, creating better health and vitality.

For women:

- It allows women to fully relax and receive, enhancing sensual pleasure.
- It enables women to experience intercourse and blended orgasms without relying on rigid erections.
- Women feel cherished through the intimate massage and connection. This boosts bonding hormones like

oxytocin.

For both partners:

- Their relationship becomes an intimate sanctuary free of shame, anxiety or expectations.
- Sex gets better over time rather than declining. Each session brings new discoveries.
- Life force energy flows freely, creating better health, sleep, mood, and well-being.
- Their bond evolves to a profoundly sacred union. Outside stressors roll off like water.

The Unusual Practice utterly transforms sex from a pressured physical act into a place where a man can have complete confidence no matter what his penis is doing at the time.

Up Her Drive

Many women experience a decline in libido as they move through adulthood. Loss of sex drive is most common during peri-menopause, menopause, and post-menopause. However, low libido can happen at any age due to factors like stress, medications, poor body image, relationship issues, or fatigue. Of course, if you are with a woman who has a low sex drive, then having great physical intimacy to 120 becomes very difficult.

Low sex drive in women is primarily attributed to hormonal causes. Specific hormone imbalances like high estrogen, low testosterone, and low progesterone are major contributors.

The good news is that simple changes to diet, lifestyle, supplements, and sexual practices can help women re-balance hormones and regain their libido. A woman can greatly improve her sex drive by supporting hormonal health.

Lower Estrogen, Raise Progesterone and Testosterone

In women with low libido, estrogen is often high while progesterone and testosterone are low. Some effective ways to re-balance these hormones include:

- Taking a progesterone supplement to help normalize the estrogen/progesterone ratio. Apply it topically. Start with 200mg progesterone daily, then reduce to 50 to 100mg.
- Using a small amount of DHEA supplement (5 to 10mg daily) to gently boost testosterone. Excess testosterone may cause negative effects.
- Avoiding foods that disrupt hormones like soy, flax, and licorice root. Enjoy hormone-supporting foods like citrus, berries and cruciferous vegetables.
- Managing stress through relaxing activities like yoga,

meditation, massage, and forest bathing. Chronic stress taxes the adrenals and hormone balance.

- Getting proper sleep. Lack of sleep disrupts pituitary hormone production. Go to bed before 10 PM and sleep at least 7 hours.

Citations: .

<https://pubmed.ncbi.nlm.nih.gov/36336120/>

Chapter Six

Stop Prostate Problems Today



Bernardo LaPallo lived until the age of 114. His five "secret" foods were said to be: cinnamon, chocolate, garlic, honey, and olive oil.

*[https://gerontology.fandom.com/wiki/Bernardo_LaPallo#:~:text=Bernando%20LaPallo%20died%20on%2019,claimed%20114\)%20from%20natural%20causes](https://gerontology.fandom.com/wiki/Bernardo_LaPallo#:~:text=Bernando%20LaPallo%20died%20on%2019,claimed%20114)%20from%20natural%20causes).
Retrieved 5-19-2024*

As men age, prostate issues become increasingly common. An enlarged prostate can cause annoying and disruptive urinary symptoms. However, the good news is that simple lifestyle changes can often reverse prostate problems and support prostate health for life.

I've seen so many men with heartbreaking stories of having prostate procedures like a simple prostatectomy to relieve urinary problems and having urinary incontinence and permanent erectile dysfunction as a result. And it's not just the men who go through my programs. This is a well known side effect of these procedures that I don't think men are warned enough about before they go through them.¹

The good news is that there are other options that you can pursue to help dramatically with prostate problems. Some of them are really simple like you'll see in the fixing peeing problems section. Most people can even reduce an enlarged prostate by using the techniques in this chapter.

AND if you've already had a prostate procedure and have had negative side effects like ED, there is HOPE. Make sure you check out the previous chapter on Physical Intimacy to Age 120 and learn the Unusual Practice and other amazing techniques. They can quite literally have you having sex right away.

Why You Have Prostate Problems

The prostate is a bit of an engineering problem in the male anatomy. For most men who don't know how to fix it, it get's

1. <https://www.mayoclinic.org/tests-procedures/prostatectomy/about/pac-20385198>

enlarged and inflamed as we age. It happens to almost everyone, but it is NOT inevitable.²

Here's what happens. The prostate is located right next to the colon, so as men get older, bacterial toxins called endotoxins from the colon can leak into the prostate causing chronic inflammation. This inflammation enlarges the prostate and constricts the urethra, leading to urinary problems.

In addition, low testosterone coupled with elevated estrogen from factors like chronic stress can multiply prostate cells rapidly, leading to further enlargement. And poor blood flow to the prostate results in low oxygenation, which generates free radicals that drive more inflammation.□

It's a nasty cycle for sure.

Together, these factors of gut imbalance, hormonal shifts, and lack of blood flow create the perfect environment for prostate inflammation, enlargement, and eventual disease. But by addressing the root causes with natural solutions, the prostate can be returned to a healthy state.

I've seen so many men reverse prostate enlargement, stop having to get up to pee so much in the middle of the night, and just generally feel more comfortable that I'm sure it can happen.

2. <https://www.health.harvard.edu/mens-health/the-growing-problem-of-an-enlarged-prostate-gland#:~:text=By%20age%2060%2C%20half%20of,%2C%20the%20proportion%20reaches%2090%25>.

I am 74 and have been taking your Prostate Supplement for nine months now. My sleep has definitely improved. I get up at the most once in the night, and recently, that has gone down to zero.

In the next sections, we'll explore drug-free methods to heal the gut, optimize hormones, increase prostate oxygenation, reduce inflammation, and reverse fibrosis. With a commitment to making lifestyle changes, you can resolve prostate issues and restore lifelong prostate health. This is really important because many of the medical interventions for prostate can leave you with horrific symptoms like urinary incontinence and ED.□

And believe me, if you can avoid these horrific side effects you should.

Fixing Pee Problems

The first thing I want to go over is pee problems. These are easy to fix and will very likely give you a quick win. This is for those who have problems urinating when standing at the urinal and can't empty the bladder fully.

When this happens, the bladder doesn't empty very well and then you have to go back after five minutes to pee again. And this leads to bladder stones which are very serious and need to be surgically removed. It's not pleasant at all.

The causes of pee problems are gut endotoxins, low oxygen, low blood flow, low oxygen, hypoxia. The best way of raising the oxygen levels is to raise carbon dioxide levels in the body, which opens the blood vessels and lets you pee easily.

There's a simple way to do it. While you're standing at the urinal exhale, not emptying your lungs completely, but just a regular exhale. Then instead of inhaling, pinch your nose closed and keep your mouth closed as long as you can.

That's the easiest way, the *breath-hold method*.

Step 1: Exhale and then don't inhale.

Step 2: Pinch your nose closed and keep your mouth closed as long as you can.

And you build up air hunger in this way. Air hunger is the desire to breathe more, but you don't. Don't gasp. The more air hunger the better. And this gets the bladder going very, very well. You'll be amazed at how well this works and even better, it works almost instantly.□

If you are having trouble emptying your bladder all the way I strongly encourage you to try the breath-hold method.

Reducing an Enlarged Prostate

If you have an enlarged prostate, you aren't alone!

The reality is that if you live long enough you are likely to experience an enlarged prostate. The problem is incredibly

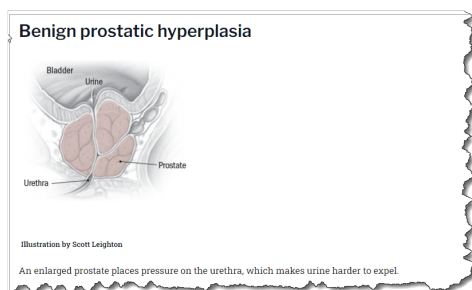
common (but not inevitable) and affects about 50% of men by age 60, and about 90% of men by age 85.

By age 60, half of all men will have an enlarged prostate, a condition also known as benign prostatic hyperplasia, or BPH. By age 85, the proportion reaches 90%. It's an incredibly common condition but what most men don't know is that it can often be treated so that it's no longer an issue.

The most annoying part of having an enlarged prostate for most men is dealing with the annoying and embarrassing urination problems that the condition causes. These problems can be exhausting and limiting.

I've spoken with men who have stopped traveling and sometimes only leave their houses when they have to because they have to pee so frequently.

Getting up during the night multiple times to pee and having to plan trips around where the bathrooms are can be extremely frustrating.



An enlarged prostate is almost always a prostate that is inflamed. If you can fix the inflammation then you have the po-

tential for your prostate to shrink and become less problematic. I've seen it happen many times. Men can get great results and have their prostates shrink back so that they can regain proper urinary function.

Imagine your life if you didn't have to plan around going to the bathroom all the time!

Home Remedies for An Enlarged Prostate

There are specific recipes to reduce inflammation that can work amazingly well, but they do take some time to work because they treat the underlying cause of prostate inflammation - inflammation in the gut and too much estrogen in the body.

I would strongly encourage you to work with your doctor and track how much you are peeing as you go through some of these options. You will need some patience, but if you can work on it for a while you will likely see gradual improvements over time.

Many people also try the prohormone stack, which can give relief within a few months for an enlarged prostate. You'll see that recipe a little later on in this chapter.

Urgent Prostate Assist

This is a supplement that is developed by Dr. Ari Magill M.D. and that I help to produce. It's incredibly useful for helping men with prostate issues and problems.

Only want to say thank you for Urgent Prostate Assist!! I praise god for your product!! I was told that my prostate needed complete removal. I fail to have much trust in any of the medical establishment anymore so I told the doctor that I would have to wait this out a bit longer. afterall, it was my manhood that he was preparing to wreck! thanks to Urgent Prostate Assist - no prostate removal - and life is good!!

Recipes that Can Help Reduce Prostate Inflammation

I've been working with men for about 15 years now and I'm always amazed at how well these three simple recipes work. They are all fairly easy to follow and help to create conditions in the gut that reduce overall inflammation in the body and can support the reduction of inflammation in the prostate.

You can mix and match the following recipes, but you shouldn't have more than one recipe a day. Choose what appeals most to you.

Bamboo Shoots

This recipe is super simple. Take a can of bamboo shoots, rinse them, then simmer them in water for 45 minutes. Eat about a half a can a day. Any brand is fine.



You can get any brand of bamboo shoots

Tee Soup

We have testimonial after testimonial about the powerful effects of Tee Soup. This mushroom recipe is a powerful estrogen scrubber and will help to both fix the gut and remove excess estrogen from the body. Because of it's effects as an estrogen scrubber this recipe can have profoundly positive effects on prostate health.

Hats off to the mushroom T soup. Hard to imagine that a handful of grinded mushrooms and a pan of water could do wonders. My libido is much stronger and I'm having through the night erections again. Not to mention, my energy levels are fantastic!!! Combined with 'saving the seed' as much as possible, which takes patience and practice, I'm enjoying strong wood and those internal throbbing sensations I remember from teenage years. Got to say a massive thankyou for this, Matt!

Men who try this find that it has great prostate effects and also lifts their libido.



Use plain white button
mushrooms

Ingredients:

- White button mushrooms
- Optional:

- Salt
- Cayenne
- Thyme

Instructions:

Wash and chop the mushrooms. You can use a food processor or blender.

Then sauté in a well ventilated hot pan for about 10 minutes. Don't inhale this, the mushrooms will release their liquid and a dangerous gas called hydrazine.

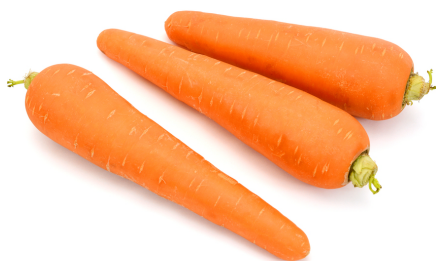
Add water, cover, and simmer for 2 hours on the stove or 45 minutes in a pressure cooker. You can add any of the optional ingredients in this step.

Eat 1 to 2 teaspoons a day to start and go up to 3 tablespoons. Don't use too many.

Carrot Salad

I love carrot salad! It's tasty and it has amazing gut health benefits. Carrots are also the ONLY vegetable you should eat raw.

If you've ever kept carrots in the fridge for a long time you'll notice that they don't mold quickly (if at all). Carrots are incredibly anti-microbial and scrub the gut very gently.



A carrot salad will help bind estrogen and get rid of it from your body.

Ingredients:

- 1 carrot
- Sprinkle of olive oil
- Salt
- Vinegar

Instructions:

Cut off the wide end of the carrot and clean. Grate the carrot with a peeler or a grater. Add a 1/2 teaspoon of olive oil (should be real “estate bottled” extra virgin olive oil).

Add salt and vinegar to taste.

Eat between meals.

Prohormone Stack:

The prohormone stack is a powerful combination of ingredients that help to raise your testosterone in a natural way. This can help to lower the inflammation in your prostate.

Important!: When you are using the prohormone stack more is **not** better! You want to use physiological amounts of prohormones. The right amount of DHEA and progesterone (i.e., their combination creates the magical prohormone stack) will help you boost your testosterone. Too much DHEA will turn to estrogen in your body.

Recommended Doses:

- DHEA
 - 2 - 5 mg
- Progest-E
 - 3 to 5 drops Progest E

You should see improvement over a few months, and complete resolution of problems with your prostate in about 6 months. At that point you can move to a maintenance dose of 2 to 3 drops of Progest E and 2 to 5mg of DHEA.

Optional but recommended:

- K2 MK4
 - 15mg up to 3 times a day

IMPORTANT! Do not take vitamin K2 MK4 if you are taking any type of blood thinner. You must talk to your doctor **FIRST** to make sure that it's safe, because K2 MK4 can be an additional blood thinner.

I've been doing some of the protocols - Tocovit and K2 in the belly button, T soup, Progest-e and DHEA at night. I long ago eliminated PUFA fats from my diet (other than occasional restaurant food). I recently reduced the overall fat in my diet, and started eating more carbs. Thank you for all you do - believe it or not, you changed my life.

- Vitamin D3
 - Minimum 5,000mg per day
 - Can go up to 50,000mg per day for a week or so
- Vitamin E
 - Tocovit or high gamma E succinate
 - Tocovit 4 drops up to twice daily

How to Use the Prohormone Stack

Weigh the DHEA powder out on a milligram scale and mix it with the Progest-E. Put it in your belly button to absorb. You can also drop the DHEA powder into your belly button first and then add the Progest-E. You can also rub it in your crotch

area instead. If you have extra or don't have time for it to absorb in your belly button, rub it into your neck.

If you are using K2 MK4, Vitamin E, and Vitamin D3 the best way to take them is to add them to the mixture of DHEA and progesterone (i.e., the prohormone stack) and let them absorb through your belly button.

IMPORTANT! Do not take vitamin K2 MK4 if you are taking any type of blood thinner. You must talk to your doctor FIRST to make sure that it's safe because K2 MK4 can be an additional blood thinner. You can also take the K2 MK4 and high gamma E succinate orally, and the D3 under your tongue.

It's possible to get some negative symptoms as you do this because your body will start to flush estrogen when you use progesterone. You might get a numb penis, hot flashes, or feel sedated. This is a good thing because it means what you are doing is working. But you don't want these symptoms to last any longer than needed.

So, if this happens you can do a progesterone flush. This will help you move the estrogen out of your body more quickly.

Progesterone flush:

Progest-E

- 200mg all at once in your belly button or on your neck
- Do this once or twice in total
- It will end the negative symptoms

The Strange But Effective Electric Prostate Solution

This method uses a PEMF device. PEMF stands for a pulsed electromagnetic field.

Researchers are discovering that you can treat ED through the use of different physical energies that actually fix some of the underlying causes of ED.



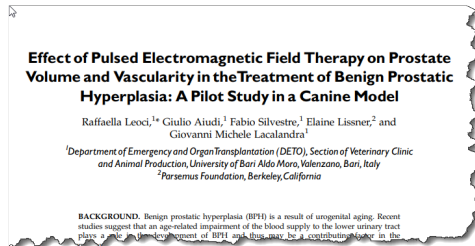
The data that's coming out is showing that this type of therapy has a very high success rate on duration and intensity of erections.



Efficacy was assessed in terms of intensity and duration of erection, general well-being, sexual activity, and warm sensation in the genital area. In the active-treatment group, all efficacy endpoints were significantly improved by the end of the study ($P < \text{or} = .01$), with 80% reporting increases in intensity and

duration of erection, frequency of genital warmth, and general well-being. The remaining 20%, who experienced minor improvements, were found to have an influenza-like infection after the study that may have influenced their results.

The results for PEMF for prostate treatment are just as stunning.



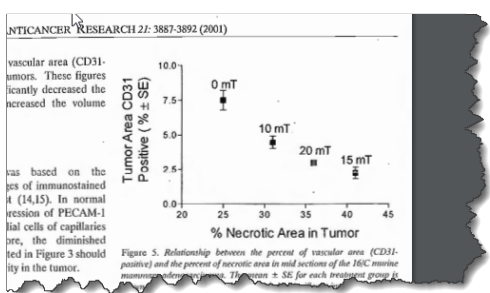
This is a dog study that showed that enlarged prostates shrank by over 50% in just 3 weeks of using the device.

The 3 weeks of PEMF produced a significant reduction in prostatic volume (average 57%) without any interference with semen quality, testosterone levels, or libido.

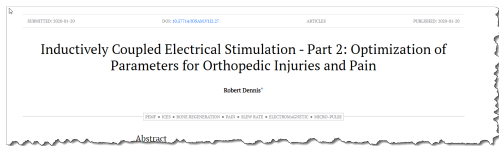
That's absolutely amazing.

Another human study showed similar result with lower prostate volume over just 28 days and no bad side effects! PEMF was able to reduce PV after 28 days of therapy. Symptoms improved in a short time, with high compliance and no effects on hormonal and sexual function, or any side effects. Patients with moderate-severe LUTS and without MetS seem to benefit more from this treatment.

When it comes to prostate cancer, PEMF has been shown to reduce tumor size and inhibit tumor growth.



PEMF has also been shown to have huge post-surgical benefits in relation to lower pain and recovery time.



I use this device, and I'll show you how I use it.

When using a PEMF device you want to use the lowest power and occasionally vary the wave patterns. The wave form is important. It's better to use this device at lower power for more time.

It actually works better on chronic or severe pain and problems than it does on mild pain.

When using the Micro Pulse device for ED, the only tricky part is getting the coils on your penis, but I'll show you how to do that. You want the bumpy side of the coils to be out.

Use the device for 8 to 12 hours a day if possible. Most people feel some indication of relief in 1 week, and are nearly completely better in 2 to 4 weeks.

Method 1

Take a piece of fabric, like the cotton from an undershirt, and glue the bumpy sides to the fabric, side by side. The smooth side should be unglued.

Hold your penis parallel to your belly.

Put the assembly on the outer surface of your penis, aiming the coils into your stomach, so the smooth side of the coils are against your penis.



The cloth with the coils can be held in place by spandex “biker” underwear.

The wires then come over the side and around your belly into your pocket. Your pocket will hold the A9 device on the LOW setting.

Important: With this treatment methodology people get better results with low power over a longer period of time.

Method 2

You can sandwich your penis between the two coils, keeping the bumpy side out. To do this wear tight underwear like spandex biker shorts. Pouch underwear may also work.

Method 3

This is very similar to the method that I talked about in the last section. You put the two coils together bumpy side to bumpy side in a stack.

This configuration fits nicely in the crotch. Use the A9 Micro Pulse device on a LOW setting behind your balls and in front of your anus. If you aren't getting relief in a few weeks you can set the device a notch higher.

Hold the coils there with tight spandex underwear or tighty-whities.

I've seen most people get some relief within one week, and are almost all better in a month or two.



Start with 2 hours per day and work up to 6 to 8 hours per day.

How To Use These Methods

You can try any of these methods that you'd like. They work well together or you can try them separately. I find that keeping a journal of my results is very helpful to know whether or not something is really working.

Chapter Seven

How To Deal With
Prostate Cancer So
You Live A Long
Healthy, Sexy Life



Robert Weigh-ton lived to 112 years old. He had 3 children, 10 grandchildren, and 13 great-grandchildren.

<https://www.carehome.co.uk/news/article.cfm/id/1626764/bob-weighton-worlds-oldest-man-dies-aged-112> Retrieved 5-19-2024

Prostate cancer is extremely prevalent, affecting 1 in 8 men. But it is often over-diagnosed and over-treated. Frankly, while things are getting better, the over-treatment of prostate cancer is still extremely common and can cause effects like ED and urinary incontinence that can plague men for the rest of their lives. This causes men massive amounts of regret for procedures that are often avoidable.

In this chapter, you'll discover the knowledge you need to help you understand when to avoid aggressive therapies with significant side effects, how to talk with your doctor, and how to take control of your prostate cancer risk and prognosis.

You'll gain insights from studies on nutrition, supplements, stress reduction techniques, and prostate-protective self-care practices for improved outcomes.

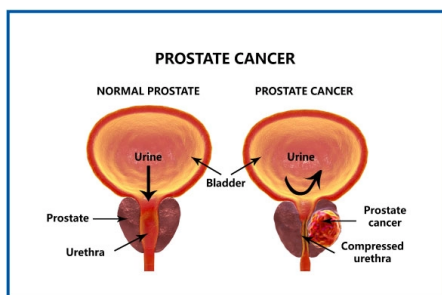
Let's get started!

Prostate Cancer Is Often Not as Bad as You Think It Is

Even when men have prostate cancer it doesn't mean they have to die from the cancer or suffer horrible medical procedures. There are several very simple, safe, and unobtrusive steps you want to take before or even if you have prostate cancer.

Men hear the words Prostate Cancer and go into a panic.

Here, I share with you what you need to know about your prostate, especially if you've been diagnosed with prostate cancer – what BIG PHARMA will never tell you!



Many (Most?) Men Get Prostate Cancer (if They Live Long Enough)

It's astounding how common prostate cancer is. Autopsies show 40 to 50% of older men who died from other causes had

prostate cancer, but it didn't affect their lifespan. This suggests it's often over-diagnosed and over-treated.

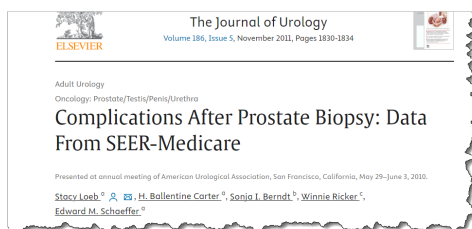
The problem is that the over-treatment of prostate cancer leads to ED, urinary incontinence, and a lower quality of life for many people. This is completely unacceptable. Thankfully, the medical community is finally starting to realize this and is recommending "active surveillance" more and more often.

For most men, prostate cancer isn't lethal. It stays put in the prostate and never leaves that area of the body.

And while I don't get my prostate checked, if I did find out I had prostate cancer I probably wouldn't treat it the way most men would.

Personally, unless I was sure I had one of the uncommon types of prostate cancer that is very aggressive, I would opt for active surveillance.

I'm likely to die of something else first, so why would I go through those kinds of risks? Of course, you have to figure out what risks and benefits look like in your own personal situation. Work with your doctor.



High estrogen, tumor necrosis factor, and interleukin 6 are hallmarks of stressed tissue leading to cancer. Thankfully you can influence these factors.

Inflamed, swollen prostates often come before cancer develops. Reducing inflammation could prevent cancer progression. This is important and can potentially save you many years of frustration with treatment.

Lowering estrogen and raising testosterone may help shrink prostate cancer by increasing cell death (apoptosis). In the next few sections I'm going to look at several ways to reduce prostate inflammation, which has the potential to help lower the risk of prostate cancer spreading and even potentially reverse the cancer.

Reducing Or Eliminating PUFA Fats to Reduce Prostate Inflammation

One of the biggest keys to helping your body have lower rates of inflammation, including in the prostate, is to eliminate as many PUFA fats from your diet as possible. PUFA fats are incredibly inflammatory and cause metabolic disorders because they kill beta cells and depress your metabolism.

The good news is that your body can and does continue to produce beta cells and can regenerate when you stop killing them.

In order to purge PUFA fats from your body, you want to aim for no more than 2 to 4 grams of PUFA fats per day. NOTE: There's a tool called Cronometer you can use to track this. It's easy to use and there is a free version.

There are a few foods that are very worth eating that contain a small amount of PUFA fats. This is where you will get your 2 to 4 grams of fats a day in your diet. These foods are:

- Eggs
- Dairy, beef, lamb
- Olive oil
 - If it's "estate" bottled
 - Never cook, always use raw
 - Use less than 1 tsp a day
 - Olive oil is 10 to 15% PUFA fats but has huge benefits when consumed RAW

While you never want to have a lot of fat in your diet, you do need some fat. Safe fats include:

- Butter/dairy
- Coconut oil
- Lamb/beef/goat fat

You should substitute these for the PUFA fats when you are cooking.

Don't worry, this sounds much more complicated than it is.

PUFA fats are stored in your body, so every month or so do 72 hours with zero fat in order to purge them faster.

You don't want to do zero fat all of the time though. It's not good for your body over extended periods of time, but 72 hour zero fat protocols once a month will help your body to purge the PUFA fats. When you are doing the 72 hour fat purge you should eat:

- Well-cooked white rice or potatoes
 - With a TINY bit of butter or coconut oil -- typically a teaspoon
- Lean meat
- Fruit
- Juice

Tee Soup to Lower Estrogen and Reduce Prostate Inflammation



Eating white button mushrooms lowers estrogen

One of the most powerful methods to lower estrogen is a recipe that I call Tee Soup.

THANKS for the reminder about the MUSH-ROOMS! Unbelievable. I got the drops to lower my estrogen and my prolactin (and have now stopped) and they don't even come close to the way that the T-Soup works!!!! The very first night (I started either the 1st or 2nd) I woke up with morning wood. Placebo or physical...who cares. Because every day it gets better. My erection hasn't felt better or hasn't been harder for years. In fact, lets call it my internal feeling is amazing. This morning (after my surgery yesterday) I had the best morning wood in years. I wanted to JO because it was so good but I didn't lol I can't begin to thank you enough!

I have the recipe for Tee Soup listed out in the previous chapter on prostate problems.

Prostate Massage to Help Reduce Prostate Inflammation

To do these prostate massages, you are going to be using a medically approved device. But I recommend checking with your doctor first to make sure it's safe in your individual situation.

You can just say, "Hey, doctor, I've been/I'm going to be doing prostate massage with a medical device, is that OK?"

For this type of massage you can use your finger, a dildo, or a butt plug. But I recommend using a medical device. It's better for a lot of reasons - which I'll go into in a bit.

Point being -- don't be embarrassed to ask your doctor about this, especially if:

1. You have a history of prostate cancer or suspected prostate cancer.
2. You have a history of prostatitis.
3. You are on a ton of different medications.
4. You have any sort of anal fissure or bowel health problems.

It's always a good idea to check with your doctor first.

The Benefits of Prostate Massage for Prostate Health

For this exercise you're going to be massaging the anal wall - inside your butt. I call that massaging your prostate, but you won't be in direct contact with your prostate because it's inside your body. You only feel the prostate through the gut wall.

If your prostate is big and enlarged you'll be able to feel it better.

This technique though will generally make your prostate smaller and smaller until it's normal size.

Most men find that after doing this for three or four weeks they don't have prostate problems anymore, or symptoms are so reduced that it is no longer a problem.

Low Dose Naltrexone to Regulate the Immune Response

There's a drug called naltrexone, which is very good at lowering indigenous opioids, and which seems to powerfully reduce cancer. It has a potent anti-inflammatory effect.



A lot of people have experimented with one-half to five milligrams per day, and I recommend you take it before bedtime, because it can make you sleepy.

Usually, it will start working within a few days.

And if you want to Google LDN, (low dose naltrexone), to see how other people use it, then I think it's worth trying. I don't think you need to take it for very long either. And I wouldn't take it for a long time.

I don't think it's super safe to take it for months or years at a time.

Electric Solution for Prostate Problems

This technique uses a PEMF device.

If you suffer from prostate issues, have had prostate surgery, or have been diagnosed with prostate cancer, you want to make sure that you read this section. I'm going to show you a revolutionary method that has made a huge difference in the people that are testing it out for me, and I have found large health improvements as well.

This method uses a PEMF device. PEMF stands for a pulsed electromagnetic field.

The results for PEMF for prostate treatment are quite stunning.



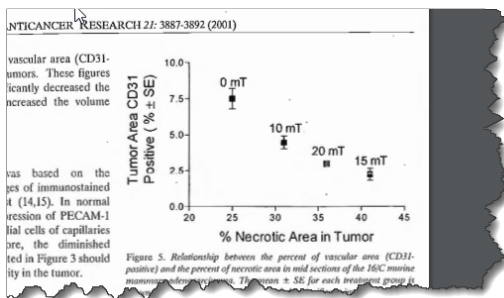
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Hold the coils there with tight spandex underwear or tighty-whities.

I've seen most people get some relief within one week and are almost all better in a month or two.



Start with 2 hours per day and work up to 6 to 8 hours per day. It is very important to note that when using the PEMF device low and slow is the way to go. Don't crank up the volume. It doesn't work as well.

How To Talk To Your Doctor

I'm not a doctor, and cancer can be serious and life-threatening. I can't speak to your specific circumstances, but I can tell you what I would ask my doctor if I was diagnosed with prostate cancer.

I would ask my doctor what type of prostate cancer I have and how aggressive they believe it is. I would also ask them if active surveillance is a viable option for me.

Prostate cancer is over-treated so often, that I would be very careful about conventional treatments. I don't want permanent ED, and I don't want urinary incontinence. For me, these are not good tradeoffs, especially if my diagnosis wasn't for the aggressive types of prostate cancer.

I would also ask my doctor if prostate massage and PEMF were safe for me, because I would want to do something about it on my own.

Citations:

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3962576
/

Chapter Eight

Great Erections Now and Forever



Ignacio Aguilar, a Catamayan man who in this photo is 115 years old and STILL dancing like he's a young man.

<https://www.inclusion.gob.ec/don-nachito-de-115-anos-de-edad-mantiene-una-vez-activa-con-la-atencion-del-mies/> Retrieved 5-19-2024

I've found that many men believe that erection quality declines as you age and that ED is something that just happens. I'm calling BS.

I used to have lots of erection problems when I was younger. Now, I'm in my 60s and have the best erections I've had in my entire life.

Age has very little to do with it. Most men can have great erections no matter their age.

Occasionally, nerve cutting medical procedures for prostate problems or serious health issues that can permanently ruin erections, but even then men can have AMAZING sex with the Intercourse Anytime technique that I went over in Physical Intimacy to Age 120 chapter.

In this chapter I'll show you how to have great erections even if you've had ED for months or years. It's amazing the recovery that so many men have and how much confidence having strong, quality erections can bring to not only your bedroom, but your whole life.

Penis Pump for Regaining Erections

If you don't have morning wood and you don't get regular erections, then the first thing you need to do is start getting blood moving in your penis again. One of the most efficient ways to do this is to use a penis pump.

But you must do it correctly.

Using a penis pump the wrong way can do more harm than good. When you use a penis pump correctly you will create similar blood flow in your penis that erections give you, creating an environment where your penis will often “wake up.” Many men use the penis pump and start getting erections and morning wood again.

I found your Vasmax protocol and gave it a shot. After about two weeks I could feel a noticeable difference, and after about two months, I saw huge improvements using Vasmax strokes and a pump. Rockiness was rock solid, sensitivity was powerful, and I had stamina to satisfy women almost half my age (my God what a feeling!). I wasn't small to start with at about 6.5 inches, but after Vasmax and the pump consistently I was able to fit three hands on my dick, and I have big hands! So in the 8-8.5 inch ballpark. So thank you for that Matt (and my ex-girlfriend thanks you too)!

And as a bonus a lot of men report increased size due to using the penis pump in the methodology I’m about to describe.

I am doing hammer along in addition to wrapped penis pump, cs loading, glans pump. I am having great results with all of these exercises. My size has

increased to half an inch and veins become more visible.

Wrapped Penis Pump Exercise

Okay, let's talk about the wrapped penis pump for erections. First, I want to make sure you understand that you should never pump to total erection. It's tempting, I know, but it can do more harm than good.

Let's start with penis pumps. The easiest one to use is a very expensive medical one called the Androvacuum.

They're silly prices, because insurance companies pay, but you can get cheaper copies of this that work well.

You put your penis in the pump and you pump.

And then, what I do is pump until your penis is plump but not fully erect. **DO NOT PUMP TO A FULL ERECTION!!** You can easily cause injury if you do. Just do it so it's a little erect.

I'll show you how to wrap your penis in a moment, but for now I want you to see the different types of pumps available. After you get a partial erection, let the pressure out. Pump until it's plump, let the pressure out. Pump, let the pressure out. That's the Androvacuum.

I also recommend the LELUV brand. They have an Amazon store. In my opinion, the prices are very good for the quality of the product.

Before using either one of these penis pumps, you're going to do wrap your penis.

DO NOT skip this step it is very important.

In wrapping your penis, you'll cut about eight or nine inches on an ace bandage. And then, you're going to wrap your penis. First if you are using a pump with rings put the ring from the pump on the base of your penis. Then wrap your penis from the base to just under the glans (head) and wrap it pretty tightly. Don't use the clips that come with the bandage though, that will just hurt!

Now you put on the device.

When you inflate it, as the top comes up, your glans pokes out of the wrapping.

When that happens, you release the pressure and your penis will go back down in size. Pump, release, pump, release, pump, release, while it's wrapped. That's how you do it when using one of these devices.

Remember to only get a partial erection when doing this exercise.

Never over-pump. Never try for full erection, just go for any plump, and you won't have any problem with these. They're a great way to build more circulation, help you recover erections faster, and often grow your size as well. After a while you won't need to wrap, but you always should at the beginning.

Electric Erection Solution

You can use this with the wrapped vacuum pump exercise above. These two methods work well together. This method uses a PEMF device.

Researchers are discovering that you can treat ED through the use of different physical energies that actually fix some of the underlying causes of ED.



The data that's coming out is showing that this type of therapy has a very high success rate on duration and intensity of erections.



Efficacy was assessed in terms of intensity and duration of erection, general well-being, sexual activity, and warm sensation in the genital area. In the active-treatment group, all efficacy endpoints were significantly improved at study end ($P < \text{or} = .01$), with 80% reporting increases in intensity and duration of erection, frequency of genital warmth, and general well-being. The remaining 20%, who experienced minor improvements, were found to have an influenza-like infection after the study

that may have influenced their results. When using the Micro Pulse device for ED, the only tricky part is getting the coils on your penis, but I'll show you how to do that.

Use the device for 8 to 12 hours a day if possible. Most people feel some indication of relief in 1 week and be nearly completely better in 2 to 4 weeks. I use this device.

You want the bumpy side of the coils to be out.

Method 1

Take a piece of fabric, like the cotton from an undershirt and glue the bumpy sides to the fabric, side by side. The smooth side should be unglued.

Hold your penis parallel to your belly.

Put the assembly on the outer surface of your penis, aiming the coils into your stomach, so the smooth side of the coils are against your penis.



The cloth with the coils can be held in place by spandex “biker” underwear.

The wires then come over the side and around your belly into your pocket. Your pocket will hold the A9 device on the LOW setting.

Important: With this treatment methodology people get better results with low power over a longer period of time.

Method 2

You can sandwich your penis between the two coils, keeping the bumpy side out. To do this wear tight underwear like spandex biker shorts or pouch underwear may work.

Porn Use Can Cause Poor Erections

The two methods I've gone over so far can often restore erections, but it helps if you also eliminate porn use. Most men are surprised to find out that porn can cause poor erection quality and makes it almost impossible for some men to have erections with a real woman. They don't know that's the cause because no one talks about it.

But I've seen it over and over again, and have experienced this effect myself. Here's what happens. When we get wired to something that is very rewarding we get furrowed paths in our brains. They are always there.

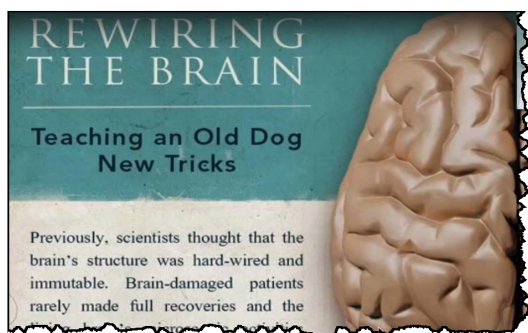
I'm going to show you how that works and I want to show you the effects porn is having on your brain by telling you my story.

I was a porn user every day. I would look at more and more porn - edging. I was ruining my marriage. I was ruining the way I looked at my wife.

When I was prepubescent I went to a bookstore. I bought a book of hardcore porn. Old style written porn. Written out with some pictures. I got really into it and would read it and masturbate to it. Then I had severe difficulties with erections when I went to have sex with real women in the real world.

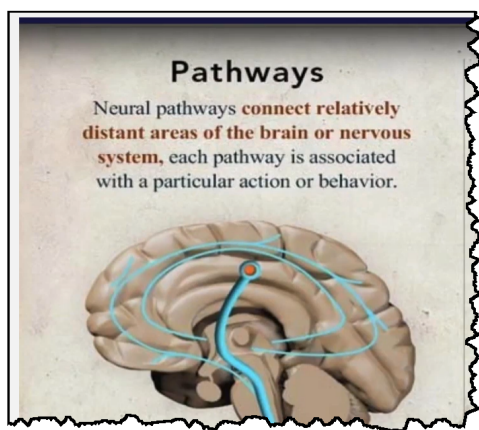
But the erection problems didn't stop me from getting back into it as an adult and as a married man.

When I kicked it completely I had started reading about brain neuroplasticity. Your brain has these really strong pathways and they'll always be there.



The brain is something that changes. Your thoughts and your experiences change your brain physically.

They say you couldn't grow new nerves, but now they've found you can.



Your experiences and thoughts physically change the structure of your brain. Sex is a high-reward behavior. This will quickly change the structure of the brain.

That's what porn is. It wires the brain to seek out specific behavior which is masturbating to porn.

The problem is that when you get that reward all the time, you need to do escalation behavior. It can be more extreme forms of porn because the old stuff doesn't do it for you. This is very common.

Another thing with extreme dopamine reward is that other things become less interesting.



Supranormal stimulation makes real sex less interesting and makes it harder to get it up. Your reward circuitry is used to this

stimulation. Instead of seeing a woman and connecting with her you're using porn scenes.

You're in your head in a fake porn scene.

The key to fixing this is to quit porn - fantasy and triggers. Fantasy is indistinguishable in our brain from porn.

When you get rid of all the triggers and give yourself a limit on dating sites you can start to eliminate this negative effect. But anything that feels stimulating or arousing will bring you back to the mental pathways.

If you do decide to quit porn and fantasy, your dick will be flat and lifeless for a while. This is called flatlining. And it can take several months to get better.

One of the things that helps with the flatlining is oxytocin activities - like naked cuddling - with a woman. Quitting porn requires quitting not just the porn, but the fantasy and the triggers.

It helps to figure out what jobs porn is doing for you. It might be to help you fall asleep or you might use porn when you are bored.

To avoid using porn you need to replace those behaviors with new ones. So if you use porn to help you fall asleep you could decide in advance that you'll read a book instead.

I've got to be honest with you, quitting porn isn't easy, but quitting can help you regain your sexual function, transform your relationship with women in a positive way, and increase your male energy levels. To me, that is well worth it.

Chapter Nine

The Unknown Penile Fibrosis Problem Solved



Orville Rogers made national news after a video of his sprint against then 92 year old Dixon Hemphill went viral. Rogers, 99 at the time, won the race by 0.05 seconds . https://en.wikipedia.org/wiki/Orville_Rogers Retrieved 5-22-2024

If you haven't had an erection in at least six months, then you probably have penile fibrosis.

How to tell?

If you masturbate, you can't get an erection or much of an erection...

...and if you wake up, you don't have an erection in the morning. This has been going on for at least 6 months.

Or, you have a bend in your penis, or a lump in your penis, or several bends or lumps. So if you have NO erections, or only slight "semis" and it's been at least 6 months, OR you have a bend in your penis or a lump or lumps...

...then these signs indicate that you do not have a penis that's working correctly, and it's filled with scar tissue.

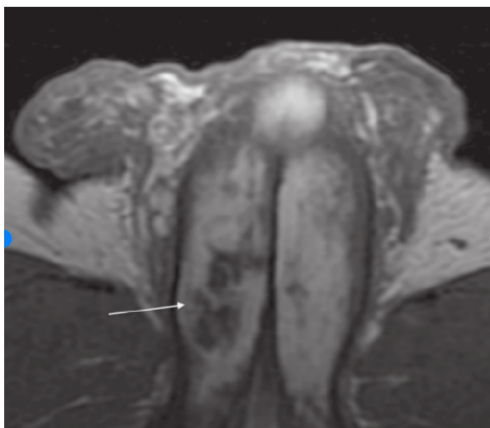
Bends in the penis, or lumps, indicate certain areas with scar tissue.

But either way, the penis has tangled scar tissue in it, penile fibrosis.

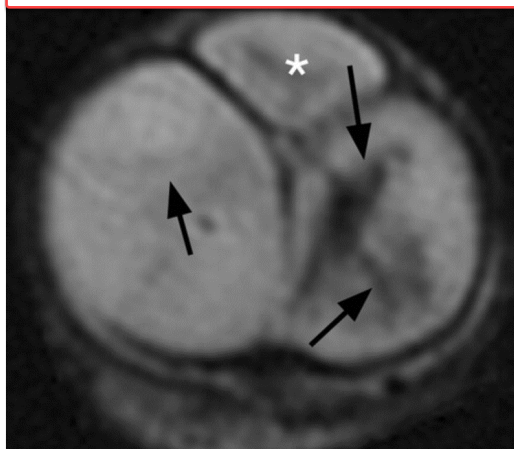
This is the same as Peyronie's. Since we're talking about the same thing, from now on I'll just call it penile fibrosis.

What Is Penile Fibrosis?

There are chambers in the penis and they get scar tissue in them. You can see them in the dark areas here:



The dark chambers indicate penile fibrosis



Note as I said before: You may or may not feel a knot or knots in your penis, the shaft. You may have a bend in it.

Because the penis is outside of the body, the blood has to be able to flow in and out of the penis to keep the tissues irrigated.

Blood flow is always poor in the penis due to its location. To compensate, men have regular steady erections while they sleep.

When you wake up, you should often have an erection. It's called "morning wood," but it's been going on all night hopefully while you sleep.

You should have constant erections at night, which irrigates the penis by the blood flowing in and out all the time, preventing fibrosis.

If you don't have erections over months, up to six months or longer, then chances are that that irrigation hasn't happened and now fibrosis or scar tissue has set in.

When Does Penile Fibrosis Happen?

This can happen to most guys, but there are situations in which it happens much more often. If you:

- are a type 2 diabetic
- are on multiple medications
- have heart problems
- have kidney or liver problems
- have stents
- are on blood thinners
- have had prostate treatment
 - radiation

- prostate chemotherapy
- TURP procedure
- greenlight procedure
- urolift procedure
- have had major surgery
 - heart
 - stents
 - even major dental surgery
 - any major surgery at all

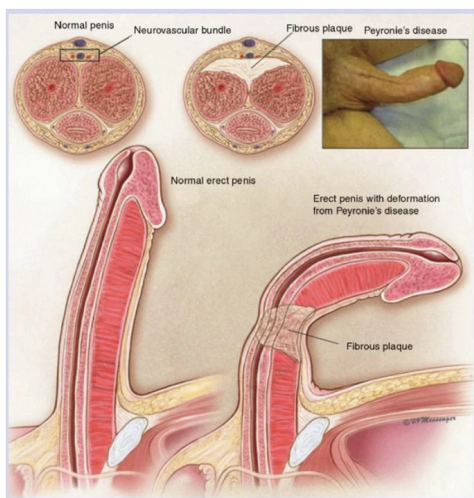
All of these things can lead to fibrosis.

What Happens to Erections and Your Penis with Fibrosis

Once you have fibrosis, if you don't do the things I'm going to talk to you about right now, it's not going to get any better.

Peyronie's can get worse and worse, but at least you can get erections.

With full on penile fibrosis, the ability to get an erection may never come back without treatment.



Men without erections for six months or longer will never have erections for the rest of their life, unless they get rid of the fibrosis.



Important! If you are going for surgery, let's say you're getting any kind of major surgery, what you want to do is to use some of the processes I'm going to show you to prevent the penis from becoming fibrotic. You can use this preventatively.

When men have died of different natural causes or accidents, when they're autopsied, it shows 22% of men have penile fibrosis and they didn't know it.

Subclinical Peyronie's disease.Smith BH.

So, it's very, very common.

And you really have to get rid of it if you want to have a successful sex life.

What Men Commonly Try In Order To Fix Penile Fibrosis

There are a couple of things that men will typically try. Unfortunately these things don't really work or are just plain awful.

Testosterone

Men will often try testosterone. However, it doesn't actually help sexual function.

They say in this study that nocturnal penile tumescence (erections during the night), morning wood, rigidity testing, and sexual function do not improve with testosterone supplementation.

Effect of raising endogenous testosterone levels in impotent men with secondary hypogonadism: double blind placebo-controlled trial with clomiphene citrate

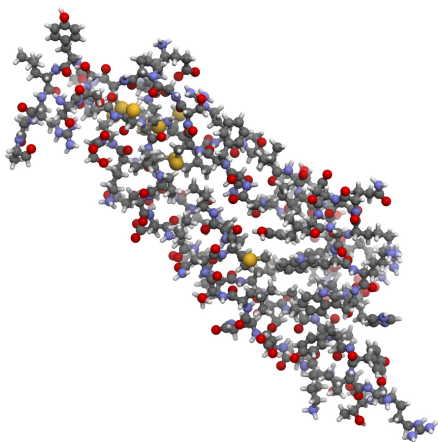
A T Guay, S Bansal, G J Heatley

Now, I'm not saying not to get testosterone. It can be useful to get extra testosterone, but it's not going to help erections.

Penile Implants

I've had many men who have told me they've gone with penile implants, where they put a balloon into the penis. As you can imagine this is pretty awful. The good news is you most likely won't need this if you do what I suggest.

What Causes Penile Fibrosis?



TGF Beta causes fibrosis

One of the principal causes of penile fibrosis is something called transforming growth factor beta, TGF-Beta.

This is a type of chemical in the blood that encourages fibrosis.

There's several causes of high TGF-Beta, and you want to lower your TGF-Beta.

Remedies for Penile Fibrosis

We're going to talk about two approaches and you can use both at the same time.

First, we're going to talk about supplements you take, and then we're going to talk about mechanical approaches that you can take.

Both of them can be used together to prevent or reverse or fix penile fibrosis.

In fact, I recommend that you use both of them together. Because if you just use the supplements, they are good at dissolving scar tissue, but they can't get into your penis very well because it's clogged up.

Vacuum Pumps

Vacuum pumps are very useful because they will let your penis fill with blood on a regular basis, and really they can help fix and prevent penile fibrosis.

I suggest the Androvacuum, which is very good.



The Androvacuum is designed to help fix and prevent penile fibrosis.

There's some vacuum pumps that are designed for penis enlargement. This is not designed for that. It could result in a little bit larger penis. It probably will, but it's really designed for fixing penile fibrosis

What you want to do is use it two, three times a day if you can. As often as you can. About 3 to 5 minutes each time.

Important! Don't use it on a very intense basis to get a very intense erection. You want to get a partial erection to begin with, and proceed slowly over weeks... because you can do damage if you try to get an erection that lasts too long or if you get too full of an erection to begin with.

So don't try to get a full erection at first. As you do it over weeks, you can increase the amount of fullness of the erection you're getting with the penis pump.

But don't try to do it right away. You want to be very conservative here.

I've seen so many men that have injured themselves by trying to be too aggressive with these things.

Overtime, slowly and cautiously, you can get a better and better erection. And pretty soon you'll be a lot better.

These cost maybe a \$100 to \$200, bottom line. And this one comes with everything that you need.

Some people use these to get an erection as well.

How to Have Intercourse Now

You can use it to actually get an erection by pumping, and then you can put a ring on your penis and you can have intercourse.

This ring is often called a cock ring, and most penis pumps come with one of them and instructions on use.

CAUTION: I wouldn't go for more than 20 minutes with the ring on, because you can really hurt yourself since you're not getting any blood flow.

You need to be safe about it.

What to Do if You Are Going to Have Surgery to Prevent Fibrosis

If you're going to get surgery, here is what I suggest.

Two days before the surgery, eat a raw grated carrot, preferably with 1 teaspoon of olive oil, and a little vinegar and salt.

Do this twice that day (total of two grated carrots), preferably between meals. Do that the day BEFORE surgery also.

This helps to clean out your gut and can make recovery much faster.

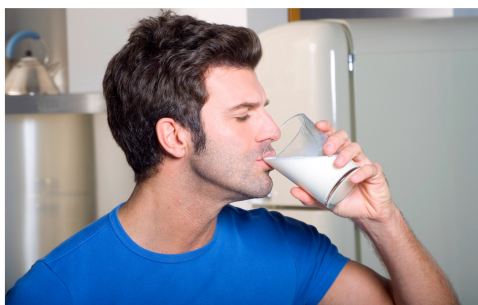
Now, after surgery, ask your doctor when you can begin using the penis pump.

Don't be shy! If you are having prostate surgery especially, this is a vital step to getting good erections again. Doctors really should recommend these pumps to patients but they often don't.

Calcium

Another thing that's very important, is calcium. Calcium should be much higher in your diet than it probably is.

A lot of men get calcium deposits in their blood vessels, hardening the arteries. They get calcium deposits in the penis, in the heart valve, in the kidneys, the liver.



Getting more calcium can really help penile fibrosis.
I recommend drinking a lot of milk.

And this is because they're not getting enough calcium in their diet. If you don't get enough, it raises parathyroid hormone.

We have these glands in our neck over the thyroid called parathyroid hormone glands, and they create parathyroid hormone.

And what that does is it pulls calcium out of your bones and puts it into your soft tissue and increases fibrosis. So, you want to have more dairy, not less.

When you don't get enough calcium, the calcium clogs your blood vessels in your penis.

When you get a lot of calcium in your diet, the calcium is deposited back into your bones and it empties out and it helps reverse calcification of the blood vessels.

Proteolytic Enzymes

Besides that, what you want to do is you want to get one of these proteolytic enzymes and start taking it.

What these do is they lower the transforming growth factor beta, TGF-Beta, and they also will dissolve the scar tissue itself.

So, the one to start with, if you can tolerate it, is Serrapeptase .



Take Serrapeptase if you can tolerate it.

Serrapeptase is an enzyme.

It dissolves scar tissue.

It comes from a type of bacteria that grow in silkworms. This bacteria allows them to digest Mulberry leaves and turn it into silk, isolating these microbes. And they actually grow the serrapeptase using microbes in the manufacturing process.

But sadly, serrapeptase is not resistant to stomach acid.

What they do is they put the serrapeptase into little beads.

So, a capsule might have thousands of these little beads. You swallow the capsule on an empty stomach, an hour before eating or an hour and a half or longer after eating. And the beads go to work. The beads protect the serrapeptase and are intended to dissolve only when reaching your small intestine.

You should try serrapeptase at first to make sure you tolerate it, and then if you can increase it to two or three, of this type, you get 360,000 SPU's or 450,000 a day.

People report that their knee problem goes away. Their arthritis goes away. They get clearer thinking and their fibrosis starts to go away as well. Allergies get better.

You may have to take this over several months.

But as I said, with serrapeptase, some people get digestive issues or vomiting, or just don't tolerate this at all well. Most people do, but some don't.

So, for those people, there's other proteolytic enzymes that have no Serrapeptase in them.

Seaprose and nattokinase and some others are proteolytic enzymes that work just as well.

They're a little more expensive.

You're going to take it over a few months.

You're going to try to take the highest doses that you can, and it can be very, very good.

Warning! Proteolytic enzymes can thin your blood. If you're on blood thinners, you should always ask the doctor first before you take them.

You're going to get that going. And you're going to be using this penis pump, which now is going to take the blood that has the digestive enzymes, the proteolytic enzymes, and puts them into your penis and the blood flows back and forth and starts irrigating your penis with the proteolytic enzymes in it. You're going to start reversing the penile fibrosis.

K2, MK-4

And I also suggest you take Vitamin K2, MK-4.

You should probably take 5 to 15 milligrams of Vitamin K2, MK4 once or twice a day. You can take it topically. You can put a little bit of oil. What I'm doing now is I'm putting it in my belly button.

You ALWAYS want to take the MK-4 version.

I put a little MK-4 on my palm. I add a little Vitamin E oil, MCT oil, or Progest-E and mix it up. Then I put it in my navel, and it goes into the body.

The navel is a very, very good way of getting something into your body.

You can also put it in food. You can eat it. You can swallow it. You can take pills.

I think topically or through the navel is better, but the Vitamin K2, MK-4 will help counteract the blood thinning properties of proteolytic enzymes.

And the Vitamin K2 helps to counteract that blood thinning effect. Plus the Vitamin K2, MK-4 helps reverse fibrosis as well. So, it's a very good thing to have.

Electric Fibrosis Solution

This method uses a PEMF device. PEMF stands for a pulsed electromagnetic field.

Researchers are discovering that you can treat fibrosis through the use of different physical energies that actually fix some of the underlying causes of penile fibrosis.

When using the Micro Pulse device for fibrosis, the only tricky part is getting the coils on your penis, but I'll show you how to do that.

Use the device for 8 to 12 hours a day if possible. Most people feel some indication of relief in 1 week and be nearly completely better in 2 to 4 weeks. I use this device.

You want the bumpy side of the coils to be out.

Method 1

Take a piece of fabric, like the cotton from an undershirt and glue the bumpy sides to the fabric, side by side. The smooth side should be unglued.

Hold your penis parallel to your belly.

Put the assembly on the outer surface of your penis, aiming the coils into your stomach, so the smooth side of the coils are against your penis.



The cloth with the coils can be held in place by spandex “biker” underwear.

The wires then come over the side and around your belly into your pocket. Your pocket will hold the A9 device on the LOW setting.

Important: With this treatment methodology people get better results with low power over a longer period of time.

Method 2

You can sandwich your penis between the two coils, keeping the bumpy side out. To do this wear tight underwear like spandex biker shorts or pouch underwear may work.

Penile fibrosis isn’t inevitable. It’s something that almost all men can fix.

Chapter Ten

How to Have Normal Cholesterol Without Statins

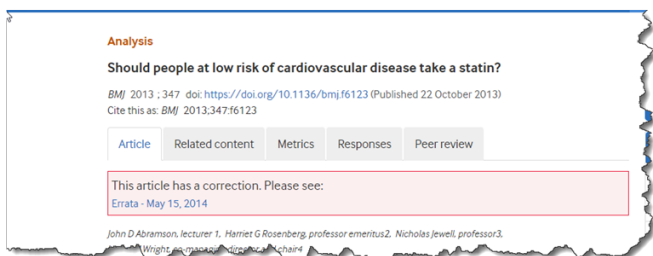


George C. Seward, in this photo a 98-year-old practicing lawyer -- he has no plans to ever retire because he's loving life!
<https://www.law.virginia.edu/static/uvalawyer/html/alumni/uvalawyer/f08/seward.htm> Retrieved 5-22-2024

How to Have Normal Cholesterol Without Statins

If you have high cholesterol, it's very likely that your doctor will prescribe statins for you. But there are some things you should know about statins so that you can make your own decision. □

I'll also go over my favorite way to have normal cholesterol without statins. It works amazingly well.



There Is a Lot of Evidence That Statins Don't Really Work

Statins are incredibly popular treatments with doctors handing them out as if they were sugar tablets.

But do statins even work?

They certainly work to lower cholesterol for many people, but that doesn't mean they actually prevent deaths or heart attacks.

In a report published in *JAMA* that recommended the use of statins...

...the researchers still admitted that people who took statins had NO LOWER risk of dying of a heart attack...

...versus those who didn't take statins.

“The estimate for the association with cardiovascular mortality was not statistically significant.”

In plain English, the statins didn't do anything to prevent deaths from heart attacks.

This data wasn't a small sample size either. The *JAMA* report looked at **12 different trials** with **75,138 people** in them.

I bet your doctor hasn't told you this!

Now... before you get mad at your doc for not giving you this information...

...you need to understand that they probably DON'T KNOW.

The fact that statins don't prevent heart attacks isn't something that Big Pharma advertises. They just push the treatments.

Statins also don't do a magnificent job of preventing heart attacks.

Here's the data from the same study:

“fatal or nonfatal MI (12 trials, $n = 75,401$; RR, 0.67 [95%CI, 0.60 to 0.75] at 2-6 years; $I^2 = 14\%$; ARD, -0.85% [95% CI, -1.21% to -0.47%]; NNT, 118”

Here’s what that means. To prevent a single heart attack, 118 people need to take a statin for several years. □

Yikes!

Another study published in the *BMJ* suggested that statin use should be limited because all-cause mortality doesn’t go down with statin use.

There is only a very small reduction in the risk of heart attack or stroke.

There is no reduction in medical events that cause hospitalization

This might all be okay if statins didn’t carry significant risks...
...but statin use is associated with the onset of diabetes and metabolic problems.

Statin use was associated with diabetes progression in patients with diabetes—statin users had a higher likelihood of insulin treatment initiation, developing significant hyperglycemia, experiencing acute glycemic complications, and being

‘given’ an increased number of glucose-lowering ‘treatment’ classes.

Developing diabetes is a HUGE issue.

When you have diabetes, that means you have metabolic issues...

...and having metabolic issues is often an indicator of other major health issues.

This is NOT a risk that I am personally willing to take for the small benefits that statins provide.

Another significant risk of statins is muscle pain.

The muscle pain can range from mild to severe, depending on the patient.

Although mild muscle pain is a relatively common side effect of statins, some people who take statin ‘treatments’ to lower their cholesterol may have severe muscle pain. This intense pain may be a symptom of rhabdomyolysis (rab-doe-my-OL-ih-sis), a rare condition that causes muscle cells to break down.

The severe pain can be an indication that muscle cells are breaking down.

Wow. That's another side effect that I'm not willing to risk.

Of course, I'm not a doctor and I can't give you medical advice.

You should never quit your treatments just because of anything I write.

And you should always check with your doctor before discontinuing a statin.

Personally, I'm never going on these treatments.

I'll just take my chances, and make sure that I'm eating well and getting plenty of physical activity.

What Having High Cholesterol Means

If your cholesterol levels are over 220, and especially if they are over 250, that is a good indicator that your metabolism is low and slow. If your cholesterol is high then your thyroid is low. Normal cholesterol levels mean your body is turning cholesterol into downstream hormones and is a good indicator that your thyroid is okay -- unless you are taking statins, in which case all bets are off.

I have gone off of all prescribed medications all together such as Lisinopril, and cholesterol lowering medication and I am doing fine for over 1 year now. I am 70 years old. I am very grateful to you for all the wonderful information and advice that

I received through all the work you put into your wonderful Protocols.

Change How You Eat to Upgrade Your Metabolism and Lower Your Cholesterol

There are several ways to upgrade your metabolism. In this section, I'll go over diet, because what you eat and don't eat plays a huge role in both metabolism and cholesterol levels.

Avoid PUFA Fats

One of the biggest keys to helping your body have a higher, more youthful metabolism is to eliminate as many PUFA fats from your diet as possible. PUFA fats are incredibly inflammatory and cause metabolic disorders because they kill beta cells and depress your metabolism.

The good news is that your body can and does continue to produce beta cells and can regenerate when you stop killing them.

In order to purge PUFA fats from your body, you want to aim for no more than 2 to 4 grams of PUFA fats per day.□

NOTE: There's a tool called Cronometer you can use to track this. It's easy to use and there is a free version.

PUFA fats are everywhere! They include:

- Corn oil
- Soy oil
- Peanut oil
- Canola oil
- Flaxseed oil
- Vegetable oil
- Fish oil
- Krill
- Cod liver
- Sardines
- Salmon
- Mackerel
- Red fish oil



Bottled salad dressing are full of PUFA fats and terrible for your health. Don't eat these - ever.

When you are starting to eliminate PUFA fats from your diet, it's important to read the labels because they are in all kinds of packaged food like crackers, cookies, and salad dressings. Here are some of the items that you should avoid because they are loaded with PUFA fats:

- Fried foods
- Bottled salad dressings
- Restaurant soup
- Bottled sauces
- Packaged crackers and cookies

- Packaged prepared food
- Chinese, Indian, and Thai food
- Nuts (except Macadamia nuts)
- Avocados -- contain 15% PUFA fats.

PUFAs are stored in the fat cells and take a while to purge from your body, so **you must be diligent with eliminating them.**

Your body preferentially burns saturated fats and stores the PUFAs, and it can take up to 4 years to get rid of stored PUFAs. I will help you reduce this time period, but you **MUST** always be vigilant!

There are a few foods that are very worth eating that contain a small amount of PUFA fats. This is where you will get your 2 to 4 grams of fats a day in your diet. These foods are:

- Eggs
- Dairy, beef, lamb
- Olive oil
- If it's "estate" bottled
- Never cook, always use raw
- Use less than 1 tsp a day
- Olive oil is 10 to 15% PUFA fats but has huge benefits

when consumed RAW

While you never want to have a lot of fat in your diet, you do need some fat. Safe fats include:

- Butter/dairy
- Coconut oil
- Lamb/beef/goat fat

You should substitute these for the PUFA fats when you are cooking.

Don't worry, this sounds much more complicated than it is.

PUFA fats are stored in your body, so every month or so do 72 hours with zero fat in order to purge them faster.

You don't want to do zero fat all of the time though. It's not good for your body over extended periods of time, but 72 hour zero fat protocols once a month will help your body to purge the PUFA fats.□

When you are doing the 72 hour fat purge you should eat:

- Well-cooked white rice or potatoes
- With a TINY bit of butter or coconut oil -- typically a teaspoon
- Lean meat
- Fruit

- Juice

Avoiding Excessive Liquids

Of course, you need liquids, but you should drink when you're thirsty and drink skim or 1% milk, juice, coffee, or carbonated water. You can even have a Coke once in a while (Mexican Coke made with sugar is better).

Don't just drink water, and don't drink 8 glasses a day just to drink it because people have said so.□

Drinking too many liquids will raise your prolactin and lower your thyroid -- putting a brake on your metabolism.

Raising Salt

You want to eat salt to satisfy your salt appetite. Eat enough salt so that your food tastes good and so that you don't crave salt.

Salt helps your body lower stress hormones, which helps your thyroid. It also has only a very small effect on blood pressure.□

I use pickling salt.



I use pickling salt without iodine because it's just salt, nothing else.

Avoid Raw and Undercooked Vegetables

When you eat vegetables you want to eat them cooked to death. The only exception here is carrots. You should eat carrots raw.

Under-cooked veggies lead to endotoxins building up in the gut, which slows down your metabolism.

Increase Sugar and Lower Starch

When I say sugar I don't mean table sugar -- although some table sugar is fine. What it means is ripe fruit, fruit juice, and a little bit of honey.□

You want to dramatically increase the amount of fruit and fruit juice that you eat, and eat much less starch.□

If you do eat starch, the safest starch is white potatoes and white rice.

Avoid Large Protein Portions

Keep your protein portions small. Protein contains methionine and high levels of phosphorus which lower your thyroid production.

I recommend that you get your protein as much as possible from dairy products, and eat no more than 2 to 3 ounces of meat per day.

Collagen

I use the **Great Lakes** brand of collagen. You can use up to 6 scoops a day and it dissolves in any beverage. It's a good idea to take collagen along with muscle meat.



I use the collagen in the green can.

If You Can't Tolerate Dairy

Because dairy has so much easily absorbable calcium, it's better to get your protein from dairy if you can. But if you can't then you should eat:

- Well-cooked white potatoes
- Well-cooked white rice
- Small portions of meat
- Collagen or gelatin
- Calcium supplements

How to get enough calcium:

- Eggshell calcium
 - Save your eggshells
 - Put them in a bowl, with a little water, and cook in the microwave for 10 minutes
 - CAREFULLY (HOT!!!) remove after cooling
 - When you have enough shells, put them on a cookie sheet and cook at 300F in the oven for 20 minutes to dry out

- Grind in the coffee grinder (reserved for anything but coffee)
 - Sprinkle ¼ teaspoon twice a day on your food
- Oyster shell calcium
- 2000mg of elemental calcium
 - Half a dose twice daily
- Calcium d-maleate
- Avoid calcium citrate
- Aim for a total of 80g to 100g of protein a day, primarily from milk, other dairy, or collagen.

Liver

There are two ways to get liver in your diet. Both are fine. You can mix them up or choose one that you enjoy more. Liver is a great source of iron, copper, and many other micronutrients that are hard to get other ways.

Liver Option 1:

You'll want to eat liver around once every 2 weeks -- approximately 4 ounces.

Get calf or lamb liver and cook it rare in butter and salt and pepper. Remember to keep the butter to a small amount. You want fat to be about 15% to 20% of your calories.

Liver Option 2:

This makes a sort of liver pâté. Use butter to cook the liver, with about ¼ onion or a whole shallot and a clove of garlic.□

Then grind it all up with a tablespoon of booze.

Eat about one tablespoon a day. It's delicious.

NOTE: When you eat liver you want to drink coffee (if you consume dairy), milk, or purple grape juice with it because these juices help to limit the absorption of iron in your body. You need a little iron, but not a lot.

Oysters:



Oysters - canned or raw - provide many valuable micro nutrients, including copper.

You don't need both liver and oysters, but I like to be able to switch them up so I don't get bored of any one thing. You want to eat oysters about once per week if you aren't eating liver.

The canned oysters are fine. You want the ones that are packed in olive oil.

Other Options:

Oysters and liver are the best options so I encourage you to develop a taste for one or the other or both. But if you really don't like liver and oysters then you can eat these instead:

- Lobster
- Crab

- Squid
- Octopus
- WILD (gulf) shrimp
- Eggs -- see below

Bulgarian Burgers

If you are eating hamburgers, then you can get calcium by making what are called Bulgarian Burgers.

Bulgarian burgers are:

- 1 gram of oyster shell powder
- 10 grams of collagen or gelatin
- 1 egg
- A good size beef burger

Mix it all together and make a burger patty, cook it and eat it.

It tastes good and will help to balance your calcium vs. phosphorus ratio.

Coffee

Drink lots of coffee with sugar, milk/cream, collagen, and salt.

Using Thyroid to Increase Your Metabolism and Normalize Cholesterol

I wanted to update you on how your courses have IMPROVED my situation on low thyroid and cholesterol levels. My Blood tests came back last week and my TSH is now 0.14! It has come down from 0.8 in 6 weeks time after starting to take 25 mcg of T3, together with my long time prescription of 100 mcg of T4. This combination has made the best improvement to my everyday energy and overall good feeling! This is huge! Thank you. My docs response to the above was "I am over medicating you and taking you down to 88 mcg of T4

Before using thyroid, you should always get a cholesterol test. Your cholesterol needs to be over 200 for the thyroid to do any good and help you raise your metabolism. As soon as you take thyroid your cholesterol will fall.

If doctors are going to prescribe you thyroid, they will almost always prescribe in a way that's actually detrimental. Typically doctors will give you just T4, which they expect to turn into T3 in your body.□

But if you need thyroid, your body will be very bad at this, and T4 alone can jam up the works.

You can take T3 alone for a very short amount of time and it may work okay. But you should start with T4 and T3 together in a 4:1 ratio. That's 4 parts T4 and 1 part T3.

When you are starting out you want to take a VERY SMALL AMOUNT -- 30mcg T4 and 7.5mcg T3.

Get your dose together for the day and nibble on it gradually during the day or split into 2 to 3 doses.

Then increase the dose by 30mcg T4 and 7.5mcg T3 every three weeks. DO NOT rush this process. Your body needs time to adjust.

Increase your dose every 3 weeks until your temps are where you want them to go. You want to end up at 98.6 to 99 during the day.

If you are very obese, or if you are in very poor health, you may need to keep increasing or go to the Wilson Protocol that I go over in the next module.

I am using Cynoplus which combines T4 at 120mcg with T3 at 30mcg. It's available from Mexican pharmacies.

You can get Cynoplus here.



Cynoplus combines T4 and T3

I also like this brand of natural desiccated thyroid. It is a liquid that is weird looking but quite pure, using cow's dried thyroid in a strong potency. Due to FDA rules, they are not allowed to talk about how powerful it is, but this is THE best that I've found on the market. Go here and just select "add to cart"

This is **called TyroMax and you can get it here.**



You can also get a T4/T3 pill in the correct ratio from **Tiromel**.



This product has the correct ratio of T4
to T3

Citations: <https://jamanetwork.com/journals/jama/fullarticle/2795521?resultClick=1>

<https://www.bmj.com/content/347/bmj.f6123.full>

<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2784799>

<https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/expert-answers/rhabdomyolysis/faq-20057817#:~:text=Although%20mild%20muscle%20pain%20is,muscle%20cells%20to%20break%20down.>

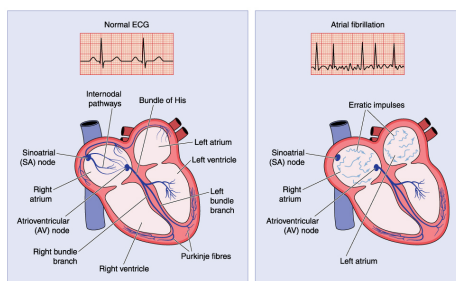
Chapter Eleven

Fixing Atrial Fibrillation



*Irving Kahn - in this picture
the oldest value investor at 106
years old. [https://www.pinterest.com/
pin/453315518714245217/](https://www.pinterest.com/pin/453315518714245217/) retrieved
5-22-2024*

Atrial fibrillation is an often rapid heart rate that is also irregular. When you have atrial fibrillation you can increase your risk of heart failure, strokes, and other heart complications.



When you have atrial fibrillation (afib) the heart's two upper chambers beat out of rhythm and aren't coordinated with the two lower chambers of the heart. Symptoms can include shortness of breath, weakness, and heart palpitations.

Atrial fibrillation (AFib) is an irregular and often very rapid heart rhythm. An irregular heart rhythm is called an arrhythmia. AFib can lead to blood clots in the heart. The condition also increases the risk of stroke, heart failure and other heart-related complications.

During atrial fibrillation, the heart's upper chambers — called the atria —

Sometimes atrial fibrillation comes and goes. Other times it's more persistent and can occasionally require emergency treatment. Afib can also cause blood clots to develop in the heart and then travel to other areas of the body, causing blocked blood flow.

Atrial fibrillation is typically caused by high stress which leads to high lactate in the blood. This will cause hyperventilation and the loss of carbon dioxide. The loss of carbon dioxide makes your blood become thicker.

So it's the thicker viscosity of the blood that causes afib. And of course, your blood being too thick can also create lots of other health issues. That's why if you have atrial fibrillation it's a good idea to get it corrected as soon as possible.

There are several things you can do at home to help correct the sludgy blood that causes atrial fibrillation in the first place. If you fix that problem the atrial fibrillation will almost always go away on its own.

The Healing Belly Button Cocktail

Put the following in your belly button every day. You can also take these ingredients orally, but letting them soak in through your belly button results in better absorption. These can be mixed together.

- Vitamin D3 - 5,000 IUs a day
- Vitamin K2 MK4 - 15mg 3 times a day
- Progesterone 10mg 2 times a day
- Pyrocet - 10 drops a day

Vitamin D3

Most people who live in developed societies are D3 deficient. Your body will make enough vitamin D3 if you have skin expo-

sure to the sun, but with the amount of sunscreen and indoor time that people have there is a real problem with deficiencies.

You can either take this orally, or put it in your belly button and let it absorb. I personally do the belly button route as I believe that it works better that way.

K2 MK4

Take up to 15mg 3 times a day. This is a remedial dose. Take this level for 1 to 3 months then take up to 10mg 3 times a day. I also let this absorb through my naval. You put the powders in and then the liquids in and let it absorb. You may need to rub it in just a bit.

You ALWAYS want to take the MK-4 version.

It comes as a small baggie with waxy powder, and you have to dissolve a TINY amount in coconut oil or drop into fatty food. The supplier is really a wholesaler. They offer 5,000mg of K2 for \$80.00 plus \$6.00 shipping. It comes with a certificate of purity from an independent lab. You also can only buy it uncut in the cold months of the year. The owner's name is Peter, and in my experience you can buy anything from him with confidence. He only sells large quantities of things:

Here's where to get it: <https://vitaspace.com/vitamins-minerals.htm>

Progesterone

You want to use 10mg twice a day. I'll add this to the vitamin D3 and K2 MK4 and let it absorb through my navel. It really gets into your system that way.

I use this incredibly high quality progesterone called Progest-E. Progesterone in these doses is very beneficial to men. This is one of those items that you don't want to use too much of as too much can make your penis feel numb. If that happens, just back off the dose.

Buy Progest-E



Pyrucet

Take 10 drops a day in your belly button.

Pyrucet is the thing that I've been very, very pleased and thrilled with. Pyrucet is a natural thing called pyruvate. When you take a little bit of this type of pyruvate, it helps lower fatty acid oxidation.

The Magic Afib Shake

You can mix this once in the morning and it ends up being an entire day's dose. You want to mix these into orange juice and sip throughout the day.

- 100mg niacinamide
- 1,000mg taurine
- 500mg thiamine HCl
- 1,000mg magnesium carbonate

Niacinamide

Niacinamide is NOT the same thing as niacin, make sure you get the right product. Niacinamide is a form of vitamin B3 and doesn't cause the flushing the niacin can cause.

You can order [Niacinamide powder here.](#)

Taurine

Taurine has a lot of health benefits. It is anti-inflammatory, which can calm down the pain response of neuropathy. It also can help you sleep better and give you more energy overall. Improved sleep quality will help your body repair itself more effectively.

Thiamine

Thiamine HCl is also known as B1. This is the water soluble kind.

Magnesium

A huge amount of people are magnesium deficient, and fixing that can often increase positive mood and make you feel better physically.

I have found magnesium carbonate the easiest to absorb and the least likely to cause bowel irritation. You can .

Calcium

You want to make sure that you get at least 2,000mg of calcium per day. There are several ways to do this, but the best is to drink skim or 1% milk - about 2 quarts a day along with a quart of OJ per day. This provides a great balanced nutritional profile.

If you can't or don't drink milk, you can supplement - but milk is the best.

If you do supplement, do so with eggshell calcium, which is the best. Here's how:

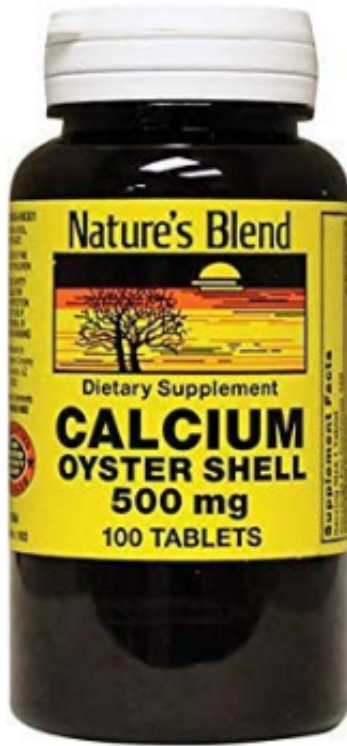
1 tsp 1-2 a day. Pasteurized eggs are the best

How to make them:

- boil eggshells for 5 minutes in microwave in a bowl with a little water to steam them and sterilize them

- cool, then remove the membranes from the shells
- dry in oven 350F for 10 minutes on a cookie sheet
- grind in a coffee or spice grinder as finely as possible, and you're done!
- Try to eat 1/4 to 1/2 teaspoon twice a day

You can supplement with oyster shell calcium, which you can buy and is second best. And this is in terms of heavy metals and contaminants.



Oyster shell calcium is low in heavy metals.

40% of this is elemental calcium, so to get 2.5 grams of calcium you need 6.25 grams of calcium carbonate. You would take this divided into 3 doses, with meals.

Of course, if you eat plenty of dairy you don't need to supplement calcium.

But calcium carbonate can cause digestive problems in some people.

But I found a type of calcium called di-calcium malate, that can be tolerated by almost anybody. To get 2.5 grams of calcium you need 8 grams of this so you would need to take it divided into 3 doses after eating.

Yes you need a lot of it because you need to get what's called the elemental calcium.

Yes, it can be done, but it's certainly better to get it from natural sources.

Now, if you're vegetarian or you care to do this, you think about it as the cow eats leaves, the cow eats grass, and then it turns it into milk.

So, leaves actually have a lot of calcium.

What you can do is you can get a pound of edible leaves like chard, kale, spinach. You can put them in a pot with some water, boil for five minutes, let it cool, and drink the water. Most of the calcium and magnesium in the leaves is dissolved in the water. You can eat or discard the leaves.

So you can get enough calcium magnesium for the day, even if you don't want to have dairy products or supplements.

Collagen

Stir 4 tablespoons a day into a liquid. You can stir it into your milk or OJ and take it that way. It can be used with the magic Afib shake above. Collagen is almost magical in its healing properties.

I used Great Lakes Collagen in the green bottle.

Famotidine

Famotidine is also sold under the brand name Pepcid, and you can take one regular strength tablet every night as it raises CO₂ levels and increases liver capacity.

The Bottom Line on Treating Atrial Fibrillation

If you have symptoms of atrial fibrillation you should always see your doctor. But there are many good ways to treat the blood sludginess that causes atrial fibrillation at home. All of these can be used together safely for most people, but always check with your doctor to see if the ingredients are safe for you.□

Citations:

<https://www.mayoclinic.org/diseases-conditions/atrial-fibrillation/symptoms-causes/syc-20350624>

Chapter Twelve

Have Normal Blood
Pressure Again



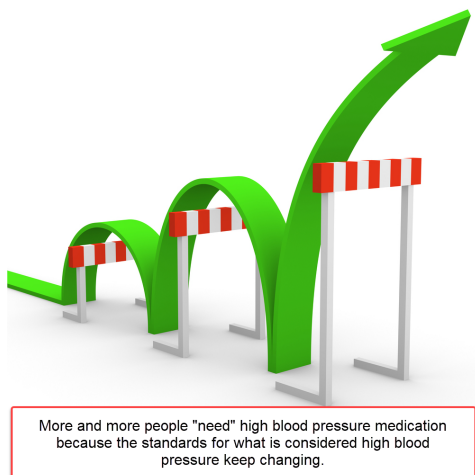
Bert Collins beat cancer at 101 years old because he was in better shape than those decades younger than him.

<https://www.dailymail.co.uk/news/article-4847618/101-year-old-tells-defied-odds-beat-cancer.html> Retrieved 5-22-2024

Big Pharma makes tons of money selling people blood pressure pills. And people take them because they do lower blood pressure. But the pills do nothing to fix the underlying causes of blood pressure, which can set you up to get sicker and sicker over time. The good news is that in almost every case you CAN lower your blood pressure through natural means, and if you must take pills there are some that are safer than others.

In this chapter I'll go through the causes of high blood pressure, as well as how you can fix the underlying problems and lower your blood pressure naturally.

The Standards Keep Changing



The medical community has been lowering the standards for what's considered high blood pressure for decades. High blood pressure used to be anything over 160/90, but now even 120/80 can be considered elevated. Because of this dramatic lowering of standards, more and more people are on blood pressure meds all the time. That's a problem because these medications work in ways that cause tissue destruction, and some of them can even cause lung cancer. They can also cause ED, prostate problems, and diabetes.

Salt also isn't the villain that it's made out to be. Salt is an essential nutrient, and in some cases may be part of fixing high blood pressure rather than being the problem.

Typically people get high blood pressure for any of these three reasons:

1. Stiff blood vessels and arteries that don't expand and contract
2. Clogged arteries that have plaque, calcification, and microbes
3. Low blood volume caused by low albumin

The body does this because the blood vessels and arteries deliver nutrients and oxygen to the blood. To compensate for not getting enough blood where it needs to, the body will increase the blood volume to make the vessels less stiff and get through the clogs so that the tissues don't starve.

When you follow this protocol you will get on a truly healthy eating plan that minimizes blood fat, slowly depletes bad fats from the cells, moves calcium from soft tissue BACK to the bones.

Most high blood pressure is the body's way to avoid degraded health, stroke, and heart disease due to poor liver health, overwhelming endotoxins, and internal inflammation.

To get an accurate blood pressure reading, get a good meter. You want to take your blood pressure at home several different times during the day with your arm relaxed and after you've sat for a few minutes. This avoids the problem with reading too high at the doctor's office. What is good blood pressure also

changes as you age. Here is a guideline for what good pressure is at different ages:

- Over 70 = 165/90 or higher
- Over 60 = 150/90
- Under 60 = 130/80

Taurine

Matt I enjoy hearing from you. I am taking some of your supplements now to clean out my blood vessels and arteries. I have been on losartan Potassium and hydrochlorothiazide tablets for high blood pressure for 20 years. In the last month I have been able to drop aprox. 20 points off my top number (145-125 to 95-75)

Taurine is an amino acid that can have very positive impacts on lowering blood pressure for many people.

Here's what to take, how to take it, and what you should watch out for. You can get in either powder or pills. I like the powder a lot more than the pills, because powder is almost always purer.

To take taurine in powder form you will need a small scale to measure it on, and you'll need to dissolve it in boiling water and

then mix with juice. You may get heartburn the first few days. This is normal and passes pretty quickly.

Dose:

- For the first 60 days take 2 grams per day
- After 60 days take 1 gram per day

Taurine does several things in the body. It lowers blood pressure, increases bile acid synthesis, increases your metabolic rate, and helps defeat a fatty liver.

It does build up in the body, which is why you take more at first and then less as time goes on.

K2 and D3 Cure

Most people can lower high blood pressure within just a few weeks with the vitamins K2 and D3.

K2 MK4

When you are taking K2, you want to make sure that you take the variety ONLY.

Dose:

- Start with 7mg to 15mg 3 times a day for a few weeks
- Then cut down to 5mg per day

You can either swallow K2 MK4 with a little bit of fat like coconut oil or mix it with some vitamin E and place it in your belly button where it will absorb very well.

D3

You can either take vitamin D orally or get 1 to 2 hours of sunlight on your skin a day. Just make sure you don't wash directly after sun exposure, or you'll essentially wash the vitamin D off.

I started studying your blood pressure protocol about 5 months ago. Changed my diet to eliminate pufa fats and can now report (after 15 yrs of medications) that my blood pressure is within NORMAL range. I'm elated Matt.

You want to take and about 5,000 units a day or 50,000 units once a week. There are sometimes absorption problems with vitamin D3. If your levels aren't coming up, try breaking open the capsule and letting it absorb under the tongue.

You want to aim for 50 to 70 ng/dl on your blood work.



You can take 5000 IUs of D3 per day.

Other nutrients

To get other essential nutrients that will help you lower your blood pressure, I strongly recommend that you eat calves or lamb liver 2 to 3 times per month. You will want to drink coffee with it to block the absorption of iron.

Alkaline Metals Cure

One of the biggest myths about high blood pressure is salt and that it makes blood pressure go up. The reality is that salt along with other alkaline metals can help to dramatically lower blood pressure. Here's how to safely get the alkaline metals you need with solutions that work and are easy to implement.



Having enough alkaline metals in your system can lower your blood pressure. These include calcium, magnesium, potassium, and sodium.

Salt

The typical advice that you get if you have high blood pressure is to watch your salt intake. But lowering the amount of sodium in your diet will only lower your blood pressure a tiny amount.

What lowering sodium does, though, is cause the hormone aldosterone to go up, which causes fibrosis in your tissues causing your cardiovascular system to harden - which then causes high blood pressure. All you need to do with salt is eat salt to taste in your foods. If you are craving salt, then eat salty foods

like hard cheese or add salt to your cooking. Your body is very good at regulating salt intake.

Calcium

Western diets are very high in phosphorus and very low in calcium. This is bad for your metabolism, bad for your blood pressure, and bad for your health. You need to focus on getting more calcium than phosphorus in your diet. When you get more calcium than phosphorus you will lower the dangerous parathyroid hormone and lower fibrosis in your body. You'll also lower your blood pressure. You can track how much calcium vs. phosphorus you are consuming with

The easiest way to do this for many people is to drink a lot of milk. 1% or skim is the best because you want to keep your overall fat intake low.

You can use lactose free milk and eat other dairy products as well. If you eat yogurt, then Greek yogurt is the best choice. If you don't get enough dairy then you will need to supplement your calcium in other ways.

- Eggshell calcium
 - Save your eggshells
 - Put them in a bowl, with a little water, and cook in the microwave for 10 minutes
 - CAREFULLY (HOT!!!) remove after cooling

- When you have enough shells, put them on a cookie sheet and cook at 300F in the oven for 20 minutes to dry out
- Grind in the coffee grinder (reserved for anything but coffee)
- Sprinkle ¼ teaspoon twice a day on your food
- Or you can buy eggshell calcium.
 - It's made for pets but it's the same as what you would make if you were making it yourself.
- Oyster shell calcium
 - 2,000mg of elemental calcium
 - Half a dose twice daily
- Calcium d-maleate
- Avoid calcium citrate
- Get your calcium from well-cooked greens in water
 - You can use:
 - Kale
 - Collards

- Turnip greens
- Spinach
- Dandelion
- Rocket / arugula
- Cook 8 ounces of greens in boiling water for 5 minutes and let cool
- Drink the juice of the greens - split the juice and drink twice a day
- Eating the greens is optional

Magnesium

Magnesium is another essential alkaline metal, and most people are magnesium deficient.

You can get magnesium in the following ways:

- Epsom salts
 - Foot bath or regular bath
 - This is the best option if you are starting in a bad place
- Magnesium carbonate

- 600mg a day in orange juice
- Magnesium glycinate
- Magnesium threonate

Potassium

You can take a small amount of supplemental potassium if you have muscle cramps, but it's a much better idea to get the potassium you need from food. Foods that contain potassium include fruit juice, fresh fruit, fresh vegetables that are "cooked to death," milk, and meat.

What You Eat Is Important

Avoid PUFA Fats

You want to avoid PUFA fats. Eliminate ALL of them from your diet.

PUFAs do a lot of bad things. They:

- Kill beta cells
- Cause inflammation
- Depress metabolism
- Instead of having a temp of 98.6 you might be 95 or 96

- Lower energy production
- Create high cortisol levels
- Create high lactate levels
- Create high serotonin levels, which leads to mood problems
- Lower testosterone and increase estrogen levels
- Suppress our anti-cancer system, increasing our risk of cancer
- Throw off the natural regulation of what you eat

PUFA fats are everywhere! They include:

- Corn oil
- Soy oil
- Peanut oil
- Canola oil
- Flaxseed oil
- Vegetable oil
- Fish oil
 - Krill

- Cod Liver
- Sardines
- Salmon
- Mackerel
- Red fish oil



Bottled salad dressing are full of PUFA fats and terrible for your health.
Don't eat these - ever.

When you are starting to eliminate PUFA fats from your diet, it's important to read the labels because they are in all kinds of packaged food like crackers, cookies, and salad dressings. Here are some of the items that you should avoid because they are loaded with PUFA fats:

- Fried foods
- Bottled salad dressings
- Restaurant soup

- Bottled sauces
- Packaged crackers and cookies
- Packaged prepared food
- Chinese, Indian, and Thai food
- Nuts (except Macadamia nuts)
- Avocados - contain 15% PUFA fats.

PUFAs are stored in the fat cells and take a while to purge from your body, so **you must be diligent with eliminating them.**

Your body preferentially burns saturated fats and stores the PUFAs and it can take up to 4 years to get rid of stored PUFAs. I will help you reduce this time period but you **MUST** be ever vigilant!

There are a few foods that are very worth eating that contain a small amount of PUFA fats. This is where you will get 2 to 4 grams a day of fats in your diet. These foods are:

- Eggs
- Dairy, beef, lamb
- Olive oil
 - If it's "estate" bottled
 - Never cook, always use raw

- Use less than 1 tsp a day
- Olive oil is 10 to 15% PUFA fats but has huge benefits when consumed RAW

While you never want to have a lot of fat in your diet, you do need some fat. Safe fats include:

- Butter/dairy
- Coconut oil
- Lamb/beef/goat fat

You should substitute these for the PUFA fats when you are cooking.

Veggies

Veggies are good for you to eat, but you should always eat them very well-cooked. When eating veggies you can also eat boiled greens and drink the “green water” that the greens were cooked in.

Fiber

You want to make sure you get plenty of good fiber in your diet. This includes well-cooked mushrooms, well-cooked bamboo shoots, and raw carrot salad.

Mushrooms

Well-cooked white button mushrooms are a fantastic way to gain better gut and liver health, as well as erections and better blood flow in your veins - which helps with high blood pressure.

Mushrooms help reduce estrogen in the body and they contain natural aromatase inhibitors that keep the body from producing too much estrogen.



Always make sure you heat the mushrooms for 5 minutes to boil off the toxic hydrazine.

I use these every day myself.

Chop white button mushrooms fine, like in a food processor, and heat in a hot skillet with the fan on so they release their liquid and most of it can boil off.

There are things in the mushrooms (hydrazine) that you want to boil into the air and they are toxic.

When you heat the mushrooms for 5 minutes over a medium flame, they will release liquid and steam and the hydrazine boils off. Then add water cover and simmer for 2 hours.

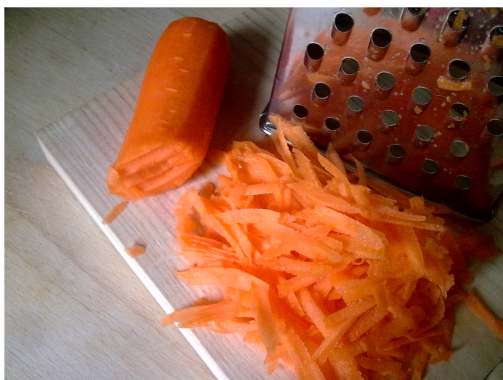
You should have a soup that is mostly mushrooms with a little water. I put them in eggs, or on potatoes. I add salt, thyme,

and Mexican oregano at this stage (when I add the water and let simmer), and it is DELICIOUS.

Crunchy Carrot Salad

Carrots have an ability to absorb bad stuff in your gut that is nearly miraculous. They provide important non-digestible fiber. So they are great for both your gut and your liver.

As a bonus, I also find that many men also get better sexual performance when they eat a carrot salad every day.



Note: The carrots must be RAW. Cooked carrots do not work at all.

Dosage: Every day eat 1 raw grated carrot with some coconut oil or less than a teaspoon of olive oil, salt, and vinegar on an empty stomach.

Dosage: Start with a teaspoon and work up to a few tablespoons of this, so you consume 1 pound of white button mushrooms in about 5 to 10 days total.

Fruit and Fruit Juice

Eat plenty of ripe fruit and drink fruit juice. Aim for 1 quart of orange juice a day.

Dairy Products

Eat lots of dairy including low fat milk and hard cheese. If you are going to eat yogurt, Greek yogurt is a very good choice.

Drink Coffee

Drink lots of coffee with milk and sugar.

Other Beverages

Avoid drinking lots of water. Instead, I drink mostly juice, milk, and coffee.

Most People Can Lower Their Blood Pressure On Their Own

I've found that these interventions are highly effective for most people and that most people can lower their blood pressure on their own when they pay attention to diet and supplements.

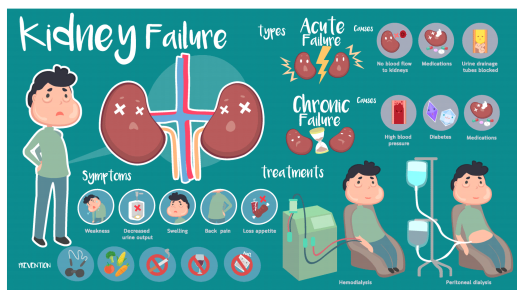
Chapter Thirteen

Ending Kidney Disease



Buster, still working in an auto shop at 100-years-old as of this photo. Many people mistake him for a man 30 or 40 years younger, and that's the way he likes it! <https://healthyto120.com/optin/flex/ct-cmg-nv> Retrieved 5-22-2024

Chronic kidney disease can also be known as chronic kidney failure, and it involves losing function in your kidneys gradually over time.



Your kidneys are extremely important to the function of your body. They are waste filters and remove excess fluids. If you have advanced kidney disease you can experience dangerous levels of build up of electrolytes and fluid in your system.

One of the biggest dangers of kidney disease is that it can present without symptoms at the beginning. You may not even know you have it.

According to the Mayo Clinic, symptoms of kidney disease include:

- Nausea
- Vomiting
- Loss of appetite
- Fatigue and weakness
- Sleep problems

- Urinating more or less
- Decreased mental sharpness
- Muscle cramps
- Swelling of the feet and ankles
- Dry, itchy skin
- High blood pressure (hypertension) that's difficult to control
- Shortness of breath, if fluid builds up in the lungs
- Chest pain, if fluid builds up around the lining of the heart

But because your kidneys can make up for function that's been lost, you may not know you have problems with your kidneys until damage has already occurred.

Kidney disease can occur because of genetic predisposition, kidney infections, or kidney injury. It can also occur in conjunction with several diseases including type 1 and type 2 diabetes.

Disclaimer: Kidney disease is serious and has the potential to cause death. If you suspect that you are having problems with your kidneys or know that you have kidney disease, always seek treatment from your doctor. Never go off of any kidney treatment without consulting with your doctor.

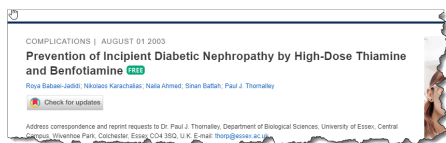
The information that is provided here is for informational purposes only. While I do everything in my power to present accurate risk information and present you with safe options, everyone's body is different and you proceed with using this information at your own risk.

What I Would Do for Kidney Disease

While kidney disease is very serious, there are several things you can try at home that can help to improve your kidney function.

Thiamine or Benfotiamine

There is evidence that thiamine or benfotiamine can stop the development of kidney disease in people who have diabetes. I also believe it will help with kidney disease that already exists.



Thiamine HCl - Water Soluble

The first thing to try is thiamine. You can take twice a day. You can take up to 500mg per dose. Thiamine HCl is also known as B1. This is the water soluble kind.

Thiamine helps to lower cortisol levels.

Important Note: You can take the thiamine HCl (water soluble) with benfotiamine or you can try them one at a time.

Benfotiamine - Fat Soluble

You can sprinkle (another fat soluble version of B1) on foods - about 700mg once a day.



Niacinamide

KIDNEY RESEARCH AND CLINICAL PRACTICE

<http://krp.kim.org>

Kidney Res Clin Pract. 2013 Mar; 32(1): 1-2.
Published online 2013 Feb 8. doi: [10.1016/j.krcp.2013.02.001](https://doi.org/10.1016/j.krcp.2013.02.001)

PMCID: PMC4716114
PMID: 23689431

Niacin in patients with chronic kidney disease: Is it effective and safe?

Chao-Whae Eak*

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Chronic kidney disease (CKD) is a world wide health problem. Cases of early-stage CKD are now reaching epidemic proportions. Only recently has CKD become a major priority of care for the health system. The decline in renal function in CKD is mediated by arterial hypertension, glomerular capillary hypertension and hyperfiltration, oxidative stress, inflammation, and lipid disorders. CKD itself results in profound abnormalities in lipid metabolism and atherogenic lipid profile changes. The association between CKD and atherogenesis is well established. The use of statins in CKD patients has been shown to be effective in reducing cardiovascular morbidity and mortality. However, the use of statins in CKD patients is still controversial. The use of statins in CKD patients is still controversial. The use of statins in CKD patients is still controversial.

Niacinamide can promote healthier kidney function in people who have compromised kidneys. Note, this is NOT niacin, which can cause a flush and is not good. Niacinamide causes no flush, and is the natural form found in the body.

In conclusion, recent experimental and clinical studies, including that of Kang et al, suggest that niacin and its metabolites nicotinamide could be used to treat hyperlipidemia and to lower phosphate levels in patients with CKD.

The study refers to nicotinamide. That is the same thing as niacinamide. It's just referred to by a different name in the UK. Remember, niacinamide works just like niacin, but doesn't cause flushing.

When you are taking thiamine you also want to take niacinamide or B6 P5P. It's important to balance your B vitamins so that your liver continues to process them properly.

Niacinamide is NOT the same thing as niacin, make sure you get the right product. and doesn't cause the flushing the niacin can cause. You can order

Or you can take once per day instead of the niacinamide.

Taurine

You can try 3mg of taurine a day. When you take taurine you do want to be careful of the source you use and make sure that what you are using is pure.



I use taurine made in Japan that is very, very clean.

DHT

DHT can help improve kidney function by supporting your male hormones.

The problem is that DHT is blamed for enlarged prostates and baldness, both of which are myths, so you can only get DHT legally by prescription in many places including the United States.

That means if you buy it offshore it's VERY illegal in many places, including the United States, so you do that at your own risk.

Legally you can get a prescription and either get it as Andrac-tim which is a 10% cream or have a compounding pharmacy make the DHT up in MCT oil and ethanol.



You can also get it illegally (it is VERY illegal in the US - a schedule 3 illegal substance) and mix your own in MCT oil and ethanol. You can, but it may not be the safest thing in the world and it's definitely not legal to get it this way.

You want to take 1 to 2mg a day applied to your belly button.

Progest E + DHEA

- DHEA
 - 5mg
- Progest-E
 - 1 – 5 drops
- Weigh the DHEA powder out on a milligram scale and mix it with the Progest-E. Rub it into your back daily.

The Bottom Line on Kidney Disease

These are unconventional treatments for kidney disease, but they are supported by studies. If you have kidney disease be sure to be under doctor supervision, and if you have a doctor that you can work with on these remedies then that's even better.

Chapter Fourteen

How To Fix Eye Problems Without Expensive Medical Interventions



Rosie is a 101-year-old man in this picture living on his own in Arizona. <https://healthyto120.com/optin/flex/ct-cmg-nv> Retrieved 5-22-2024

I believe that maintaining good eye health is critical to overall wellness.

As we age, it's important to take proactive steps to prevent age-related eye issues, such as glaucoma, cataracts, and macular degeneration. Unfortunately, most doctors just focus on treating symptoms and not the underlying causes of common eye problems.

That's why I focus on addressing the underlying causes of eye degeneration to prevent further damage.

If you have eye problems like glaucoma, macular degeneration, diabetic retinopathy, or retinitis pigmentosa, you should make sure that you are seeing your doctor. However, doctors are limited in what they can do. When it comes to most medical care - including eye care for these diseases - doctors treat the symptoms and not the actual underlying causes of the disease.

Eye doctors are important, but they treat eyes like an isolated system in your body when they are really a part of the entire system.

Glaucoma

When it comes to glaucoma, all eye doctors really can do is control the intraocular pressure through the use of eye drops. The problem is that even with IOP controlled, your eyes can still degenerate if you have glaucoma. I'm not saying to just let your IOP go crazy. You should see a doctor if you have glaucoma.

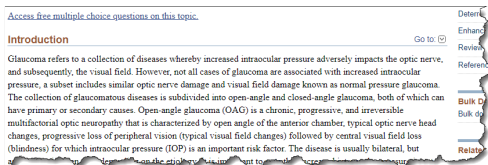
What I am saying is that you can take a more holistic approach than just using drops alone.

When treating glaucoma, it's also a really good idea to get a tonometer to check the intraocular pressures between doctor visits. That way you know that what you are doing is working.



Having a tonometer at home can help you track your eye pressure between doctor visits.

There are two types of glaucoma - closed angle and open angle. Open angle glaucoma is the most common type of glaucoma. This type starts with peripheral vision loss and moves on to center vision loss over time.



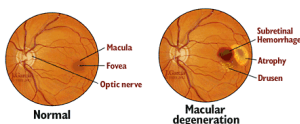
Closed angle glaucoma can damage your eyes very quickly. With closed angle glaucoma there can be an explosive episode where over a few days you lose a lot of your vision. The pressure

can go from 18, 19, or 20, up to 50 or 60 extremely quickly. When it comes to your eyes it's a very good idea to get glaucoma screenings on a regular basis in order to catch it before high IOP threaten your vision.

Macular Degeneration

Doctors don't really know why people get macular degeneration, but it is a common problem that happens with aging. I'll address how I would handle macular degeneration in a bit.

Age-Related Macular Degeneration Definition



Age-related macular degeneration is the most common cause of severe loss of eyesight among people 50 and older. Only the center of vision is affected with this disease. It is important to realize that people rarely go blind from it.

Diabetic Retinopathy

Diabetic retinopathy can cause vision loss and blindness. If you have diabetes it's extremely important to get regular vision screenings. Early detection can help you address the issue and maintain your vision.

Cataracts

Cataracts are when your lens clouds up. There are some normal lens coloring that occurs as you age, but cataracts are different. There are lots of cataract surgeries done all the time. There is lots of money to be made in cataract surgery. These surgeries are usually quite successful, but they don't address underlying problems.

But there are complications with cataracts. When you have cataracts you can also have brain deterioration. What we are going to go over in this chapter will address both the cataracts and the underlying brain problems that can go with them. Cataracts are caused by high cortisol and serotonin levels in your body.



This can be from drugs like prednisone or inhaled corticosteroids or it can be from having a body system that runs on high cortisol and low testosterone. Having high cortisol and low testosterone is a very common problem and also causes things like:

- Leaky gut
- Fatty liver
- Low metabolic rate
- Loss of sugar burning

- Hypoglycemic episodes
- Type 2 diabetes

Much of the cornea does not have a blood supply, so it depends on our tears and aqueous humor (a fluid behind the cornea) to continually sweep the cornea, oxygenating it and removing bacteria.

As we age, this cleansing and tearing mechanism doesn't work as efficiently, and stress hormones and inflammatory hormones (especially serotonin) accumulate. The serotonin eventually causes cataracts. They reduce the supply of oxygen to the lens and it becomes opaque.

Doctors will recommend surgery, but it's much better to avoid that. There actually are several new eye drops that will lower serotonin levels on the surface of the eye and either postpone or completely eliminate the need for cataract surgery.

Aspirin for Cataracts

One thing that really helps prevent cataract formation is a daily full-strength adult aspirin tablet. Use my aspirin protocol and be sure to check with your doctor that this is okay for you.

Many people use baby aspirins, which are about 86mg. A full-strength adult aspirin is 325mg, and it can help you put off the need for cataract surgery for as much as 10 years.

Aspirin has many other benefits as well, especially when you take it using my aspirin protocol.

Aspirin Protocol

Aspirin can be easily called a miracle substance. Aspirin will lower cortisol, as well as serotonin a bit, and does a great job at raising normal body temperatures so that your body goes into an uncoupling state and burns off food much, much faster.

IMPORTANT NOTE: Aspirin is a blood thinner. If you're on a blood thinner like coumadin or any other blood thinner DON'T take aspirin. It can be deadly to combine the two.

Aspirin protocol

While some people tolerate aspirin quite well, many people experience stomach bleeding. By using the following protocol, you increase your chances of tolerance by a lot.

Ingredients:

- 3 aspirin tablets -- Gericare is what I use. Amazon sells another brand that has only aspirin and corn starch. You don't want aspirin tablets loaded with excipients including carnauba wax, corn starch, hypromellose, powdered cellulose, titanium oxide, and more. All quite bad for us. Just use an aspirin that contains only aspirin and corn starch. Animal aspirin powder can be used instead and usually contains only aspirin. Check eBay if you can't find it in your area.
- Baking soda
- Ascorbic acid powder - Quali-Ch has low heavy metals

and is what I use

- Great Lakes collagen
- Niacinamide powder
- K2 MK4

Step 1: Take 3 aspirin 2 to 3 times a day. The aspirin you take should be strictly cornstarch and aspirin tablets. Never take coated “enteric” aspirin or aspirin that has additives. It should be JUST aspirin and cornstarch, and the cornstarch will often not be listed on the label.

Step 2: Add a dash of water to a cup and put the aspirin in, it will get soft and you can mush it up.

Step 3. Add a little baking soda or magnesium carbonate to the cup and a teaspoon of ascorbic acid powder (ascorbic acid powder is optional).

Step 4. Add very hot water and stir in a tablespoon of Great Lakes Collagen

Step 5. Let cool, add a pinch (and just a pinch) of niacinamide powder, stir, and drink

Step 6. Take right after, but separately. You can take it orally 5mg to 15mg or add pure MK4 to a little MCT or coconut oil and rub on your skin.

Step 7. Drink as much coffee as you’d like -- it works well with aspirin.

Eye Drops Help Tremendously with Cataracts

The other way to prevent or postpone cataract surgery is to use eye drops made from N-Acetylcarnosine (NAC). NAC is an inexpensive supplement, and there are several companies that make it available in eye drop format so you can apply it to your eyes.

The company that has been responsible for the most research on the benefits of NAC as a cataract treatment is Can-CTM, but there are many other brands now and they are probably all equally good.

And if you are close to needing cataract surgery, this may dissolve the cataracts

If NAC eye drops don't provide you with enough relief, you may want to try lanosterol drops, which are available under the brand name Lanomax®. These are not marketed for human use yet, only for dogs. But a doctor can prescribe them for you.

Here's one report from an Amazon reviewer:

"I have a 13 year old 5 lb poodle, Charlie. He kept running into furniture, etc. that was to his left. He has (had) a very cloudy left eye and the right eye starting to become more cloudy. Cataracts. So I bought [Lanomax] on April 21, 2017 ... Started right away and kept in [the] fridge ... There were many reviews on other products about \$\$ being lost because drops come out too fast. Not this one, easy to control drop release. So we used 1 time a day (product instructions say 3, but budget said WHOA!). Results are amazing. Charlie is not running into anything, his right eye is

almost clear and [in his] left eye the cataract has become much smaller ... Very glad this product is finally back. It is worth its weight in “Lanosterol” the active ingredient. This product does not irritate the eyes. I tried it on myself to test irritability and it is gentle.”

So I would recommend the daily aspirin if your doctor agrees that it's a good idea.

I would use the NAC eye drops if I've started to develop eye issues of any kind at all.

And I would use the Lanomax if I was developing cataracts (only with my doctor's prescription of course.)

[nature](#) > [letters](#) > [article](#)

[Letter](#) | [Published: 22 July 2015](#)

Lanosterol reverses protein aggregation in cataracts

[Ling Zhao](#), [Xiang-Jun Chen](#), [Jie Zhu](#), [Yi-Bu Xi](#), [Yu-Ying Li](#), [Chen-Hu Hong](#), [Cuixiang Shentian](#), [H. Ping](#), [Xin Jin](#)

[Dorel Lito](#), [Francesc Wu](#), [Ken Ragg](#), [Huihui Cai](#), [Geli Li](#), [Guohua Cao](#), [Ying Lin](#), [Daniel Chen](#), [Chen Chdu](#), [Wen Christopher Chang](#), [Yandong Wang](#), [Austin Gao](#), [Lanli Jie](#), [Wenliu Wang](#), [Xun Zhu](#), [Kang Zhang](#) 

[* Show authors](#)

[Nature](#) **523**, 607–611 (2015) | [Cite this article](#)

 A corrigendum to this article was published on 26 August 2015

Abstract



Editors:

Lanost:

In a study
formation
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The Eye Rescue Cocktail

If I had any of the eye conditions that are related to aging – open or closed glaucoma, cataracts, macular degeneration or diabetic retinopathy – I would see my doctor and follow this eye rescue cocktail to help address the underlying conditions, and not just treat the symptoms.

Oral Eye Rescue Cocktail

You can mix this together in juice and take it with food.

Niacinamide

250mg 3 times a day

For bad cases, increase to 500mg 3 times a day after 4 weeks

Thiamine HCl

500mg 3 times a day the first week

Then reduce the dose to 500mg a day

Allithiamine

50mg 3 times a day for the first week

Then reduce to 50mg per day

Magnesium

You want to get 150 to 250mg of magnesium. Spread over 3 doses a day.

I recommend magnesium threonate because it tends not to cause digestive issues, but you can take other cheaper forms as well.

Topical Eye Rescue Cocktail

To use, mix up the ingredients in 1.3 ounces of water (40 ML), put a VERY clean spoon into the mixture, stir the mixture then

gently rub it in around the temples and eyes 4 to 6 times per day. Refrigerate to prevent mold. Never use your fingers or anything potentially dirty in the mixture.

Ingredients: Niacinamide: 3g, Thiamine HCL 3g, Progesterone 300 mg

How Liver Can Help Eyesight

I'm telling all my friends and family about this One Crazy Superfood that has the power to help restore men's eyesight...

...it may help prevent cataracts, reduce the need for reading glasses and improve night vision in the liver.

I've talked about liver, how you want to have maybe 4 ounces every 2 weeks or every 10 days.

The liver should be the calf's liver or lamb's liver, not chicken liver, because the calf's and lamb's liver is much healthier for you... and it should smell and taste fresh, not gamey.

You can cook it by putting salt and pepper on it, and then sautéing it in coconut oil or butter on the stove, but cooked so it's still pink inside.

Then let it cool.

Sometimes I put this medium-rare cooked liver into the food processor with 1 tablespoon of brandy or other liquor (rum works well too), a raw garlic clove, half a raw onion, and more salt and more butter, and I grind it up fine and then scrape out and refrigerate.

This makes a wonderful pâté.

One caution: Liver has a lot of iron so to prevent it from being absorbed, drink coffee with your liver, and also drink a cup of purple grape juice.

These two liquids help inhibit excessive iron absorption.

And you find that if you put that in your diet over a few months, your eyesight may begin to improve and it will help your health in so many other ways.

Chapter Fifteen

Strong Bones, Weak
Bones, and How the
Medical World is
Causing Low Bone
Mass



Al Blaschke who is 104-years-old in this picture, still riding for miles every day and swimming in mountain streams...

<https://dunyanews.tv/en/WorldNews/567222-103-year-old-man-Guinness-record-world-oldest-tandem-sky-dive> Retrieved 5-22-2024

A lot of men are experiencing classic hardening of the arteries and even penile fibrosis.

And they're wondering what they can do about it.

They're asking their doctors for help. But the help they're getting only makes things worse. Doctors are reluctant to prescribe calcium.

It's because there's often already too much calcium in the arteries and penile chambers.

The thought is that more calcium would make this calcium buildup happen faster. That adding more calcium worsens the clogging and hardening of the arteries even more.

I have long felt that this is not the case.

The body has huge stores of calcium. Of course, most calcium is in the bones.

Whether the calcium goes into the bones, or goes out of the bones and into the tissues, depends upon many things.

When you have calcium in your tissues, it means that your body is taking that calcium out of your bones.

That's not a good thing.

This chapter shows how extra calcium and other vitamins and minerals in your diet can actually lower and remove calcium from tissue and put it back in the bones and teeth!

Move Calcium Out of Your Arteries, Penis and Other Organs, and Into Your Teeth and Bones

Of course, Big Pharma doesn't like this because they have a lot of treatments, medications, and other costly solutions to take all of your money, even if the cure will kill you – when all you need is calcium and simple vitamins/minerals.

A long and healthy life is much more about the right lifestyle rather than how many dangerous drugs you are taking. Big Pharma wants us to spend outlandishly on fancy drugs and other treatments, rather than on preventing health issues in the first place. This is a big problem.

Let's begin with an explanation of calciphylaxis.

What is Calciphylaxis? And Why This is Confusing

Calciphylaxis is also known as calcific uremic arteriolopathy.

Calciphylaxis is **a build-up of calcium and phosphate in the body**. It causes chalky deposits to form in the small blood vessels. This can cause a narrowing of blood vessels, which reduces blood supply to the body's organs, such as the heart, soft tissues (including penis), and skin.

J Clin Aesthet Dermatol. 2008 Jul; 1(2): 38-41.	PMCID: PMC2989826
	PMID: 21103322
Calciphylaxis A Review	
Avani Bhambri, MD and James Q. Del Rosso, DO, FAOCD	
Jerry Tan, MD, Section Editor, Sanjay Bhambri, DO, Resident Section Editor, and Joshua Zeichner, MD, Resident Section Editor	
Source: https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2989826/	

It's very unhealthy (even causing death) and often associated with chronic kidney disease. It may cause damage to the organs, as well as skin wounds that are slow to heal and may become infected.

Calciphylaxis tends to happen on the thighs, abdomen, buttocks, lower legs, breasts, or **penis**, but may occur anywhere in the body.

Known causes include:

“Excess aluminum greater than 25ng/mL confers a four-fold increased risk and is thought to play a role in the pathogenesis of calciphylaxis. Diabetes, obesity, corticosteroid use, immunosuppres-

sive drugs, warfarin use, female sex, and protein C or S deficiency have been reported as risk factors for the development of calciphylaxis... Additionally, obesity confers a four-fold increased risk for calciphylaxis.”

Here’s a conundrum: since calciphylaxis is associated with the buildup of calcium, you would naturally think that less calcium in your diet is the first thing you need to do. But you’d probably be wrong. Most of the time, it is NOT excess calcium causing it to deposit in organs and tissues. You need plenty of calcium, but...

It belongs in calcium-rich parts of your body like teeth and bones. Calcium doesn’t belong in most of your organs. In many cases, you actually need more calcium combined with specific vitamins and other minerals.

“Autoimmune disease or inflammatory disease... may put patients at an increased risk for developing calciphylaxis.”

So... calcium build-up in the wrong parts of the body can be from otherwise unrelated problems, like autoimmune disease and inflammation – two diseases associated with age and bad diet.

What we also know is that dating back since the 1960s, well-known endogenous agents trigger soft-tissue calcification

(calciophylaxis), including estrogen, serotonin, and parathyroid hormone (PTH).

These are popular agents that Big Pharma and even public health authorities spend billions to advertise every year.

Of course, we don't want all of the problems associated with calciophylaxis. Instead, we are interested in anacalciophylaxis – reversing aging by controlling calcium (or reversed calciophylaxis).

“The key is to prevent patients with known risk factors from developing calciophylaxis.

For example, controlling blood sugars in a diabetic patient and monitoring calciumphosphate homeostasis is imperative.”

An early diagnosis of calciophylaxis often comes from a blood test showing an imbalance of calcium, phosphate, and PTH, and a high level of a marker in the blood known as C-reactive protein (CRP).

Improving calcium-phosphorus homeostasis is key to early prevention.

Reverse Aging (maybe) by Stopping Soft Tissue Calcification

During the 1960s, a series of studies were conducted into calciophylaxis that gave answers about how to reverse the process to achieve anacalciphylaxis.

Unfortunately, because these scientific answers did nothing to fatten the pockets of Big Pharma, today's doctors are not aware of these studies.

Vitamin E, anabolic / catatoxic steroids, egg yolks stop soft tissue calcification and (maybe) even aging

December 30, 2019 by haidut

Source: <http://haidut.me/?p=817>

In fact, the causes of calciophylaxis that these studies found are many of the same chemical compounds that Big Pharma is spending billions of advertising dollars on today.

“...Calciophylaxis is not just a sign but the very cause of aging in humans. As such, agents such as estrogen, serotonin, PTH, heavy metals, etc can be considered as primary causes of aging and its associated pathology, and any agents capable of reversing this calciophylaxis (hereby called anacalciphylactic agents) can be thought of as general anti-aging substances.”

“...It is a well known fact that the calcium avidity of soft tissues increases with advancing age. In elderly patients, gross calcification often occurs in the cardiovascular system, cartilaginous structures, tendons, periarticular tissues and cataracts; furthermore, calcareous concretions tend to appear in the pineal gland, prostate, or the urinary passages.”

Other studies in the series conclude that increases in the tissue calcium concentration may actually be the cause of age-related senility.

The solutions coming out of these studies from the 1960s were going in the direction of preserving gonadal function to slow the aging process and soft-tissue calcification.

Among the solutions found was that...

“demonstrate[d] that a high dose (but commonly used by athletes) dosage of (methyl) testosterone can completely prevent these “aging” changes induced by calciophylaxis agent(s).”

Unfortunately, large doses of methyl testosterone have been associated with serious side effects, although lower doses could be beneficiary (but not recommended).

One of the better solutions found is that a large dose of vitamin E (alpha-tocopherol acetate) was also able to fully block calciphylaxis. Vitamin E is also known to protect from the side effects of high-dose anabolic steroids.

This creates options, such as a combination of vitamin E + methyl testosterone as a combination for blocking / reversing systemic soft-tissue calcification and possibly slowing the whole aging process.

However, rather than risk the side effects of methyl testosterone, large doses of vitamin E alone are also anacalciphylactic.

The one side effect of large doses of vitamin E is an increased bleeding risk. This can be easily controlled by taking some vitamin K a few hours before/after the vitamin E regimen.

Even better is that vitamin K (10mg+ daily dose) is also anacalciphylactic. Along with vitamin E it makes a great non-steroidal therapy for soft tissue calcification and potentially aging in general.

Another alternative provided from the studies is eating egg yolks. However, you have to separate the eggs because egg white is a potential calciphylaxis agent.

Estrogen is another known cause of calciphylaxis. This correlates with vitamin E as an anacalciphylaxis because the well-known antisterility effects of vitamin E include it having powerful anti-estrogenic effects.

Other anti-estrogenic agents such as progesterone (P4) should also work.

Vitamin E Increases Testosterone Safely

For male health and vitality, we need optimal levels of testosterone. Science associates low T with obesity, heart disease, impotence, and more that we continue to learn about. Recently, science has discovered that testosterone stimulates dopamine.

And we should have been aware since the 1960s that vitamin E is a powerful anacalciphylaxis working against calcium deposits in organs and soft tissues.

Testosterone may even protect against dementia.

Vitamin E is a fat-soluble vitamin that we often overlook. It protects against oxidative stress – a major cause of aging and cellular damage.

Japanese scientists discovered that vitamin E can boost testosterone levels. Scientists had suspected this for over 100 years.

Effect of vitamin E on function of pituitary-gonadal axis in male rats and human subjects.
Umeda F, Kato S, Miki S, Iwayashi H
Source:
https://www.jstage.jst.go.jp/article/endocrj1954/29/3/29_3_287/_pdf-char/en

“For many years, vitamin E has been considered an anti-sterility factor...and its role in the endocrine system has been expected to be important.”

Back in the 1920s, there was not adequate technology to test for the hormonal effects of vitamin E. But doctors could still see its effects.

“No systematic hormonal study on the role of vitamin E in the endocrine system has been carried out.”

So, these Japanese scientists decided to conduct some studies in rats and in human men. Young rats were assigned to three groups.

The researchers fed them diets that differed by vitamin E content. They raised the rats on diets that were either deficient, sufficient, or supplemented with extra vitamin E.

Rats supplemented with vitamin E ended up with significantly higher levels of testosterone.

“The level of testosterone in the vitamin E supplemented group was significantly greater than that in other groups.”

Luteinizing hormone and follicle-stimulating hormone control testosterone and sperm production. These are important to male fertility.

Rats supplemented with vitamin E had significantly higher levels of luteinizing hormone and follicle-stimulating hormone.

“...Follicle hormone and luteinizing hormone levels in the tissues of vitamin-E-supplemented rats were significantly higher.”

The scientists then performed some experiments with eleven human men between 30 and 69 years old. They supplemented the men with 483mg of vitamin E daily. After two weeks of vitamin E supplementation, testosterone increased in the men.

“Basal testosterone and free testosterone increased in the blood, reaching significant levels at eight weeks.”

By the eighth week, total testosterone went from an average of 416 to an average of 544. Free testosterone increased from an average of 236 to an average of 303.

Vitamin E increases testosterone.

“It was also demonstrated that basal plasma testosterone was increased in normal male subjects following oral vitamin E administration.”

Luteinizing hormone dipped initially in the men supplemented with vitamin E. But then it recovered and was almost back to its peak by week eight.

The results of the study led the scientists to conclude the importance of vitamin E in male health.

“These results suggest that vitamin E may play an important and potent role in hormone production in the pituitary-gonadal axis in humans.”

It seems that the observations from the 1920s were correct. Low testosterone and high estrogen are some of the biggest risks for men.

And these risks increase as we age.

Testosterone can be converted into estrogen by an enzyme called aromatase. It's a double whammy. But a number of things lower aromatase, thus protecting testosterone and lowering estrogen.

Vitamin E is one of the best natural aromatase inhibitors.

Vitamin E is protective for men because it decreases the conversion of testosterone to estrogen. (It's also good for women.)

In recent decades, we have increased our consumption of polyunsaturated fats (PUFAs). In nature, vitamin E usually comes along with polyunsaturated fats.

But the ability of machinery to refine polyunsaturated fats from grains means that we are getting a lot more of these fats – and the processing removes the vitamin E content.

We are getting too much PUFAs and not enough vitamin E. This leads to cellular damage that may be causing low T and infertility.

“Vitamin E is important for its anti-oxidative effect...in particular, its effect on preventing ox-

idation of polyunsaturated fats which are the main component of intracellular membranes.”

Vitamin E prevents cell membranes from the oxidative damage that PUFAs (vegetable oils and fish oils) cause.

You should consult a healthcare professional about treating and diagnosing health problems.

Many men suffer poor erection quality and low libido.

Vitamin K2 Inhibits Estrogen!

I’ve been telling you for quite a long time, the problem has more to do with high estrogen in men than it does low testosterone.

Men in other cultures do extremely well with testosterone rates that the western world considers low. But men in those other cultures have lots of children, plenty of sex, and live a long time.

They also have lower estrogen levels.

The real problem for men these days is that they have too much estrogen.

It’s also the reason why testosterone supplementation so often doesn’t work. Testosterone supplementation is not addressing the real problem. The real problem is that these men usually have extremely high estrogen levels.

In fact, these men often have estrogen levels that are higher than the levels of their wives.

Now, we see some evidence that vitamin K2 helps to lower estrogen levels and is very valuable.

There are studies showing Vitamin K2 inhibits estrogen. But it's very difficult to get enough Vitamin K2 just from your diet.

Importantly, Vitamin K is not the same as vitamin K2.

Vitamin K helps your blood clot and is produced by bacteria in the gut. These bacteria convert the vitamin K into K2.

It's difficult to get a lot of vitamin K2 from food. But cooked green leaf vegetables such as kale and collards have a generous amount of vitamin K. And beef liver has a lot.

If you like Japanese food, you may have tried natto, which most Westerners find pretty nauseating. Natto consists of fermented soybeans and contains a tremendous amount of vitamin K2.

Almost all the good research on vitamin K2 is being done in Japan — possibly because of natto's popularity there.

So now let's get to the first study, which shows how vitamin K2 lowers estrogen levels.

As expected, it is a Japanese study.

Vitamin K2 binds 17beta-hydroxysteroid dehydrogenase 4 and modulates estrogen metabolism.

Otsuka M¹, Kato N, Ichimura T, Abe S, Tanaka Y, Taniguchi H, Hoshida Y, Moriyama M, Wang Y, Shao RX, Narayan D, Muroyama R, Kanai E, Kawabe T, Isobe T, Otsuka M.

¹Department of Gastroenterology, Graduate School of Medicine, University of Tokyo, 7-3-1

Source: <https://www.ncbi.nlm.nih.gov/pubmed/15763078>

Estrogen is a powerful inflammatory hormone.

Extra Calcium May Reverse Hardening of the Arteries

Higher estrogen levels also cause your prostate to enlarge and cause cancers to grow faster. Most men over 50 have some cancer cells already.

Higher estrogen levels simply promote the cancer cell growth and can increase the chances of having tumors.

Vitamin K2 appears to cause estrogen levels to fall.

K2 caused the inhibition of the amount of estrogen receptor alpha-binding to its target DNA.

These results suggest a possible novel role for vitamin K in modulating estrogen function.

So, what should you do now?

Well, you can take vitamin K2 in either MP4 or MK7 types. I highly recommend MK4. I haven't found MK7 to be very useful myself.

You could take anywhere from 1mg to 45mg per day and probably quite a bit more.

45mg a day over three doses of 15mg each is what most of the Japanese studies use.

It is this type of dosage that tends to lower estrogen levels pretty dramatically in the male body.

Women can take vitamin K2 as well — it helps prevent osteoporosis.

You should always take vitamin K2 with some vitamin D3 and calcium.

Vitamin K2 will help the calcium go into the bones and clear the arteries of plaque.

Most importantly, in this study we see that vitamin K2 is a powerful tool for lowering men's estrogen levels.

This is an important aspect of anacalciphylaxis.

And one that most doctors don't understand.

When most doctors find calcium in your organs and tissues, they recommend lowering the amount of calcium in your diet, but...

Doctors are reluctant to prescribe calcium. I have long felt that this is not the case.

The body has huge stores of calcium. Most calcium is in the bones, of course.

This study shows how extra calcium in your diet can actually lower and remove calcium from tissue and put it back in the bones!

In other words, if you're suffering from too much calcium in your arteries and tissues, then take extra calcium.

The extra calcium in your diet may REVERSE the problem.

Effect of oral calcium supplementation on intracellular calcium and plasma renin in men

P Lijnen and V Petrov

The experiment involved 32 healthy men.

Researchers gave some of the men extra calcium.

And they gave other men a placebo that the men believed was calcium. This was a well done double-blind study.

They gave the calcium group 2 grams of calcium per day. This is quite a lot.

One of the most important effects was that the extra calcium sucked out vitamin D3 from their blood.

So if you're going to take extra calcium, you need to make sure to get enough vitamin D3.

Either get a healthy amount of sunlight or take a good supplemental vitamin D3.

There was another effect of calcium — it lowered parathyroid hormone. That's another good thing.

Parathyroid hormone should be lower in a healthy person. It's much higher in an unhealthy person.

Too much parathyroid hormone sucks the calcium out of your bones.

It deposits the leeched calcium in your tissues and arteries. Parathyroid hormone also causes fibrosis in the organs.

So it's good news that calcium lowered parathyroid hormone levels in these men.

And there was one more dramatic effect.

The extra calcium lowered the amount of calcium in the cells and bloodstream.

Rather than raising calcium levels, extra calcium lowered calcium levels in tissues such as the blood platelets.

Exactly what I've been telling men for some time.

Extra calcium led to:

“...A reduction in the intracellular free and total calcium concentration in platelets and erythrocytes.”

If you are going to take supplemental calcium, make sure to discuss it with your doctor first.

And you might want to increase your vitamin D3 and K2 consumption.

These are important vitamins to take when you take extra calcium.

How This Type of Calcium Gets You More

Poontang

New research reveals that calcium has a secret benefit that's very attractive to men (and their girlfriends or wives).

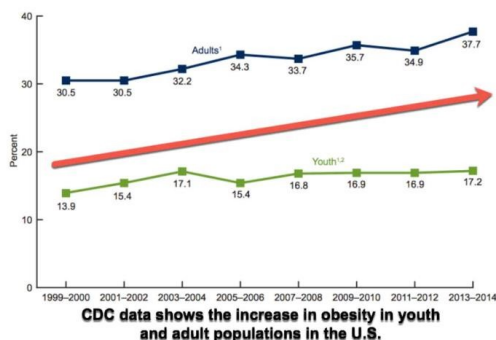
We've been told since grade school that calcium is good for the bones and teeth, but there's another big benefit to calcium we weren't told about...

...and it has to do with the belly flab around our waist.

In our society, caloric intake is increasing.

According to the CDC, women increased their caloric intake by 22% from 1971 to 2000. Men increased their caloric intake by 7% during those same three decades.

CDC statistics also show that obesity is increasing.



In a 14-year period, adult obesity rates climbed from 30% to nearly 38%. Youth obesity rose from 14% to 17% in the same period.

Increased caloric intake might be causing the increase in obesity.

Let's take a look at the effect of calcium on caloric intake and obesity.

Researchers investigated the effects that calcium and protein have on appetite.

Calcium Ingestion Suppresses Appetite and Produces Acute Overcompensation of Energy Intake Independent of Protein in Healthy Adults^{1,2,3}

Javier T Gonzalez^{4,5,*}, Benjamin P Green⁴, Meghan A Brown⁴, Penny LS Rumbold⁴, Louise A Turner⁴, and Emma J Stevenson⁴

⁴Department of Sport, Exercise, and Rehabilitation, Northumbria University, Newcastle-upon-Tyne, United Kingdom; and

⁵Department for Health, University of Bath, Bath, United Kingdom

Source: <http://jn.nutrition.org/content/early/2015/01/14/jn.114.205708>

This was a randomized, double-blind, crossover study with 13 men and 7 women participating.

Each participant was assigned one of four preload diets:

- Just oats
- Calcium (with oats)

- Protein (with oats)
- Calcium and protein (with oats)

The two preload diets containing protein had about 500 kcal more calories than the others diets (approx. 750 vs 1,250).

After the participants ate the preload diet, they ate as much pasta as they wanted until they felt full.

Here is how much pasta they ate, measured in calories:

- 4,100 kcal (after oats)
- 3,500 kcal (after oats and calcium)
- 3,700 kcal (after oats and protein)
- 3,400 kcal (after oats, protein, and calcium)

Remember, with the added protein there was about an extra 500 kcal in the two preload diets.

The lowest total caloric intake was with oats and calcium.

“The addition of calcium, with or without protein, suppresses appetite and energy intake.”

It seems that calcium lowers total caloric intake even more than protein does. Let’s take a look at another study.

Appetite sensations and substrate metabolism at rest, during exercise, and recovery: impact of a high-calcium meal

Javier T. Gonzalez,^a Penny L.S. Rumbold,^b Emma J. Stevenson^a

Source: www.nrcresearchpress.com/doi/abs/10.1139/apnm-2013-0056

These scientists investigated the effect calcium has on appetite.

Nine men participated in this double-blind crossover study. The men had a high carbohydrate breakfast with either low calcium or high calcium.

The scientists based the amount of calcium intake on the body weight of the participants.

For example:

- 80 kg participant – low-calcium breakfast – 240 mg of calcium.
- 80 kg participant – high-calcium breakfast – 720 mg of calcium.

Then the participants ran for an hour. After running, they drank a recovery drink and recorded their level of hunger.

“...immediately following breakfast and every 30 min thereafter, questions were used to determine hunger, fullness, and satisfaction...” The men who ate the high-calcium breakfast reported less hunger over the entire period tested. “Sensation of fullness was 11%–16% greater in the high calcium group...”

In this experiment, simply increasing calcium intake led to less hunger.

That decrease in hunger seems to lead to less caloric intake, as shown in the first study as well.

Could calcium have a role to play in fighting the obesity epidemic? These studies seem to indicate that... And population studies seem to bear this out.

Calcium intake and adiposity^{1,2,3}

Shamik J Parikh and Jack A Yanovski

¹From the Unit on Growth and Obesity, Developmental Endocrinology Branch,
National Institute of Child Health and Development, National Institutes of Health,
Bethesda, MD.

This study by the American Society for Clinical Nutrition reviewed data on dietary calcium intake and body fat.

They found that people aren't eating enough calcium.

"The US Department of Agriculture's survey showed that the average dietary calcium intake in the United States was far below the suggested optimal calcium intake."

Associations between higher calcium and lower obesity were found in many studies.

"Persons with the lowest calcium intakes tended to have the highest body weight."

In animals the same association was found – lower calcium meant higher body fat.

In rats, for example:

"Weight gain and fat were reduced by 29% with the 1.2% calcium diet and by 39% with the 2.4% calcium diet."

It really seems that calcium might prevent obesity, possibly through lowering appetite and caloric intake.

Calcium is regulated by many other nutrients including vitamin D and vitamin K2. These need to be taken into account when increasing calcium intake.

You should consult your doctor before making major lifestyle changes.

Is Higher Calcium Healthy?

One of the hazards of being a man today is that of penile fibrosis, along with general calcification of the arteries.

And there are a lot of studies that show a high correlation between coronary calcification and erectile dysfunction.

Knowing that there's a relationship, it makes sense to find out how to reduce that coronary calcification.

So here's another study showing that taking more calcium may lower the calcium that's in your arteries.

Dietary Calcium and Magnesium Intake and Mortality: A Prospective Study of Men

Joanna Kaluzs; Nicola Orsini; Emily B. Levitan; Anna Brzozowska; Wojciech Roszkowski; Alicja Wolk

Source: <https://academic.oup.com/aje/article/171/7/801/86417/Dietary-Calcium-and-Magnesium-Intake-and-Mortality>

There are good points and bad with every study.

For this study, the good part is that they show what happens with men who have high calcium in their diets versus low calcium. The bad part is that the researchers also pretend to study high and low magnesium. But they don't.

Calcium Intake, mg/daya	Magnesium Intake, mg/dayb							
	<426		426–480			≥481		
	No. of Deaths	HR	95% CI	No. of Deaths	HR	95% CI	No. of Deaths	HR
<1,230	395	1.00		236	1.07	0.90, 1.27	152	0.95
1,230–1,598	272	0.85	0.72, 0.99	307	0.99	0.84, 1.17	183	0.86
≥1,599	222	0.70	0.57, 0.86	288	0.74	0.60, 0.91	303	0.85

High magnesium and high calcium
has lowest death rate

Because the researchers don't study people taking enough magnesium to make a difference.

The difference between the high magnesium group and low magnesium group wasn't very large.

But even with the limited magnesium levels studied, they had some interesting findings.

We'll discuss those in a bit.

We can appreciate this study for its information on calcium, though.

The study showed that the more calcium you consume, the healthier you are.

As I've shown you in the past, higher calcium often helps.

So what does high calcium mean to your health?

Well, it lowers parathyroid hormone.

And we know that lowering parathyroid hormone promotes better health.

Also, higher calcium helps to offset the damage from our high phosphorus diets.

Both meat and grains are very high in phosphorus, but they're low in calcium. But high phosphorus is very hazardous to your health.

So we need additional calcium to oppose all that phosphorus.

As you can see in the next chart, people consuming more than 1599 mg of calcium per day had a "hazard ratio" of 0.70.

That means that they had a chance of dying in a particular period of years equal to 70% of those people who are "normal."

In other words, they had a much better shot at living longer than those who consumed less calcium.

And the people who had high magnesium AND high calcium maintain that lower hazard ratio.

Extra magnesium and calcium can be extremely helpful in living longer and healthier.

This study was done only with men in Sweden, and it's not a bad study — it gives researchers a good place to start.

Other than the fact that they didn't raise magnesium levels that much, the study supports more research into the relationship between calcium and magnesium.

And as far as calcium is concerned, the data is pretty sound.

It indicates that we should be increasing calcium intake.

Doing that will lengthen our life.

Is Your ED From a "Healthy" Low Thyroid Level?

When the calcium level is high in the bloodstream, the thyroid gland releases calcitonin. Calcitonin slows down the activity of the osteoclasts found in bone. This decreases blood calcium levels. When calcium levels decrease, this stimulates the parathyroid gland to release parathyroid hormone.

We also know from a previous article that parathyroid hormone causes fibrosis in the organs.

So let's take a better look at the importance of healthy thyroid function.

You can look at a lot of male problems as endothelial dysfunction.

Endothelial cells are the cells lining the blood vessels, the erection chambers, and the heart.

Endothelial dysfunction is a condition in which the endothelial layer (the inner lining) of the small arteries fails to perform all of its important functions normally. As a result, several bad things can happen to the tissues supplied by those arteries.

They line everything in the body.

Sometimes these cells become inflamed, infected, or injured. This causes widespread inflammation in the body.

This inflammation can have profound consequences.

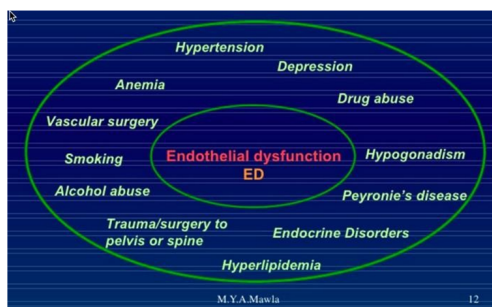
Erectile dysfunction disorder can be one consequence of inflammation.

And the inflammation correlates with higher numbers of people having heart attacks, strokes, and cancer.

So you want your endothelial cells to be tight and healthy.

When they're not, erectile dysfunction is just hypothyroidism symptoms in men.

For example, this chart shows the relationships of many different problems with endothelial dysfunction:



Let's talk about the relationship between endothelial dysfunction and thyroid problems.

Many of us become "clinically hypothyroid" as we age.

And there is a lot of evidence that being clinically hypothyroid means your metabolism is low.

You are more likely to suffer from endothelial dysfunction.

So if you have heart, prostate, or sexual problems, it may be that you are clinically hypothyroid.

Being clinically hypothyroid means that you are low in thyroid, but not low enough to show up in today's blood tests.

Remember, the thyroid is the master regulator of our metabolism.

If our thyroid is low, our body falls back on stress hormones to maintain metabolism.

It relies on hormones such as adrenaline, cortisol, prolactin, and serotonin. These hormones cannot replace a healthy level of thyroid hormone.

But our body uses them to stay alive while we have low thyroid.

It's meant to be a temporary coping mechanism, but it's a chronic issue for people low in thyroid.

Now, the study that I'm discussing today is done with women.

The fact is, unfortunately, men are not studied very often when it comes to thyroid issues. So, we have to use the study of women — but I don't think it makes any difference.

The study results below do include some men. Even though the study says it's for women, about one-third of the subjects were men.

Hypothyroidism Is Associated With Coronary Endothelial Dysfunction in Women

Jasakawat D. Sana, Ming Zhang, Hossain Gharib, Lilach G. Lerman, Amir Lerman

Source: <http://jaha.ahajournals.org/content/4/8/e002225.full>

Like most things, scientists tend to focus either on men or women, rarely both. And men are underrepresented for thyroid.

“Hypothyroid group was significantly older; a higher BMI; a higher proportion of diabetics; and a higher frequency of a history of vascular disease.” The problem today is that doctors use TSH levels as the test for hypothyroidism.

TSH stands for “thyroid stimulating hormone.” It’s not a thyroid hormone.

Instead, it’s a hormone that comes from the pituitary in the brain.

TSH signals the thyroid to produce thyroid hormones but has nothing to do with those thyroid hormones.

However, TSH itself is quite inflammatory and harmful.

And even this study defines hypothyroidism a bit too narrowly. They define normal as TSH from 0.3 to 4.5.

Subclinical hypothyroidism is TSH levels of 4.5 to 10.0.

And then hypothyroidism is defined by TSH of more than 10.0.

However, many other studies show that when TSH levels are above even 1.0 or 2.0, a man may be hypothyroid.

They studied men and women who all had normal T3 and T4 levels.

Elevated thyroid stimulating hormone is associated with elevated cortisol in healthy young men and women

Kimberly N. Walter,¹ Elizabeth J. Corwin,² Jan. Ulbrecht,¹ Laurence M. Demers,^{1,3} Jeanette M. Bennett,¹ Courtney A. Whetzel,¹ and Laura Cousino Klein^{2,3}

¹Department of Biobehavioral Health, 219 Biobehavioral Health Bldg, The Pennsylvania State University, University Park, PA, 16802, USA

²Neil Hodgson Woodruff School of Nursing, Emory University, Atlanta, GA, 30322, USA

³Department of Pathology, H158 Pathology, The M.S. Hershey Medical Center, Hershey, PA, 17033, USA

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3520819/>

These people also had TSH levels that are within the so-called normal range of normal thyroid. But look at this:

TSH levels in the 0.5-10 range were significantly and positively correlated with cortisol levels.

This positive TSH-cortisol relationship was maintained below the accepted 4.5 μ IU/L subclinical hypothyroid cutoff.

High cortisol levels correlate with obesity, diabetes, and internal inflammation.

Clearly, it is better not to have TSH levels that are over even 0.5.

But anyone with a thyroid TSH level of less than 4.5 is considered normal.

However, we can clearly see that it is quite possible that people with TSH levels over 0.5 to 4.5 will have issues.

They are experiencing endothelial dysfunction.

And heightened cortisol levels are a defense against this in the body.

But medical science claims this TSH level is normal.

It seems probable that we need to find better ways to treat subclinical hypothyroidism.

A better treatment can lead to less heart disease, erectile dysfunction, penile fibrosis, and diabetes.

Is It True? Can Teeth Fix Themselves While You Sleep?

You can make your teeth white and healthy while you sleep, and improve your calcium deposits, by doing this.

Your teeth can make your life miserable with pain and having to carefully plan what you can eat.

But they can put your life in danger by virtue of bacteria buildup pouring toxins into your bloodstream.

Those toxins eventually migrate to your heart valve.

So whatever is good for your teeth is good for your body. I've published many articles about dental hygiene that you can do on your own.

But here I'm talking about a study that shows a connection between low thyroid function and having lots of cavities.

And this is not the only study that has made that connection. Fixing your thyroid can help prevent further cavities.

The effect of impaired thyroid function upon salivary gland
histochemistry in the rat
Kronman J.H. - Spinale J.J.
Department of Orthodontics, Tufts University School of Dental Medicine, Boston, Mass., USA

The rats were divided up into groups: normal males, normal females, and rats treated to suppress their thyroid function.

The rats that had low thyroid function had much worse tooth decay than the other rats.

Why? Apparently, it was because their salivary glands were affected by low thyroid.

Salivary glands are very important for dental health, because when you sleep, your saliva re-mineralizes your teeth and supports tooth health.

If you don't create enough saliva, your teeth will decay. This is what happened to the rats with suppressed thyroid function.

There are two important hormones produced by glands in your neck.

One is the thyroid hormone which controls your metabolic rate. The other is parathyroid.

The parathyroid secretes a hormone called parathyroid hormone, and this sucks the calcium out of your bones and out of your teeth.

The effect of hypothyroidism on caries incidence in adult rats having functioning parathyroid glands.

Schroeder LC

Source: www.ncbi.nlm.nih.gov/pubmed/1054857

In this study, they retained the parathyroid but remove the thyroid glands in rats.

They found that the rats that had a functioning parathyroid gland ended up with bad tooth decay.

So now we know: If your thyroid isn't functioning at its full capacity, your parathyroid hormone rate will be too high.

And that means that you'll lose mass from your bones and from your teeth. And tooth decay will probably follow.

Your doctor is not going to understand this.

Western medicine is not picking up on this.

Low thyroid hypothyroidism or subclinical hypothyroidism
– doctors don't get it. You won't be diagnosed properly.

Effect of milk on caries incidence and bacterial composition of dental plaque in the rat

E.C. Reynolds, I.H. Johnson

Department of Conservative Dentistry, University of Melbourne, Melbourne, Australia

But for your tooth decay, this is a simple fix! And kind of "duh."

Drink more milk. Something in milk prevents cavities. It's not working on the bacteria, so you still have to keep your teeth clean, but it does help.

Always talk to your doctor before changing your lifestyle, diet, exercise, sexual, and medication habits.

What to Do Now

- Calcium build-up in the wrong parts of the body can be from otherwise unrelated problems, like autoimmune disease and inflammation – two diseases associated with age and bad diet.
- Well-known endogenous agents trigger soft tissue calcification (calciophylaxis) including estrogen, serotonin, and parathyroid hormone (PTH).
- Anacalciphylaxis (or reversed calciophylaxis) can reverse aging by controlling calcium. Improving calcium-phosphorus homeostasis is key to early prevention.
- One of the better solutions is a large dose of vitamin E that fully blocks calciophylaxis.
- The bleeding risk side effect of high vitamin E doses is easily controlled by taking some vitamin K a few hours before/after the vitamin E regimen. Vitamin K (10mg+ daily dose) is also anacalciphylaxis.
- An alternative is eating egg yolks. However, you have to separate the eggs because egg white is a potential calciophylaxis agent.
- Estrogen is another cause of calciophylaxis. But vitamin E has powerful anti-estrogenic effects.
- Other anti-estrogenic agents such as progesterone (P4)

should also work.

- An added bonus is that scientists discovered that vitamin E can also boost testosterone levels. The combination opposes many of the health challenges associated with calciphylaxis.
- We are getting too much PUFAs and not enough vitamin E.
- And you need vitamin K3. Cooked green leaf vegetables such as kale and collards have a generous amount of vitamin K. And beef liver has a lot.
- You can also take vitamin K2 in either MP4 or MK7 types. I highly recommend MK4. Anywhere from 1mg to 45mg per day and probably quite a bit more. I haven't found MK7 to be very useful.
- You should always take vitamin K2 with some vitamin D3 and some calcium.
- If you're suffering from too much calcium in your arteries and tissues take extra calcium. The extra calcium in your diet may REVERSE the problem. If you're going to take extra calcium, you need to make sure to get enough vitamin D3.
- Calcium might prevent obesity, possibly through lowering appetite and caloric intake.

- Higher calcium lowers parathyroid hormone. It also helps to offset the damage from our high phosphorus diets. Both meat and grains are very high in phosphorus, but they're low in calcium.
- Drinking more milk increases calcium, prevents cavities, and counteracts a too-high parathyroid hormone rate.

Whether younger or a little older, men with too little calcium report a less than satisfying sex life. Sometimes the fixes to our health problems are easier than we realized, but make life so much more worth living.

Citations:

<https://www.ncbi.nlm.nih.gov/books/NBK441887/#:~:text=Open%2Dangle%20glaucoma%20is%20a,by%20central%20visual%20field%20loss>

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Chapter Sixteen

You Have Far More Control Over Your Health Than You Think



Jiroemon Kimura pictured at 115. Published a pamphlet at 105 called: "Looking back at my happy 105 years"

I want to leave you with a word of encouragement. You have far more control over both your health and your longevity than you think.

We are trained by the medical profession to take pills that treat symptoms, but don't do anything to treat the causes of the problem.

And while I am always going to tell you to listen to your doctor, I'm also going to tell you that I've seen people heal the underlying causes of the symptoms that they were on meds for. I've also seen many men work with their doctors to get off of unnecessary medications. □

If you want to live a healthier, happier life with more sex then you very likely can. But you have to work for it. You have to decide every day that you have the power to make your life better and then take small steps to make it better. It doesn't have to happen all at once. Small steps can have a serious compounding effect.□

But the choice is yours. You can take the information in this book and do nothing or you can start now with your favorite chapter and take one small step a week or a month. Whatever works for you.

I think you'll be amazed at the difference you can make in your own life by doing this. It really can be incredible.

And don't forget to begin your Transformations that we have put together — interactive on line classes you can take in manageable bite-sized pieces, getting help from me and my team as you progress.

And as I tell people I meet — I will see you at 120!!

Warmly,

Matt Cook, Health Researcher□

A handwritten signature in blue ink that reads "Matt Cook". The script is fluid and cursive, with the first letters of "Matt" and "Cook" being capitalized and prominent.

Chapter Seventeen

Introduction

My name is Matt Cook and you may not have ever heard of me, but I've been a health researcher for about 25 years.□

I've spent most of my adult career either recovering from disease and problems or researching how to become healthier and live longer. I was cursed with terrible health problems from birth and I wouldn't even be here with this book if I hadn't become a healthier person. It was becoming a health researcher that led me to discovering what I can only call a cure for my incurable disease. And now I have a completely new life.

I was told I wasn't going to live until I was 50 and now I'm looking forward to living to age 120.



So everything you are about to read has come from actual studies that me and my team review on a daily basis...and also the work I do with my subscribers, such as yourself.

At this point I want to thank my...

700,000 Subscribers

You wouldn't think that I would be any kind of Guru, but I have over 700,000 subscribers to my newsletter and I've had over 70,000 men go through my various protocols and programs.□

Everything I'm sharing in this book comes from research that has been ignored – I think on purpose – by the medical establishment. What I present in this book comes from applying that research to come up with simple protocols and ideas that are often profound solutions to health issues. Often these health issues are treated just as a collection of symptoms instead of treating the underlying cause.

The Big Problem with Western Medicine

In fact, if you look at the state of medical care in the United States and in the Western world it's really all about selling drugs

and expensive treatments and getting the insurance companies or the government to pay for these treatments until somebody gets sick and dies.

We can almost pictures ourselves as victims to the slaughter. But it didn't used to be this way. I know because my father was a physician. And my father-in-law as a physician as well. And in the old days physicians were more like scientists. They were always trying things and experimenting and if you go back and look at the studies and literature from before 1970 most of those studies were done by physicians.

These weren't career researchers. They were physicians with patients who were trying things that did or didn't work and reporting the results. You don't find that with doctors today.

Most doctors today work for large companies and corporations that give them quotas and goals to meet. They have to treat so many patients per hour, per day, per month, and per year. They have to bring in so much revenue and billings. Many times they get bonuses and extra money for prescribing specific drugs and treatments to their patients.

The entire system is designed to have nothing to do with disease and everything to do with just making money from drugs and treatments to patients. Honestly it makes me really mad.

I think that's a terrible shame.

And one of the reasons that we got into this predicament is that the government got heavily involved in everything to do with

health care and health research. The Big Pharma companies took everything over and they pretty much run the FDA with something that's called regulatory capture.

Everything they do is designed to try to keep people away from inexpensive nutritional supplements and simple recommendations because those would compete with these very expensive drugs. Of course, that would ruin these drug companies' business. So, they use government power to keep people like me from working with people like you.

The other big problem with this approach has been the dramatic specialization that's happened in medical care where you can practically go to a doctor that can work on your left toe, but not your right toe. This is what's called siloization – or the building of separate silos for each individual specialty.

Honestly, it's kind of insane.

Let's look at the ear, nose, and throat doctor for example. There are all kinds of problems in the body that can cause someone to have chronic sinus infections, chronic allergies, esophageal or throat pain. These causes can all happen below the neck.

They don't have anything to do with the sinuses or the throat or the nose. They have to do with the entire body.

The reality is that overall health influences what goes on in your ears, nose, and throat almost as much or more than anything else and yet the doctor who treats the ear, nose, and throat doesn't know anything about the overall body and how to maintain your body.

For example, the ear, nose, and throat guy is NEVER going to take your temperature and talk to you about thyroid or talk to you about improving your gut biome. He might even be a great doctor if he did that, but the rules that he has to follow mean that if he does he could lose his license if he does.

Why Doctors Won't Tell You The Whole Truth

Doctors have a straight jacket that they are bound by. It's called the standard of care. And this tells the doctor exactly what she has to do and also what is forbidden in any given health situation.

So, if your doctor came up with a new way of treating the ears, nose, and throat with thyroid or something else she could be hauled in front of her medical board and lose her license.

And doctors can't afford to lose their licenses. They (like all of us) have to feed their families and pay their mortgages. So your doctor is VERY UNLIKELY to buck the system.

And in fact, most doctors are selected for their compliance and ability to follow rules. They are not Mavericks or free-thinkers in any way, shape, or form. Doctors are basically following a program that AI could follow these days.

And you might not know this, but in some medical fields, like cancer, you are going to be treated according to a giant computer software program that is updated by the largest cancer centers in the United States on a routine basis.

But anything at all that falls outside of what that computer program says will never be talked about by your doctor. And that is ridiculous because I've found many things that have the potential to fix cancer and other diseases that you will just never hear about.

That's because your doctor will NEVER propose anything that will cause him to lose his license.

This Is Why You're Stuck

So if you have a health condition that is not well treated by Western medicine you are probably really stuck.

That's why I wrote this book.

I want to give you just some of my protocols and systems that I WISH I had known about 40 years ago. I'm doing this in the hopes that you can work with your doctor or that you can find a medical professional that will listen to you that you can work with.

The goal is the same. It's to help you so your doctor takes you off of medications because you just don't need them anymore.

How Being Healthy Relates To Sex

In this introduction, I also want to say a couple of words about my journey. I've had a remarkable journey around sex and true

sexual fulfillment and it's impacted the way I think about health dramatically.

I strongly believe that for men sex is a barometer of their overall health. Men who have the ability to have and maintain a hard erection for a period of time and have sensation in their penis and also who can have intercourse for a good amount of time are usually quite healthy.

When I started this journey, I had complete erectile dysfunction. That's one of the things that led me to first offer solutions around sex, because I found some ways of restoring good erections from men that hadn't had good erections in the past but who had figured it out.

Understanding how to restore my own erections is really what led me to be a health researcher in the first place.

And as I researched I realized that there were many men who needed help not only with erections, but also in other areas like diabetes, blood pressure, arthritis, acid reflux, and so many other things that can have a significant impact on sex and sexual function.

I Focus on Men

Another thing that you need to know about my work is that I focus on men in my research and my solutions.

Now most of my protocols will work for women as well. My colleague, Heather uses many of them with great success.

But I do specialize in working with men. It makes it a lot easier and I talk a lot about sex in my work because men are very interested in sex and we can motivate behavior and make a lot of positive health changes because we want a better sex life.

Good sex also leads to much happier relationships between couples, so I talk a lot about that and why that's true.

My Controversial Research Project

I've been working on a unique research project for some time. This research project is related to where I decided to go when I realized I wasn't going to die at age 50. With all the work I had been doing back in 2005 I ended up throwing away all these medications I was taking.

I don't advise you to do that, but that's what I did. I completely went to no medications whatsoever. No more sprays. No more pills. No more prednisone. No more anything like that.

And remarkably, I was able to function beautifully. I didn't have to go to the emergency room, or call the doctor urgently. I was FINE and that's because of the things I learned and the things that I was doing.

So, after that I started setting my sites on how I can live to age 80 or 90, I had a discussion with someone that completely changed my whole life. Have you ever heard maybe just a couple of lines of conversation and had it shift the entire way you thought about something?

This person asked me how long I wanted to live and I replied that I wanted to live until I was 90. And the person I was talking to said why don't you add a few decades to that because by the time we reach 90, there's going to be new advances. Why not set your sights on 110 to 120?

So, I thought, wow that's a great idea and I started to change my entire outlook in order to have a very long-term outlook on my life and to start to live my life as a man who's living to age 120.

Now I'm a little more than half that right now. But I've been on this journey for quite a while and as I have been my health and my sex life has improved by leaps and bounds. I feel like I'm on the right track.

Finally, everything that I learn and discover I actually try myself first and then if it works out then I share it with some of my people that I like to call "Matt's Guinea Pigs" and I present it to folks in what I call my weekly experiments.

In these I talk about all the latest things that I'm trying out with my guinea pigs and if it works over a number of months, I'll put it in a transformation. A transformation is an online class that you take at your leisure a few minutes a day or a few minutes a week. These transformations have the potential to transform your sex life and your health.

A Quick Note About How to Read This Book — Read Any Chapter

I've written this book so that each chapter can stand alone.

You can either read straight through or go to the chapter that is most relevant to you and read that one by itself. Pick and choose what you need! This book is all about you and seeing you have a healthy and successful life!

Abundant Sex and Great Health Await

I also want to say congratulations for picking up this book. It's a REALLY big deal to me that you are getting this book and that you are taking action on your life. This is the first step toward a life where you can potentially have abundant sex and great health. I can hardly wait for you to read it! Let me know what you think.

Chapter Eighteen

Exercising without workouts

In this edition of Healthy to 120, I wanted to rewrite everything with what I've learned in the 4 years since the last edition. And I wanted to address exercise more thoroughly. In the future update I'll be elaborating on this topic a lot more but here are a few useful thoughts for you.

Men who live to age 100, 110 or 120 generally are not working out. There are exceptions but not as many as you think.

I recall Buster Martin who lived to 104. He had a full time job detailing cars, and he ran marathons starting in his mid 90s¹. Martin would not work out, but would run half or full marathons. I think he was active in his work, and this activity kept his body in good shape so he could run.

1. <https://www.bbc.com/news/uk-england-london-130680>



Buster Martin began running marathons at age 94, and never worked out or went to the gym. Photo: <https://piximus.net/media/24031/pierre-jean-quotbust-erquot-martin-7.jpg> retrieved 23-May 2024

There is a mania today around exercise and yet, surprisingly, there is very little data showing that too much physical exertion is healthy for us.

Sometimes animal studies are better than people studies when it comes to studying things like exercise. Because someone who is more affluent, smarter, and has a longer lifespan will often exercise, so it isn't clear if exercise is the cause, or effect, of a long life.

In one mouse study, mice who were active had longer healthspans. But not longer life. They stayed healthy longer before dying from old age, but they did not extend their life.² This is not the only study that shows how exercise makes us healthier but does not extend our life.

What is not healthy is sitting around. People who sit around end up much less healthy. They may not live to 95 or 100 at all, and the part of their life where they are old is much worse for them.³

One of the problems with exercise is that it is stressful on the body. Vigorous exercise done for a long time raises stress hormones such as cortisol, and lower testosterone dramatically.⁴ It takes 4 days to recover testosterone rates. By then, the man is exercising again, and his body is not ready for this.

I especially find that men who work out 3 or 4 times a week have significantly worse health problems. They may become addicted to this activity, in the sense that they are compulsive

2. <https://link.springer.com/content/pdf/10.1186/2046-2395-2-14.pdf>

3. <https://journals.physiology.org/doi/full/10.1152/japplphysiol.00420.2011>

4. <https://link.springer.com/article/10.1007/s00421-016-3406-y>

about it, but their body is slowly deteriorating under the heavy load.

The best exercise is being active, and occasionally lifting weights.⁵ Occasional weight lifting should use heavy poundages and relatively low reps, consistent with your fitness level and ability to resist injury.

Try this 5 minute workout for longevity

My favorite weight lifting is using the shrug bar, or trap bar, as you can load it with heavy poundages and use it the way you would do squats, but without as much risk of injury.



Shrug bar or trap bar.

*Photo: <https://www.walmart.com/ip/OTB50-Olympic-Shrug-Bar/23445912>,
retrieved 23-May 2024*

Start by warming up with some light running. Then do some low poundages warmups, then some medium and then a few at maximum poundages before failure.

This along with an exercise like dips or chin-ups, or bench presses, is enough to stimulate muscle growth and prevent bone and muscle loss.

You will become sore and you should not work out again until you have fully recovered. This may take 7 – 10 days. But meanwhile, in maybe 5 or 10 minutes of weight lifting 7 – 10 days apart, you will be gaining metabolic advantage and will become stronger and your libido will increase.

Being active will propel you to happy and healthy old age

Activity such as walking around, a bit of running for a minute or two, just having fun, gardening and enjoying life on your two feet...this is what supports very long life.

There seems to be a fetish for step count these days with everyone having a tracker watch.

There is no evidence for 10,000 steps a day being ideal. Men who have some moderate exercise in the form of fast walking for 20 minutes a day, and who walk at their leisure at some points during the remainder of the day, seem to live the longest.⁶

The key is to be active during the day, and enjoy your life, while doing occasional bouts of more moderately vigorous exercise to raise your heart rate and metabolic rate somewhat.

Instead, men seem to believe "no pain, no gain," which could not be more wrong.

Overdoing exercise is certain to cause injury.

I find that men often get injured as they try to overdo it in middle and old age the way they did in their youth. So-called athletes, men who have a self-image of being super athletic, are usually men with a long history of blown-out knees, bad hips, surgeries and lengthy rehabilitations.

No thanks. Not for me. I want to live to age 120 and not spend time in traction.

6. <https://onlinelibrary.wiley.com/doi/full/10.1111/j.1447-0594.2010.00589.x>

My step brother is my age, but he has had two knees replaced, a hip replaced, and has constant joint pain and is limited in his ability to even play a leisurely game of baseball. He can hit but he can no longer run.

Oxygen saved my life, in the form of training my body to increase carbon dioxide.

I call it the Oxygen Remedy and I discuss it in an upcoming chapter. Increasing carbon dioxide is one of the most important reasons being active is so beneficial.

It seems that very old people who are living well have higher carbon dioxide levels, and these higher CO₂ levels mean that more oxygen reaches their tissues.⁷

When I walk or do the occasional sprint, I am always building up air hunger, and nose breathing. If you are mouth breathing during exercise, you are cheating yourself and making your health worse. Slow down and nose breathe until you can build up to higher levels of activity while keeping your mouth closed.

The fat burning lie

One huge lie that you hear everywhere is that you should exercise to burn fat. Nothing is worse than this fat burning lie.

The body can burn fat, or sugar, but not both at the same time, basically.

7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC36364>

There is always some background burning of fat, but as we age, we lose the ability to burn sugar and we become fat burners. We dump our fat into our bloodstream, which I call blood fat, instead of burning sugar the way we did when we were young.⁸

The problem with fat burning is that when we burn fat, our body creates more fat, in a process called lipogenesis. And we can often make more fat than we burn.⁹

Rather than try to burn fat, we are far better off trying to burn sugar. We do that with a high carb, low fat diet, and with supplements that can lower the body's deployment of fat. We kick start our body into burning sugar again.

This prevents diabetes. And it creates massively better feelings of wellbeing and health.

The problem with being fat as we age is that we are burning more of that fat, instead of burning sugar the way we did when we were young.¹⁰ Burning fat results in far less energy, and releases more free radicals for a given unit of energy.

8. <https://ascpt.onlinelibrary.wiley.com/doi/abs/10.1038/clpt.1994.125>

9. <https://www.frontiersin.org/journals/physiology/articles/10.3389/fphys.2020.575363/full>

10. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6457058/>

A good way to prevent fat burning is to drink something sugary before exercise. Juice is good, or a piece of fruit. This can lower cortisol during exercise.

Post workout, I think chocolate milk is very beneficial¹¹. You want to stop the high cortisol and begin to reverse the muscle wastage that goes on after a workout, and chocolate milk is an ideal beverage to do that.

11. <https://cdnsiencepub.com/doi/abs/10.1139/h09-104>