

# BOOK TWO : THE SEXUAL FITNESS DIET

Ignite Sex Drive, Boost Stamina & Increase Sexual Strength!



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## The Low Testosterone Remedy

This is book two of a seven part series designed to teach YOU how to maximize your **Male-Force** using entirely natural methods.

In this second course, we delve into the specifics of **The Sexual Fitness Diet**.

To get the most out of this material...watch both videos in their entirety first, then read the Q&A below to find answers to any questions you may have.

Once you've gotten the information down, I suggest that you dive in head first and follow this eating plan *exactly* as described for a *minimum* of 30 days.

Do this and I guarantee you, you will be hooked for life!

**Let's get started...**

## Questions and Answers:

### What do I eat on this diet?

The base of the diet is high quality meats, eggs, cruciferous vegetables, fruits and milk.

### Why is this diet anabolic?

The saturated fat and cholesterol found in meats, eggs and milk act as building blocks of the steroid hormones.



These foods are high in minerals essential for optimal hormone production, such as zinc, phosphorus and selenium.

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This diet also provides high levels of fat soluble vitamins your body uses to manufacture male hormones, such as A, D, and K.

The indoles found in the cruciferous vegetables eliminate excess estrogen's from your body, leading to a more optimal testosterone / estrogen ratio.

And finally, milk is used in nature to build muscle, bone and cartilage quickly to increase an infants chances of survival in nature.



This anabolic action is fueled primarily by the fast and slow acting proteins in the milk.

Whey protein has fast digestion and absorption rate which spikes the anabolic hormone insulin, leading to accelerated protein synthesis and rapid muscle growth.

Slower burning casein protein is anti-catabolic which means it aids in preventing muscle breakdown.

Combined, these two proteins are the ultimate anabolic cocktail that will work wonders in your body, especially in the hours directly after exercise.

## I'm allergic to milk, what should I do?

If you are lactose intolerant, there are enzymes you can take that will help you break down and digest the lactose. Check the resources section at the end of this ebook for more information.

If you have a classic milk allergy, casein is the likely culprit. In this case use **undenatured** whey protein isolate as a milk substitute.

Undenatured whey is processed at lower temperatures than typical powdered whey

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protein.

The lower temperature preserves the fragile, but powerful, biologically active proteins, lactoferrin, and immunoglobulins in whey, and provides many of the same anabolic benefits as raw milk without the allergy issues.

Check the resources section for my recommendations.

## How do I stick with the plan while traveling?

Steak, lamb, pork, chicken and salad are your friends while on the road. Quality milk and organic fruits can always be found at local natural markets.

It takes a little more planning and discipline to get it right while on the road, but you can make it work with a little effort.

## Won't all this saturated fat and cholesterol clog up my arteries?

1. Normal Artery



The problem with the clogged artery theory is, we have several societies that consume extremely high levels of saturated fat and cholesterol, yet their arteries remain shockingly clear.

The Masai in Kenya and Tanzania are pastoralists who live primarily on whole cow's milk, butter, meat and blood. The cows they herd produce milk that contains almost twice the saturated fat content of the typical cow in the US.

Yet despite all their saturated fat and cholesterol consumption, electrocardiogram readings show virtually no signs of heart disease in these people.

**But...**

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When British researchers monitored a group of Masai men who moved and began consuming a more modern diet, they discovered that their cholesterol and heart disease markers had skyrocketed.

Modern research is finally beginning to shift the blame where it truly belongs...on hydrogenated oils, trans fats, high fructose corn syrup, refined, high glycemic carbohydrates, and unstable polyunsaturated oils such as soy, corn and safflower.

The take home message here is, do not fear the natural foods that man has been consuming for multiple thousands of years. Fear the modern foods he has recently added to his diet, because these are the true culprits behind our current heart disease epidemic.

## **Won't I get bored eating these foods day in and day out?**

Boredom only arrives when you are eating when you're not really hungry.

If you exercise hard on a regular basis, and only eat when you've built up a true appetite, you'll go after this food with gusto at every meal.

## **How much milk should I drink?**

Anywhere from a quart to a gallon a day depending on your goals. If you're overweight, shoot for about a quart a day after you exercise.

If you're underweight or are a hard gainer, shoot for a gallon a day to increase muscle synthesis, and lean mass accumulation.

If you're obese, pass on the milk until you start moving toward your ideal weight.



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**Why do you recommend a two hour fast after exercise when most experts recommend re-feeding within the hour?**

It all comes down to your primary goal.

If you're an athlete competing at a high level, you will want to replenish glycogen stores within an hour of exercising so you can continue to compete, day after day at that very high level a period.

On the other hand, if your primary goal is anabolic hormone release, you need to pass on the quick re-feeding in order to maximize post exercise hormone production.

Remember, any rise in blood glucose will blunt this post exercise hormone release, so always do the fast unless you have plans to run a marathon or something similar the following day.

## **What about alcohol?**

Alcohol in moderation is fine, although I do recommend that you avoid consumption of beer made with hops due to it's potent estrogenic activity.

Wine can be a decent choice, although it does suppress hormones in some men. If you do drink it pay close attention to your sex drive the following day.



Hard cider made from apples and pears has many of the same health benefits as wine, without the hormone suppression.

This is the alcoholic drink I'd recommend most, especially for long time beer drinkers. (better for the hormones, but packaged up in 12 ounces bottles just like a beer)

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Distilled spirits are an option as well, with pure vodka making the top of the list.

Just keep in mind, it's much easier to overdo it with the hard stuff so play with caution, as a binge can suppress testosterone production for a week or more.

## Won't I have food cravings?

If you've been addicted to highly processed chemical laden foods, loaded with flavor enhancers, refined sugars and salt, there will be a withdrawal period.

Your cravings for these foods will be quite strong for approximately two weeks and will last even longer if you give into temptation.



To prevent yourself from falling off the wagon, I recommend that you remove all the garbage food from your environment.

This means you throw the pies, cakes, cookies, chips, donuts, white bread and other junk foods in the trash.

If you're addicted to these foods and severely overweight, this one move will ensure that you will lose at least 15 pounds of excess water weight in 7 to 10 days.

Once you get past this two week withdrawal period, the cravings will check out for good.

## I thought whole grain wheat was good for you, so why isn't it part of the diet?

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99.99 percent of your genetic blueprint was formed during the Paleolithic era over a period of 2 million years.

Wheat was introduced into our diet 10,000 years ago for some, and as recently as 300 years ago for others. (think Samoan's & American Indians who suffer greatly when they consume wheat).

This means that for approximately 97% of our human existence, we consumed no wheat based foods whatsoever...an important fact which leads us to our first major problem with this food item.

A consumer of refined wheat today can easily eat 400 grams or more of carbohydrates in a single 12 hour period.

But post modern humans would have found this proposition almost impossible (occasional bee hive raids aside).

This means our bodies are not equipped for the massive carbohydrate load provided by 1 pound plates of pasta or half a loaf of whole grain bread.



## **But this isn't the only problem with wheat....**

Almost every plant in nature has defenses in place to protect them from predators who'd like to eat them.

These toxins come in the form of lectins and phytates that inhibit nutrient absorption and attack the lining of your gut, leading to leaky gut syndrome, allergies, bloating, gas, indigestion, diarrhea, colon cancer and more.

Combine that with the fact that a large majority of you are going to be highly allergic to



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gluten, the protein fraction in wheat.

Studies have shown that 30 percent of the population has wheat antigliadin antibodies in their stools, a clear sign that the body is allergic to this wheat protein.

Continue to eat it daily like most people do and you'll be an autoimmune disaster waiting to happen....

And by autoimmune I mean development of Chron's Disease, Rheumatoid Arthritis, Lupus, Psoriasis, Multiple sclerosis, Celiac Disease and more.

Digest all this information and you'll understand why I strongly believe that eliminating wheat from your diet is one of the best health moves you could ever make.

**OK, I can dump the wheat but cannot eliminate all grains entirely, what would you recommend as a replacement?**

White rice is your best bet as it is very low in anti-nutrients so most people tolerate it very well.

Just remember it has a very low nutrition density, so it should never be relied on as a staple in your diet. Use it as an occasional side dish and you should be fine.



**Is this a low carb diet?**

No, this diet provides adequate levels of carbohydrates but not an excess that will lead to health problems down the road.

The goal with this plan is to replenish glycogen stores (carbs stored in the muscle and liver used for quick bursts of energy) after intense exercise.

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What we don't want to do is flood the body with an excess of carbohydrates that will spill over into the blood stream to be stored as body fat.

**Here's the best way to look at this...**

You earn the right to eat carbohydrates by exercising at high intensity levels, because those carbs will be used by your body to replenish glycogen stores burned during your exercise routines.



Your job is to nail down this energy balance "sweet spot" so you keep glycogen stores adequately full without consuming an excess of carbohydrates.

If you follow the diet advice in this course and exercise with intensity three times a week, all this will all happen by default.

**Where do the carbohydrates come from in this diet?**

Primarily from the milk, fruits and rice (if you decide to eat it).

**Aside from the anabolic action what other benefits can I expect from this diet?**

First off, you'll notice an immediate improvement in energy and mental focus.

Your food allergies and hay fever will diminish or disappear altogether.

Indigestion and heartburn will fade, gas and bloating will disappear, and if you're overweight, you'll lose 15 to 20 pounds in seven to ten days.

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Much of this will be water but body fat will be included in the mix.

You're appetite will begin to regulate itself as you step away from the wild blood sugar swings you experienced daily on your old eating plan.

This may lead to periods where you accidentally skip meals or fail to eat or even think about food for 4 or more hours at a time.

Men with excessively pale skin will see some healthy color return, and rashes, acne, psoriasis and eczema will all fade.

Achy joints, chronic sinus infections, wheezing, itchy and watery eyes should all become a thing of the past as well.

And finally, if you normally get extremely tired after eating, followed up by a strong sense of impending doom, you're in for a surprise.

The fatigue and dark cloud hanging over your head will both disappear once you remove the offending foods from your diet.



## **I need to lose weight. Should I diet or restrict calories while on the plan?**

No, dieting is probably what got you where you are in the first place. Eat to fullness at every meal and never starve yourself.

This eating plan, especially when combined with intense exercise is designed to fire up your metabolism so you burn through all the calories you consume.

Always remember...if you're overweight your metabolism has definitely slowed down and limiting food will only slow it down further.

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For proof of this fact, think of all the overweight people you know who starve themselves constantly but can't seem to ever drop any weight.

Juxtapose these individuals with the skinny people you know who can pack the food away by the pound without ever gaining a single ounce.

What you want is the metabolism of the skinny guy who burns through his food and this plan here is designed to give you just that.

**How long do I have to stay on this diet?**

This isn't a diet, it's a way of life. If you'd like to live your life in supreme health, you'll stay with it for the duration of your time here on earth.



## Resources:

[Undenatured Whey Protein Isolate](#)

[Enzymes For Men With Lactose Intolerance](#)

[Raw Milk Providers-Listed State By State](#)