

10 Steps To Powerful Male Libido

Your Guide To A Permanent High Libido Lifestyle

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Introduction

This guide is an annexe to the ***10 Steps To Powerful Male Libido*** program which you have downloaded.

The idea of having this bonus guide is to make it **easier** and **faster** for you to refer back to your natural libido improvement plan.

You may refer to the following action tables in order to gain time and skip straight to the most important parts.

You are encouraged to refer back to this action guide regularly in order to make the guide work for you and achieve the fastest and most effective results.

1. Supplements That Boost Male Libido

ACTION PLAN

1. Find a local quality health store or search online for decent supplements from a reputable reseller
2. Purchase 5-7 of the following supplements:
 - Ginseng
 - Tribulus
 - L-Arginine
 - Muira Pauma
 - Horny Goat Weed (Epimedium)
 - Tongkat Ali
 - Yohimbe
 - Shilajit
 - Catuaba
 - Maca
 - Ginkgo Biloba
 - Deer Antler Velvet
 - Mucuna Pruriens
 - Zinc
3. You will eventually realize that some supplements are more effective than others, in which case try out different ones or different brands until you settle on your best mix.
4. Follow the supplement cycling plans and considering alternating between the 2 and mixing before your reach optimal results:

Plan 1

Day Of The Week	Supplement
Monday	Ginseng
Tuesday	Tongkat Ali
Wednesday	Horny Goat Weed
Thursday	Maca
Friday	Ginkgo Biloba
Saturday	Yohimbe
Sunday	DAY OFF – liver detox day

Plan 2

Day Of The Week	Supplement
Monday	Muiru Pauma
Tuesday	Deer Antler Velvet
Wednesday	Shilajit
Thursday	Catuaba
Friday	Tribulus
Saturday	L-Arginine
Sunday	DAY off – liver detox day

5. If your budget is tight, then consider just 3 different supplements and vary between the following plans:

Optional Plan 1

Day Of The Week	Supplement
Monday	Tribulus
Tuesday	
Wednesday	Zinc
Thursday	
Friday	Ginseng
Saturday	
Sunday	DAY off – liver detox day

Optional Plan 2

Day Of The Week	Supplement
Monday	Tongkat Ali
Tuesday	
Wednesday	Ginkgo Biloba
Thursday	
Friday	Horny Goat Weed
Saturday	
Sunday	DAY off – liver detox day

2. How To Eat For High Libido

ACTION PLAN

1. Take care to eliminate the following from your diet as from this very instant:

- Desserts
- Sweets
- Biscuits
- Cakes
- White bread
- White pasta
- Fast food
- Any salty snacks
- French fries
- Any soda
- Pre-prepared and processed food (microwave meals, frozen pizzas)
- Pizza
- Snack bars
- Sugar in drinks (tea, coffee, chocolate)
- Snack bars
- Milk chocolate
- Beer
- Excessive soy and tofu
- Breakfast cereals

2. Include more of the following foods as from today:

- Broccoli
- Cauliflower
- Eggs
- Nuts (pumpkin seeds, pine nuts, almonds)

- Asparagus
- Water melon
- Fish
- Bananas
- Avocados
- Figs
- Celery
- Oysters
- Strawberries
- Beef steak
- Cauliflower
- Sprouts

3. In general, aim to reduce your intake of carbohydrates, sugars and processed food

4. Aim to increase your intake of cruciferous vegetables, fruit and fish as well as the above

3. High Libido Exercise

ACTION PLAN

1. Plan a structured work out 3 times per week on alternate days and use the following as a basis for your exercise routine:

STEP 1: Warm up on the treadmill or exercise bike (5 minutes)

STEP 2: 1 set of each of the following exercises (7 minutes total):

- ✚ Bench Press
- ✚ Triceps Press
- ✚ Biceps Curl
- ✚ Leg Press (Squat)
- ✚ Lat Pulldown
- ✚ Hamstring Curl
- ✚ Crunches

STEP 3: Exercise bike at intensity from moderate to hard level (5 minutes)

STEP 4: 1 set to failure of the following exercises (7 minutes total):

- ✚ Lat Pull down
- ✚ Bench Press
- ✚ Biceps Curl
- ✚ Triceps Extension
- ✚ Seated Row
- ✚ Leg Extension
- ✚ Biceps Curl

STEP 5: High intensity rowing machine (5 minutes)

STEP 6: 1 set to failure of the following exercises (7 minutes total):

- ✚ Chest Press
- ✚ Hamstring Curl
- ✚ Triceps Press
- ✚ Leg Extension
- ✚ Biceps Curl
- ✚ Lat Pull down
- ✚ Crunches

STEP 7: High intensity step machine (5 minutes)

STEP 8: Warm down on treadmill (5 minutes)

2. Have a rest day following each workout day and take a brisk walk or a bike ride outside during the daytime on this day

4. Penile Exercises For Boosting Libido

ACTION PLAN

1. Follow the Kegel workout plan as follows:
 - Flex your PC muscles and hold for 5 seconds
 - Repeat this exercise 10 times in a row then stop
 - Repeat the set of 10 reps 5 times a day
 - Rest on 3 days of the week (eg. Monday, Wednesday, Saturday)
2. You should feel your PC muscles become stronger over time and after 10 days of working out, in which case you can increase your intensity:
 - Flex your PC muscles and hold for 10-15 seconds
 - Repeat this exercise 15 times in a row then stop
 - Repeat the set of 15 reps 10 times a day
 - Rest on 3 days of the week (eg. Monday, Wednesday, Saturday)
3. Perform the 3 minute flaccid penile massage on a daily basis in a warm shower. Massage gently from your perineum (behind the testicles) towards the base of the penis and under the testicles. Move to the base of the penis and work to improve blood circulation. End the shower with colder water.
4. Perform the erection massage at least 3 times per week. Practice edging (refraining from ejaculation) and follow up immediately with penile massage around the perineum and base of the penis. Massage the blood flow towards the end of the penis. Repeat this exercise 4 times when refraining from ejaculation.

5. Ejaculation Edging To Increase Libido

ACTION PLAN

1. Optimize ejaculation frequency to every 2.5 days or so (less if you are past 45 years old, occasionally more often if you are under 30 years old)
2. Avoid using pornographic images or videos for stimulation
3. Stimulate yourself slowly and take your time to breathe
4. Refrain from ejaculating several times per edging session by flexing PC muscles and breathing deeply
5. Take time before ejaculation, always more than 20 minutes
6. Be sure to ejaculate sometimes but never too fast and never too often

6. Deep Sleep For Increasing Libido

ACTION PLAN

1. Perform regular exercise and go outside in the fresh air as often as possible
2. Eat at least 3 hours before sleeping
3. Have a relaxing routine in the 60 minutes before sleeping
4. Avoid bright lights and screens before sleeping
5. Avoid disturbing films of TV and heavy discussions
6. Have an excellent pillow that supports your neck for sleep
7. Avoid caffeine and stimulants found in tea, soda, and coffee
8. Buy an eye mask to block out light while sleeping
9. Breathe deeply and empty your mind of thoughts before sleep
10. Avoid music with fast tempo later at night

7. Alcohol, Smoking And Drugs For Libido

ACTION PLAN

1. Review your medicine cabinet and check for: hair loss drugs, hypertension drugs, blood pressure treatment, low cholesterol treatment, anti-depressants
2. Check for evidence of side effects (search on Google) and decide whether you can give up medication that may be causing you problems with it
3. Before giving up any treatment, discuss with your doctor or find a doctor who can give you a second opinion and alternative treatments
4. If you take marijuana, MDMA, cocaine, heroin, crack, crystal meth, amphetamines or other party drugs, then stop taking them
5. If you drink alcohol then reduce your consumption of beer and spirits and stick to drinking more red wine
6. If you smoke then give up smoking from today

8. Testosterone-Boosting Lifestyle Habits

ACTION PLAN

1. Walk, run or cycle outside every day for at least 20 minutes when the sun is in the sky, preferably around midday
2. Eat outside or near a window when possible
3. Work near to a window in your office or home to be exposed to sunlight
4. Use only natural and organic soap, toothpaste and creams
5. Avoid excessive contact with plastics and cleaning detergents
6. Use a reverse-osmosis water filter instead of tap and bottled filter water
7. Keep the testicles cool by wearing loose underwear
8. At the end of your shower, sauna or bath, run cool water on your testicles
9. Don't take hot baths too often

9. Detoxing The Body For A High Libido

ACTION PLAN

1. Reduce alcohol consumption to help the liver rid to your body of toxins
2. Eat more raw vegetables wherever possible to free up resources to process junk from your digestive system
3. Drink at least 2 litres of filtered water per day
4. Undertake intense exercise plans along with regular walking and swimming
5. Consider taking milk thistle extract, artichoke extract and black radish for promoting liver detoxification

10. Mental Confidence For A Strong Libido

ACTION PLAN

1. Relax twice per day for 15-20 minutes, breathe deeply and end your mind of thoughts
2. When relaxed, see yourself as a confident, virile man
3. When masturbating, create images of yourself as a high-performing lover, having long-lasting sex with hard and durable erections
4. Before sleeping every night, create a strong mental image of yourself with hard erections, relaxed and confident in lovemaking
5. Prevent negative thoughts by consciously replacing them with positive thoughts
6. During sex try to relax, smile and tell yourself you have hard erections and are capable of lasting longer and pleasuring your partner
7. Smile and make it easy to laugh regularly with friends
8. When you feel stressed, take a break and do something different
9. Avoid watching pornography
10. Consider a self-hypnosis MP3 download for relaxing and improving sexual confidence

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