



Peak Erectile Strength Diet

Lee Myer

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Did you know that how you eat has a major impact on your sex life and your erections? And did you know that you can dramatically improve your erectile strength very quickly through food, drink and simple lifestyle changes? There are many foods and drinks that boost Nitric Oxide output, the stuff of erections, and repair the veins and arteries that supply blood to the penis. This book summarizes the latest studies that show practical dietary changes that can boost blood flow to ALL areas of the body and even significantly lower blood pressure. NOTE: New updated and greatly expanded version now available with a large section that covers additional foods, drinks and combinations of supplements that have worked very well for some men on the Peak Testosterone Forum. The author is Lee Myer, creator of the popular men's web site, Peak Testosterone.

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