

RUDE VITALITY

Improve Your **Blood Flow** & Maximise **Circulation** While **Strengthening & Cleaning** Your Arteries...

Good circulation and blood flow is one of the most important aspects for your health, fitness and longevity. Not only will it help you avoid a heart attack or stroke, but you'll also look and feel younger.

Your blood contains oxygen which gives life to every cell in your body. Proteins that help repair and grow muscle, hair, skin, organs, bones etc – also contains anti-aging hormones, enzymes, nutrients and everything you need to live, grow, heal and thrive!

1 Eat Better

What you put, or don't put in your body effects your hormones and blood flow, which directly effects your ability to get and maintain an erection.

Eat more healthy fats; such as coconut oil, avocados, macadamia nut and extra virgin olive oil.

Eat whole eggs. Just by adding healthy fats to your diet will produce more testosterone levels, which means higher sex drive and better erections.

#2 Exercise Better

Don't do any stressful cardio such as long distance running, jogging, biking etc as it increases your stress hormone cortisol and lowers your testosterone. 10 to 15 mins max of high intensity cardio.

Much better option is go for a brisk 20-30 min walk 3-4 times weekly. Lift weights 3-4 times a week for a maximum of 45 mins each.

#3 Sleep Better

1 extra hour of sleep = about +15% increase in testosterone.

#4 Lose Fat

Your fat cells produce estrogen so the higher your body fat the more estrogen your body has which tells your testicles to produce less testosterone. Over time the estrogen replaces your testosterone.

#5 Take Supplements

Modern foods are completely lacking in essential vitamins, minerals and plant extracts, so you need to replenish these essential nutrients by taking certain ingredients that will increase your positive male hormones such as testosterone. Decrease negative female hormones such as estrogens, progesterone and prolactin. Will also reduce stress hormones such as cortisol.

By taking these specific nutrients not only will you feel and look better, healthier and younger – but your performance in the bedroom will dramatically improve as will the fullness and size of your penis.

#6 Kegal Exercises

Numerous studies have proven that Kegal exercises improve erections. In one study of men ages 20 and older, 40 percent kicked ED completely by performing Kegels for six months. Another 35.5 percent significantly improved their symptoms. Works for over 75% of men.

In addition, another study found 82 percent of men who had suffered with lifelong premature ejaculation increased their latency time after just 12 weeks of Kegels.

#7 Quick Cheats

Stop Smoking – if you smoke regular then all the above will be of little effect. Read Allen Carr's Easy Way To Stop Smoking or replace smoking using a quality e-cig.

Keep Active – 90% of people reading this will not be joining their local gym to bust out 45 min weight training sessions 3-4 times a week... yet. So start by walking & aim to build up to 100 push ups daily. Push ups are one of the best all over body workout.

5 a day – Eat Veg & fruit regularly, frozen veg is fine.

Boost nitric oxide levels – Ingredients that boost nitric oxide levels improve blood flow and circulation. You can achieve good nitric oxide results by eating leafy greens such as sprouts, beetroot and one little known combination of eating a garlic clove with Vitamin C effectively raises your nitric oxide levels.

Get Your Oats - Porridge for breakfast (with banana or blueberries to sweeten).

Steak/beef - Steak = man food. 3 times a week alternating with something such as fish or chicken with loads of veg.

Polyphenols – Found in Pomegranates, grapes etc have antioxidant properties that may help clean your arteries for better blood flow.

Be sure to check out the latest posts at <https://RudeVitality.com/articles> for more sex drive and testosterone boosting advice.