

# **How To Boost Your Erection With Readily Available Food Right There In Your Fridge**

## **Important Notice**

This report is free, it is to help men out there, who have the problem of erectile dysfunction (Weak Erection). Don't just keep this copy to yourself alone, it is always good to help other.

You can share it with your friends or anybody you think will be in of it.

## Brief Introduction

Many marriages have experienced lots of damages because of the inability of the man to perform at optimal level during sexual intercourse.

The main reason why this problem arises is because, the man is having **weak erection** which is what is called **erectile dysfunction** or he does not last long when he is having sex with his wife.

Many girls too have left their boyfriends when they find out that, he cannot really perform to get them sexually satisfied every time they have sex.

In this free report, I will be giving you **10 good foods that will help you boost your penile erection.**

These foods are right there in your fridge but you don't know that they perform such function. All you do, is just to come back home, open the fridge, and take one of two of the fruits and eat to quench your hunger.

Before I let you know about these foods that will boost your erection and make your penis harder when you want to enter into your wife or girlfriend.

I will first of all tell you, about 5 major erection killers, that you should avoid at all cost, for you to get the maximum benefit of what these foods will do for your erection.

So, let me first talk about them now

# 5 Major Erection Killers

## 1. Loss of morning erection

This is very important, if you have lost your morning erection or you don't see it often, it means, your erection power is gradually going down.

If your penis cannot "lock and hold" the blood flow into the corpus cavernosum. If you are not getting morning erections, you need to make sure you get regular erections somehow, someway as many as you can during the day. It is critical for the health of your penis.

By the way, this is one of the reasons that sex is so good for males: it literally helps to maintain their sex life.

## 2. Low Testosterone

When you have a lower testosterone level, it means, you don't have enough energy to drive your woman crazy. Testosterone is the fuel for men and it is what that makes men active.

When testosterone gets lowered, it will also affect the early morning erection.

Many men do not realize that low testosterone can lead to Venous Leakage, an intimidating condition where a man has great difficulty maintaining an erection.

**What is Venous Leakage;** Venous leakage describes the condition where the blood escapes from the penis and thus a good erection cannot be achieved.

### **3. High Blood Pressure**

High blood pressure is significantly associated with erectile dysfunction and the reasons are many. First of all, it is actually a root cause of endothelial damage, because higher pressures can lead to damaged arterial walls

Nearly 70% of men with high blood pressure have erectile dysfunction, this is so much scaring.

You see, when there is high blood pressure, it kills your penile erection.

### **4. Overweight**

When you gain weight and become overweight, there will be reduction in testosterone (the male hormone) and increase in estrogen (the female hormone) which lead to increase in erectile dysfunction.

What this mean is that, your libido get decreasing as you become overweight. In a recent research, in the journal of sexual medicine, it is proven beyond doubt that, just reducing 5% of overall weight, will significantly improve both libido and sexual function.

## **5. Smoking**

Interestingly enough, smoking seems to raise testosterone just a little. But that's the last of the good news: cigarette smoke is VERY hard on the endothelium. In fact, nicotine is a vasoconstrictor, which means, it will narrow your arteries allowing less blood to flow to the penis. If there is less blood flowing to the penis, then, you can't sustain erection, the more blood that flows in your penis, the stronger will be your erection.

The smoke itself is more damaging than the nicotine and carbon monoxide. Free radicals from the cigarette have been shown to really cause damage to overall erectile function.

**Now let me show you the food that is in your fridge that will boost your erection and make your penis get harder**

# 9 Foods That Boost Your Penile Erection

## 1. Watermelon

This is a fruit that is high in citrulline, it will help you stimulates nitric-oxide production and increases blood flow to the penis, strengthening erections.

## 2. Bananas

Bananas are high in potassium, which relaxes blood-vessel walls, allowing for better blood flow throughout the body. Plus it offsets a high-sodium diet, keeping your blood pressure in check. Did you also know that high blood pressure kills attraction?

## 3. Garlic

This allium vegetable boosts blood flow to the penis by increasing nitric-oxide production and relaxing blood vessels.

## 4. Walnuts

The amino acid L-arginine, found abundantly in walnuts, is one of the building blocks of nitric oxide. Translation: A diet that includes these nuts with the rock-hard shell makes for consistent, rock-hard erections. According to a panel conducted by the European Food Safety Authority, you should eat about ¼ cup a day.

## **5. Ginger**

By scrubbing blood vessels of free radicals and decreasing inflammation, ginger relaxes arteries and improves blood flow. According to a study in the International Journal of Cardiology, about 1 teaspoon a few times a week is all you need to reap ginger's cardiovascular rewards.

## **6. Salmon**

Rich in omega-3 fatty acids, salmon promotes erectile health by effecting a threefold increase in nitric-oxide production, according to the journal Fertility and Sterility. The researchers recommend 1 gram of omega-3s a day, which you can get in 3 ounces of salmon.

## **7. Dark Chocolate**

This treat is loaded with flavonoids that dilate your arteries. Eat about 1.6 ounces of dark chocolate daily, that's the amount researchers at the University of California found improved blood-vessel dilation by more than 10%.

## **8. Cherries**

Studies show that flavonoids in red, blue, and purple berries cleanse free radicals from arteries, relaxing them and improving blood flow into your male organ.

## 9. Oysters

Yes, they really are aphrodisiacs. Raw oysters are the richest dietary source of zinc, which not only improves blood flow but also fuels testosterone production. When testosterone levels drop, so do your performance and your libido.

In fact, any foods that improve blood flow will help your penis to get stronger. That is why, you see **nitric oxide** in most of the food mentioned above, because it help blood to flow very well in the body especially blood flow into your penis.

Some of these foods are taken for granted and in people ignorant, they are searching for the solution through the use of drugs that are not effective as using natural foods and even some simple activities to boost their erectile dysfunction.

Surely, eating these foods will really help you in boosting your erection. But if I tell you now that, there are even 3 simple activities that you can do in just 15 minutes that will really help you to get frequent rock-hard erection. See, your age does not matter here, even if you're 67, you are sure of frequent hard erection.

I called it [\*\*The 15 Minutes Erection Booster\*\*](#); I have every detail about it in a report that you will ever be grateful to me showing you this wonderful report.

For full details and other necessary information about [The 15 Minutes Erection Booster](#); check them out by click on the link below;

Click here; [The 15 Minutes Erection Booster.](#)

See you on the other side.

**Your Friend,**

**Anthony Adeokun**