

Anytime...

**for as Long
as You Want:**

Strength, Genius, Libido, & Erection by

Integrative Sex Transmutation

**A 15-Day Course for Men to Improve Sex
and Life**

Charles Runels, MD

Anytime...for as Long as You Want: Strength, Genius, Libido, & Erection

by *Integrative Sex Transmutation™*

A 15-Day Course for Men to Improve Sex and Life

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By

LifeStream Medical, Inc.

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This course offers helpful information, but does not establish a doctor-patient relationship. Ask your doctor before implementing suggestions.

Dedication:

To my three sons: Trey, Will, and Luke

Acknowledgement:

Thank you very much to my patients: you teach me the most and you trust me with your life.

Table of Contents

Introduction to Course of Study **page 5**

Why I devised integrative sex transmutation and what it can do for you. Warning. Male sexual problems. Why you should discuss sex. Why men suffer in silence. A salesman afraid to sell. Why you should be proud. Using sex to stop drinking? Not Just Better Sex...a Better Life. *Read this if you're a man and your lover gave you this book.* What exactly is IST? The Surgeon Who Couldn't Sew. *What if You're a Woman?* How to Use the Three Parts of this Book to Change Your Life. What you will not find in this course. I Don't Want a Workbook, I Want Better Sex! How to Get Personal Help.

Part 1: Strength, Genius, Libido & Erection by Integrative Sex Transmutation **page 18**

Day 1 Powerful Sex Tips from History **page 19**

Men of History talk about Sex Transmutation. My weird college experiment. Sex at Walden with Thoreau. Sex and the Lightning Rod with Benjamin Franklin. Think and Grow Rich with transmutation. Leonardo da Vinci Transmutes Sex into Genius.

Day 2 Sexual-Response Map Directions **page 30**

Difference between sex transmutation and integrative sex transmutation. Drive Your Sex Engine with this Map. The Male Sex Zones and How to Use Them for Better Sex. How to Surf the Wave of Sexual Desire. Hours of Orgasm.

Part 2: Anytime... **page 38**

End impotence. Begin erection on demand.

Day 3 The Cycle Gives You Sex Power **page 39**

Use this 2000-year-old technique (as taught by the Chinese Tao) to Supercharge Your Sex Drive. How Libido is Like a Long Car Ride. What if Your Body Didn't Read the Formula? Build Your Energy Bank Account. Warning for Women. What About...?

Day 4 Better Health for Better Sex **page 48**

The 1,3,5 Plan. One: Fast One Day per Week. Three: Walk Three Miles Per Day. Five: Eat Five Servings of Fruits or Vegetables per Day and Read Five Chapters of Scripture.

Day 5 Eating For Sex & Health **page 54**

Avoid Sugar. Cycles. Frequent Small Meals for Frequent Sex. Why All the Swapping Around.

Day 6 Herbs that Boost Libido **page 59**

Vitamins E, A, C. Lecithin. Bee Pollen. Brewer's Yeast. Yohimbine. Horny Goat Weed.

Day 7 High Octane Hormones page 62

Hormone Worries. Testosterone. Growth Hormone. DHEA-S. Both Thyroid Hormones.

Day 8 Help, Doctor page 70

Day 9 Synergy Energy and Magic page 76

Day 10 Escape Libido Killers page 78

Day 11 Transmute Sex into Intelligence page 83

Day 12 Sex Transmutation finds God page 86

Part 3: ...For As Long As You Want page 88

The end of premature ejaculation. The start of extended love making.

Day 13 Sex Surfing the Orgasmic Zone page 89

Day 14 Solo Training page 94

How improper masturbation teaches premature ejaculation. The real dangers of Masturbation. The Real Benefits of Proper Masturbation. How to use masturbation to end premature ejaculation and learn to surf the orgasmic zone.

**Day 15 Premature Ejaculation Stopped
By "Magic Nine" page 97**

Oxygen Power. The 30-Second Trick. The "Safe Zone." Sexual Positions that Prolong Sex. Interruption for Continuous Pleasure. Toys that Tease. Know Her Mind. Control Your Mind. Other Helps.

Appendix page 104

Day 16 and Beyond page 105

Further Reading page 106

Disease States page 107

Diabetes, hypertension, prostate problems, penis problems, heart attack

Introduction: Why I devised Integrative Sex Transmutation & What it Can Do for You

Here you will learn how to have an erection anytime you want for as long as you want. You'll learn how to increase your sexual desire and how to use that increased desire to not only improve your sex life but also increase your strength, energy, libido, intelligence, peacefulness, and closeness to God.

I do not know of any one habit that will give you perfect health (mental, physical, emotional, and spiritual). But, some habits do result in more benefit than others. For example, you can adopt the habit of eating the proverbial apple a day and that would increase the amount of fiber in your diet, provide vitamins, and improve your health. But eating an apple per day will not do as much for your health as will walking 3 miles a day (walking that distance daily has been proven to improve mental, physical, and spiritual health). It pays to work on the habits that offer the most benefit.

I've found no magic, but I have found some habits to be tremendously more powerful than others. Most people seem to concentrate more on the icing and never get around to baking the cake. They'll learn of the latest vitamin which may offer some benefit but does nothing without baseline habits that establish health. Eating an apple a day is icing. Eating properly, daily aerobic exercise, daily connection to God, and thoughtfully planned sexual practices are cake. Most people (physicians included) still consider sexual practices to be icing.

I don't blame people for their confusion in thinking their baking a cake when they really don't even have a cake and they're garnishing poor health with candy sprinkles; since we're bombarded by advice from many directions (often by people with something to sell) about what we should and shouldn't do to remain healthy, adopting life-style changes can become too complicated.

If you really took *every* recommended vitamin, did all the exercises recommended to you, meditated, read scripture, spent time stretching and doing YOGA, and everything else your doctor, preacher, chiropractor, mother, wife, health-food-store owner, and conscious told you to do, would you ever find time to use the saw that you're sharpening to actually cut some wood? Would you ever have time to produce anything useful other than a healthy body?

As someone who's spent the past 30 years studying the ancient and the recent techniques of saw sharpening, I will tell you that anyone who claims to know all the answers probably has something to sell. Considering the massive volume of medical research that's printed daily in the United States alone, the best we can do is closely evaluate the risks, benefits, and sacrifice (of time and money) involved with the most helpful recommendations and try to spend as little time as possible keeping the saw sharp and as much effort as possible sawing down lumber (or whatever you do with your body/mind-saw-tool) and constructing a better planet.

Here's one truth to which you can anchor your health: To construct and maintain superior health, requires daily, weekly, and monthly habits. Of the habits that should be developed, much more attention (than has been recommended in recent years) should be given to the proper use of sexual desire.

Recommendations of the recent western medical literature weakly stress the idea of “safe sex.” Safe sex should be practiced but offering no further recommendation is like recommending that people cook their beef before eating to practice “safe eating” and then not giving further advice about how to consume food in a way that builds health and strength.

The writings of thinkers for centuries have stressed the idea of using sexual practices to improve health. “Safe sex,” in ancient writings was considered as elementary as “safe eating”—that’s kindergarten level. The real art and challenge of sexual habits involves learning more refined techniques for using the powerful force of sex to improve health, intellect, spiritual connection, and the union of man and woman.

Nothing cures all. God eventually allows death in spite of even the prayers of Saints. But, sexual practices are as important for building health as is eating and exercise and any other practice (including medication and supplements). Proper sex will not cure all. But, as a way to better health, please do not ignore sexual practices; if you do, your health cake will not rise properly due to the absence of a very important ingredient.

Used appropriately, Integrative Sex Transmutation can give you better health, a deeper spiritual union with your mate, and the ability to supply all of the sex and romance that time allows—with a surplus of vitality for physical and creative work. You should see significant results by the end of 15 days. But even though results come quickly, I don’t claim the techniques and ideas taught here to be easy nor that you will see maximum benefit at the end of 15 days. You can spend a lifetime perfecting the techniques and principles outlined in this course. But, as with any art, difficulty should not prevent the attempt to move closer to perfection by taking the first step.

As you practice this art of Integrative Sex Transmutation, you will discover that it brings to your life a new power that can be used for creation or for destruction. Please notice the following warning before proceeding with the course.

Warning

Used inappropriately, these techniques allow you the ability to engage in unlimited sex with multiple partners. But used inappropriately, you risk emotional and physical damage to yourself and others.

In an effort to prevent damage from the powerful tools in this course, please consider signing the following pledge before proceeding:

I, _____, promise to do my best to never use sex to the injury of my own or another’s peace of mind, health, or reputation.
Signed _____ Date _____

Out of responsibility to you and to those around you, I requested that pledge. Please take it seriously.

Now—let’s get on with the course!

The Male Sexual Problems

Even with Viagra and drugs like it, I frequently see men in my office who complain of dissatisfaction with their bedroom abilities. More importantly, I'm concerned because most men do not benefit from the ability of sex to improve their lives (or suffer ill health because they do not understand how wrong practices damage their health).

1. Some think they're too young for Viagra but need it to achieve a firm erection.
2. Or, maybe they don't need Viagra to have an erection, but when they have sex, they're able to have an erection for only 20 or 30 minutes; then they must stop due to fatigue, premature ejaculation, or loss of erection, and would like to be able to enjoy prolonged sex.
3. Some produce a firm erection, but ejaculation begins an extensive recovery time, leaving the man and his partner waiting and frustrated.
4. Others suffer erectile dysfunction and even prescription drugs failed or caused unacceptable side effects.
5. Or maybe, the man achieves erection but finds his energy and sex drive too low to really enjoy sex.
6. Perhaps the man suffered prostate cancer and now either has inadequate erections or can achieve erection (perhaps with a prosthesis) but can't enjoy the erection under the umbrella of a weak libido.

The problems vary but can be summarized by three categories:

1. Difficulty achieving an erection as often as wanted, or
2. Difficulty maintaining an erection for as long as wanted, or
3. The ability for erection but a decrease in desire for sex and romance.

Men may struggle with getting it up, keeping it up, or wanting it up.

Why You Should Study Sex

Imagining stereotypes for which men endure notoriety, some think a book focusing on erection only contributes to promiscuity and offers no value. Even as a physician practicing internal medicine and endocrinology, I face resistance about treating and speaking about how to improve sexual function.

After 12 years as an emergency room physician and literally saving hundreds of lives, I understand the mentality of physicians who think treating sexual problems quackery compared with the *real* medicine of saving lives. I've lived life saturated with the adrenaline of the struggle for breath and heart beat. But, these emergency-room struggles frequently represent the final battle of a war that started years prior in the struggle for a healthy day. It's in this struggle for the healthy day (years before the emergency room visit) that you see an honest, hard-working, tired, depressed, and aging gentleman trying to hold together a marriage of 20 years after having lost the ability to keep his wife satisfied in bed. Until such gentlemen understand how the practice of sex changes the entire health of the body for good or bad (not just sexual relationships), they will underestimate the importance of sex.

The testimony of those with superior health and mental faculties through the ages seems to out run "modern medicine." Healthy, life-style practices became vogue in the past 15 years as

medical research ran to catch the testimony of the healthy. For example, physicians have finally recognized the importance of aerobic exercise. In the 1980's, physicians still debated in the New England Journal about whether or not aerobic exercise improves health. Now, physicians seem to think they invented aerobic exercise, but less than 30 years ago the majority of cardiologists advised *against* aerobic exercise (fearing the danger of the hypertrophy of the "athletic heart") and rheumatologists advised that jogging would cause premature arthritis. Now, most cardiologists and most rheumatologists recommend aerobic exercise.

Though modern medicine works miracles with new drugs and procedures, if there's no drug company to sponsor the research (as with aerobic exercise which you can't buy at the drugstore) it may take many years before the NIH will sponsor research to actually prove strategies which may be plainly affective to those who practice them (aerobic exercise was recommended by Thomas Jefferson).

Sexual practices represent another area where there's a paucity of modern research but many recommendations in the ancient texts on health. In spite of the gains made in recognizing the truth of ancient practices, modern medicine still largely ignores the powerful effects of sexual practice on the entire health of the body. Here I speak not simply of the risk of sexually transmitted disease. More importantly, proper sexual technique can bring strength, genius, and heroism; the writings of men of outstanding accomplishment through the ages testify of the fact.

Over 2000 years ago, in the Tao, the Chinese taught the power of proper sexual techniques to improve the body, mind, and spirit. Thoreau taught it, Christ taught it, Benjamin Franklin taught it, Leonardo da Vinci taught it, old-time athletes new it. But, it seems unmentioned, unknown, or taboo by most who practice mainstream, modern medicine.

Why Men Suffer in Silence

Worse, women complain that they cannot persuade their mates to see a doctor for treatment for sexual difficulties. There are several reasons why the man may not seek help.

Because the problems that cause men to suffer with erection problems can cause men to lose the desire for sex and romance, men often do not view erection problems as a problem. Frequently, the woman suffers not only with the paucity of sex but also with the man's irritability and disinterest, which can accompany his loss of libido. The man may be as unaware of his change in behavior as is a woman during her menstrual period. Or he may be vaguely aware of the change in his behavior but attribute the change to factors outside himself (as does the woman with PMS who suffers with emotional changes due to hormonal changes).

Tragically, if the man visits a physician not expert in hormonal optimization, exercise physiology and nutrition, as well as with the more esoteric ancient teachings—the patient may leave the doctor's office with an unneeded or ineffective prescription and little instruction. Home, but without improvement, the man becomes anxious under pressure to perform and avoids further discussion or further attempts for help. Then he may start to sabotage the relationship rather than admit a problem for which he's lost hope of effective treatment. Meanwhile, the children wonder why their mother seems to yell, work, and shop more and laugh less. Their father comes home late to sit alone in a room watching television.

Another danger for the relationship involves the man's seeking another mate in hopes that someone new may renew his sex drive. Rather than exacerbate the "mid-life crisis," integrative sex transmutation seems to level out the emotions and help the man rediscover his

wife. Erectile dysfunction can decrease self-confidence so that men who recognize the problem often become depressed or embarrassed—suffering in silence and hopelessness. Such a state of mind can lead to the man looking for companionship in new places.

The hormonal changes that accompany and lead to loss of libido can also lead to anxiety (even to severe anxiety attacks). The man may find that his whole life becomes less effective.

Most women, who with birth control pills and menopause are more practiced and uninhibited than men about discussing their bodies, will discuss sexual and hormonal problems with their doctor, their friends, their mother, or the waitress at Denny's. But most men, who consider a one molecule drop in testosterone a threat to their manhood, and consider the admission of sexual dysfunction a confession of loss of ability to lead business or to attract a mate, will suffer in silence for years without asking for help from even a knowledgeable doctor.

Conversely, some women contribute to this fear of men to seek treatment. I've heard women criticize other men for taking hormone replacement, describing replacement as only a way for an old man to continue sowing wild oats. Many men who do seek treatment from me will keep their therapy secret from their wives who may see their husbands improved libido as a threat to the marriage or a means of fueling a hunger the woman would rather let die.

The Salesman Who became Afraid to Sell

One pharmaceutical salesman visited me for treatment of anxiety and an episode of rapid heartbeat. He could no longer present himself and his product with confidence, becoming nervous before meetings like those which previously excited and motivated him. His sales dropped. He even suffered two anxiety attacks that sent him to the emergency room.

He left the ER with prescriptions for Xanax and Paxil (antianxiety and antidepressant drugs), but still worried that an anxiety attack would recur and still suffered with paroxysmal bouts of rapid heartbeat and headaches. Multiple uncomfortable and expensive tests left him unsure of the cause and fearful of sudden death. Even though panic attacks came infrequently, he worried about the possibility of another attack and avoided challenging (and profitable) situations for fear of disgrace should a panic attack prompt his fleet from a meeting.

His weight climbed due to fatigue and loss of motivation, which kept him from the gym. With weight gain and loss of the exceptional physical attractiveness that opened doors, he felt more handicapped at work and confidence plummeted. He saw me not for libido but because of symptoms that accompanied his drop in libido. He did not associate his decreased libido with his other symptoms.

The tests he endured may have been necessary to rule out life-threatening conditions, but enduring these tests relieved neither his symptoms nor his worry. The doctors worried less; he still suffered. With the benefit of the tests performed by other doctors to reassure me that he had no problem with his heart, I suggested that his cluster of symptoms resulted from a drop in his testosterone levels and to improper sexual technique. He looked at me doubtfully.

Three weeks after applying integrative sex transmutation (including sex hormone replacement), he not only saw his confidence escalate, but also found he no longer needed Xanax before a meeting. His sex drive reappeared. Workouts burned with intensity and his body regained a more toned and healthy look. With the return of confidence and focus, he started setting sales records. He no longer worried about his heart or headaches—not because of normal tests, but because the symptoms disappeared.

His wife thanked me for giving back to her the romantic gentleman that she married.

But, many men will endure similar suffering and continue Xanax and Paxil (which can decrease libido even more) or receive no treatment at all. Continuing to suffer with a baseline instability and loss of effectiveness, they watch their incomes fall and their families walk away (their children sheltered under the arm of a confused, angry, and desperate woman).

I do not exaggerate this progression of events. Such happens daily—research estimates that over one million men in the United States go untreated for testosterone deficiency. It disappoints me that doctors widely recognize the symptoms (emotional and physical) that accompany a woman's menstrual period and her arrival at menopause but most men with depression or anxiety still go untested for hormonal abnormalities.

Meanwhile, most physicians consider quackery the discussion of proper sexual techniques and their relation to health: unfortunate, disappointing, maddening.

Why you should be proud

Since you're learning to enjoy healthier more powerful sex and improve your life, I commend you for your courage to admit that maybe things could be better; most men will not (most studies show around 70% of men with erectile dysfunction will not seek treatment). I wish I could shake your hand and buy you dinner. I want to encourage you with this truth: most men by practicing Integrative Sex Transmutation (even if they don't get it just right, if they just practice the way you would practice any skill just to make it better—not for perfection) see a dramatic improvement in their sex life. Even men with already fantastic sex lives see improvements in health and sex.

But why study this course? What could I say that you've not already heard? With war and famine and cancer to plague the planet, am I not spending my time frivolously talking erection? If you suffer with decreased libido or erectile dysfunction, why should you seek treatment (shouldn't you be more concerned with your business problems and how to put food on the table)?

After the previous discussion, I hope you will make no excuse for wanting to improve the sex between you and your partner. Good sex equals in importance that which it strengthens: family. Family still represents a major happiness machine and social glue for our planet. Also, and this is very important: loss of libido leads to loss of energy and loss of sparkle in the personality and loss of creativity and romance that may be more apparent to family and work associates than it is to the person who suffers with the problem. Not just marriage, but work, friendship, and overall life satisfaction can be affected by libido.

When men do finally consent to being lead into my office by their wife, they often report that they are content and enjoy not suffering with the demands of a healthy libido. Said differently, why do they want to regenerate a hunger for sex that then demands time and energy to feed?

I answer, "Even if you do not want more sex, developing an increased sex drive leads to a more productive and creative life when you transmute that energy." The following story gives another example of how these principles changed the life of a patient and friend.

Using Sex to Stop Drinking?

James spent most evenings drinking alcohol to kill the anxiety that visited daily. An intelligent business owner desperate for help with depression and alcoholism, he drove to my office from another state. He told me that his business suffered because he frequently missed work due to anxiety or feeling ill. His wife complained about his frequent and liberal consumption of alcohol. His business required selling and recently his personality and physical appearance both started to show the wear of his worry and drinking habit. He spent more time with a drink in his hand than he spent exercising. Finally, after his wife left, he came to me desperate for help.

I used a combination of pharmacology recommended by standard medical practice to help those in alcohol withdrawal. Most of the pharmacology (drugs) had been used before I saw him, but he had failed multiple attempts to quit drinking when treated by other physicians. This time, however, by combining the pharmacology with IST, he enjoyed the advantage of a fresh powerful approach. From the beginning, I adjusted his hormonal baseline and advised him on the techniques of Integrative Sex Transmutation (IST). This created a younger metabolism and increased his baseline fortitude and sense of well-being.

After using IST to establish a base of confidence proven to come about through actual changes in the metabolism and neural transmitters in the brain, he then successfully came off the alcohol. He recently called to thank me and tell me that he's been completely alcohol free for over a year (the longest he's been sober for the past 16 years). His body improved dramatically. Personality and work ethic returned. His business flourishes. His wife smiles under a roof shared with him.

Not just better sex...a better life

My friend gives another example of how IST teaches you not only how to enjoy better sex but also how to create a better life. I've given you a couple of examples but I've seen hundreds of lives changed in similar ways.

But, what if you already have good sex? Without the principles taught here with Integrative Sex Transmutation, even if you have a good libido (but practice sex in the wrong way), sex can lead to weakness and dullness, disease, fatigue, depression, loss of libido, dissatisfaction for you and your partner, loss of love and dissolution of relationships—even separation of parents from children as spouses split. Learning to practice sex properly will do as much for your health as does learning proper ways to eat. And, learning to practice sex properly will help (though not guarantee) the stability of your family and health.

So, right now, I will say it very plainly—neither you nor I waste time when we talk about practicing sex in a way that uplifts and inspires you and satisfies you and your mate. Talking about Integrative Sex Transmutation is as important as talking about your health, family, and creativity because practicing IST will improve all of those areas of your life.

Spend a few days with me and listen to the heartache of men who love their wives but who cannot maintain sufficient erection to please them and who know that their wives are restless. Or listen to a fretful woman contemplating divorce because she has a hunger for sex that cannot be filled at home with her irritable, anxious, overweight husband. Or listen to the woman who would never divorce her husband but hides a depression from him that she attributes partly to his inability to please her in bed and partly to his changed personality. See the problems in families that could be repaired if the man could simply rekindle desire and the

ability to have an erection and a libido that energizes body and personality and transforms his irritability into patience and romance. Just spend a few days with me and hear from both men and women and you will never again smirk at the idea of getting help with sex.

Read this if you're a man and received this book from your lover

If you are a man and think the sex in your marriage satisfactory because you are satisfied that is like thinking that your family is not hungry because you've eaten supper.

Since most of us can't read minds, we must use a wonderful invention to find out what people think: language. But the tool, language, doesn't always work well. The problem you face is that people who love you will often soften the truth (nice way of saying ***not tell you*** everything) to keep from hurting you. If your lover's afraid to be honest with you...well some people do use language to completely hide rather than to reveal their thoughts.

So, if you received this book as gift from your lover, consider yourself lucky that you have a lover who's brave enough to communicate with you.

Maybe you should ask to see if your mate is hungry. If you're irritable (which often accompanies loss of libido) she may be afraid to tell you. If she gave you this course, perhaps she's sending you a secret message...sort of a code like you sent when you were a boy in the clubhouse in the back yard. This might be the code's transcription:

“I want you to learn the techniques this course teaches because I would like for things to improve (even though things could be good already). I think enough of you that I want things to improve between you and me (not between me and someone else). Also, since I care for you, I want you to learn more about how to stay healthy.”

Study this course carefully, you could save a family or a romance from shattering. You could even save your own life.

Perhaps you should review this course several times and try some of the techniques. Maybe, you could practice some of the techniques for a few weeks and see what happens. Go to my website and read (<http://TempleRepair.com>). Do the exercises in this course.

Maybe by spending less time with me than it takes to watch a few movies, you could regain focus and creativity missing from your work and find your days more productive. You might even improve or start a loving relationship.

Worst case—you may have fun.

What exactly is IST?

You've heard the piano play already, right? You've heard every note that can be played on a piano. So, you've heard every part of the piano. But have you heard every song just because you've heard every note? Is it possible that the old notes combined in a new and carefully planned way could deliver to you a song that moves you in a way you've never been moved? Stay with me...

When I worked as a physical chemist (in the Applied Science Department of Southern-Research Institute in Birmingham), we worked to invent new instruments *using already known*

principles of chemistry. We recombined what was already known to make something new. This new combination would then accomplish something that had never been done before, just like a new combination of notes on the piano can make a song that has never been heard.

With this course, I did the same thing: combine known principles of health and sex in a new way to give to you a new way of practicing sex. I pulled the best of the ancient teachings about sex forward to the present day and mixed them with new research (O.K., I did throw in few observations of my own) to provide for you a new system. I call the practice **Integrative Sex Transmutation (IST)**. With this new system, IST, you will find a generator for the power of sex energy and a way to harness that power to improve your life and your sexual pleasure.

After studying past teachings about sex and recent discoveries. After contemplating some of the findings of my own research—I began to see all the various techniques and facts about sex as separate pieces of an unassembled puzzle dumped onto the kitchen table, waiting to be assembled into a beautiful picture of how to live life as a male. Integrative Sex Transmutation represents that assembled picture.

IST describes a way of thinking about the urge to have sex and combining with this thinking with selective principles taught by the Chinese Tao of Sexology, the Holy Bible, Benjamin Franklin, Henry David Thoreau, and Leonardo de Vinci, Napoleon Hill and other thinkers as well as with principles of modern exercise physiology, pharmacology, herbology, endocrinology, and nutrition. Integrative Sex Transmutation combines ingredients from all these with my experience in medical research and with thousands of patients to make for you a powerful new formula for superior sex and health.

The surgeon who couldn't sew

A few weeks ago, I heard from Dr. Jones (name changed), friend and local colleague. The problem that prompted his call was that he sometimes couldn't maintain an erection as long as he would like and though he still had an active sex life, things were slowing down. Dr. Jones, in his earlier years had enjoyed success as an athlete and took pride in maintaining a good physique and high-energy days as a surgeon. Now his focus slowed and his surgeries seemed strained instead of flowing the way they once did.

To help him, I explained IST while we drove to the beach and back (about an hour from my home). He knew some of the ingredients of IST; but some of the more esoteric and ancient ideas surprised him and he had never thought to combine the ingredients in the specific way that I described. Skeptical, he decided to try IST out of desperation and in confidence in me more than in confidence in the ancient teachings or in my unique recipe. I did not prescribe for him Viagra or anything like it.

Dr. Jones telephoned about one month after our conversation, laughing, to say that not only did his delighted wife literally ask him if he'd been taking lessons but also to say that he lost 17 pounds and the depression which had nagged him daily resolved. All this (the weight loss, the going from depression to happiness, the improved sex) he attributed to practicing Integrative Sex Transmutation (IST).

What if you're a woman? (Or a man who needs to talk to a woman)

I made this course to instruct men—to give step-by-simple-step guidance. If you would like to see your husband's health improve and enjoy better sex, then give him the course as a gift. I've written the course in a way that should be non-threatening and helpful in practical and dramatic ways.

For women the course can be educational but should not be applied directly to her body. You will find here a description of the nine levels of orgasm as experienced by the woman (which may be of help to you) but a man's orgasm affects him differently than a woman's. Men and women don't look alike, they don't have the same hormonal and metabolic make up, they don't experience orgasm alike, and they should not follow the same principles in bed. If you are a woman, learn IST to assure yourself that I am not trying to make your mate a machine that without discretion has endless sex with a variety of partners. True, he could misapply these techniques and approach that for a while; but, if he does, he will self-destruct and the technique will lose its effectiveness. The nature of the technique creates the powerful result of both improving his performance in bed as well as encouraging him to develop a deeper commitment to one lover. If he really learns the techniques well, you will find him to be more romantic, more giving, and more worthy of your trust. You should also see an improvement in health and in his motivation to improve his health. Though IST could be used in destructive ways, the nature of the tool causes most men to become better spouses in ways other than sex.

If you are a woman, you are “wonderfully and marvelously made” and are the cherry on top of God's creation. You represent God's best work. Read this book to understand better how to help your mate to a new level of sexual function and of physical and mental health. But, do not try to apply the book to your own body and practice; men and women are not the same.

If you have decreased libido, fatigue, or chronic pain (emotional or physical), then the idea of your husband increasing his libido may not appeal to you. If you would like to increase your own energy, libido, and mental focus, then contact me at 251-625-2612 or here to read more about women's health and how to fine tune your female body: <http://www.TempleRepair.com>.

How to Use the Three Parts of this book to change your life

Now back to you, if you are a man. If you practice the techniques in this book and enjoy reasonable health (and possibly if you do not), you will be able to enjoy sex whenever you want for as long as you want. I promise.

I will give you a detailed step-by-step way to produce the ability to enjoy almost unlimited sex. But the main reason I wrote the book was *not* to teach you how to have better sex. The main reason for writing the book was to teach you how to use sex to have a better life. I personally experimented with these techniques for the past 26 years and coached hundreds of patients in the techniques as well. I've done some things right and I've learned from mistakes. I wish I had had this book at age 16. But I didn't. Even now, when I fall away from this art, my whole life is affected. Though my life demonstrates many imperfections, the technique of Integrative Sex Transmutation (when used properly) always works perfectly for me and for my patients to improve sex and life.

What ever your age, you will find it helpful to learn IST. You may not find the art of IST an easy one. But the rewards will astound you and can only be experienced to be appreciated.

The Three Parts of This Course:

Part 1 gives you a better understanding of what sex transmutation is and how it's been used by great men of the past. You'll hear from Benjamin Franklin, Henry David Thoreau, and others. You'll hear how these men used sex transmutation to improve health, increase intelligence, and find God. I want you see what others have done with a very strong sex drive to avoid destroying self and family. You'll hear from Dr. Freud about how Leonardo da Vinci transmuted sex energy into genius and inspiration.

You'll also investigate the male sexual response zones. First we look at the usual diagram and then we expand the diagram to discover new zones that allow you to enjoy orgasm and stimulation for hours at a time. Here's where you'll be introduced to the concept of "sex surfing" in and around the orgasmic zone.

A strong sex drive without training in how to redirect this energy is like being in strong surf without a surfboard or other way to ride the waves rather than be destroyed by them. Ironically, only by redirecting some of your sexual energy toward something other than having sex will you learn to cultivate a stronger sex drive so that you might enjoy prolonged sex any time you want. Most young men wake up to find they've been given the crashing waves of sexual desire when they wake up to discover their bodies in puberty. But only a rare few blessed with proper training (usually through their family's religion) spare themselves from the damage of the waves and transmute the energy into unusual creativity. Most men go through their youth and if they discover sex transmutation at all, it's in the latter years after much of the energy of youth has been spent.

So, in part 1, you learn how rise out of the depths of an ocean of sexual desire that may be pitching you against the rocky beach. Or, if your ocean of sexual desire lies still and quiet with no waves or only a ripple for potential use, then you'll learn how to first build the waves of sexual desire and then how to ride that power into great deeds (both in and out of the bed).

Please don't skip over Part 1 in your eagerness to learn the mechanics of increasing desire and prolonging sex. Sex is more than mechanics. Leave out Part 1 of this book and you may see a rapidly spent sexual life and find yourself prematurely castrated of libido and vigor and health.

Practicing "safe sex," like cooking an egg to prevent salmonella, simply means enjoying sex in a way that prevents the development of infectious disease. Practicing IST is like eating for health and strength with the proper number of calories, protein, and fat and carbohydrates. You can eat in a way that strengthens the whole organism; you can practice sex in a way that strengthens the whole organism.

Part 2 describes how to increase sexual desire—how to build the sex energy wave and achieve erection anytime. Here you learn step-by-step how to make your body hungry for sex.

First, you learn the 2000-year-old technique taught in the Chinese Tao, the man's cycle. I'll give you practical ways to introduce this technique into your daily life so that you'll experience increased energy out of bed as well as increased libido and erectile function.

Next, you learn a basic plan for improving health that specifically increased energy and sexual function and creativity. We'll go over eating practices, herbs, and supplements that will supercharge your sex drive. Not a lot of in-depth science, just the facts and a good basic plan that you can use for the rest of your life.

Next we cover the sex hormones and how to know if your doctor's done an adequate job of evaluating yours. Then we explore the prescription drugs (like Viagra, Levitra, and Cialis) and how to get the most results with the least trouble, cost, and risk.

Next you'll get a list of libido killers and a discussion of synergy.

Finally, in Part 2, you'll get practical tips (taken from the writings of the inspired and ingenious of the past) about how to transmute sexual energy into intelligence and inspiration.

Even if you're young and already enjoy a strong sex drive, you should read through this section, since the instructions will help you maintain a strong sex drive and good health into your older years.

Another way of looking at Part 2 is that it teaches you to create a positive feedback loop where sex energy is used to create better mental, physical, and spiritual health, which then leads to more sex energy and the ability to achieve erection whenever you want.

Part 3 tells how to ride the wave of sexual desire for as long as you want by having sex and maintaining an erection for as long as you want. This section does more than cure premature ejaculation, it allows you to control ejaculation almost like a light in your house where you can turn it on or off at will.

First, we review why you would want to have sex for a long time (yes there are those who wonder). This review includes an introduction to the nine levels of a woman's orgasm. Most women, when they experience orgasm, really only experience the fourth level. Only by patience and a deep understanding of your particular mate will you help her to the ninth level of orgasm. Leading a woman to the ninth level of orgasm usually requires prolonged lovemaking.

Next you learn how most men actually teach themselves premature ejaculation when they practice masturbation. Instead, you can learn how to use masturbation to master the skills of prolonged lovemaking.

Finally, you're introduced to the Magic 9 formula for maintaining an erection for as long as you or your mate should desire. While exploring the Magic 9, you can also help your mate explore the nine levels of the female orgasm.

Part 3 really describes a specific form of sex transmutation: how to transform sex energy into loving and active sexual intercourse for as long as you or your partner may wish.

What you will *not* find in this course:

A professional actor, I am not. I'm a doctor not an actor or news anchor so I'll give you step-by-step instructions that work...but, on the recording (available from my website), I won't be as pretty sounding as you may like. The book is informal and the recording is just me doing my best to explain this life changing technique. I feel you'll better learn the truth if I talk with you rather than pay someone to read a script.

Another thing you will not find here is a lot of specific instructions in love making techniques except as they apply to the goals described. There are plenty of books describing human anatomy, seduction, massage, etc. I recommend some of the better ones in my recommended reading list (and you will benefit from reading them), but with this course I limit the material to only those techniques that help you achieve 2 goals:

1. To enjoy sex whenever you want for as long as you want by learning how to do three

things:

- a. Develop a strong sex drive that's available every waking moment at any age,
 - b. Achieve an erection anytime you want, and
 - c. Maintain an erection for as long as you want.
2. How you can use a strong sex drive to improve your life in ways other than sex.

I don't want a *workbook* I want better SEX!

I presented IST in an interactive workbook so that you would find it *easier* to own. Having this course in your hand, you may own the course. But, to own the information you must use it. Hopefully, you'll find the assignments enlightening and fun and the workbook format will coach you to apply the information to change your life. Please write in the book, (or in a separate journal); answer and think deeply about the questions. Do the exercises. Watch your life change.

Can you really change your sex life and your life in 15 days? Yes you can. But, you can also improve the application of the techniques for an entire lifetime. You'll be better in 15 days, even better in 15 years.

Listen once completely through the recording. Then go through the written part of the course one day at a time until finished. Then review the course once a month for a year.

Don't worry if a day's lesson takes you longer than a day. Just keep reviewing, keep following the suggestions, and keep watching your life improve. And don't forget to study the suggested reading.

I'm trying to offer you direction, but as a student in any art, if you want to master the art, you must study and practice. Study of the sexual response must also involve studying the woman you love. Every woman *is* different: all have traveled a different path in a different body with a different psyche. Each woman is a different book waiting to be read. Every woman's a different frontier waiting to be explored.

Your lover carries secret places waiting for the unlocking. Thoreau, in *Walden*, seemed disappointed that even near the cabin he built in the woods, he wore a path in the forest from walking the same place again and again. Your lover longs for you to leave the same place and lead her to discover new paths in her body and mind and soul.

Each of us must still create the courage to step from our own well-worn path—me from mine and you from yours. Reading about Mars, Venus, and Heaven does not take you there.

How to get personal help with supercharging your sex life

If you have questions about any of these techniques, please contact me. I will be happy to coach you in your efforts. Call me at 251-625-2612 or go to my web site at <http://TempleRepair.com>. There you will find additional materials for more advanced study.

I also accept patients for personal help with fine-tuning their metabolic, nutritional, and endocrine system for maximal sexual pleasure and health. Some of the techniques require that you have blood taken and analyzed for specific hormones that your doctor may not know to check or how to interpret. No matter where you live, I can arrange for you to have your blood tested (see http://www.runels.com/lab_testing.htm), and then using the knowledge you've

gained you can go to your doctor and ask for specific help or come to see me.

Let me know how the course helps you or how you would like to see it improved. I update the course as I find new information (both in the medical literature and from patients and readers). So, to stay updated or to contribute to the next book, make sure you're on my email list (I don't ever sell the names of patients or readers) by going to my website <http://www.TempleRepair.com> and by listing charles@runels.com as someone from whom you will receive email or send a letter to the address below.

Thank you for exploring with me new ways to stay healthy, productive, and happy. I'm honored by your interest in the material presented. Your improved life is my best reward.

Peace and Health,

Charles Runels, MD
August 2004

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Part 1: Strength, Genius, Inspiration, & Erection by Integrative Sex Transmutation

Animals use sex energy to replicate.

People use sex energy to replicate and to recreate.

The wise use sex energy to create family and love.

The prophets use sex energy to germinate strength, genius, and a pathway to God.

Day 1: Powerful Sex Tips from History

Every man is the builder of a temple,
Called his body,
To the god he worships, ...
We are all sculptors and painters,
And our material is our own flesh and blood and
bones.

Walden, Henry David Thoreau

Day 1 Action Plan:

Read the following questions. Don't worry if you don't know the answers yet; just scan through the questions.

What did Thoreau say is the beginning of genius and heroism?
How did Benjamin Franklin define chastity?
Is Franklin's definition different than that of most people?
What did Thoreau say is transmuted?
What evidence do we have that Leonardo da Vinci practiced sex transmutation?
Who was Napoleon Hill?
What did Hill say is the most powerful motivator of men?
How do most men use their sex energy?
What do both Hill and Thoreau say is THE secret to genius and creativity?

Now read the Day 1 discussion.

After reading, go back and answer the above questions.

Start a list of books you will read or scan over the next 3 months. Look at a book like the grocery store: don't feel obligated to buy everything in it. Scan the whole store and pick and choose what you need at the time. Lovemaking is an art form that becomes much more beautiful and powerful if you add the ingredients of thought and learning. Put the following books on your list:

- a. *Think and Grow Rich* by Napoleon Hill (especially chapter 10)
- b. *Autobiography of Benjamin Franklin*, by Benjamin Franklin (especially the section on his development of the virtues...on page 95 of my copy).
- c. *Walden or Life in the Woods* by Henry David Thoreau (especially the chapter "Higher Laws")

Of course you can skip around looking (just like in any grocery store) if you wish. But consider doing nothing else with this course today. Just sit and think a few minutes about what you've read. Think and consider if you're willing to see how the principles could change your life before you walk down the isle into the next chapter. Avoid discussion of what you've read until you're further along in the process. Just take a few minutes, maybe go for a walk, and think about what you've read.

Schedule a time for each day over the next 15 days when you will study this course for 30 minutes.

Day 1 Discussion

Paradoxically, for you to enjoy the best sex, you need to understand why good sex may help to you in areas other than sex. Today you will begin to understand how to harness a powerful sex drive to a constructive pursuit other than sex. You'll learn methods of preventing a sex drive from destroying you. Even if you've been driving a corvette, you need to learn a new set of skills to keep from killing yourself if you get behind the wheel of a NASCAR racing car.

It's the "other" things you do with a sex drive that cause a positive feedback loop that increases libido. After practicing sex transmutation for a few weeks, you will better understand, for now, you may need to trust me: if you do not learn how to use a strong sex drive to push you to do something creative other than sex, you will not consistently generate sufficient energy for unlimited sex.

Most men take extra libido (sexual energy available when copulation is not performed) and spend that urge with masturbation or with sex with someone incompatible and uncommitted. Part of the damage of masturbation and sex with someone who is only a casual encounter will not be from somehow doing something evil by touching your own body in a pleasing way but rather from spending that energy in a nonproductive way. It's similar to taking money from the bank and wasting it rather than investing it. It's the difference between sketching cartoons in the sand with the tip of a stick and painting a vision of heaven on canvas with oil.

For 25 years, I've researched the technique of Sex Transmutation and consider it one of the most important principles of health—yet I can find very little in the medical literature or in the popular press to make it practically available to my patients. A more plain description of Sex Transmutation is the transmutation or channeling of sexual energy (or the urge to ejaculate) into other avenues. Technically, having sexual intercourse without ejaculation (but with orgasm) is a form of sex transmutation that leads to prolonged lovemaking and better erections. Before we get to that I want you to learn better how to take sex energy and do something creative other than have sexual intercourse.

I know I'm throwing a hurdle in front of you at the start, but I think you will agree that there may be times when you may feel the desire for sexual intercourse at a time when you do not find a loving, understanding, and eager wife close at penis. Even if you enjoy a near perfect marriage, there may be such times.

The sex urge, in men, leads to ejaculation. From a biological standpoint, the man will be urged by genetic and hormonal influences to deposit sperm in as many attractive females as possible to propagate the race. The urge can be so intense that it leads to masturbation and ejaculation if the man cannot find a woman soon enough. Because the urge to ejaculate inside an attractive female is so intense, reasonably good men—who have not learned to harness its power—sometimes destroy families, throw away careers, lie, steal, and even rape and kill. These men are analogous to the one or two people per summer, in the coastal town near my home, who (because of ignorance of the power of the ocean) walk into the surf to find a tragic death.

On the constructive side, however, for this urge to mate with an attractive female, men

will make fortunes, fight evil, act as altruistic as possible, invent, create, and generally make the planet better.

The sex urge causes a man to want to have sex—but having sexual intercourse does not completely relieve the urge for sex; the urge continues until the man ejaculates.

Thinking about these ideas, during my second year of college, I devised a secret experiment on my own body (not knowing at the time that the Chinese experimented in the same way and described their findings over 2000 years ago in the Tao of Sexology). Here's the experiment. After you examine this experiment, I want you to see how Thoreau performed a similar experiment in the woods on his own body.

My weird college biology experiment

The experiment developed because of what I did to my body in my freshman year in college. I entered college at 6 feet and 2 inches and 155 pounds—thin but with good stamina from cross-country track competition.

I did well in class but ignored rest rather than work smart. By the end of the year, I was down to 135 pounds (very thin on a 6' 2" frame). My physician ordered me to bed rest with mononucleosis.

I practiced no form of continence during this time. The usual 18-year-old may ejaculate 1 to 5 times a day—whether he has a girlfriend or not—and I was not unusual.

After spending the summer resting and working a few light summer jobs, I started my sophomore year determined to become as healthy as possible even if health required flunking school. That's when I devised the weird experiment.

In biology class, I read that the average sperm lives 81 days. I theorized: what if no ejaculation and the resultant accumulation of sperm triggers a survival-of-the-species response to change the body to make it more attractive to a mate. Since we propagate the species by mating as often as possible (taking higher laws out and looking purely at the physical), it seemed logical that not mating might change the body in some way to make it more attractive to the opposite sex. Since the females are constructed to want to propagate the species as well—"attractive" probably means healthy.

Since the average sperm lives 81 days, the maximal force for changing the body by the collection of sperm should occur around the 81st day (since on the 82nd day the sperm made on day 1 would die).

In summary: no ejaculation causes accumulation of sperm, which causes increased health and attractiveness, which causes increased chance of mating. It was the increased health that I wanted.

The increased attractiveness that increased the chance of mating is not only increased physical attractiveness and health. It also includes increased courage, increased emotional health, and increased intelligence—all features that would improve the chances of survival of the offspring and of the species. Increased health also leads to increased libido, which makes the male bolder in approaching females.

The sperm is not all that accumulates when there is no ejaculation. Semen is stored. But, more importantly, hormonal changes that take place in the brain with ejaculation do not occur; this results in an accumulation of the neurotransmitters that increase life force and libido and a

reduction in the hormones (like prolactin), which are released from the pituitary with ejaculation and decrease libido.

I knew 81 days was an estimate and considered the whole experiment sort of strange but thought it would be interesting and harmless enough to see what changes would occur with my body and mind and spirit to make it more desirable and healthy if I waited 81 days before ejaculating.

At a time in my life when 4 or 5 orgasms with ejaculation in a day was no big trick, waiting 81 days for the next seemed impossible. I had to stop looking at the most innocent of magazines with picture ads that distracted me and lead to masturbation. I didn't watch TV. I even had to carefully watch my thoughts at bedtime being careful to fill my mind with peaceful and nonsexual thoughts since several times I had to start over due to the interruption of the 81-day stretch by the ejaculation of a wet dream. While my friends partied at the frat house, I went to bed at 8:30 every night and woke up to read the scriptures every morning at 4:30 am. Don't worry, I won't ask you to do this experiment, but you can learn some useful tips from it.

Let's pause with the story of my experiment to consider something important: testosterone is the primary hormone that affects sexual desire. The normal range for blood serum testosterone levels in young healthy women is 15 to 70ng/dl. The normal range for a young healthy man is 500 to 1200ng/dl. Most men will complain of fatigue and impotence at levels less than 250 while a woman will feel very sexy at a level of 70. When I point this out to women who consult me—and worry that when I replace their testosterone back to normal female levels that they might develop into men—most women express surprise at the large difference in testosterone levels between the two sexes. Men and women though alike are also different. It's probably impossible for men to appreciate the sexual response as experienced by the female. It's also probably impossible for the female to appreciate the intensity of sexual desire experienced by a healthy male. I point this out not because I want you (whether you are man or woman) to appreciate the difficulty of going 81 days without ejaculation but to suggest that in that difficulty may lay great potential energy into which you might tap if you are a man (or great energy that you might help your husband tap if you are a woman).

Now, let's get back to the experiment. During this time my energy went into my studies (transmutation). I enjoyed much extra energy. Since I needed something to do with the extra energy, I intensified my weight training and continued to run. After making it a full 81 days, I felt so good that I decided to extend the experiment for the remainder of the school year.

By May, I weighed 195 pounds and still sported a 29-inch waist. That's 60 pounds of muscle in 9 months without anabolic steroids, no creatine, just good food, good thoughts, and no ejaculation.

In addition, during this time my studies included a year of calculus-based physical chemistry. Remember I determined to be healthy even if it meant flunking school. So, when it was bedtime, I went to bed, even if I was not prepared for the test the next day. But I found my mind operating at a higher plane than before so that I could wake in the morning, have breakfast, and then finish reading my physical chemistry text like reading the newspaper only minutes before the test and score very well.

Puberty found me several years before this experiment. But, my body didn't take off until the energy of puberty was transmuted. The rapid changes did not occur due to the arrival of puberty.

To my surprise, my spirit also soared along with the improvement in my physique. Some of my closest moments with God occurred during this time.

Sound like a weird college experiment? It probably was. But before you toss this book in the can, listen to what Thoreau said about a similar experiment that he did in the woods.

Transmutation at Walden Pond

Henry David Thoreau wrote *Walden* using notes he made in his journal while living for two years in the woods. His writing inspired many—including Gandhi (Gandhi was partly inspired by Thoreau’s essay on “civil disobedience” to lead the Indian nation to independence). Thoreau spoke directly about sex transmutation.

In his chapter “Higher Laws,” Thoreau says in *Walden*,

“We are conscious of an animal in us, which awakens in proportion as our higher nature slumbers. It is reptile and sensual, and perhaps cannot be wholly expelled.

Yet the spirit can for the time pervade and control every member and function of the body, and *transmute* [italics added by me] what in form is the grossest sensuality into purity and devotion. The generative energy, which, when we are loose, dissipates and makes us unclean, when we are continent invigorates and inspires us. Chastity is the flowering of a man; and what are called Genius, Heroism, Holiness, and the like, are but various fruits which succeed it. Man flows at once to God when the channel of purity is open.”

Did Thoreau really perform an experiment similar to mine? Thoreau lived for two years in the woods. Actually, the subtitle of *Walden* is *Life in the Woods*. We know from his writing that he lived alone most of those two years. He tells us plainly in this passage that remaining “continent” (avoiding ejaculation) “invigorates and inspires.” How would he know?

I assume he knew the invigoration of continence by his own experience with his weird experiment in the woods—the one where he kept a journal and avoided ejaculation. I don’t claim the genius of Thoreau; but I do claim to have used a process similar to his to make the best of my brain

Did Thoreau’s writing genius really spawn from his continence experiment? In the following passage, he calls Genius a side effect of Chastity:

“Chastity is the flowering of a man; and what are called Genius, Heroism, Holiness, and the like, are but various fruits which succeed it.”

But, what is Chastity? Is Chastity really something to which you should aspire? Thoreau asks the same question a few lines later in the same book, *Walden*:

“What is chastity? How shall a man know if he is chaste?”

I promised that you would enjoy more sex, not less. Don’t run away, I’m not trying to

wrestle you into the priesthood. Just recognize from these lines from Thoreau that a brilliant and inspired man struggled to define chastity. Yet, even though the concept of chastity challenged him, he confidently proclaimed the power of sex energy to transmute into genius, heroism, and prophecy. He also knew that this transmutation takes place when we become continent (avoid ejaculation).

Now, let's look more closely at chastity with a visit with Benjamin Franklin.

Sex and the Lightning Rod

Benjamin Franklin (inventor, writer, rags-to-riches business man, and statesman who risked his life signing the declaration of independence) was successful, intelligent, creative, and courageous on several levels. In his autobiography, the technique that he stated most responsible for his success was his development of the virtues by using a little book to grade himself daily on 13 virtues. As a young man, he studied philosophy and tried to outline all the virtues as succinctly as possible. He narrowed them down to 13: Temperance, Silence, Order, Resolution, Frugality, Industry, Sincerity, Justice, Moderation, Cleanliness, Tranquility, Chastity, and Humility.

Most of us consider "Chastity" to mean the complete absence of sex. But listen to how Franklin defined Chastity:

"Rarely use venery [sex] except for health or offspring, never to weakness or dullness or the injury of your own or another's peace of mind or reputation."

Franklin did not define chastity as the absence of sex. The man who never has sex with a woman but practices masturbation improperly could be weaker and less healthy than the man who practices sexual intercourse properly. It's easy to understand what Franklin meant by "peace of mind or reputation" but what did he mean by "never to weakness or dullness." Sounds like he was recommending some moderation or at least modulation of the practice of sex and a measure of continence; but how can that practically be done?

Do you think it's possible that Franklin's regulation of the sex energy by modulation of ejaculation somehow contributed to his genius? I think so; but you may not be convinced.

For a better understanding, let's go back to Thoreau:

"The generative energy [sex energy], which when we are loose [too frequent ejaculation], dissipates and makes us unclean [dullness of mind, body, and spirit], when we are continent [avoid ejaculation] invigorates and inspires us."

What would happen if chastity were defined (as Franklin did) as sex under proper boundaries with the proper mate and if "avoiding weakness and dullness" meant avoiding ejaculation (avoiding being too loose, as described by Thoreau)?

If the goal is to find a way to tap the energy of sex for inspiration and health and genius but still keep the art and relationship of good sexual intercourse with our mate, how could this practically be done? How could you have all the sex you want and yet control the frequency of

ejaculation? If you determined to have such control, wouldn't it take the fun out of sex? Even if you had fun with more sex and less ejaculation, how often could you ejaculate and still reap the benefits of continence as described by Thoreau?

Later I will explain exactly how to do all of this and how to have more sexual intercourse and more fun and even more orgasm while at the same time remaining continent. But, for now, I want you to get a better feel for what sexual transmutation is. Let's take a look at what Napoleon Hill said.

Mr. Hill, as you know if you've read his book *Think and Grow Rich*, studied the lives of successful men of his day and tried to outline their common philosophies and habits so that anyone else could use the knowledge to better their lives. He was counselor to Roosevelt and his books have been best sellers since 1940. He interviewed Presidents and inventors (like Thomas Edison) and businessmen (like Henry Ford).

Here's what Mr. Hill had to say in Chapter 10 (entitled "Sex Transmutation") of *Think and Grow Rich*:

"The transmutation of sex energy calls for the exercise of will power, to be sure, but the reward is worth the effort. The desire for sexual expression is inborn and natural. The desire cannot and should not be submerged or eliminated. But it should be given an outlet through forms of express which enrich the body [increased strength and health], mind [increased creativity and intelligence], and spirit [inspiration and holiness] of man. If not given this form of outlet, through transmutation, it will seek outlets through purely physical channels.

A river may be dammed and its water controlled for a time, but eventually it will force an outlet. The same is true of the emotion of sex. It may be submerged and controlled for a time, but its very nature causes it to be ever seeking means of expression. If it is not transmuted into some creative effort it will find a less worthy outlet."

Later in his book, which represented 20 years of research, Mr. Hill states:

"The men of greatest achievement are men with highly developed sex natures, men who have learned the art of sex transmutation...

The emotion of sex is an "irresistible force" against which there can be no such opposition as an "immovable body." When driven by this emotion, men become gifted with a super power for action. Understand this truth, and you will catch the significance of the statement that sex transmutation contains the secret of creative ability."

He sounds like Thoreau, doesn't he? He calls sex transmutation "the secret" to creative ability. Remember what Franklin said was the number one reason for his success? It was the

practice of the virtues, one of which included the modulation ejaculation, which would have necessarily resulted in sex transmutation.

But you know people with high sex energy who lead nonproductive or destructive lives. Our prisons are populated with people who suffer and caused suffering because of high sex energy. Listen to what Napoleon Hill said about this tragedy:

“The mere *possession* of this energy is not sufficient to produce a genius. The energy must be *transmuted* from desire for physical contact into some *other* form of desire and action before it will lift one to the status of a genius.

Far from becoming geniuses because of great sex desires, the majority of men *lower* themselves, through misunderstanding and misuse of this great force, to the status of the lower animals.

...The majority of men *never* learn that the urge of sex has other possibilities, which far transcend in importance that of mere physical expression. The majority of those who make this discovery do so *after having wasted many years* at a period when the sex energy is at its height, prior to the age of forty-five to fifty. This usually is followed by noteworthy achievement.”

Maybe you're still not convinced. Napoleon Hill, Benjamin Franklin, Thoreau could not convince you. Will you listen to what another brilliant man said?

Some consider Leonardo da Vinci the most intelligent person to ever walk the planet. Art, science, mathematics and physics, astronomy, biology—he saw more clearly than any other of his day what was and saw much that was to come. His strength astounded his neighbors (he could reportedly bend a horseshoe with his bare hand and arrest a galloping horse with his strength). Acquaintances also wrote that he displayed astounding health and beauty. Listen to what Leonardo said in his notebooks:

“Intellectual passion drives out sensuality.”

Many have postulated about the sexual practices of Leonardo; there exists no conclusive evidence. Sigmund Freud, however, carefully studied Leonardo and wrote (in his book *Leonardo da Vinci and a Memory of His Childhood*) that Leonardo practiced chastity and “*transmuted* [italics mine] his passion into inquisitiveness.” Freud thought “transmutation” contributed to Leonardo’s genius.

You may be saying, “I don’t want to drive out sensuality, I just want to know how to have sex anytime I want for as long as I want.”

I wanted you to hear Leonardo on sex transmutation because I wanted to give you one short passage to hold to remember how to switch off the act of sex and switch over to a positive feed back loop that uses your sex energy to create more sex energy and better health. Paradoxically, redirecting sex energy is necessary for the development of maximal sexual energy.

As you focus your mind on something other than sex (like intellectual pursuits) the sex

energy is driven back into your being and the sensuality gets in the back seat for a while. But, sex energy can be a wonderful backseat driver since it also supercharges your engines.

Thoreau had something similar to Leonardo to say in Walden:

“If you would avoid uncleanness, and all the sins, work earnestly, though it be a cleaning a stable. What avails it that you are a Christian, if you are not purer than a heathen, if you deny yourself no more, if you are not more religious?”

If you want to transmute sex energy into something else, says Thoreau, then go to work on something (anything) even if the best thing you can find to do is shovel dung.

Of course if you are Christian, you can think of scriptures to support all that's been said. But it will be no use to you to know these principles, even if you are Christian, unless you use them to demonstrate the full flower of your faith.

The transmutation of energy generated by continence seems to me the idea behind the priesthood, whether you are the Catholic priest or the protestant husband attempting to shepherd your family. The eunuch priest seems to me like building a dam across a dry stream: though the dam may serve a useful purpose (perhaps a pleasant bridge to the other side) it will not generate power unless water travels the streambed. Then (as Hill said) though the “river may be dammed and its water controlled for a time...it will force an outlet.” If the priest focuses on God, that outlet may be illumination and prophecy and the leading of hurting people to peace.

We'll talk more about the spiritual process later. In tomorrow's discussion, I want to help you apply the ideas you've learned so you might enjoy an increased sex drive within the next few days.

Summary

\$ Great men have transmuted sex energy into genius, strength, and holiness.

\$ One method of achieving transmutation is simply to work. Men of great achievement often used this technique (though they may use the technique unknowingly by just being too busy for the usual physical expression of sex) to find inspiration in their work.

\$ The frequency of ejaculation (incontinence) seems to have a relationship to the level of sex energy.

\$ It may be possible to practice a form of chastity and tap into sex energy for purposes other than sexual intercourse and still practice frequent sexual intercourse.

Day 2: Sexual-Response Map Directs

The average dog desires to
Go from bitch to bitch.

The average male desires to
Go from woman to woman.

The expert lover desires to
Keep one woman satisfied for an entire lifetime
And find satisfaction in one woman for an entire lifetime.

The artist and prophet desires to
Surf the sex energy wave
And ride inspiration into heaven.

Day 2 Action Plan:

1. Read the following questions:
 - a. What is sex transmutation?
 - b. What is integrative sex transmutation?
 - c. Can a man have an orgasm without ejaculation?
 - d. Is there harm from avoiding ejaculation even if there is excitation and stimulation?
 - e. What is sex surfing?
 - Does avoiding ejaculation mean that you must avoid sex?
 - If you avoid ejaculation will you want to have sex more or less?
 - Will you become more or less romantic by avoiding ejaculation?
 - Name 2 problems with masturbation when done improperly:
 1. _____
 2. _____
2. Now read the Day 2 Discussion.
3. Draw the male sex zones.
4. Try to explain the sex zones (speaking out loud) without looking at the book
5. Now go back and reread the book.
6. Go back and spend 5 minutes scanning through yesterday's questions.

Day 2 Discussion

Sex transmutation is not the same as *integrative* sex transmutation. For the best sex, please learn the difference. Sex transmutation, as you've learned, is the transmutation of sex energy into something other than ejaculation. Integrative sex transmutation is the mixing of the ingredients of ancient and modern teachings to do two things:

Produce a strong desire for sex—i.e. high sex energy.

Transmute that desire for sex into both an exciting sex life as well as into nonsexual creation (mental, physical, and spiritual).

It's the integration of techniques for increasing sex energy with techniques for sex energy transmutation that make the new idea of integrative sex transmutation. Some of the components of integrative sex transmutation make up the diagram below. Don't get too bogged down in the diagram. But, do glance at it and come back to occasionally study the figure as you progress through the course.

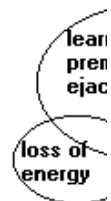
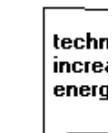


Figure 1: Diagram of Integrative Sex Transmutation

The Male Sex Zones

To best implement IST, next learn the male sex zones and how to use them for your health and pleasure. Most men visualize a simplified diagram of the sex zones as seen below.



Figure 2: The male sex zones as usually conceived

This view limits possibilities by it's over simplification. I want you to understand a more detailed and useful view. For better understanding (and better sex), contrast the common view of the male sex zones with the detailed view.

In the common view, the man develops sexual desire. Then he obtains physical stimulation, which leads to simultaneous orgasm and ejaculation.

After ejaculation, the man settles into the refractory period. During the refractory period, he'd better be good with his tongue in either conversation or cunnilingus because he cannot achieve an erection and he does not have any sex energy. He may want to please his mate and in this sense he may want to have sexual intercourse for her pleasure. But his desire for his own sexual satisfaction will be gone during the refractory period. He feels no hunger for sex.

A more detailed view of the male sexual response, seen in the Figure 3, opens more possibilities:

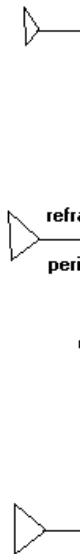


Figure 3: Detailed version of the Male Sex Zones

Let's walk through this detailed view and look for ways to improve sex and health.

The refractory period marks the beginning of sexual recharging.

But this recharging continues until the man ejaculates again. Recharging does not end at the end of the refractory period with the return of sexual hunger and the ability for erection. His desire for sex grows after erection becomes possible. With the growth of sexual desire, his capacity to use sex energy with IST also grows.

It is important to see that even if sexual stimulation and orgasm occur, recharging continues. The man suffers minimal loss of sexual energy with intercourse. So, recharging continues until ejaculation occurs even if the man has sexual intercourse.

The Sex Twinge marks the end of the refractory period. Even if not engaged in sexual activity. Even if doing work at his occupation, a man can perceive on some level whether erection may be possible by the presence of the Sex Twinge—that vague feeling of dormant vitality. The feeling may be almost unconscious but will be known.

As recharging continues, the intensity of the desire for sex grows and eventually leads to ejaculation unless the man transmutes his energy. It's the art of living in the recharging zone and making use of the energy that is IST.

Notice that orgasm and ejaculation are not points but zones that overlap. You can learn to go into the orgasm zone without reaching ejaculation and you can learn to enter the ejaculation zone and retreat back to intense sexual hunger without fully ejaculating and entering the refractory period.

This course teaches you details of how to maneuver within these sex zones to provide pleasure for both your spouse and yourself as well as how to stay tapped into recharging to

preserve the sex energy.

Before you learn more details about moving from zone to zone, consider one more concept that will help you in the process: Sex Surfing

How to Surf the Wave of Sexual Desire

I coined the phrase “sex surfing” as a picture of harnessing the power of the sex urge (the ocean wave) to move you (the surfer) using the wave as a powerful vehicle to another place—that place may be increased energy, creativity, health, strength, and better sex.

If you don’t learn to harness this power, you could call your sexual practices “sex crashing” or “sex drowning” or perhaps “sex drifting.” Because most people don’t harness the power of the sex urge, the urge of sex either destroys them or washes them in various directions. They claim little ability to either resist the wave or to harness its power for constructive use. As an excuse for destructive behavior, they say that they were forced by a power (the wave of sexual desire) greater than their ability to resist. They never learn to harness this power and transmute it into a better life.

For most people this unfortunate floundering in the wave of sexual desire is the best that they will see. Some learn to resist the wave and anchor themselves in stable position but suffer as the wave beats them senseless. But, a few lucky people learn how to harness the power of the wave. They learn how to rise with it and to use it to propel them both to greater joy in the wave as well as to new spiritual and physical heights.

By coining the phrase, “sex surfing,” I do not mean that sex should be taken as a game to be played in the same way that some view surfing the ocean. Exactly the opposite should be recognized. The waves of sexual desire wax and wane in intensity but always have the potential to present you either great joy or to hammer you to destruction. As an ocean’s waves can rock you to sleep, move you to another continent, or destroy you—so can your waves of sexual desire.

So if you have trouble with the name, Integrative Sex Transmutation, or IST, just call it sex surfing for short. Throughout the rest of the course, I may occasionally refer to IST as sex surfing.

Hours of Orgasm with Sex Surfing

Now that you’ve suffered through the philosophy, I feel safe in introducing a more sensual meaning for “sex surfing.” I’m going to tell you now how to have literally hours of sexual pleasure and multiple orgasms every day. Once again, if you learn this process and do not practice the remainder of the philosophy you will harm yourself or will hurt others.

Look again at the diagram of the male sex zones. Focus on just one area: do you see that there is a zone where stimulation starts and then enters the orgasmic zone without touching into the ejaculatory zone? What if you could spend hours in this zone? What if you could have sexual intercourse and maintain erection and even touch into orgasm without ever fully entering the ejaculatory zone? What would happen?

I’ll tell you the answer from personal experience, from the experience of my patients, and from the ancient eastern writings: Not ever reaching the refractory period and staying in the recharging zone, you would be able to have sex anytime you want for as long as you want.

Let me describe this activity in a different way: If you were able to maintain stimulation

enough to keep an erection and yet never progress to stimulation required to achieve full ejaculation, then you could have sexual intercourse for as long as you wanted whenever you wanted. This means that you could take your mate to the ninth level of female orgasm (which leaves her limp and breathless, and usually takes a little time) if you and she desired. You would have the pleasure of hours of sex and several orgasms and would still be eager and able to have sex again immediately.

If you suffer with premature ejaculation, then the zone between stimulation and ejaculation is so short that you may think it's impossible to ride this zone. Later, I'll teach you how to widen this zone and ride it for hours. For, now, recognize the zone exists.

Here, you may be wondering, "What's the point?"

You would not always want to have sex in this way. Sometimes I just drive my car three blocks to the store and grab a gallon of milk and all is well. But, it's nice to know that if I want to go several hundred miles to the other side of the state, there's enough gas in the tank to take me. You'll learn more about the why's and the why not's later. For, now let's get back to this other definition of sex surfing.

When you catch the wave of your sex energy and then bond with your lover and ride in and around your orgasmic zone while watching your lover have wave after wave of orgasm, complain that her lips are going numb, and then lie covered in sweat and limp on the bed; when you feel the union of spirit with your lover and God and leave the session having experienced intense pleasure and orgasm yet still energized and able to achieve an erection if you wish; when you ride the sex energy wave in this way, then you've been sex surfing.

Does it always work like that? No. Does the surfer always ride the wave perfectly? Sometimes you get over stimulated, lose mind control, have full ejaculation and enter the refractory period; this is like the surfer crashing while trying to ride a big wave. If you're young and healthy, then that's no big deal. You just wait a few minutes and catch the next wave.

But, if you continue to crash too frequently, what happens? The waves become smaller and the refractory period lengthens and sex transmutation becomes impossible.

Tomorrow, you'll learn the ideal frequency of full ejaculation for your body (it varies from person to person) and learn to sex surf in a way that you can have sex whenever you want for as long as you want by riding in the zone around orgasm. Then, when it's time to have full ejaculation and still maintain the continence required to retain enough energy for IST and the avoidance of "weakness and dullness," and when your lover is fully satisfied with the ninth level of orgasm (if she desires)—then and only then, you proceed to full ejaculation.

That's what I want to teach you in the remaining days of this course: that and a little more about how to transmute the stockpiled energy into genius, inspiration, and strength.

Summary

Sex Transmutation takes sex energy and changes it into genius, heroism, strength, holiness, and extended sex (without full ejaculation).

Ejaculation drains energy and stops the recharging and sex transmutation process. Integrative Sex Transmutation (IST) combines ancient and modern techniques that increase the sex energy with the process of sex transmutation, which makes use of the sex energy without diffusing it.

The first definition of sex surfing refers to the cultivation of the sex energy wave and then the riding of that wave of sex energy to useful places of mind body and spirit. The first definition of sex surfing is synonymous with IST.

There is a zone of stimulation and orgasm and partial ejaculation that a man can learn to ride in the way a surfer rides a wave.

- Too little stimulation and he loses erection: he missed the wave.
- Too much stimulation and he fully ejaculates: he wipes out and is no longer surfing but waiting with his board (penis) for the next wave.
- As long as he rides the space between losing erection and full ejaculation he can have sexual intercourse: now he's surfing the wave of sex energy.
- When a man rides this zone, then he is also sex surfing since this is a specific way of transmuting the sex energy into something else (the full satisfaction of his mate and the pleasure and spiritual bonding of the ride) without draining the sexual energy.

So when a man practices sex in this way, he's sex surfing. When he lifts a heavier weight or writes Walden or leads a company to higher profits with the energy that could have been used to have sex, then he is also sex surfing.

Now, let me show you something, in Day 3's discussion, from the Chinese Tao that should help you build the size of your wave.

Part 2: Anytime...
How to increase the sex energy

**Guard sex energy as you would guard gold
For no matter how much you have
You have only so much.**

**Spend money frivolously
And you lose financial security.**

**Spend sex energy frivolously
And you lose the friendship of God.**

Day 3: Your Cycle Gives Sex Power

**Everything in the universe has rhythm and
cycle**

Women cycle

Men cycle

Day 3 Action Plan:

1. Read the following questions:

How do you calculate a man's cycle?

Is there more than one way to calculate a man's cycle?

What happens if a man has orgasms more frequently than his cycle allows?

How long is your cycle?

- 2 Now Read the discussion for Day 3 and find the answer to the above questions.
- 3 Set up a calendar to keep track of your practice of the cycle (when you have sex and when you ejaculate fully).

Day 3 Discussion

Today, you will learn how to increase the size of the waves of sexual desire. It's hard to transmute energy that's not there. A eunuch priest is a good thing but a virile and chaste priest is totally different. A man with an erection is one thing but a man with an erection and strong sex drive is something else. An intelligent man is one thing; but, a man with the energy of a strong sex drive and intelligence is something else.

Before you can ride a wave or use it for work you must generate the wave. Even if you enjoy good health and a strong sex urge, you will still find (by practicing the techniques taught here) that you can increase the potential energy of the sex urge and that you can enjoy this energy throughout your life. Days 3 through 12 will explain how to increase and to maintain a strong sex energy.

Days 3 through 10 discuss the physical means. Day 11 discusses transmuting sex energy into increased mental power. Day 12 explains how to transmute sex energy into increased awakening.

All 12 days contribute to increasing the sex energy. Every technique presented supports and amplifies the others and some will not work unless combined with the others. Skip around if you must, but try to complete every day of the course of study for the best results and combine all of the techniques for boiling sex energy that can be transmuted into a better life.

Use this 2000-year-old Technique to Supercharge Your Sex Drive

Learning how to calculate your cycle (if you're a man) and use it to time your sexual activity is probably one of the most powerful things you can do for your overall health as well as for your sexual function.

This technique appeared in the Chinese Tao of Sexology over 2000 years ago. I did not invent this technique. What I hope to do is to show you how to use this technique and to combine it with modern herbology and pharmacology and what we now know about nutrition and exercise so that you can supercharge your whole life (not just your sex life). The technique will allow you to use your cycle to supercharge your libido. This one technique could allow you to go from having sex once or twice a week to enjoying a libido that allows you to have sex several times a day—every day!

First: calculate your cycle: divide your age by 5 (or multiply by 0.2 to get the same result). For example: If you are 40 years old the formula would look like this: **40 years/5 years/day = 8 days**; or, **40 years x 0.2 days/year = 8 days**.

So a 40-year-old man would normally have a cycle of 8 days (40/5). A 45-year-old man would have a cycle of 9 days (45/5). A 20-year-old man would have a cycle of 4 days (20/5).

The Chinese Tao taught that a man should avoid ejaculation completely. A recharging takes place between ejaculations and if you ejaculate too frequently you start to deplete your body's health and vitality. According to the ancient Taoist texts, you should try to obtain as much energy as possible and to lose as little energy as possible so you would be healthier if you never ejaculated. You don't have to avoid orgasm to avoid ejaculation. You can have orgasm

without ejaculation (more on this later). This takes practice, but can be done by anyone who will practice the technique. But, avoiding ejaculation completely is more difficult than most people can accomplish. As I mentioned earlier, I pulled it off for about 9 months at the age of 19 and saw amazing results. But, even though sex energy was out the roof, I had no steady girl friend and no wife, so I found it easier to control distractions than most situations allow.

Anyway, I promised you more sex so don't panic. You can have all the sex you want. And, you'll probably have more sex because sex energy will be out the roof. You'll just use the techniques taught in Part 3 to allow you to have extended sex without ejaculation.

If you avoid having orgasm except once a cycle (for example once every 8 days if you are 40 years old) then you will avoid weakness and dullness. If you had an orgasm less than once a cycle (for example once every 10 days if you are 40 years old) then you will see an accumulation of energy. But, again, remember, this does not mean you cannot have sex. You can have sex as often as you want and will probably have sex more often because your libido will go up.

The trick is to learn how to separate sex from ejaculation so that you can have sex as often as you want but regulate ejaculation to a less frequent amount.

This is one of those practices where the people who do it may know more than the "experts" who don't. When I interviewed for medical school, there was debate in the medical literature about whether aerobic exercise was really beneficial to the heart and the "runner's high" was somewhat doubted. People (myself included) knew the answer to these questions by experience.

Osler said there are three kinds of medical students. If you ask a class how long it takes for a fingernail to grow one length of the nail bed you get three different responses:

Don't really care. Doesn't give the issue a second thought.

Reads a book to find the answer.

Puts a mark on their own fingernail and watches to see how long it takes to grow out.

You won't find much research about men's cycles. But if you practice this technique (like the third kind of medical student) you will be amazed at the results. You will find that you actually want to have sex more (not less) and your interest in sex increases along with your desire to romance your mate.

Remember our discussion about Thoreau's view on the power of Chastity to result in genius and heroism. Remember Franklin's advice to avoid sex to the point of dullness? By spacing ejaculation in accordance with your cycle, you will be practicing Chastity by this definition even if you have sex several times daily.

So, the complete avoidance of ejaculation is difficult but the spacing of ejaculation according to your cycle will allow the accumulation of energy rather than the draining of energy.

The priest and the prophet and the hero were meant to practice chastity in its most extreme form in order to elevate their thoughts to the highest plane. Chastity is not just having a wife and the distractions of caring for a wife that might take your thoughts away from God for a time. Chastity is about storing the energy lost through ejaculation and transmuting that energy toward God.

Put another way—suppose you and your mate want to have sex every day. Does the number of ejaculations and the spacing thereof affect your health? Yes it does.

How Libido is Like a Long Car Ride

Look at it like your bladder. When your bladder is completely, brimming full and you need to urinate so urgently you are ready to tear down a wall, that's the end of your bladder cycle. The time from when you urinate until you must urinate again is how long it takes for it to fill completely. You may be able to urinate again 5 minutes after you last urinated. The most extreme urge to urinate, however, peaks when your bladder becomes completely full. For most people this bladder cycle is a few hours. It's affected by the size of your bladder and by how much you drink of water and caffeine and alcohol. So many things can affect the length of your bladder cycle.

When you urinate completely, then for a short time immediately afterwards, you can't urinate. But eventually within a few minutes you can urinate a small amount of urine. There would be no great urge to urinate but you could urinate.

Now consider ejaculation. There's a certain period of time required to accumulate enough semen and hormones. When you ejaculate there is a change in your hormones. You release prolactin from your pituitary gland and other hormonal changes take place so that you release some sexual tension that is analogous to releasing the tension of the urge to urinate.

Immediately after ejaculation, there is a refractory period. During the refractory period you are unable to have an erection at all. This length of time is not your cycle; this length of time from time of ejaculation until time at which you can achieve erection again is your refractory period. This length of time varies as well. For a teenage male it may be a few minutes. For an older person it might be a few days or even a few weeks. For a middle-aged male, it might be from a few minutes to a few hours. Don't worry too much about the length of time of your refractory period. Practicing the technique of sex surfing, the refractory period becomes of minimal importance but will be shortened.

Suppose when the bladder is full that that's analogous to the peak of your sexual tension. Sexual tension can be a good thing. It allows you to want sex and to have erection or allows you to transmute that sexual tension into wanting God or to wanting to produce something useful, or to romance your wife.

How can you have sex and avoid releasing the tension? You have sex without ejaculation. You may still go to orgasm (without ejaculation) and you may still enjoy sex several times daily if you want. You just don't ejaculate every time you enjoy sexual intercourse.

Immediately you may have some worries. Don't quit on me yet. When you get all your questions answered, I think you'll be pleased with the end result.

You will not need to avoid sex; you'll enjoy more sex if you want. You will not need to avoid orgasm; you'll enjoy more orgasms. But you will experience fewer ejaculations if you practice this technique.

So *the next thing* to add to this orchestra is to *have no ejaculation until your cycle is up*. Right now, take your age and divide it by five and literally keep track of it on a calendar.

Your Age _____ $\div 5 =$ _____ days.

I make a little circle on my calendar when I have sex (nobody knew until now what the circles meant) and when I have ejaculation I put a dot inside the circle. Make your own code if

you want but keep up with the frequency with which you have ejaculation and live by the cycle if you wish to supercharge your sex life.

Don't just read this day's discussion!! This lesson has power to out perform all the other techniques; so, please give it a try.

What if you think that you may be older or younger than your calendar years and the formula doesn't apply to you? You may be right. Here's another way to calculate your cycle:

Make a mark on the calendar when you last ejaculated. Then try to avoid all sexual thoughts. Ask your mate to cooperate and try to avoid all stimulation. No movies, reading, or activities that would stimulate you to think of sex. Eventually, if you're healthy, even avoiding all thoughts of sex, you will eventually return to the idea of sex. When you reach the point that you are very much in need of sexual contact, then make another mark on the calendar and the number of days since your last ejaculation is your cycle length.

Be careful if your cycle is greatly less than what you would calculate using the math formula. To be on the safe side, I would not practice a cycle more that a day or so shorter than what you get when you do the calculations. When it takes all your will power and more for you to keep from masturbating or finding your mate, then you've come to the end of your cycle. This is analogous to finally coming to the end of a bladder cycle and needing to urinate urgently. The difference is that if you do not urinate you will damage your kidneys. But if you transmute your energy and do not ejaculate, you will make yourself healthier.

Build Your Energy Bank

Just because you reach the end of a cycle does not mean you should ejaculate. For example, if you are 40 years old and your cycle is 8 days but you wait 10 days between ejaculations, then you will accumulate energy. The longer you space your ejaculations the more energy that you will accumulate.

I think you can see (or will see when you do this experiment) that when you practice this technique you will become hypersexual and want to have sex more or else have much extra energy and creativity for other pursuits.

You may be thinking, "I do not want to enjoy sexual intercourse without ejaculation. What's the point?"

I do not claim this to be an easy practice. But, it is easier than learning to play the piano or to do many other things very well and it is possible to do. Many will give up on the practice and not give it another thought after just a few attempts. These will miss the benefits of almost unlimited sex at any age and an increase in energy and creativity that may be otherwise unavailable. You will become better with practice at delaying ejaculation but few can do this perfectly (have sex frequently and *always* avoid ejaculation except once per cycle). Who plays the piano without ever missing a note? You just keep practicing; knowing you'll probably not get it perfect but you'll have a better sex life and better health just for trying.

As men age, the urge to ejaculate grows less and it becomes easier for the first few days of the cycle to avoid ejaculation. Still, toward the end of the cycle or when sex surfing around orgasm, it can be difficult to avoid falling over the edge into ejaculation. As I mentioned earlier, I started practicing this technique while still in my late teens and early twenties and still found it possible to go for months...but only by practice.

When you're young it may seem impossible to have sex without ejaculation. Just study and practice the lessons in Part 3 of this course and eventually you can (at any age) develop the ability to have sex and make ejaculation like an on-and-off switch that you control.

If there is no sexual desire and no erection, then it's not difficult to avoid ejaculation. But there's no power gained by avoiding ejaculation when there is no sex drive at all. There's no power gained by building a dam across a dry stream. So the more water you add to the stream the more power generated by the dam. The younger and healthier you are the more power you can generate with sex surfing.

So if you build up a very strong libido, and then take that energy and instead of ejaculating you turn your thoughts to other things and become more disciplined (build a bigger dam) you find yourself having energy and creativity that you've never seen before. Your personality and creativity *and your sexual ability* will grow with the energy accumulation.

This creates the positive feedback loop diagrammed below in the Figure 1 in Day 2's discussion. Sex transmutation revs up the sex energy generator.

This one technique (practicing the cycle) is probably the most powerful technique in this book. Consider practicing this technique for the rest of your life. The more you practice living within the cycle, the more benefit you will see in your life (not just your sex life) and the more pleasure you will have with sexual relations.

If this technique is still not plain to you, you may call me or go to my web site for more study helps.

Some will find that even if they have a small stream (poor health and poor libido), if they will just build a dam and conserve the energy that they do have by avoiding ejaculation, they will see an improvement in health so that the stream grows into increasingly good health and a strong libido.

By practicing this technique, even if you are older, you will eventually accumulate enough tension to have an enjoyable source of energy for sexual relations, romance, creativity, and productivity similar to what you had in your youth. Even if you have a smaller stream (because of age or poor health) you can accumulate this energy to build youthful energy and libido with the dam of infrequent ejaculation. Often people become more creative and energetic than even when they were teenagers because in youth most wasted the energy (a strong stream without a dam to harness the energy) by too frequent ejaculation, which led to "weakness and dullness."

Warning for Women (but you should read this if you're a man)

You should not try sex the build-up of sexual energy by withholding orgasm if you are a woman; you should not practice the cycle.

Men and women do not orgasm in the same way. Although some women do ejaculate, even with these women there will be a feeling of energy and calmness that comes after orgasm that is different than the loss of energy that comes to a man immediately after ejaculation.

Women are more likely to become depressed for not having enough orgasms. Men are more likely to become depressed for having too many orgasms (with ejaculation).

Men become anxious if they have too many orgasms (with ejaculation). Women become anxious if they do not have enough orgasms.

Some think that the anorgasmic woman has trouble with orgasm because she may be depressed or anxious. Though such may be the case, in many cases the woman may be depressed and anxious because she has not learned how or possibly does not have the hormonal makeup that allows her to have an orgasm.

Some women become frustrated and depressed and think that they feel this way only because of the events of their lives. In some cases it may truly be hormonal abnormalities or lack of sexual orgasm that causes the depressed perspective on life.

Hormone optimization in women involves more than most realize. Almost all women patients tell me that their doctor checked their thyroid and everything is normal. But, both free T3 and free T4 should be checked (both thyroid hormones) and they should be checked by ordering a free T3 and a free T4. Other ways of measuring thyroid (like FTU or free T3 uptake or total T4 or even TSH) are old fashioned and may overlook disease. Sometimes I may order a TSH, but unless your doctor's ordered a free T3 and a free T4, you do not know if your thyroid is functioning normally or if your thyroid replacement is adjusted properly.

Also, free T3 and free T4 should be in the upper levels of normal. There's a ten-fold difference between low normal and high normal within the normal range of free T4. Good evidence shows that women in the lower 20th percentile have twice the risk of dementia as those in the upper 20th percentile. If you're having symptoms consistent with low levels of thyroid or testosterone, then you should probably be treated even if you're in the low range of normal.

Also, to make sure your hormone balance supports feeling well and having a good orgasm, you should have other tests done (testosterone free and total, IGF-1, DHEA, and prolactin, and possibly others). For more on this subject, go to my web site at <http://TempleRepair.com> or call me at 251-625-2612.

Do not think that because your doctor checked and replaced your Estrogen, that your hormones are properly adjusted and cannot be the reason for your weight gain and depression. Estrogen can help prevent dementia and a few other things but it does nothing for sex drive and actually can hinder the orgasmic response.

So if you're a woman, get your hormones corrected if needed (and I'm not talking about estrogen) and have as many full orgasms as you can while practicing sex within the boundaries of marriage and commitment. If you are single, and female, and tired of empty sex and broken promises, you may want to read a book called *Sensual Celibacy* by Donna Marie Williams. Go to my website for further suggestions about the flow of sex energy in the female and how to manage it for your benefit.

But what about...

When I teach IST to my patients, I repeatedly hear several objections from men:

Question: How can sex be fun without ejaculation?

Answer: How does this sound: greatly increasing the frequency of sexual intercourse and riding for hours in and around the orgasmic range having multiple orgasms yourself and riding that wonderful edge-of-orgasm feeling while your mate gasps for breath between orgasms...when she falls asleep you go lift weights and for a walk and then come home ready for more when she wakes up?

Question: Won't my mate think I'm not having fun if I don't ejaculate?

Answer: Remember that wonderful tool—language? Don't make her read your mind.

Tell her that you're practicing an ancient sex technique from the Chinese Tao that allows you to provide her with more frequent, prolonged, and romantic sex but using the technique requires that you guard your sex energy and reinvest it into your health, vitality, and creativity.

She won't understand a word you said (until you let her read this course) but at least if she likes you she may look forward to the benefits and you can let her know with words and sounds when you're surfing the edge of orgasm and when you're having fun.

Question: But my mate wants sex so infrequently and for such a short period of time that I don't really need these techniques.

Answer: There are more important things than sex. That's the truth. But the extra health and energy that you gain by preserving the sex energy will help you with the other things. When I worked as an ER Doctor I frequently went without sleep and once worked for 5 days and 4 nights without a wink (and with no coffee or drugs). I pulled that energy from good health and sex transmutation. When you need extra energy (and who doesn't) guard the energy that you have with IST.

On the other hand, if your mate continually wants only short and infrequent sexual encounters, you may want to look into her health and into the health of your relationship. If she's irritable, depressed, gaining weight, over 30 years old, and tired, then she should call me (or someone else) who knows their business about evaluating her hormone levels and metabolism. Send her to my website or have her call me—yes I will call her back and if I think I can help her I will, if not I'll offer other suggestions.

Today's lesson may have taken you aback. Tomorrow's more straightforward and teaches you to improve your whole body in a way that increases your sex energy.

Day 4: Better Health for Better Sex

**Your knife is a tool in your hand
And is worth its sharpening.
Your body is a tool in God's hand
And is worth it's caring.**

Day 4 Action Plan:

Read the Day 4 discussion.

Plan a time to walk every day over the next seven days. Use the form given at the end of this chapter. Write in every hour that you must sleep, work, and walk. Then make the rest of your activities for the week fit in the remaining time. Do this form every week for the next 6-weeks. Consider doing it for the rest of your life. Even if you have an electronic method of keeping your schedule, do this form every Sunday and look at every hour of the week on paper.

Add the classic by Paul Bragg, *The Miracle of Fasting*, to your reading list.

Go to my website, <http://www.TempleRepair.com> for more tips on fasting.

Day 4 Discussion

As a child, I once did a project in the basement where I bred “Siamese Fighting Fish.” If you just buy a male a female Siamese Fighting Fish and drop them in an aquarium, they do not breed. The usual fish food and confined environment do not cause the male to initiate sex. In order to promote breeding—to increase the fish’s libido—I provided a larger aquarium and fed the male fish live mosquito larvae and brine shrimp for a week before introducing the female to him. Good health improves sexual function in fish and in people.

To achieve an erection whenever you want (the “anytime” part of this book) for the rest of your life, you must work daily to improve your overall health.

Good health is not a place to which you walk and then park. Good health is more like a motorized treadmill. If you stand still, you will fly off the back end. To stay on the treadmill, you must walk or run.

Exactly what you need to do to keep from being thrown from the moving platform of good health puzzles researchers and physicians around the world. But even though many questions go unanswered, good research exists. You can take a few simple guidelines, apply the 80/20 rule, and come up with a plan to maintain and improve health.

Paying attention to good health gives the base for a good sex life and paying attention in the simple way I will teach you will greatly amplify the effect of the other sex transmutation techniques. Consider the alternative: trying to have good sex with poor health. Thankfully, almost anyone can improve his or her health at any age. Improving your health in the way I will teach you will also increase your libido. Being sexually active, increased libido, and firmness of erection are side effects of excellent health.

For an effective and pointed strategy for improved health in a way that specifically increases the sexual libido so that you can have sex anytime, try my “1, 3, 5” plan. With this plan, you fast one day per week, walk 3 miles a day, read 5 chapters of scripture per day, and eat five servings of fruits or vegetables per day.

This plan will do more to increase your libido than any other general health improvement plan. As a good side effect, following this routine will allow most people to achieve their perfect weight.

One fast per week

The metabolic effects of fasting are difficult to explain and not fully known but the effect on the libido is dramatic with a good boost following a 24 hour fast. Toward the end of a 24-hour fast, you may see a decrease in libido but then the libido will skyrocket when you break your fast.

If this surge in libido is stored rather than used in ejaculation, it will carry over to greater ability. When I say, “stored” I do not mean to not have sex; I mean to avoid ejaculation except as allowed by your cycle as taught in Chapter 3.

The most convenient way to fast extends from supper one day to supper the following day with nothing to eat. Doing this gives you a growth hormone boost that helps both with

libido and firmness of erection.

Most overweight people eat 80% of their calories in the evening anyway—so this way of fasting may not seem like much of a change. But for the full 24hr fast, start at a specific time and consume nothing with calories for a full 24hrs. Most Americans eat many calories between supper and bedtime. This will not happen during the first few hours of your fast and you also lose any calories from small snacks during the next day.

If you then break your fast carefully with a normal sized supper—you lose a significant number of calories. But even if you make up for the fast with more food intake over the following 12 hours after the fast, you will exercise your metabolism with the fast in a way that promotes better health and increased libido.

If you already weigh your ideal weight, then you may want to space the fast out to once a month.

The following times may help you with your fast:

Don't change the amount of caffeine you drink during a 24hr fast. If you drink coffee, just use a non-caloric sweetener. If you drink sodas, switch to diet soda.

You will feel discomfort during your fast. If possible, schedule the fast on a day when you can rest if you feel the need.

Drink a full glass of room temperature water, brush your teeth, and go for a short walk if you feel hungry.

For headache, try a hot shower or just take a couple of ibuprofen or acetaminophen

Remind yourself that your planned discomfort makes you healthy so that you avoid the discomfort of poor health. Trying to live a completely pain free life leads to the pain of disease. Do every day a little something that you'd rather not do.

If you do not want to go completely without food for 24 hours, then you try a modified fast where you drink nothing but very dilute orange juice for 24 hours. For full effect, just make sure that you go a full 24 hours.

Three miles per day

Even though the proven benefits of exercise now outnumber any drug on the market, most Americans still do not provide their bodies with enough exercise. Two separate studies showed that walking around 25 miles per week cuts your risk of dying from any cause in half. If there were a pill that did that, it would sell for \$50 a day and send someone's stock to the top. But, walking is free, so no beautiful female saleswomen call on my office to convince me to prescribe it (as they do with cholesterol drugs which are less effective than exercise in preventing heart attack).

So, you don't see as much on television about walking as you do about cholesterol medication or Viagra. But, being aerobically out of shape is a proven cause of impotence. Using walking or jogging as the base exercise of your fitness program will give you the optimum boost in libido (more than biking or weight lifting or tennis or golf).

I can't explain yet why walking or jogging results in a better effect than other exercises but I've found it to be so and all of my patients have as well. I hope to explore the reasons for

this superiority in libido boost with walking or jogging compared with weight lifting or tennis or swimming or biking but for now just try the plan and prove the plan to work in your own body. You can still do the other activities but don't do them to the exclusion of walking.

The 3 miles of day of walking is usually enough to change your metabolism through a variety of hormonal changes. You get a boost of growth hormone, serotonin, dopamine, thyroid hormone, cortisol, and adrenaline. All of these hormones, when boosted, change your appearance as well as your interest in sex. You also see an improvement in circulation and increased firmness of erection. I suspect that walking makes the veins and arteries more reactive to the hormones that cause erection. All of these effects only take place when we go over 15 miles per week and, for most, the effects do not become significant until we reach 20 to 25 miles per week.

I've worked as a trainer, talked with many patients about their exercise, and watched the effects on my own body. I've lifted weight extensively, done marathons and triathlons and can tell a much greater improvement in sexual libido when going a distance on foot compared with other forms of exercise (like bike riding and swimming). Walking or jogging also works better for weight loss than swimming or biking or lifting weights.

The one exercise I highly recommend that you avoid is long distance biking. Where the seat hits your prostate and inner thigh you have nerves that can be damaged by long distance biking. The medical literature documents well impotence from biking. I highly recommend that you pay attention to the danger and avoid biking as a regular exercise. If you're already an avid biker and have padded shorts and are doing fine, then all right, you can make a case for not giving up the bike. But it still makes me nervous about the long-term effects on your libido and erectile function.

Five fruits or vegetables and five chapters of scripture

Five fruits or vegetables. The five fruits and vegetables act as an appetite suppressant without supplying a lot of calories. In other words, in order to "eat less," you define eat less as eat less calories—not eat less volume of food. It's the fewer calories that lead to weight loss. If you eat 5 servings of any fruit or vegetable every day, you will consume only 700 calories even if you choose corn as the vegetable (a higher calorie vegetable). One piece of chocolate cake or one muffin has 750 calories, so even a higher calorie vegetable like corn will kill your appetite and act as a diet food by giving you far more food for the same number of calories as a much more calorie dense food. For more information on this topic, you can contact me but without understanding the workings of it you can put the principle to use by actually consuming 5 fruits or vegetables (any combination) every day. Then watch your weight and health and sexual libido improve.

Five chapters of scripture per day. The other part of the "5," in the 1,3, 5 Plan is to read 5 chapters of scripture per day. As William Osler said in his address to a graduating class of Johns Hopkins, 10 to 15 minutes per day with the Holy Bible will put you in contact with great minds of the ages. For help with understanding the Bible, I recommend that you read C.S. Lewis's *Mere Christianity* and that you keep on hand the *Haley's Bible Handbook*. I cannot explain the magic of *The Holy Bible*, but many minds greater than mine have testified to its power.

A book that promotes marriage and continence may seem out of place in a discussion of how to have erection any time for as long as you want. But it's not. You are building a libido and sexual technique that is the equivalent of a powerful racing car. If you don't learn the rules and skills of driving that car and how sex relates to the spirit by studying that relationship, you could crash the car into depression and loss of desire or enjoyment of sex. I say this knowing that you may not take my advice and just run right out with your new racing car and go as fast as you can with as many women as you can. If you do that, remember to come back here and take this advice when you reach despair.

The Kama Sutra, though know for it's advice on better sex technique, actually had statement in it's end that may surprise you:

A shrewd man, expert in one thing and another, considering both ethics and his own material interests, must not be a sensualist thirsty for sex, but establish a stable marriage.

I also would like for you to read the books *No More Mr. Nice Guy* and *Wild at Heart* to learn more about how to use your new sex drive. Remember, you're learning to generate a very powerful force, please make an effort to continue throughout your life to become better and better at transmuting this force into constructive and uplifting practices both in and out of bed. Following the 1,3, 5 Plan, including this part concerning the scriptures, is critical in helping you transmute some of the sexual energy into better mental, physical, and spiritual health. But more importantly, the development of the peacefulness of scripture reading will have profound effects on your thoughts and on your metabolism that will enhance your sex drive. God is the source of all energy—even sex energy and your growing closer to God will feed your sex energy as well as your soul.

The next page provides a form on which to schedule the 1,3,5 Plan. If you do not schedule the activities discussed, you will probably allow more urgent but less important activities displace this plans to rule your day. Just for 6 weeks, try using this page (along with whatever other system you might use for more detailed scheduling). Schedule the 1,3, 5 Plan, sleep, work, family. Post the week's must-do's where your family can see it. I will be apparent from the picture what a small part of the total week is actually consumed by the Plan. Point this out to all who would pull you away and expect to need to defend this plan from your own time wasting activities as well as from interruptions from those who love you most.

Remember you can offer the most when you nurture and protect your health and strength.

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
4 to 5							
5 to 6							
6 to 7							
7 to 8							

8 to 9							
9 to 10							
10 to 11							
11 to 12							
12 to 1							
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11 to 12							
12 to 1							
1 to 2							
2 to 3							
3 to 4							
C.A. Hrs.							

Day 5: Eating to Allow Anytime Sex

**Infuse good
To refuse bad**

Day 5 Action Plan:

Read today's discussion.

Buy 15 servings of fruit or vegetables (combined) and divide them between your house, car, purse, and work so that you can always reach for fresh fruit and vegetables. Replenish this supply as needed and make it a point to eat five servings per day.

Go all day today without eating anything with added sugar. If you don't make it today keep trying until you make it a whole day. Did you feel better at the end of this day?

Read *The Abs Diet* by David Zinczenko

Day 5 Discussion

Eating exerts a powerful effect on both your libido and sexual function. You've already learned the 1,3, 5 Plan and if you follow this plan then most of the needed changes in eating will occur automatically. Rather trying to not do something harmful, it's better to focus on something useful and healthful to take the place of the harmful activity. Let a good habit replace the bad one. We never really quit habits we just swap one habit for another.

If you develop as habit the 1,3, 5 Plan, you may be amazed at what habits will automatically leave your life. For optimum health and sex, study this chapter for more tips about eating.

Avoid sugar

A very low carb diet will sometimes kill the sex drive for a time and even cause a short bout of depression due to a drop in serotonin. On the other hand, the usual high carbohydrate diet of the average American will eventually cause disease and obesity (70% of adults in America as of this writing have obesity), eventually killing the sex drive. The most effective diet for increasing the sex drive is a 40/30/30 ratio as taught in the Zone books. I would start with *Mastering the Zone* by Barry Sears and study these books.

Most people, unfortunately, will not closely follow the Zone diet for a long time due to the time required to plan and prepare meals. It's still worth it to invest the time for a short time to educate yourself about how this optimum ratio can improve your body. Don't worry that you may not stick with it for the rest of your life. You're going to fall back to an easier plan but practicing the zone diet for a short time would be like swinging two bats before you step up to the plate to swing one.

It helps to vary your diet strategy, anyway. Remember, you'll be fasting for 24 hours every seventh day (or perhaps once a month) by skipping two meals. You may go very low carb for a few days per month or for a week every 6 to 8 weeks and then relax back to a 40/30/30 routine or simply the 1,3, 5 plan.

This variation of diet composition matches what a wild animal would see and seems to lead to optimum health. Talk to the zookeepers: the lions are healthier if not fed every day. It may seem cruel to make the lion go hungry, but the lion is healthier if he has occasional days of hunger. I think that humans are the same and thrive if given not only a variety of foods but also a variety of eating strategies. Even an occasional feast should fit into your plan. Our health fails when we spend all or most of our days feasting; we just weren't meant to live that way. But an occasional feast (about once a week for one meal, not the whole day) can increase the metabolism. I would plan the meal around an anticipated activity and then allow and enjoy that feast. I didn't say a day of feasting, just one meal. Enjoy the feast without guilt and then move back to a tight plan.

Don't get confused by those who say that the "high protein" diets will result in worsened health. Diets that stress a reduction in carbohydrates have a higher *percentage* of protein than

the usual American diet and so in that way are “high protein.” But the absolute total amount of protein will be less than that consumed by the average American when the Zone Diet is followed. Even the induction phase of Atkins allows more vegetables than most Americans usually consume. So, don’t be scared away by those who continue to advocate the 1980’s version ADA diet.

So the “high protein diets” usually result in less total protein but a decrease in carbohydrates that causes the percentage of protein in the total day’s food to go up. Be sure of this about the average American diet: A very low protein diet with a high percentage of carbohydrate content leads to weight gain and to a decrease in the sex hormones causing a weakening of the sex drive.

Cycles

Your body will thrive if you put it through a variety of cycles. Rest should be cycled with activity. Cycle stress with relaxation. Cycle feasting with fasting. And cycle the way you put together the composition of your meals making the majority of your days approximately 40/30/30 and alternate with times of low carb and times of complete fasting.

Another option good option is to do low carb for one day per week and 40/30/30 for the other six and fast completely on water for one day per month.

You will eventually develop some intuition about which diet to do when. This intuition will come with the practicing of various combinations of diet routines, with reading of the scriptures, and with listening to your own intuition as you watch how your body responds.

Frequent Small Meals for Frequent Sex

Frequent small meals works very well to keep libido up, insulin and obesity levels down, and to keep your mental focus sharp throughout the day. The to apply the principle, you eat 5 to 7 times per day, eating only as many calories as you will burn over the 2 to 3 hours following the meal. By eating in this way, you run out of calories at about the time you finish digesting the meal and so you don’t store calories in the form of fat. You also don’t need to deal with the complications of the hormones that cause you to store fat; one of those complications is decreased libido and erectile dysfunction.

Another very good resource to learn the frequent meal principle (and probably the best “diet” book I’ve ever read) recently hit the bookshelves: *The Abs Diet* by David Zinczenko. I really like this guide because it’s the best combination I’ve seen that provides (1) an actual livable routine that you can do for the rest of your life and (2) uses good health principles which will cause you to keep your weight normal, your health good, and your sexual and mental functioning on a higher plane.

Keep close to me on my web site and I’ll let you know if I find something better. For now, this is THE eating guide go follow long term. Study The Zone; it will give you valuable education. As your most primary base, always and especially when all else fails, fall back to the 1,3,5 plan. Read the “low-carb” literature and try it out and get a feel for how many carbs you actually eating. But for a long term plan that provides more instruction than the 1,3,5 strategy and still keeps it practical enough to actually implement when you have less than 3 minutes on average to cook a meal—run to buy and study *The Abs Diet*.

Why all the swapping around?

If all of this sounds like too much work, there is a simpler way. For razor edge alertness and function, study and try the above techniques but for a simple way that works very well, go back to 5 fruits or vegetables every day (one serving is one cup or one medium piece of fruit...except with salad it takes 3 cups) and fast 24 hours per week on nothing but water and just avoid anything with added sugar except for maybe one designated day per week. But please invest some energy in studying one of the major influences of your health: food. Ignore the people who think you're unusual: by definition, you'll be in the minority in America if you're adult and not overweight. Ignore the people who think they've got THE way to eat and you should just follow their diet for the rest of your life. There's nothing wrong with trying different plans and finding what eating strategy supercharges your particular body. Sex and health problems occur not because people study diet and try different strategies. Why shouldn't you? Not even the most conservative of physicians doubts anymore the profound effects of diet on your health and functioning. The problems attack not from trying new strategies. The problems attack when you fall back to a baseline strategy of daily feasting on whatever most pleases your palate (not every meal but every day allowing your self to eat something just because you want). Just 2 extra soft drinks more than you need keeps an extra 24 pounds on your frame. An extra 330 calories per day will keep you 30 pound over weight.

One of the big surprises I found when I started treating people with obesity was that obese people are actually much more picky about their food than the thin. Most of the really healthy people I know would almost eat gravel from the street for breakfast if they thought it would make them healthy. The obese insist on excellent flavor that caters to likes and dislikes with every bite.

Consider looking at food as medicine and medicine as food. Enjoy the feast one meal per week. But the rest of the week, focus on discovering new ways to eat and new likes that line up more with good health.

One reason I strongly advise fasting is that if you practice it regularly, you'll be amazed at how much more delicious you'll find un-sugared, simple foods taste. Go a couple of days without anything to eat and tuna from a can with a glass of water tastes better than a feast at your favorite restaurant after you've been feasting daily for the past month.

Day 6: Herbs and Supplements that Boost Libido

***He told me that he didn't think there was any
power
In that herbal stuff,
As he was drinking his coffee and smoking a
cigarette.***

Day 6 Action Plan:

Read the discussion.

Go to a store (online or down the street) and buy as many of the herbs and supplements as you can afford.

Keep these supplements in view in a place where you will see them daily and have time to consume them. Take them consistently for the next 2 months before deciding about efficacy in your own body with each supplement.

Day 6 Discussion

Of the many vitamin supplements advertised to help libido and sexual function, most of the combination tablets are not as effective as buying the individual components that are most effective and taking them separately. Check my website, <http://TempleRepair.com> for updates; as more research becomes available I will add to the list. As of now, the following are the most effective:

- 1. Take 12 to 15 grams (12,000 to 15,000 mg) of glutamine per day. Many health-food stores still don't really get it on this one. You'll find tablet for 250 or 500mg. At this dosage, you'd need to take 30 pills per day to reach the maximal dose. You can buy glutamine as a powder, however, where one small scoop has 3 or 4 grams. If you can't find it at your health food store, ask them to order "Rejuvamin" or go to my website for a more recent recommendations and links. Mix a scoop in ½ glass of water and down it 3 times a day. This must be taken on an empty stomach or it's worthless. Glutamine is in every hamburger you ever ate; glutamine is only a common amino acid found in many proteins. But, when taken on an empty stomach, it will enter the blood stream and act as a strong stimulant on the pituitary gland to cause it to secrete growth hormone. Most of my patients take it when they wake and when they think about eating lunch and supper (then wait about 15 to 20 minutes before eating). Compared with other non-prescription supplements, this one offers the most dramatic improvement in erectile firmness (but only if you have a healthy pituitary gland). Insurance will sometimes pay for a pituitary stimulation test to see if the pituitary will respond to glutamine (more in this course in the chapter on hormones). But, you can just take the glutamine and see if you get results. You should wait 12 weeks before you give up on glutamine's ability to improve your health. If you want to read more detail about stimulation testing and glutamine, you should go to my website.*

Take 800 I.U. of vitamin E once a day with meals.

Yohimbine is derived from the bark of a tree. This one gives the most dramatic effect for improvement in libido but also improve firmness in about 25% of men. For about 20% of men this herb can take the place of Viagra. This herb acts chemically like a drug that's used to treat high blood pressure. So in theory, yohimbine should lower your blood pressure. But in some people it will raise blood pressure. It's rare for the nonprescription strength yohimbine to raise blood pressure.

One or two tablespoons of wheat germ oil per day. Natural source of vitamin E.

Also helps with endurance, oxygen utilization, and with libido.

One tablespoon of lecithin with your morning meal. This helps with manufacture of neruotransmitters in the brain to help with thinking but als with libido.

Take 2000 mg of vitamin C per day. You could experiment with going up to 3000 mg. Some make a good case for going up to 10,000 mg per day but I think 2000 per day is

a good conservative amount. Take at the beginning of a meal. Vitamin C burns your esophagus if not swallowed completely but food will help push it down and neutralize any residual left in the esophagus.

Take B complex (the most potent tablet you can find) once a day in the morning with food.

One tablespoon or two of bee pollen daily (buy the granules).

Brewer's yeast (one tablespoon stirred into ½ glass of orange juice). Buy the powder.

Horny Goat Weed is less proven than yohimbine and less effective, but still helps some people. Best used in combination with other herbs and techniques.

Caffeine works short term as a libido booster. Over months to years, at high doses it becomes a libido killer. Best to keep it under 150 mg per day and try to make green tea your main source.

Vitamin A and beta-carotene can cause headaches and in one study was shown to actually increase the risk of heart attack. I'm not as eager for you to supplement this vitamin. Most of the multivitamins have fairly high doses of vitamin A or beta-carotene, so you're better off if you take your vitamins separately. If you do take a multivitamin, find one with a lower dosage.

Watch for this supplement trap: The supplements listed above will cause a dramatic improvement in health and libido for most people—but only if used appropriately. If you try to find good sex or good health by only taking an herb, supplement, or medication (even if it's Viagra, Levitra, or Cialis or whatever hormone you just read about in Prevention Magazine), you will eventually meet disappointment. Good health practices (most of which are covered by the 1,3,5 Plan) and practicing the cycle allow the power of supplements and drugs to be released long term Poor health practices (ignoring the cycle and exercises and nutrition both spiritual and physical) will eventually cause loss of function regardless of which pills you can afford. You cannot buy everything you need for health.

The Supplement Called (by the New England Journal) the Closest Thing to a Magic Bullet

What if I told you that I had a supplement that would decrease your risk of heart attack more than any prescription drug on the market (including all the cholesterol, high blood pressure, and diabetes drugs), gave you increased intelligence, treated depression better than psychotherapy (proven in clinical studies...but don't give up the therapy yet), increased bone mass, increased libido, and would cure obesity for most Americans. What if this same supplement could lower your bad cholesterol (LDL) and raise your good cholesterol (HDL), lower your blood pressure and release endorphins, serotonin, and dopamine. What if this same supplement also improved thyroid function, improved digestion and helped cardiac and lung function? This supplement was actually called the "closest thing we have to a magic bullet" by a cardiologist writing for the New England Journal of Medicine. This pill will even decrease your all-cause mortality (anything from car wrecks to cancer to heart attack) by 38%. What if I told you that all the above has been proven and you could have this supplement? How much would you pay per day?

Here's how to have it for free (this supplement does not work if not taken correctly):

Find an empty medicine bottle and write on the front of it, "Magic Bullet."

Drive your car exactly 1.5 miles from your front door and put the empty medicine bottle down beside the road.

Every day (365-days per year) walk from your front door to the bottle, pretend to take an invisible pill, and then walk home.

Are you willing to pay hundreds of dollars for medications and supplements that do not work as well as what you can have for no money (but admittedly requiring about an hour of your time per day)?

And, by the way, if you want to decrease your all-cause mortality risk by 54%, just put the bottle 2.5 miles from the house instead of 1.5 miles. In the Harvard alumni study (16,936 people over 14 years), 30 to 35 miles of walking per week was associated with a 54% decrease in mortality.

Some physicians still debate (whew, won't they ever learn?) the "cause and effect question." It's a legitimate question. For example, you can state without a doubt that the more ice cream sold within a community, the more women are raped—a true statistic. But, ice cream and rape both go up in warm weather and summer months, so though related there's no cause of rape by ice cream sales. But, people (especially pseudo scientists and politicians) love to quote such statistics that are not as plainly more correlative instead of cause and effect so that the person can demonstrate his pet philosophy.

So, using similar arguments, physicians and scientist yelled correlative and not causative to the mass of data supporting exercise as a way to healthier life. Anyone still yelling such nonsense in my opinion just hasn't read the current research.

Do Not Give Up the Supplements; taken properly they exert dramatic and measurable results. Don't give up icing on birthday cake. Just don't expect a nice cake if you just make the icing and never get around to baking the cake.

For most people, exercise is cake. Supplements are icing.

Day 7: High Octane Hormones

Only two systems control the total body:

The nervous system

The hormonal system.

For problems that herald total body dysfunction,

Pay careful attention to the nervous system

And the hormonal system.

Day 7 Action Plan

Read today's discussion.

Measure the level of your major hormones. If you need direction in this area, then go to my website or call me at 251-625-2612 or send me an e-mail.

3. *Go to my website for further reading on hormone replacement for men (updated regularly).*

Day 7 Discussion

The next step to improve your sexual function is to optimize your body's major hormones. Many things can cause hormones to become too low or too high. Causes of lower levels (leading to decreased libido) include head trauma (even without loss of consciousness), testicular trauma, infections (viral and bacterial), and aging.

When levels are checked, there's a broad range within which doctors will consider levels to be normal but the response of your body to different hormonal levels within this normal range can be tremendous. So micromanaging this hormonal system to the optimal level not only for each hormone but also as each hormone relates to the others gives better results (for example testosterone levels should be 12 to 15 times as much as Estradiol levels for optimal libido in a man). Even moving levels up and down within the normal range can be beneficial.

There is no evidence that high testosterone levels are associated with prostate cancer. There's a greater association with prostate cancer and eating meat than there is with high testosterone levels.

Some mail order salivary testing is available. I prefer blood testing, but salivary testing can be useful. Consider the definition of concentration (which is what you're checking when you do a blood hormonal or salivary hormonal test). You're looking at the parts of solute compared with the volume of solution. If you put 3 ping-pong balls into a gallon of water, then you would have 3 balls per gallon of water. Then if you take out ½ gallon of water (as water would be taken out of the salivary gland if you were dehydrated) then you would have 3 balls per ½ gallon or 6 balls per gallon.

When you measure hormone levels (like testosterone levels), you're measuring amounts per volume of blood. If you measure the level in saliva, then you're measuring the amount of hormone per volume of saliva. The tricky part of salivary testing of hormone levels is that the volume of saliva is not controlled as precisely as the volume of blood. If you're a little dehydrated your mouth becomes dry but your blood volume will stay the same because your kidneys conserve water. Salivary testing can correlate well; just be sure to stay well hydrated (drink 8 to 10 glasses of water) on the day you collect the saliva.

If you're curious, I can arrange for someone to come to your house or place of business to draw your blood for testing. When I report the values back to you, if you find that things are not as they should be I can make further recommendations about where to go to have the abnormalities corrected.

The High Octane Hormones

The hormones to measure are as follows:

DHEA-S: *a precursor to testosterone and estrogen but with effects of it's own. High dosages unpredictably raise either estradiol or testosterone. Adequate levels of testosterone are difficult to achieve by simply taking this hormone. Better to replace the DHEA for it's own effects and replace testosterone and estrogen separately as needed.*

Testosterone: corrected up to 700 to 900 (around the 70th percentile). This level should be 12 to 15 times greater than your estradiol levels (if you're a man).

IGF-1: this gives an idea of **growth hormone** production and should be above 200 and less than 250. Some physicians will push as high as 300, which can be acceptable in some cases. Levels less than 90 are associated with disease but Blue Cross and other carriers have arbitrarily ruled within the past couple of years that they will not pay for growth hormone replacement unless there are other hormones that are low. Don't think cost doesn't have something to do with this one. Can you imagine Blue Cross ruling that they would not pay for thyroid replacement unless other hormones are low? But then thyroid only costs a few dollars per month and growth hormone can cost a few hundred dollars a month. Another case where money and not science and your best interest has determined insurance policies.

Estradiol: shoot for a goal of around 40 to 60. Levels less than 40 are associated with dementia even in males. It's a known carcinogen and still many women take estrogen without ever having a level drawn. If women aren't routinely checked, you can bet there's a good chance you're level's never been checked if you're a man. This one's important because if it's too high, testosterone replacement will not have its desired effect. Testosterone replacement can inadvertently raise estrogen levels so both levels should usually be checked when testosterone dosages are increased.

Thyroid: should check a Free T3 and a Free T4 and TSH. If you think you've had your thyroid checked, look and see which tests were done. If all three of the above tests were not done, you could still have undiagnosed hypothyroidism. Your thyroid levels should be corrected up to the upper 75%. The lower 25% of normal (even though technically normal) is associated with increased risk of dementia and heart disease.

All of the hormones are interrelated. For example, if you add testosterone to your body, you'll see a decrease in thyroid binding globulin, which can cause an increase in active thyroid levels. Adding testosterone can also increase growth hormone production. Supplementing a low thyroid level can also cause an increase in growth hormone production. Your liver converts testosterone into estradiol, so if you increase your testosterone level you will usually see and increase in estradiol levels. These are a few of the changes in hormone levels that occur with changing testosterone levels. I think you can see that supplementing several hormones can sometimes lead to a variety of forces that can sometimes be unpredictable. There's a fine art to manipulating hormone levels within the normal range to optimize function and avoid complications. You will head off problems and maximize benefit if you take hormones supervised by a physician who understands the interrelation of the hormones.

If your physician gives you testosterone without keeping up with the other important hormones or if you're buying your hormones on the internet and self medicating you may see sub maximal results or even detrimental results.

Hormone Worries

Let's address some of the concerns people have with hormone replacement:

If I take testosterone, will it make me more aggressive? *Answer:* Low testosterone levels are associated with anxiety and irritability. Low levels probably cause more fights and aggression between spouses than do high levels. Replacing low testosterone levels back up to normal usually calms people. When I give testosterone to males or to females, they usually find more peace and less aggression in their homes. Things that irritated them at one time no longer have any effect.

Why do I need to check growth hormone levels since I'm an adult and finished growing? *Answer:* Low levels can cause dementia, fatigue, increased arteriosclerosis, and obesity around the abdomen, increased heart disease, high cholesterol, depression, and decreased firmness of erection. Although replacing low testosterone levels back to normal boosts libido the most; replacing growth hormone levels back to normal does the most for firmness of erection.

Will I need to be on these hormones for the rest of my life? *Answer:* It depends on which hormone and a variety of possible causes but usually the answer is “yes, you will do better if you take them for the rest of your life.” Sometimes, if one level is low because another hormone is low, the regimen can be simplified later. One hundred years ago, the average lifespan was around 50 years. By the time the glands wore out, most people died so disease from low levels wasn't much of an issue. For the first time in history, we have the means to both test for abnormalities of the major hormones and to correct those hormones back to normal levels.

Isn't it natural to age and to become more tired and less sexually active and less bright with that aging? Maybe it would be better to allow the body to proceed to age “normally.” *Answer:* This same argument appeared centuries ago when some people decided it would be nice to treat disease and determined to find ways to do so by going so far as to dissect the human body to look at how it's constructed so that we might do a better job of preserving health and treating disease. There were those who thought that disease is an act of God and our bodies too sacred to explore. If someone became ill, it was an act of God and the normal process and should not be treated. But I think God gave us mind so that we might create ways to treat disease and that He also meant for us to take care of our bodies and keep them functional and useful as best we can until we pass to another place. We were meant to be useful, functional, and as bright as possible for as long as we are here. Some still consider every disease somehow punishment from God and something that people bring upon themselves. If someone stays in a diseased state, some believe, this state testifies to punishment or lack of faith. If this were true, Paul (definitely a man of faith) would not have been forced to endure his thorn in the flesh. Sometimes we suffer for doing good, sometimes we suffer for doing bad, and sometimes we just suffer and don't know why. But, with the mind we were intended to do all possible to relieve suffering including the slow decline in function that occurs with the aging of the glandular system (including the decline in sexual function).

What side effects do I need to worry about if I take hormone replacement?

Answer: The potential side effects vary depending upon the hormone in question. But, before you consider individual side effects, you would do well to understand some principles that apply to all of the major hormones. If levels are too low, you will have disease. If levels are too high, you will have disease. If you replace levels improperly and you make levels too high or too low, you will have the disease associated with those extremes.

For example, with hypothyroidism the thyroid levels are too low causing weight gain, depression, hypercholesterolemia, arteriosclerosis, dementia, hair loss, poor skin turgor, and in general become old and demented. If levels become too high, you can develop weight loss or weight gain, hyperthermia, tachycardia, and even lethal cardiac dysrhythmias (you die). So both low levels and high levels can cause disease and even death. Now about side effects and the fear of replacement: if your body suffers with a low level that's technically out of the normal range, then you will have the disease symptoms of being too low. If you correct levels to a level that's too high, then you get those symptoms if you replace to a level that's too low, then you will suffer from the symptoms of the low level state.

You would think there would be little controversy with manipulation of hormones *within the normal range*: why would it be dangerous to adjust blood levels up or down as long as they remained normal. **The controversy mostly appears with two hormones: testosterone and growth hormone.**

1. With **testosterone**, some worry that even replacing levels back to the normal range can cause prostate cancer. The prostate grows in response to a dihydrotestosterone (which your body makes from testosterone). Drugs that block the production of dihydrotestosterone will help shrink the prostate gland. There's never been proof that high testosterone levels cause prostate cancer. High meat consumption is associated with an increased risk of prostate cancer and a history of prostate infection can be associated with an increased risk of prostate cancer.

Infection could be a promoter of prostate cancer and that if you have a healthy uninfected gland that normal testosterone levels are safe to the prostate. We know that cervical cancer can be sexually transmitted with the human papilloma virus (HPV); it could be that prostate cancer is the same. There have been lung cancers reported to be positive for HPV. This virus can also cause rectal cancer. Although it's not fun to ponder, some cancers are sexually transmitted. It's possible that prostate cancer may prove to be the same.

In summary, high testosterone levels (in population studies) have not been proven to cause prostate cancer. Even testosterone replacement in men with benign prostatic hypertrophy does not cause an increase in the incidence of prostate cancer. So replacement back to normal levels should be safe.

The best preventive therapy would be to develop a healthy prostate by taking testosterone if needed in combination with something to block the production of dihydrotestosterone (like Proscar, Propecia, or saw palmetto).

I will change my mind about anything for which new research proves me wrong (would you put much confidence in someone with a closed mind on the matter?) For updates about recent research, go to my web site at <http://TempleRepair.com>

Also, decisions in this area must involve the opinion of your own physician. If your physician does not keep up with this area carefully, however, consider getting advice from another physician since for some reason some physicians seem to have strong and emotional responses concerning issues of hormone replacement (and are often uninformed about recent research).

2. **Growth hormone** has some of the same fears associated with it as testosterone. With the name "Growth" some worry that it will cause the appearance of new tumors. Such is not the case. There is no evidence for growth hormone levels in the normal range causing tumors. Much research testifies that low levels are associated with diseases. Replacement to mid range levels should be safe or else the normal population (by which the normal ranges are defined) should be treated for levels that are too high. Because an IGF-1 level(used to measure growth hormone levels) of 200-250 is on the low end of normal for a young person and midrange for an older adult, I consider it a conservative goal level. Just raising levels from 180 to above 200 gives very dramatic results in some people. If levels are down to around 120 or less, treatment back up to above 200 almost always gives very beneficial results.

Effects of low growth hormone levels include poor wound healing, poor bone growth (which can lead to persistent back pain...even after corrective surgery), hair thinning, skin aging, and central obesity. I think low growth hormone levels are probably as commonplace as low thyroid levels and consider it unfortunate that it goes untreated as often as it does.

3. **DHEA-S** will be converted to either testosterone or estrogen by the body. Some will try to replace testosterone by giving high doses of DHEA, but even in the female, it's difficult to obtain adequately high levels of testosterone by taking DHEA (which can be easily bought without a prescription). Also, the ratio of conversion into estrogen vs. testosterone varies from person to person. So, though it's beneficial (increased sex drive and better concentration) to replace DHEA-S back to its normal level, to drive levels up to very high doses in order to produce more testosterone or estradiol usually does not work well because you have less control of resultant levels.

4. With **thyroid** replacement, you should check a free T3 and a free T4 and replace both of these up to the upper 75% of normal. The best way to replace both is to take both hormones in a natural (but prescription) product called Armour Thyroid. Armour Thyroid has both hormones in it. In theory, if you take only T4, your body will convert some of the T4 into T3 so that you will have adequate levels of both. But, in practice, some people do not convert well and if you check you will find many who are taking only T4 but have inadequate levels of T3. If you are taking thyroid medication and feeling well taking only T4 there

is not good reason to change. But if you aren't as well as you would like, be sure to check your free T3 and make sure levels are in the upper 75% of normal.

I think it's best to give both hormones and then check levels every 5 to 6 weeks until both thyroid hormones are in the upper 75% of the normal range.

Some endocrinologists worry that Armour thyroid should not be used because as a natural product derived from desiccated pig gland and not manufactured (as is levothyroid (Synthroid)) there may be some inconsistency in tablet strength. But, the absorption of thyroid varies from dose to dose and studies show that most patients take the medication in ways that make absorption inconsistent so even if you take the exact amount of Synthroid every time there is some variation in the amount that makes it to the blood stream. Hormones have most of their effect by protein synthesis making the effect more of an average of exposure over several days than an immediate effect of the concentration of the hormone at any particular instant in time.

Also, Armour thyroid is standardized by its iodine content; in my experience it produces no greater variation in blood levels than does Synthroid. The medical literature offers good evidence that replacing both T3 and T4 is better for both the heart and the brain than replacing T4 alone. Also, one good study in *Neurology* showed that women in the lower 20th percentile ***of normal*** had close to twice the risk of dementia as those in the upper 20th percentile of normal. So even if your thyroid values are normal (if you have symptoms like weight gain and erectile dysfunction), there may be good reasons to start thyroid replacement.

Day 8: Prescriptions and Help from Your Doctor

Let food be your medicine and medicine be your
food,
If you're still not well,
Let medicine be your medicine.

Day 8 Action Plan:

Try the previous techniques for 6 to 12 weeks and if still not better, consider a prescription drug for help.

Before you get a prescription for any of these medications, make sure that you're hormone have been optimized. Otherwise, you may have erection with little sex energy for enjoyment and energy.

All of these drugs have their own web sites that can be very helpful.

Continue to practice the cycle even while on these drugs and you will boost your libido and need less of the drug.

Day 8 Discussion

Doing everything talked about thus far, most men will not have the need to go further. The next step if needed would involve taking prescription drugs that are given specifically to dilate the vascular system of the penis and cause an erection. If such drugs do not work, the next step would be a pump or a surgical implant and using all the other techniques to boost sex energy for the enjoyment of sex.

1. You learned about **yohimbine** under the herbs but there is also a prescription strength yohimbine that you should consider. Although not as popular as it was pre-Viagra days, when used properly, it can restore sexual function and take the place of Viagra in up to 20% of the men who take it. So, you may get no response, but you may find that you actually like it better than Viagra because Yocon has the advantage that it not only makes the erection firmer but it also increases libido more than Viagra does. With Viagra you can sometimes have a firm erection with only minimal desire.

Start with non-prescription strength yohimbine from the health food store. Ask for a good quality yohimbine supplement. If after two weeks you do not have the desired effect, then see your physician for a prescription.

Start with ½ tablet once a day. Then increase the dosage ½ tablet every 4 days. So on the 4th day you would be taking on whole tablet once a day. Then after 4 more days, a whole tablet in the morning and ½ tablet at noon. Then after 4 more days, a whole tablet in the morning and a whole tablet at lunch. Then after 4 more days, a whole tablet with breakfast, a whole tablet with lunch, and a ½ tablet at supper. Then after 4 more days, go to 1 tablet at breakfast, lunch, and supper. Stop progressing up if you develop headaches, irritability, high blood pressure, or you achieve the level of libido that you desire.

This is a very powerful herb that can lead to such a high degree of sexual desire that it can become an inconvenience. If this happens just stop for a few days and then start back at a lower dosage. Titrate up carefully, watch for side effects, back off or level off if you have concerns. Do all of this, of course, under the direction of your physician. Be wary, however, because this is an older drug and some doctors have not ever prescribed it or have not prescribed it recently because of their use of Viagra. But this is a more centrally acting drug and gets to the basis for libido within the brain itself—working very effectively for some people for both libido and for firmness of erection. With Viagra, you see a vascular response (increased circulation and increased firmness of erection) but you do not see as much improvement of libido as you can see with Yocon.

Even if (after applying all the recommended techniques) you chose to use Viagra, you will have a firmer erection if you combine Yocon with Viagra. The Viagra works better so that you get the same effect with less medication. The increased libido that you have with the Yocon will make the erection you achieve with the Viagra more enjoyable. There's not much pleasure in an erection without the energy of increased libido. It's the energy of increased libido that can be transmuted into energy for other pursuits. It's this energy that makes a prophet or a poet of the normal person. And, it's this energy that puts the romance into the erection. So, I highly

recommend that you pay attention to the development of a higher libido, even if you don't plan to have sex more often. You can then take the extra energy and accomplish other things.

2. Sometimes even with the return of libido, the erection will not be adequate (either due to damage to the penis or due to aging or to disease). If you're practicing the cycle then your ability to have an erection will be the same from day to day. If your ejaculations are no more frequent than your cycle then your ability to have an erection will be the same 7 days a week. And if you're able to achieve an erection at 9am on Monday you should be able to achieve one at midnight on Tuesday equally as well. Of course rest and sleep are necessary but within the brackets of your normal sleep/wake cycle you should always be equally able to enjoy and perform sexual intercourse.

If you're in reasonable health and are practicing the cycle as well as all of the other things we've discussed, then you've already achieved the ability to produce an erection any time you want 24 hours a day.

The next step would be to develop the ability to maintain that erection without ejaculation or else you can't practice the cycle. The cycle is one of the keys to this technique of sex surfing. You can leave off some of the herbs but practicing maintaining the tension produced by riding the wave is the key to this technique and without it you will not see the benefits promised. You don't have to keep the cycle perfectly but to the degree you're able to improve, you will be able to approach the unlimited sexual energy and performance that the technique affords.

So how to ride the wave and enjoy stimulation without ejaculation for hours at a time is the subject of the third part of this course.

So far, you've established a base (assuming you practice the second part so that you can maintain an erection without ejaculation) that allows you to have an erection whenever you want (24 hours) to a certain level of firmness afforded by the general health of your penis.

Now if that level of firmness is not adequate, then it's time to proceed to the use of pharmaceutical or of an implant. Just because you proceed to the drugs that produce an erection or proceed with a surgical implant, that does not mean that you should drop the base described thus far that allows the energy, personality, and sparkle of a well developed libido. If there's enough damage to the penis from aging or from trauma or from disease (like diabetes, arteriosclerosis, or low growth hormone levels) so that even with the best therapy the erection is not adequate, you still want to bring back to your metabolism and mentation the energy and focus of healthy libido and add to that base the drugs like Levitra or Viagra or a surgical implant.

Levitra, Viagra, and Cialis increase the circulation through the penis using the same mechanism (PDE-5 Inhibitors) so that there is better erection, but these drugs do not directly cause sexual excitement. So without libido and sexual stimulation these drugs do little to improve sex.

Viagra should be taken on an empty stomach. The other two are not affected by food. Cialis is the longest acting of the three (and has the most helpful website. go to <http://www.cialis.com>).

If you don't have a good response, don't give up; these drugs work better if used along with testosterone. Their effect is also increased if taken along with a daily dose of yohimbine. (Which works synergistically as previously described).

If you plan to eat before sex, take Viagra about 20 minutes before eating so that it has time to be absorbed before you eat. Then if supper lasts one hour or so the medication will be

reaching peak effect about the time you finish eating. In general, look at sex like exercise, however, and expect to do better when you are light and not stuffed with food or alcohol.

There may be some increased ability to have an erection for at least 24 hours after taking Viagra and Levitra but Cialis can work for up to 36.

If one of these drugs doesn't work, try another one. Shorter acting is not necessarily worse. Sometimes a shorter acting drug can give a more powerful effect at its peak. Bottom line is that you should try all three before giving up on the idea of using these drugs if you find them necessary.

Start with a low dose (1/2 of the smallest tablet you can get). If you don't see adequate results, double the dosage the next time you take the drug.

If a female takes these drugs it sometimes increases the woman's pleasure by increasing circulation to the genitals but it does very little for libido. If the female is prone to develop headaches, she may do better with a Viagra cream (see my website, this is not available yet at the local pharmacy) that she applies directly to the clitoris.

Even in the female, assuming that the relationship is adequate and health is good, testosterone level affects libido more than any other hormone. Some women still visit my office and wonder why they suffer with low libido since they're "taking hormones," not realizing their doctor never checked the number one hormone that determines their sex drive—testosterone. Women taking estrogen without replacing testosterone (when low) can see a decrease libido.

If you've tried Viagra or Levitra or Cialis in the past and had inadequate results, you may find that by doing the previously described strategies (exercise, the cycle, etc.) for a while and then reintroducing the Viagra, you will have the desired effect. If you've had a good response to Viagra in the past, you may find that after using the cycle and adding the supplements and herbs you're able to have the same effect with ½ or less of the dose you've been using.

3. **PGE** can be **injected** for an 80 to 90% response rate. Most are not so keen on giving themselves a shot in the penis but if Viagra and Levitra or Cialis don't work well for you, talk to your physician. Sometimes the injectables work when tablets do not. There's also a suppository and hopefully soon a cream.

4. **Penis pumps** can firm the erection but require a cock ring to be applied after the penis has been pumped up. Best bet here is just try and see. Some see excellent results and the pumping process can be pleasurable. Used improperly these can cause damage; follow instructions carefully.

5. **Implants** remove all pressure to perform (the "as long as you want" part is automatic). You'll find much more pleasure if you go through the process of upping the libido using the methods described. Surgery is usually a last resort, but works very well for many couples.

Day 9: Synergy for Energy and Magic

$$2 + 2 = 12$$

Day 9 Action Plan:

Read the day 9 discussion.

Go back and review parts 1 and 2 and look for things undone.

Now, with your calendar in hand, review the things undone and schedule the ones you think worth doing.

Day 9 Discussion

Consider all of the techniques and therapies presented like the legs on a stool. Imagine that you're sitting on a stool but your vision is blocked preventing you from seeing below. You know the stool is wobbly. You may try to extend one leg to level things up. You may decide to take Yocon and you may extend this leg and take a high dose of Yocon and still not have all the benefits you want. But, there may be other legs on the stool that are still too short. So if you keep extending that leg with higher and higher levels of Yocon without considering other therapies that might be of benefit, you still have a wobbly stool in the end.

Ideally, you should use everything discussed simultaneously. But it takes time to learn each technique. Add one layer on top of the others rather than doing one thing and then stopping it and trying something else. Stopping one technique before adding another would be like extending one leg of the stool and then shortening it and extending another to make the stool level. When you get the desired results, and then consider backing off one therapy at a time to simplify your regimen. But, in the beginning, you should add the different layers exactly in the order given before considering backing off (if you wish) the therapies you think least effective for you.

Consider yourself a conductor. You're building to a crescendo. You add the exercise, then diet and the vitamins, then the herbs, then the hormones. It's like an orchestra. First the trumpets play, then the flutes join, the symphony grows as more instruments join the playing until there appears a wonderful and powerful musical force. But, you don't allow the violins to stop playing just because the drums have joined the tune.

The same is true with the improvement of your health, libido, and sexual function. You're the conductor. I'm just giving you the sheet music. You won't hear the tune until you start to play.

Day 10: How to escape the Libido Killers

Avoid water when building a fire.

**No sex
Is better than bad sex.**

Day 10 Action Plan

Read the day 10 discussion.

Go one week without any alcohol. Not one drop. If you can't do it or just don't want to do it because it's too inconvenient or if for any reason, this is a very big deal to you. And if you've been angry before because someone suggested that you drink too much, then you should consider making a trip to AA.

Review the list of drugs that cause impotence. If you're taking one of them, make an appointment with your physician and ask that you be changed to another medication.

Day 10 Discussion

This one may bother you: the most common libido killer is alcohol. Focus on what to include in your diet and in your life more than on what should be left out. Let the good crowd out the bad. But as much as possible leave out alcohol completely. Why would you want to consume something that increases your sexual appetite yet dulls your senses when it comes to enjoying the satisfaction of that appetite?

Alcohol decreases your alertness and lowers your creativity (which is important in lovemaking) and it decreases your ability to ride the wonderful edge that you will learn to ride (the orgasmic edge between the beginnings of orgasm and the end of orgasm, ejaculation). You want to peak your arousal to the edge of ejaculation and then ride that edge the way a surfer rides a wave and to ride that edge for as long as you want without crashing. To ride this edge for hours at a time will bring great pleasure—much more pleasure than alcohol. You can maintain an erection and lose the edge some so that you come down to a less pleasurable sensation (you have an erection but not near the edge of ejaculation in the orgasmic plane) but to ride up to the edge of almost ejaculating and to maintain this level of arousal without crashing for hours at a time if you wish takes focus and energy that is blocked by alcohol.

And by the way, 75,000 people (yes that's seventy-five thousand) died in 2001 from alcohol related deaths in the United States: 34,833 from cirrhosis of the liver and alcohol related cancers, another 40,933 from car crashes and other mishaps caused by excessive alcohol use. ***That's an average of 112 people per day, 365 days per year who died in the US from accidents caused by alcohol!*** Remember that statistic the next time someone's sipping a drink and talking about terrorism. I'm all for the national defense but take a good hard look at how well we're protecting ourselves from the terror inflicted by our good citizens who drink alcohol irresponsibly: One in four people will have someone in their family killed by a drunk driver. More people have died from alcohol related car crashes than from all of the wars of the United States combined.

If you add in the people who suffer and die from their alcohol consumption, over 200 people (on average) died every day of 2001 in America from alcohol consumption. Yes, it's true there's some statistical benefit to the heart with small amounts of alcohol, but overall your health will be affected negatively by drinking alcohol.

If you average more than 2 drinks per day or more than four drinks per occasion and are male then you're probably an excessive drinker (for women it's more than one drink per day and more than three drinks per occasion). But, if you want your best sexual energy, consider giving it up all together. Just an idea.

Another thing to leave off is **smoking**. This known circulation killer definitely leads to impotence. Smoking also decreases endurance and eventually leads to heart disease, both of which can interfere with your sexual abilities. I don't want to sound like your mother and I don't want to be your preacher. I'm not asking you to quit (not yet). Use the displacement theory and put the good things in your life outlined in the section on how to improve your health. If you do these things (especially walking 3 miles per day), you will eventually just quit smoking. Every

patient I've met who began walking 3 miles per day either quit smoking or quit walking—you won't do both for long. The good displaces the bad.

If you're taking **antidepressants** or drugs that treat anxiety you should not stop them, not yet. But under the direction of your physician, after correcting hormonal abnormalities, sometimes these medications can be decreased and result in an increase in libido.

You may be thinking that illegal drugs are already off your list. But, some think that **marijuana** improves sexual function. Men and women are different on this one. In women, marijuana can make it easier to achieve orgasm. In men, marijuana can raise estrogen levels and lead to impotence. So as a man you're better off remaining alcohol and drug free.

On rare occasions, your female mate could benefit from low doses of marijuana (if she has difficulty reaching orgasm). After learning how to reach orgasm, the female should dispense with the marijuana; she'll do better without it. You're better with a woman who can reach a high intensity of sexual arousal without drugs or alcohol. Women who drink to become aroused often become sloppy and sleepy and on the average will be less creative and less arousing than a sober and clear thinking woman. But, for a temporary training tool, marijuana can have a legitimate place for women in my opinion.

Prescription drugs that can cause impotence include the following:

Methyldopa, Guanethidine, Clonidine, Propranolol, Prazosin, Hydralazine, Hydrochlorothiazide, and Cimetidine. Don't stop these medications without talking with your physician first. There are many more drugs that could slow you down. If you're taking any prescription drugs, ask your doctor if the ones you're taking could be slowing down your sexual response.

Your mate can also be a libido killer. No sex is better than bad sex. If your mate does not appreciate you and verbally or physically abuses you, then you will not enjoy a healthy wave of desire. When women suffer through yelling or hitting by their mate, they almost always recognize the danger and the displeasure of the situation. Though some women will remain in the situation, almost always both they and the people in which they confide recognize the need for the situation to change. When women hit or yell at men, however, most men in the United States think that part of their job as men is to absorb this abuse and be forgiving and understanding. Having worked in the ER, I have witnessed this reversal but had to pry it out of the men who were too embarrassed to volunteer the information.

Men are not likely to mention to anyone that they were hit: women aren't supposed to be able to hurt us and after all she was on her period so you're supposed to overlook the whole thing...right? WRONG!!

Picture a woman going to the police because she was beaten or yelled at and your heart should and will ache for her. Now try to picture a man going to the police for the same reason and you have a difficult time even imagining the scene. But, neither men nor women should tolerate physical or verbal abuse. If your woman hits you or yells at you frequently, you are in a no-win situation. I know that you are supposedly the stronger sex and are probably not be really hurt physically by her blows. But I also know that it goes on much more frequently than most people suspect and if you are in that situation, you should not expect to have a happy situation or a strong libido. You will either feel less a man because you are beaten like an unwanted dog by your woman or worse you will one day in reflex, either emotional or physical (ever try to let a mosquito bite you without swatting it away?) strike her in retaliation. Even if you do so in the

same way you might by reflex slap a biting fly, you risk going to jail (unlike your woman who can hit and try to provoke you all she wants with very little risk of ever seeing jail).

Not long ago, I heard two R.N's talking while at work. One of them was describing how she hit her husband trying to provoke him into hitting her so that she could have him arrested. I recently saw a book at Books-A-Million giving women advice in divorce proceedings—including how to provoke them and send them to jail. I don't know of another country in the world where you would hear two professional women talking in this way but it happens commonly in the United States of America.

Even if you have the coolest of tempers and love your woman dearly, if you're with a woman who hits or yells frequently, making a happy or sexy relationship will be impossible. Go away immediately (at least until you and your mate can get professional help) from this dangerous and unhappy situation. If her irritability is new and she's over the age of 32, there's a good chance some of that irritability may be secondary to a fall in testosterone. Testosterone levels fall before estrogen levels in most women and the falling testosterone level can cause irritability and aggression. Unlike what most people believe, replacing testosterone back to normal levels has a *calming* effect.

Your mate can also cause impotence by causing trauma to the penis. Though it's sometimes called a "boner," of course an erect penis is not made of bone. The firmness comes from engorgement of the veins. A very erect penis is still only made of soft tissues that can be torn if treated to roughly. Avoid allowing the penis to be moved out of alignment. You can have sex very vigorously with many different axis's of movement, but the penis should not be bent mid shaft and it should not be bent down when it's trying to point up. Such movements can cause trauma that leads to leakage of the veins, which leads to softer erections or to impotence.

Day 11: Transmute Sex Energy into Intelligence

Observing the sex cycle is the single most powerful thing you can do to increase your intelligence

Day 11 Action Plan

Read the day 11 discussion.

Buy a notebook you can keep with you and start keeping a journal.

Buy the book, *How to Think Like Leonardo da Vinci* by Gelb and read it.

Read *Walden*, by Henry David Thoreau.

Day 11 Discussion

Ideas of intelligence and creativity change. The SAT test for high school students will be revised again in a couple of months. Methods of teaching change as educators revise their methods. But one concept has not changed for centuries: the idea that conserving the sex energy increases intelligence.

You've already done the most powerful thing you can do for your intelligence if you're practicing the previous days lessons. You should see your overall health and brain function take a significant leap. But it's worth pointing out a few highlights and offering a few other suggestions.

Many physicians overlook the hormone replacement area. Hundreds of patients have told me that they felt the "fog lift" after I fine-tuned their hormone replacement. Thyroid, testosterone, estrogen, and growth hormone all have profound effects on thinking and memory.

Walking is very important to mentation. Lack of aerobic exercise and poor exercise habits are the number two cause of preventable death in the United States (after the number 1 preventable cause, smoking tobacco). Not only will walking cut your risk of death in ½ when you make it to 20 to 25 miles per week, you will also change your hormonal status in a way that helps you think more clearly.

Assuming you're doing all these things, you're ready to rev-up things a little more with a journal. O.K. so at first thought it doesn't sound to manly to you. Maybe you picture a teenage girl writing dear diary to the illumination of a lava lamp. Forget the image. Instead picture Lewis and Clark mapping the wild frontier, or King David (who slew Goliath and shared some of his journal—the Psalms), or Leonardo da Vinci.

For a good guide on how to use a journal to increase your intelligence, study the book, *How to Think Like Leonardo da Vinci*, by Gelb and do the exercises. Or buy the workbook by the same author (this workbook doubles as a journal).

Also, I highly recommend the recorded and printed version of *Accelerated Learning Techniques* by Brian Tracy.

"Use it or lose it" is a phrase that has been proven over and over again to be true of the brain. Try to absorb at least one book per week and keep notes in your journal. It doesn't have to be one of the classics. Just let your interests take you where you need to go.

Cultivate the company of people who talk about ideas and what they've read. Places to find such people include church, the local bookstore, and local schools.

Do these things combined with what you've already learned about transmuting sex energy into better health and you should see your intelligence and creativity do more than you thought possible.

A great thinker once said that there are a thousand things within a man that he will never know until he picks up a pen and paper.

Watch for energy stealers. People who talk incessantly, who constantly struggle with turmoil, who use alcohol excessively and any illegal drugs—these people will drain you of energy and lower your concentration and your effective IQ. How does it help you to have a

brain that genetically is able to think clearly and quickly and creatively if you're slowed by negative thinking and distraction? What good does it do to have a violin to play but be mostly in the company of a jackhammer? You must spend much of your day in a place that supports clear thinking with people who try to see clearly.

Supplements

Lecithin and Ginko are my favorite.

Lecithin should be taken in the liquid form. Add about one tablespoon to a protein shake once a day. Or, just take a spoon full (it tastes like nuts) and then wash it down with your favorite beverage.

Caffeine can increase your focus but is very addictive and can also lead to rebound headaches and dullness. If you use caffeine regularly, try to get most of your caffeine from green tea. If you drink regular tea or coffee, try to buy the organically grown teas and coffees and grind them yourself (to avoid pesticides). If you use sweetener, use either small amount of honey or splenda (avoid aspartamine).

If you take daily aspirin then you should avoid the Ginko.

Ginseng helps some.

The B vitamins help as does vitamin E and C. With the vitamins, you're preventing decline more than increasing baseline intelligence.

Learning

Reading. Doesn't need to be the classics.

Listening to tapes while walking. The hour class in the morning. Using the CD player.

Brian Tracy on accelerated learning.

Formal classes can be much more than just an occasional college course at your local community college. Decide what you could learn that would make a huge difference in your life and then study the subject. Go to the library and read or scan at least one book a week on the subject. Talk to local experts in person and world experts by email or phone. Go to weekend and day-long seminars concerning the subject you wish to explore over the next year. Take notes and form opinions of your own.

Always learn as if you would be required to do or teach (not just to know). People teach you much. Not just teachers. Everyone around you knows more about something than you do. Make a habit of considering conversation to be a time of teaching and learning. Every time you're with another person, try to find out what that person knows that you want to understand and ask them to teach you. Ask them to draw diagrams. Take notes. I may just be a new joke. Maybe it's a new recipe. Maybe it's something interesting about the town where they were born. But search for the thing they know that you most want to know and ask them to teach you.

Keep a journal and make notes on everything that interests you. Make sketches of ideas and things seen. Try sketching important features of people you know. Write down 100 questions you wish to have answered.

Art and Creativity

Work can be art. But consider doing either traditional art drawings or paintings as a way to study the things around you.

Listen to music and play a musical instrument of some type at least once a week for a few minutes. Go to the art displays near your home and just sit in proximity to good art. Music uses the same part of the brain as math.

Talk about Getty's assesment of the American in Europe.

Day 12: Transmute sex energy into spiritual awakening

**Spiritual awakening and wasting of sex energy
are mutually exclusive**

Day 12 Discussion

Spiritual energy and awakening is a paradox: a gift that cannot be earned yet requiring effort. Spiritual awakening and salvation are gifts—given by grace, not earned. Yet, to find inspiration, you must practice spiritual disciplines.

So far you've learned a way to practice "continence" and still enjoy all the sex you want. The most serious seekers of God seem to teach a continence that demands lack of any sexual contact. Most famous prophets seem to at least pass through a time of complete continence.

You may wish to choose and protect a specific time when you will avoid any sexual contact with anyone and all sexual stimulation of any type (including masturbation, flirting, sexual talk, and sex or romance based movies and books). Even if you plan to return to a very active sex life, you will better understand the power of sex transmutation and the potential power of continence if you experience the power of complete celibacy.

The time you completely avoid sex should be at least 3 weeks and preferably 2 to 6 months. If you've been highly sexual or highly desirous of being sexual, you will probably notice something very powerful. The instant you decide to live a period of time without any sex (no matter what opportunities might appear), you will experience a release of energy and a refocusing of your mind.

This refocusing will be easier in the beginning. Then, when you reach the end of your cycle, you will find it necessary to continually supply your mind with stimulation and interesting physical and mental work not related to sex in order to avoid sexual thoughts. This requirement of supplying new work and thoughts to distract your mind from sexual thoughts will require more reading, writing, and working than you've probably ever done. When you find yourself lifting more weight, running more miles, reading more books, loving more people in helpful ways, looking for ways to make the planet better and risking life, limb, and reputation to stand firm for what you find God leading you to do, then you know that you're feeling the effects of sex transmutation.

You out run the sexual thoughts with good works and with faith that your work is somehow worth more to you and to others than good sex.

Celibacy does more than just provide extra energy for activities other than sex. When we practice continence we enjoy increased energy and vitality. When we practice true celibacy, we experience a refocusing that reveals hidden parts of ourselves and those around us and react to care for those hidden parts to outrun the lust and fall back to a lower level if you lose your thirst for God and loving people in a Godly way.

The next time you're around the most beautiful woman you know, try refocusing on her as if she were your sister. You can do this by listening more carefully, by looking into her eyes deeply, and by literally imagining her as your sister. Do you see something new in her when you do this?

Those who practice celibacy start to see the hidden thoughts of people around them. They start to understand true intentions of themselves and others. And they find extra time and focus amplified greatly compared with the simple extra energy provided by continence.

You may not be at a place in your life where celibacy is an option. Maybe you're married and you must care for your spouse in physical ways. Maybe you're just having too much fun with your newly found sexual abilities and just don't want to give up sex for even a day. But, when Paul said that marriage was good but living single and focusing exclusively on God, he knew the power of the celibate life. Even a small taste of celibacy done in the proper spirit could change your life. It changed mine to make me a better student, a better physician, a better listener to God, and a better lover after a time of celibacy.

If you want to see a picture of how the flow of spiritual energy works, take a look at Figure 4. We'll walk through the picture and outline the spiritual state of various people and how it relates to other practices. In the diagram, energy level goes up as you go up on the y-axis and effectiveness of life practices improve as you go to the right on the x-axis.

At energy level (a), the person usually feels tired, depressed, or confused. The person may suffer with self-inflicted disease. This person may experience brief times of extreme joy or what feels like happiness but will then crash back down into despair and fatigue.

The life practices that result in energy level (a) are represented by the mark labeled (I). This person seldom drinks from the clear stream of ancient God-inspired

Figure 4: The non-linear increase in energy with sex transmutation combined with other techniques

scripture. An occasional pop-psychology article in a magazine or a trip to the psychiatrist or psychotherapist represents the most serious effort made to understand the reasons for walking and breathing on the planet. Prayer is infrequent and not scheduled. Eating takes place almost exclusively after about 4 p.m. Exercise occurs 2 to 3 times per week and is followed by frantic efforts to survive by putting out the fires of a disorganized and uninspired day.

At level (b), the person feels

Here are the disciplines that should be practiced. If done along with the discipline of conserving the sex energy, you will be amazed. Taste and see that God is good.

Discipline 1: Reading scriptures. 5 chapters per day from the Holy Bible gets you through the Old Testament once and the New Testament twice in a year. Read for guidance. Try the translation, *The Message*, if you have trouble following the other versions. 15 to 20 minutes per day is all that is required.

Discipline 2: Prayer. Ask a spiritual leader to give you personal instructions and guidance. I recommend Thomas Merton's book, *Contemplative Prayer*.

Discipline 3: Develop the company of holy people. Look for them at churches (but of course expect to find many seekers and only a few who actually have tasted God).

Discipline 4: Fasting. Not as popular as feasting, but a very powerful tool. More instruction on my website. I wouldn't go crazy with this one. One day per week is plenty and one day per month will do wonders.

Discipline 5: Practice love. God is love.

Those are some of the spiritual disciplines. Nothing new, except if you combine those with the discipline of sex transmutation you will be amazed. Practicing these disciplines while practicing sex improperly is like striking a match and pouring water. But practice these disciplines and combine sex transmutation and now you're adding gasoline to the spiritual fire.

Part 3: ...For As Long As You Want

How to have an erection that lasts for hours if you and your mate desire

**Quick sex
Is a blessing at dinner.**

**Transmuted sex
That takes the woman to the ninth level of
orgasm
Is a trip to Mount Sinai.**

Day 13: The Pleasures of Sex Surfing

Question: Why sex surf?

Answer: Why walk in the woods? Why surf an ocean wave? Why look through a telescope? Why make two bodies become one?

Day 13 Action Plan:

Read the Day 13 discussion.

Ask your mate to read this chapter and chapters 2 and 3 on the man's cycle (or read it to her while she eats a lunch that you prepared).

Make a list of benefits you hope to achieve with this course.

Have you seen any of those benefits already?

What do you still need to do that you have not yet done?

Day 13 Discussion

You may *still* wonder why you would want to learn to prolong sexual intercourse and avoid ejaculation. If you can relieve the desire for sex in a few minutes by simply masturbating, why would you want to learn how to prolong the hunger and avoid “satisfaction” found in the relief of ejaculation?

By now, you probably know part of the answer to this question. If you plan to practice the cycle to increase the sex drive then you must be able to either avoid sex except when it’s time for you to have and orgasm (which would be too infrequent for many people) or you must be able to have sex without ejaculation.

If you learn to have sex without ejaculation, then you can have sex as often as you want and still maintain continence and still accumulate and cultivate a stronger sex drive.

It’s the combination of continence (avoiding ejaculation) with being able to have sex for as long as you want without ejaculation that provides the benefit of sex whenever you want for as long as you want.

Of course, most women will also be pleased if they enjoy availability of sexual intercourse whenever they want for as long as they desire. Just be careful to read this entire book, because prolonged mechanical sex can be worse than no sex at all. The ability to continue sexual intercourse for hours does not guarantee you will satisfy your mate. Art, creativity, and emotion bring satisfaction.

Still, being able to achieve erection whenever you want for as long as you want is necessary for practicing sex transmutation and simultaneously enjoying an active sex life.

You could remain continent by avoiding sex or women completely—you could become a priest. For some, this will really be a serious consideration. But, even as a layperson, you can with practice taste the energy, inspiration, and genius of the continent life while enjoying an active sex life. But, this only comes by constantly reminding yourself of the benefits of sex transmutation and by experiencing those benefits first hand.

At 44 years old, I still do claim even near perfection of the art. I sometimes forget the cycle completely in an effort to satisfy myself or in an effort to give my mate the enjoyment of my ejaculation. Always, I’ve found that leaving the cycle brings my intellect and my energy and my productivity as well as my closeness to my mate down a notch.

So why would you want to learn how to have sex for long periods without ejaculation? For the same reason you might want to learn to ride a wave for a long time without wiping out. You avoid ejaculation because you enjoy the feeling and the inspiration and the view (spiritual and mental) from the top of the wave of power.

There will be times when either party does not want prolonged sex. Good art knows what to leave out as much as what to put in. But just knowing that you have a full tank of gas and travel as far as your mate desires will boost your pleasure and hers. Endurance becomes even more important after your mate tastes the ninth level of orgasm.

The Nine Levels of Female Orgasm

There are 9 levels of a woman's orgasm according to the Tao:

One: The woman breathes heavily.

Two: The woman becomes oral and extends to the man her tongue.

Three: She becomes more active and grasps the man tightly. She may feel an exacerbation of physical emptiness. She experiences vaginal spasms and secretions flow more freely. The woman identifies this level as "having and orgasm." **This is where most women stop and most men consider that they've served and loved their woman well.** But, after retreating briefly, then resuming proper stimulation according to the path of the woman's own body, the woman will go to the next level.

Four: Her joints loosen. She may want to bite the man. Sexual hunger grows intense again.

The woman moves more and wraps herself around the man trying to draw him closer.

She becomes frantic and will cry (not from pain) and sometimes feel lips and hands go numb. She loses track of time and space and sometimes experiences fear, unsure if she can proceed.

Her muscles completely relax and breathing may momentarily pause or slow. This pause will be followed by moans or screams. She may fear falling over into the ninth level.

She experiences a "little death" and totally collapses. She may ejaculate (yes some women do ejaculate at the ninth level) She may wonder if she can stand. Here she is completely surrendered to the man and open to him.

Going to level 9 will not happen every time. Sometimes we have to help kids with homework and feed the dog. But, going to level 9 and then going there again and again can take a little time and patience and takes time, patience, discovery of your lover's erotic paths, and prolonged love making (sex surfing).

Women who go to level 9 with you will usually fall in love with you so you are acting completely irresponsible if you take a woman to this level and have no feelings for her. At level 9, spirit flows, body ownership blurs, so each owns the other and both feel the union. Union can be felt at earlier levels of orgasm but not as intensely as felt at the ninth level.

If a woman has not been to the 9th level, she may not know the possibilities and may want to stop at level 4. Level 4 gives her the basic feeling of orgasm with some relief and pleasure with the contraction of the uterus. After experiencing level nine, she will want to go back. When there's time, use the rocking technique (more on this later) until you find her totally collapsed and at level 9.

Unlike your collapse after spending your energy with ejaculation, this process will energize the woman. A few minutes to hours after collapse, she will be happier than normal and will have a burst of energy and look for productive work to do. She may even look for ways to do to be of service to you out of her newly renewed devotion. Your energy, on the other hand, will be down a notch the day of ejaculation (compared with your energy with continence).

As you can see after learning the 9 levels of female orgasm, another reason for learning IST is that even if you do not practice prolonged sessions, you will find better control allows you to accomplish more by being more creative with your lovemaking within the zone this side of ejaculation. If you're constantly worried about trying to avoid ejaculation or if you rush to

orgasm with full ejaculation then you have fewer colors with which to paint the canvas of your lovemaking artwork.

The pleasure of surfing for you

If you wish to reap the benefits of sex surfing and have sex then you must be able to practice the cycle; that requires that you be able to avoid orgasm. But, when you learn to ride the wave on the edge between orgasm and ejaculation for hours at a time, you will experience pleasure like you may not have known before now.

Occasionally, after explaining this process to my patients, I just get a big smile and a wave and it's like I just explained calculus to my cat. Completely oblivious to the potential pleasure, the man goes off to have as many orgasms as possible as quickly as possible. Don't miss the benefits of this process by smiling, putting down this course, and never seriously trying to put the principles to use.

Look forward to a spiritual and emotional bonding like you may not have known. Sometime just relaxing into a slow love-making rhythm that is not demanding, not expectant, but pleasurable and persistent will bring your mate eventually to level 9 over and over again. Such a process may take 3 to 5 hours or more and be interrupted by eating and bathing but when done you will have a very happy woman in your house.

Consider periods of the longer sessions a form of mediation for both you and your mate as you focus on the sensation and on each other and on the Spirit that makes your union holy (again...if you're practicing this method in a promiscuous way you will do great emotional harm to yourself and the woman you are with).

So what do you do when you have sex for 5 hours? If you haven't read the *Complete Kama Sutra* yet, it's time to put it on your list. The Indians are masters at the long love making session and there's enough in this book to chew on for a few life times of sex. Probably the best basic principle to learn is rocking. Just like you rock a car forward and backward when you're trying to push it somewhere and you're trying to build momentum, you should rock your mate forward and backward within the ranges of excitement, crescendo and decrescendo (both emotionally and physically) and you will see her gain momentum and move toward level 9 again and then again. You rock by alternating tempo and technique and watching and listening to your mate as carefully as you would watch and listen to a symphony you might conduct. There is no great art without careful observation.

You won't be successful with IST unless you're able to make it safe for her to communicate with you about anything. Every woman is a little different. If you give her whatever your last girlfriend liked, or even what this woman liked last week, you may be completely lost as far as she's concerned. That's one reason why good lovers are better in a committed relationship; they learn every millimeter of their lover's body and every turn of mood and how to use it all for pleasure.

That's probably enough about *why* you might want to enjoy prolonged sex. Let's continue the discussion with *how*.

Day 14: Solo Training

***Masturbation
Training or Draining?***

Day 14 Action Plan

Read the discussion for Day 14.

The next time you masturbate, do not allow ejaculation. Even if you must limit your time to only a few seconds, stop before ejaculation and then go to another activity and wait until the next day before masturbating again.

If you have trouble sex surfing without crashing (ejaculation), then practice masturbation without ejaculation at least weekly. If you can't pull it off alone (stimulation without ejaculation) you won't be able to pull it off with a bouncing naked woman in your bed. Just keep practicing. Keep reviewing why you want to develop the skill and stick with it. If you're not in a relationship consider avoiding masturbation as much as possible and only masturbate when your cycle allows orgasm—but still try to prolong the time to ejaculation.

Day 14 Discussion

There are only two kinds of men: 1) those who masturbate and 2) those who lie about it.

But if practiced the wrong way, masturbation leads to drainage of the sex energy leading to weakness of mind, body, and spirit by too frequent ejaculation. And, it teaches the man to reach ejaculation too quickly.

Here's how to use masturbation to improve your lovemaking skills and defeat premature ejaculation:

Notice how you like to be touched so that you can teach your mate. Bring yourself up to the near orgasm phase and then decrease stimulation only slightly so that you can surf the stimulation zone this side of orgasm. Done properly, you will eventually be able to surf very near orgasm without reaching orgasm.

When you develop the skill of nearly reaching orgasm then riding in the stimulation zone you will have the consciousness needed to sex surf with your mate. To heighten your pleasure, keep practicing until you get to where you can touch over into the orgasm phase with little or no ejaculation. This will not be a full orgasm but it will be the same sensation, just shorter and less intense. After an orgasm of less than 100%, you will still be sex hungry. So surf near orgasm as long as you want and then climb briefly back into the orgasm zone again. By doing this repeatedly you can experience multiple partial orgasms without fully ejaculating and so preserve the sex energy.

It's possible to even touch into ejaculation briefly and then retreat back to the stimulation zone without full ejaculation.

When you can consistently sex surf while masturbating, you'll find it possible to sex surf with your mate.

Again, women are energized by orgasm and should have as many as possible with their lover. Men, however, have a different response and you should do your best to keep from masturbating to the point of ejaculation. The best tool I've found to avoid this is to work during the day and to keep a tape recorder with good spoken and interesting recordings near the bed to refocus the mind while falling asleep and when waking in the morning.

Now that you've learned techniques for using masturbation to practice sex surfing, let's proceed to the "magic nine" cluster of techniques that allow prolonged lovemaking without ejaculation.

Day 15: Sexual Intercourse and the Magic Nine: how to have sexual intercourse ejaculation for as long as you want

***Does any artist improve skill or find inspiration
Without effort and thought?***

Day 15 Discussion

Learn these nine techniques. They provide all that you need (except a wife) to enjoy sex for as long as you want without ejaculation. I call them the Magic Nine. Any one of the following techniques may increase your lovemaking endurance dramatically. Learning all of them works much better.

When you find yourself automatically applying all of these techniques whenever needed and without conscious effort, you will be able to enjoy sex for as long as you or your lover may want.

The Magic Nine

Oxygen Power

The 30 second trick

The “Safe Zone”

Sexual Positions for Prolonged Sex

Interruption for Continuous Pleasure

Toys that Tease

Know her mind.

Control your mind

Other minor helps

1. Oxygen Power

To practice part one of this book, which allows you to have sex whenever you want, you need to be able to practice the cycle. To practice the cycle and lead and active sex life requires that you be able to have sex for as long as you want without having ejaculation (else you would need to abstain from sex to avoid ejaculation). In reality, even without ejaculation, there's some energy expended in the act of sex itself so that if you're not in good condition you may become fatigued from the physical activity. But we experience no great loss of vitality by having sexual intercourse without ejaculation. You may even see an increase in sex energy if you enjoy sex in a holy union without ejaculation.

For most men, sexual intercourse fatigues about as much as walking up stairs. For how many minutes can you walk up a flight of stairs? No sexual technique will compensate for lack of aerobic conditioning. If deconditioning would prevent you from walking up stairs for an hour,

then you will have difficulty maintaining an erection during sexual intercourse for an hour. If you would become uncomfortable walking hilly terrain for four hours, then you're probably going to become uncomfortable and fail at enjoying sex for four hours

Thankfully, improving your aerobic capacity (as measured by oxygen uptake (or VO2 max) will do great things for your sex life and your health. When I find something that both brings great pleasure and makes me healthier in mind, body, and spirit then I'm proud to develop and addiction for such practices. You could call it developing the habit of exercise, but what are habits if not addictions? And why not form good addictions? VO2 max predicts your risk of heart attack better than does your cholesterol level or even your blood sugar or blood pressure. By becoming aerobically fit and staying that way, you will do more to prevent heart attack than you could do by taking any cholesterol lowering drug, or anti-hypertensive drug, or diabetes drug on the market. Another good study at Harvard showed that those who walked 25 or more miles per week cut their overall mortality in ½.

Many, who are sensitive to the flow of energy, can experience an emotional and spiritual bonding and giving away of energy during sexual intercourse that cannot be explained easily with physiology. But, even on a simple physiological basis, sexual intercourse causes a shifting of hormones and metabolic changes that will cause fatigue if there's a lack of general fitness—hence the need for aerobic conditioning in order to be a good lover.

The most simple and practical plan for aerobic fitness is to walk or jog 20 to 25 miles per week. Keeping a record will do wonders for your motivation. Go at a pace a little slower than you would prefer to avoid over training and fatigue. You're less likely to keep doing something that's not pleasant. You'll burn about the same number of calories whether you walk slowly, walk quickly, or jog at a moderate pace. If you move more slowly, you exercise longer.

Go back to Part 2 and study the overall fitness plan. Don't be discouraged if you are older or out of shape. Start slowly and progress at no more than a 10% increase per week. Research shows that people can improve dramatically at any age. If you have joint problems use an elliptical trainer but stay away from stationary bicycles (don't work well) and treadmills (destructive to joints) and swimming (doesn't work as well as walking). If your joints are healthy, a treadmill is all right but the elliptical trainer seems to work better.

Aerobic deconditioning is a known cause of impotence. Do you have your walking shoes on yet? Of all the parts of the Magic Nine, this one part will actually cause impotence if you don't implement it.

A Quick Trick for Long Sex

Here's a powerful secret and easy technique that does wonders for your ability to maintain an erection without ejaculation. The same nerves that give you the feeling of the urge to urinate cross over and work to contribute to the urge to ejaculate. As you near the point of ejaculation, you will find it much easier to maintain control and avoid ejaculation if your bladder is completely empty. For this technique to work, your bladder must be *completely* empty.

To use this technique, urinate immediately before sexual intercourse. Even if you feel like your bladder is empty, still urinate immediately before sex. If you enjoy sex for an hour or more, you may want to stop and urinate again because this technique only works if your bladder is *completely* empty. Alcohol or caffeine before sex may cause you to feel the need to urinate

within an hour or less. Depending on what you've had to eat or drink, you may accumulate enough urine to lower the ejaculation threshold within an hour or less.

Sometimes, stopping to urinate may break the mood, but if you pick a time when your mate needs to catch her breath anyway then usually there's no problem. Occasionally, you will feel the urge to ejaculate and your mate is also very excited so that your leaving may seem like an inconvenience. If she knows that keeping your bladder empty gives you better control then she won't be as bothered. Your leaving does let her drop a notch but when you come back to bed (after urinating on the wall with your difficult-to-aim erection) you will carry renewed stores of stable vigor available for her pleasure. Though she may seem frustrated and more hungry on your return, it's the sort of frustration and hunger that comes from the rocking technique and can help her to a higher peak.

The "Safe Zone"

Another little-known, powerful, technique is the "Safe Zone." For most men, the urge to ejaculate becomes much less if they are able to maintain an erection and sexual intercourse for more than 10 to 20 minutes. For some men, this safe zone may not be reached until after 30 minutes or more, but most will reach the safe zone by 20-30 minutes. Right when many men ejaculate (thinking they can't take the sexual tension any longer), right at that point, if they just persisted a little longer they would move into the safe zone. What most men find in the safe zone is that they can have much more vigorous sex and enjoy all the sensations without as much trouble avoiding ejaculation. The sensation is there, the excitement does not lessen, but the urge to ejaculate subsides. I've often felt that during the first 5 minutes I would just pass out if I couldn't ejaculate only to find that by doing every thing possible to remain continent I enjoyed the pleasure of vigorous sex with a much-decreased perceived need for ejaculation after 15 minutes.

Have you ever needed to urinate but couldn't because you were stuck in a long winded meeting or in the car? Of course. Now, do you remember "holding it" so long that eventually the urge to urinate decreased? Considering that the urge to ejaculate is transmitted by some of the same nerves used by the bladder to tell you to urinate, it makes sense that if you can use other techniques to avoid ejaculation, you can cross over into a safe zone where the urge lessens. The cross innervation also helps you understand how the urge to urinate can shrink the safe zone making it difficult to avoid ejaculation..

What happens if you're on a long car trip and you need to urinate and you finally do make it to a rest stop. Suddenly the urge becomes almost unbearable and you practically run for relief. In the same way, when you want to have sex and your body finally comes close to a woman, you may feel like you must immediately ejaculate. But, if you use the other techniques taught here and manage to avoid ejaculation for 10 to 20 minutes that immediate urge passes and it becomes possible for you to be more active with less chance of losing control. Eventually the urge will come crashing back. Then you can decide if you will transmute the urge again by using other techniques to reenter the safe zone.

Sexual Positions that Prolong Sex

You will enjoy better control (while moving back and forth between various sex zones and avoiding ejaculation) with some positions than you will be with others. Usually the man-on-top positions offer the best control because you can better control speed and depth of penetration. The situation resembles that of surfing compared with walking down the street. If you're walking down the street and I gently push against your shoulder, you will probably not fall. But, if you were surfing a tall wave or riding a bicycle and I pushed against your shoulder you will wipe out. Similarly, one extra move that's too fast or too deep while you're surfing the edge of orgasm can push you into ejaculation.

Standing positions (man standing-the woman may be sitting, standing, or lying down) offer more control and better strength and endurance because you can use the stability and power of the large muscles of your legs and feet to enforce your pelvis. More importantly, standing positions allow you to surf the edge of orgasm with balance not afforded when your wife climbs on top and controls the rhythm.

Hopefully you don't need me to tell you that you should listen to your wife's rhythm. In the love-making picture. But, I hope you'll find more control when you do want to speed things up by listening to your own body and blending your movements with the desires of your body, the desires of your wife, and the degree to which you want to surf the edge of orgasm.

Love making greatly resembles physical fighting in some respects. If you read Bruce Lee's book on fighting, you see that he recommends that after you learn the techniques and you become engaged in a real fight you tear up the book and just fight. Your response, if you are a master fighter, becomes instinctual and automatic and mostly without conscious thought. You learn the techniques in a mechanical way. You plant the techniques in a conscious, painful, methodical way. Then when engaged with an adversary, you forget the techniques. There's no time to think; your actions must be automatic as a response to information gathered.

I'll describe several positions. Try them all and change positions regularly during a love making session. If there is a position that you learn more easily brings your mate to climax, save that position until later in the session or alternate between that one and a less stimulating one for the "rocking" effect described earlier.

Woman on her back on the edge of the bed with legs over man's shoulder. Man standing at the end of the bed. Woman has hands free for self-pleasure and man also has free hands.

Woman on her back on the edge of the bed, man holding woman's ankles. Same as the last one but changes angle.

Woman on her back on the edge of the bed; man holding woman's thighs down and back with woman's knees bent. Allows deeper penetration.

Woman on her back, buttocks on pillow. Man standing at end of bed, kneeling, or lying prone.

Woman on her back, man lying on top

Woman bending over edge of bed, standing. Man standing behind her.

Woman on all fours. Man standing or kneeling behind her.

Woman face down with pelvis on pillow. Man straddling her and kneeling behind her.

Woman on her side.

Woman bending over various objects (chair, railing)

Woman holding on to various objects and bending over. Man standing behind.

Remember, there are some positions and things that your mate may do that could be damaging to you (not just cause loss of control). Because ejaculation comes through engorgement of the circulation (the veins) of the penis, the penis is not indestructible and if bent in the wrong direction it can cause damage and even impotence. If you feel pain in your penis from it being moved in the wrong direction, stop immediately.

Interruption for Continuous Pleasure

This technique may be the most obvious to you and the one that you've already tried. The technique involves interrupting sex by either slowing or stopping movement so that you might back away from the edge and avoid ejaculation. You know the disadvantages: 1. Who wants to stop or slow down when you're near the edge? 2. Sometimes it becomes nearly impossible to stop or slow down because you very much want to crash (ejaculate). 3. Sometimes, you might misjudge and stop too late and proceed to ejaculation even though you've interrupted your stimulation. 4. You may stop and avoid ejaculation, but your slowing comes at a time when your mate wants to continue or even go faster so you leave her frustrated.

Let's discuss the disadvantages of the technique. First, hopefully you're already convinced that surfing the energy of the sex drive (rather than going straight for ejaculation) will bring you greater pleasure. Even if your health and youth supplies you with many ejaculations per day, you will still find greater energy and creativity and health by saving the energy.

Practicing continence takes daily vigilance and recommitment. So, if you find yourself proceeding to ejaculation and not even trying to slow, then recommit to the program by rereading the first chapter about transmutation and keep a daily record that you look at frequently. Also, ask your mate to help you by helping you stay continent.

If you often misjudge and stop or slow too late to actually avoid ejaculation, then practicing recognizing the edge through sex and masturbation will help. Also study and practice the mind control techniques. For a while, practice slowing well ahead of the edge.

To avoid frustrating your lover, change techniques, positions, or use toys to continue stimulation in a way that does not decrease for your mate but allows you to cool some.

Instead of stopping, or slowing, change the method of movement so that the intensity for you decreases but does not change for your lover.

Toys

This one's easy. You go online or you go to the local sex store and you buy a double bullet. It's two small vibrators about 3 inches long both connected to one power supply by a cord.

Give her one to do with what ever she wants and you take the other. If you need to slow for a minute these two twins should keep her going. If she's too shy to use them herself, just put one inside her vagina and one on her clitoris with you need a break. Don't worry if she seems to be having too much fun. She wants you too but alternating between you and the vibrators will usually drive her crazy and gives you a way to achieve better control until you reach the safe zone.

You can also place one of the vibrators in and around her anus but placing it in the anus could be dangerous because if the cord breaks it will probably take a surgeon and general anesthesia to retrieve it (I saw some interesting x-rays during my years as an ER doctor).

Knowing Exactly What She Wants

Knowing her thoughts about sex and other matters is the most powerful tool you can have to bring her pleasure. It allows you to know when to change tempo and how to integrate movements that please her with those that please her.

This one's the hardest because most people never really feel completely safe to open up completely to another person. Just make it as safe for her as you can by showing love as much as you can as well as you desire to please both of you.

You'll become boring if you have no thoughts of your own pleasure (and you'll have less fun). But, you won't last long if you have not thought of her pleasure.

Best strategy is to treat her body like a new book and ask her to teach you what she will (she is the expert on her own body and she'll teach you how to drive her mad if you ask and keep asking and keep making it safe for her to answer).

Mind Control

This is where you learn to control your mind. Practices that have helped me include Hatha Yoga and Raja Yoga (the stretching kind and the meditating kind). The classic book on Hatha Yoga is Richard Hittleman's *Yoga 28-day exercise plan*.

I learned the basics of Raja Yoga from Roy Davis (disciple of Paramahansa Yogananda) at CSA in Lakemont Georgia. You can write to them for free materials at CSA, Box 7, Lakemont, Georgia 30552

Does meditation and Raja yoga really help you enjoy better and more prolonged sex? Absolutely. More than you probably imagine.

Other techniques

Squeeze

I never really liked this one, though it's in all the sex manuals. I just don't want to grab the end of my penis and squeeze to keep from having an orgasm. Another variation of this one is to place pressure near the prostate (from the outside) to block the flow of semen. Try them if you wish, they're described in every sex manual. But I don't practice it, don't recommend it, and so you now you know about it but I'm not going to teach it.

Thinking about something else

This one sort of takes the fun out of sex. But, what the heck, if you're going to have sex for several hours or even just 20 or 30 minutes, it won't kill you to think of something else for a few seconds. The basic principle is that your mind really is the most powerful part of the sexual process. Contrary to what women may think, your big head is still in control when you're having sex. Let's take it to the extreme, let's say that you're having sex with the most beautiful woman you can imagine but then suddenly and magically the body switches and the person

beneath you becomes the most unattractive person you can imagine or perhaps someone who is taboo for you (close relative or something): you'd lose your erection completely and immediately because of the resulting disgust. Somewhere between thinking of the beauty that's spread her legs to you that makes you want to explode and thinking of the disgusting picture that makes you want to lose your erection there is a place you can take your mind that cools your passion without freezing it.

Sounds crazy but the thing that worked best for me back when I was so young that a strong wind would cause ejaculation was to count backwards by 3. Something about doing math in my head would just calm me down a notch. I'd start at 100 and usually by the time I made it to the 70's I'd be cooled off enough to get on with the program again.

Keep in mind that changing the direction of your thoughts doesn't necessarily mean that you slow or change activity. Sometimes you must alter tempo. But ideally, with good mind control, you will be able to cool your penis without altering the activity that's driving your lover up the orgasm scale.

Usually this technique works best in the first few minutes until you reach the safe zone. After that you can pull it out occasionally if you creep too near the edge of ejaculation but should be fine without it (what's the use of having sex if you can't *ever* think about what you're doing).

Ejaculate before sex

This one's a last resort but if your cycle time elapsed then you ejaculate quickly either before or during the first few minutes of sex, wait through the refractory period, then enjoy better control the second time around. Really a technique for young beginners but use it until you master the other techniques.

Sex Creams

This one I really dislike: you put lidocaine on the end of your penis so there's less sensation. If you're ultra sensitive, use this one until you develop better mind control but try to graduate as soon as possible. The goal is to become more sensitive (physically and spiritually) not less so.

Condoms

This is a good one. Even if you're in a committed relationship with little risk of catching sexually transmitted disease, even if pregnancy is not a problem, you wear a condom for decreased sensitivity. Try taking the condom off (if you're doing this right and are with your wife) when you feel yourself enter the safe zone.

Appendix

The rest of your days

Further Reading

Disease States

Day 16 and Beyond

Good health and good sex and every breath are gifts to be cherished like a present from heaven. Every time you touch your wife, it should be as if this would be the last time. Start and end every day with a prayer of gratitude.

In the end sex is not the most important, of course. The most important is love. I've met many thousands of people in private practice and in the emergency room and many of those people had loving, nurturing relationships without sex. In the end, as love grows, sex does become less important.

But just because the flower's going to fade doesn't mean I'm not going to enjoy it and nurture it while it's here. Study these techniques and let me know if they help and if they don't. I'm honored you came to me for advice.

If you got this course from anywhere other than from me, I don't know how to let you know about updates with new techniques and new drugs and procedures.

Send to me a note with comments if you want to

LifeStream Medical, Inc.
607 Dryer Avenue
Daphne, AL 36526

Or to

charles@runels.com

Or go to <http://www.TempleRepair.com> and enter your name on my email list for free updates.

I also have research projects underway periodically that offer either free services or actual cash payment for your participation. See my website for further details.

Thank you for coming this far with me on this course. May God bless you as you try to make the most of your time and energy here on this planet.

Sincerely yours,

Charles Runels, MD

Further Reading

Mere Christianity by CS Lewis. The best logical explanation of Christianity that is still respectful and sensitive to other faiths.

No more Mr. Nice Guy, by Robert Glover. Why men put themselves in the victim role and settle for bad sex.

Wild at Heart, by John Eldredge. For advice on conserving the sex energy. Bible based advice.

Think and Grow Rich, by Napoleon Hill. Read the chapter of Sex Transmutation at least 6 times and at least every 6 months to help remind you of the benefits of the discipline of IST.

10 Stupid Things Men Do to Mess Up Their Lives, by Laura Schlessinger. For good practical advice on conserving the sex energy.

Testosterone Syndrome

Grow Young with HGH, by Dr. Klatz

I'm Not in the Mood, by Judith Reichman, MD. Give this one to your wife if she's got a low sex drive.

Chinese Tao of Sexology, The Book of Infinite Wisdom, translated by Dr. Stephen T. Chang. For more on the cycle.

Walden by Henry David Thoreau

Leonardo de Vinci's Notebook

Tantric Sex, by Emil Rachuean

How to Think like Leonardo da Vinci, Seven Steps to Genius Every Day, by Michael J. Gelb

Satisfaction, The Art of the Female Orgasm, by Kim Cattrall and Mark Levinson. The tongue techniques are very helpful.

The One-Hour Orgasm, by Bob and Leah Schwartz, PH.D. For more on surfing near and in the orgasmic zone.

Stress for Success

Erotic Massage, the Touch of Love, by Kenneth Ray Stubbs, Ph. D.

Halley's Bible Handbook, Halley

The Holy Bible

Disease States

Diabetes

Types I and II both suffer with high rates of erectile dysfunction. Keep your blood sugar under control and realize that if you have Type II diabetes you still make insulin and could possibly control your blood sugar with diet alone if you'll stick with the 1,3, 5 plan for a few months (many of my patients have done just that).

Hypertension

Be careful with the Yocon. Walking is the most important thing you can do to both lower your blood pressure and to preserve your sex energy. You probably won't see a drop in blood pressure until you consistently walk 20 to 25 miles a week for over 6 months. But, you can drop your blood pressure and avoid the medications.

Viagra was initially designed as a possible drug to treat hypertension so you should be on the safe side using it or one of the others like it. I've even got a couple of patients who have taken Viagra daily as a way to control their blood pressure. Talk with your doctor but hypertension should not keep you from Viagra.

Prostate Problems

Prostate Cancer

If you have nerve damage, then you probably need either the pump or an implant. Talk to your doctor about gently supplementing your testosterone back to a level of 400 ng/dl after you've been disease free for 10 years. In the meantime use Yocon for increased sex drive.

Prostatitis

Can be chronic. Not true that you need to have frequent ejaculation to keep healthy. Take hot tub daily; take Zinc, magnesium, and vitamin C. Have sex daily if possible.

Penis Problems

Penis Size

There are some men who prefer larger breasted women. Some men do not. Some men prefer blonds or brunettes or large or small buttocks. There is a wide variation in tastes. Some want a loving mate and some seem to be attracted to the destructive abusive type.

The same variation in taste applies to women. Some women do not want to be with a man with a larger penis. Some very attractive women have smaller vaginas and cannot accommodate a larger penis without pain. Some women want a man with a larger penis. Guess what? Some women don't want a penis at all...they want another woman and are perfectly

satisfied by another woman. If you want to become a better lover, study some of the literature written by lesbians about how they love each other.

Next time you're worried about the size of your penis, remember that some women actually prefer no penis at all. Focus on being loving and on the art of love making and you will find plenty of women who will want to share with you and who will be more than satisfied by you. Will some women prefer a penis of larger size? Maybe, so what? There are millions who will be very pleased with the pleasure you bring to them if you follow the techniques presented here.

The penis enlargement exercises can damage the vascular supply and cause impotence and I don't recommend them.

The penis enlargement pills usually have arginine and other growth hormone boosters as the most active ingredient and can have minimal but measurable effects. Probably the best combination is a combination of growth hormone injections combined with dihydrotestosterone cream applied directly to the penis. This requires a prescription and the care of a physician that understands the risks involved and the proper dosing techniques.

Pyrien's disease

Get your hormones right and then see if you still need the surgery.

Heart attack

1. If you've had a **heart attack** then there is the misconception that you should avoid some of the erection drugs. The deaths that occur with Viagra and heart disease are related to the use of nitroglycerine. Viagra was initially studied as an antihypertension drug (to treat high blood pressure). So if you don't have a heart attack, it's actually good for your heart because it lowers your blood pressure some and decreases the amount of work that the heart has to do. The problem in the initial studies was that it was not a very good blood pressure drug but the side effect was interesting and led to it being marketed for a different purpose. But the problem comes if you develop angina within 24 hours of taking the drug and then use nitroglycerine to treat the angina or if you're on a nitroglycerine type product and then add to it Viagra. With the addition of nitroglycerine, Viagra goes from being a very weak drug at lowering blood pressure to a very potent and dangerous drug that lowers your blood pressure too much. With the extremely low blood pressure that you see when combining Viagra and nitroglycerine, you could have a heart attack or stroke.

So when it comes to heart disease, even if you've had a heart attack, if you do not need to take nitroglycerine, then it is safe for you to take Viagra. What happens if you do develop chest pain or the early stages of a heart attack and you recently took Viagra? The doctor would not be able to treat you with nitroglycerine. Fortunately, there are many other drugs that your doctor could use instead of nitroglycerine. So, your physician could take excellent care of you even if you recently took Viagra and then had a heart attack.

What about the sexual part? Will you cause another heart attack if you have sex after having had a heart attack? If you can walk up two or three flights of stairs without chest pain,

then you can have sex without risk of precipitating a heart attack (but talk with your cardiologist first).

In summary, if you need Viagra to achieve an erection, then it is safe and maybe even a beneficial thing for your heart if you don't suffer chest pain walking up two or three flights of stairs and if it's been a long enough time since you used nitroglycerine that it's unlikely that you will develop angina.

I played the CD for my husband while we were on a long car trip. He spent the next two weeks studying the book. He seems more energetic. The bedroom definitely heated up.

-T.J. New York, N.Y.

This really works!! I'm healthier and my wife is happier. I no longer need my Viagra prescription.

-J.R. School teacher. San Antonio, Texas

Powerful combination of teachings from the *Bagavad Gita* and modern medicine that improved my body and my energy level.

-F.G. Yoga instructor. Mobile, Alabama

I made more money, threw my antidepressants away, and made my wife smile much more.

-T.N. Podiatrist. Pensacola, Florida

Helpful tips on the new drugs with some unique ways to boost their effectiveness. This book helped my patients have better sex, but it also made my life better

-Dr.T Fairhope, Alabama

This book added to my understanding of the teachings of Saint Paul in the *Holy Bible*.

-Dr. D.R. Pastor

About the author: Charles Runels, MD

Dr. Runels received a degree in chemistry from Birmingham-Southern College, in Birmingham, Alabama before working three years in applied research at Southern-Research Institute in Birmingham, Alabama. He received his M.D. degree at the University of Alabama in Birmingham and was board certified in internal medicine in 1993. He practiced emergency medicine for several years before opening the Runels Center for Lifelong Health. He now practices internal medicine and endocrinology and conducts medical research.

He lives in Daphne, Alabama with his three sons

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