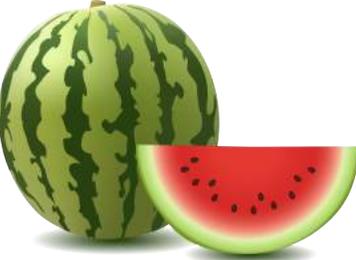




THE DR. RACHAEL
INSTITUTE

<http://DrRachaelInstitute.com>

EATING FOR YOUR ERECTIONS

FOOD ITEM	THE SCIENCE BEHIND IT... <i>Let food be thy medicine. -Hippocrates</i>
	<p>Watermelon fruit and rind have high does of L-citrulline. L-Citrulline helps blood vessels to relax and allows for the blood vessels of the penis to fill with blood and swell. 4 ounces of watermelon juice contains close to 150mg of L-citrulline. Don't buy the supplement, buy the watermelon instead!! (L-Citrulline is also found in garlic, liver, onion, walnuts, and dark chocolate)</p>
	<p>Beets contain nitrates which in the gut produce nitric oxide. Nitric Oxide causes the blood vessels in the penis to relax and swell with blood (like swollen lakes. (radishes, turnip tops, and carrots also contain nitrates)).</p> <p>Another plus, beet juice and beet root have been associated with lowering blood pressure - all blood vessels work the same way. British researchers found that healthy people who drank 2 cups of beet juice, had a decline in their blood pressure an hour after drinking it.</p>
	<p>The flavonoids in pomegranate juice are potent antioxidants (they fight cell damage), and they fight against clogged arteries. . Pomegranate is also suspected to raise testosterone in both men and women. So they potentially work on blood flow and hormone levels.</p> <p>Studies show that men with mild to moderate ED who drank pomegranate juice daily, showed marked improvement <i>Intl J Impot Res 2007; doi: 10.1038/sj.ijir.3901570</i></p>
	<p>Pistachios contain the amino acid L-arginine, and L-arginine is converted into nitric oxide in the body, nitric-oxide causes blood vessels in the penis to dilate and improve blood flow. (almonds, walnuts, chickpeas, turkey, chicken, and pork loin also are good sources). If you take L-arginine supplements, never ever take them with Viagra or any of the other popular ED treatments)</p> <p>Eaten everyday for 3 weeks->improved sexual function <i>Int J Impot Res. 2011;23(1):32-38.</i></p>
MAGNESIUM RICH FOODS	<p>Magnesium is essential for the metabolism of nitric oxide which is important in erectile tissue (see above). Possible link between a low magnesium levels and premature ejaculation. (avocado, almonds, figs, Nuts, spinach, pumpkin seeds, black beans, bananas, dark chocolate, Swiss chard)</p>