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21-Day Healthy Sex Drive Plan



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INTRODUCTION

Enhancing your sex life involves more than just physical intimacy; it's about holistic self-care. In this guide, we'll delve into simple yet effective strategies to elevate your sexual health.

From straightforward exercises to stress-relief methods, along with dietary tips, we'll provide a comprehensive approach.

So, let's explore together and uncover ways to feel your best inside and outside the bedroom!

HOW TO AVOID SEXUAL PERFORMANCE KILLERS

A weak libido can result from imbalanced hormones, poor blood flow, and unhealthy lifestyle choices. Improving your libido begins with what you eat. Instead of viewing it as a restrictive diet, focus on establishing lasting, healthy habits.

- ♦ **Choose whole foods:** Forget short-term diets; aim for sustainable changes. A diet rich in whole foods, such as meat, fish, eggs, vegetables, fruits, nuts, seeds, and healthy fats like olive oil and avocado, is essential.
- ♦ **Consider the paleo diet:** The paleo diet, reflecting ancient eating habits, can be effective. It emphasizes whole foods and excludes processed items.
- ♦ **Moderation is key:** Incorporate legumes and whole grains in moderation for balance. Cut back on refined carbohydrates like bread, cereals, and pasta, as they disrupt your body's natural balance and trigger cravings.
- ♦ **Choose healthy fats:** Opt for healthy fats like olive oil and avocados while avoiding fried foods and processed oils.

- ♦ **Minimize sugar intake:** Skip sugary desserts and drinks, as they can negatively impact energy levels and overall health.
- ♦ **Avoid processed foods:** Steer clear of white flour, sugar, and processed foods to boost energy, mental clarity, and aid weight management.
- ♦ **Manage weight:** Excess sugar and carbs can lead to weight gain, which can lower libido. Making smarter food choices can improve energy levels and revitalize your sex drive.

Foods to Avoid At All Costs:

(though indulging once in a blue moon won't hurt)

- ♦ Biscuits, cookies, ice-cream, cakes, and pastries
- ♦ Milk and white chocolate
- ♦ Jams and industrial honey (a little bit of local or Manuka honey won't hurt)
- ♦ White sugar and foods with added sugar (such as flavored yogurt, prefer plain ones with fresh fruit instead)
- ♦ Pizzas, kebabs, burgers, French fries, chips (crisps)
- ♦ Prepared and packaged foods
- ♦ Soft drinks, fruit juices, and diet drinks
- ♦ Sweets and snack bars
- ♦ Salty prepared foods
- ♦ White bread
- ♦ Breakfast cereals (these are probably one of the worst offenders when it comes to the quantity of hidden sugars they contain, even the so-called healthy types- prefer oats or homemade granola with a little honey as a sweetener instead)
- ♦ Some types of alcohol, especially light beers and pre-made cocktail mixes
- ♦ High-calorie coffee/tea-based drinks

DIET FOR A STRONG SEX DRIVE

Incorporating these delicious and nutritious options into your diet can help enhance your libido and overall sexual wellness.

- ♦ Broccoli
- ♦ Cauliflower
- ♦ Eggs
- ♦ Nuts (pumpkin seeds, pine nuts, almonds)
- ♦ Asparagus
- ♦ Watermelon
- ♦ Fish
- ♦ Bananas
- ♦ Avocados
- ♦ Figs
- ♦ Celery
- ♦ Oysters
- ♦ Strawberries
- ♦ Beef steak
- ♦ Brussels sprouts

Detoxing The Body For A High Libido

- ♦ Reduce alcohol consumption to assist the liver in ridding your body of toxins faster
- ♦ Eat more raw vegetables wherever possible to free up resources to process junk from your digestive system
- ♦ Drink at least 2 liters of filtered water per day
- ♦ Undertake intense exercise plans along with regular walking and swimming
- ♦ Consider taking milk thistle extract, artichoke extract, and black radish for promoting liver detoxification
- ♦ Taking dandelion root extract can help your body to detox faster and improves the functioning of the liver and kidneys

PHYSICAL HEALTH FOR GOOD SEXUAL PERFORMANCE

You might already know that being overweight is one of the main causes of erectile dysfunction.

In fact, excess body fat is directly responsible for lower levels of testosterone and an increase in estrogens (which are the primary female hormones).

Unfortunately, our incredibly sedentary modern lifestyle doesn't help modern men to naturally preserve the toned, muscular body that they had in their youth. In fact, it's quite the opposite: the western man's BMI (body mass index) just keeps on increasing, decade after decade, even in young men.

But you can change this all today!

Whether this is to resolve a possible weight problem or stimulate your underused muscle mass and boost your testosterone production, exercise is absolutely crucial if you want to get back on top where libido is concerned.

For naturally increased levels of masculine energy, you're going to divide your physical training into two parts: cardio training and strength training.

- **Cardio training:** getting into peak condition
- **Strength training:** targeted exercises

Cardio Training: Getting Into Peak Condition

You might think that a good diet and strength workouts would be enough to sculpt the perfect body. This is true, but a body with no endurance is worthless between the sheets.

Why should you do cardio training?

- 1.** Even at low intensities, cardio stimulates blood circulation through small blood vessels as much as it does as through large arteries. It also maintains an optimal oxygenation level for your organs - ALL of them. When it's done in a way which is suited to your level of fitness, it will also improve cardiovascular fitness and prevent eventual heart problems.
- 2.** Better blood and oxygen flow enables you to improve the supply of nutrients which go directly to your muscles and causes them to develop.
- 3.** Cardio markedly increases your body's tolerance for effort, and promotes recovery after demanding workouts.
- 4.** Finally, and this is potentially the most important reason, cardio training activates fat burning on a muscular level and makes you lose body fat.

THE RIGHT CARDIO SESSION FOR YOU:

Choose one of the following activities, depending on your age and training level. Feel free to equip yourself at least with a pedometer (to count the number of steps that you do throughout the day), or with a smart heart monitor to check your heart rate and follow your progress. Some models even have a coaching function which allows you to organize your interval training

Brisk walking

Brisk walking and Nordic walking (with walking poles) are excellent ways of stimulating blood circulation without wearing down your joints.

Nordic walking also stimulates your upper body muscles, leading to a complete workout. Whether you're sporty or not, you can start by walking 10,000 steps per day. This is the perfect distance which your two-legged body was made for.

Jogging

If you prefer speed, or if you're in better physical shape, move on to running. This is an activity which can quickly become addictive, but don't worry, we're not asking you to become a marathon runner—on the contrary.

Endurance running can even lower testosterone levels if you do a lot of it(1).

Going jogging for 45 minutes once or twice a week won't put you at risk of seeing your testosterone levels increase- quite the opposite, in fact!

Follow the basic rules below to protect your joints and avoid any risk of injury.

HIIT Sprinting

Doing sprints during a jogging session or any other cardio session (cycling, swimming, rowing, etc.) means you will be doing High-Intensity Interval Training (HIIT).

This is the best way of burning a lot of calories and boosting your metabolism for a long time, even during a reasonably short jog.

In comparison with jogging, which needs to last for 45 minutes before your body starts to eat into its fat reserves, an interval session lasting just 25 minutes will enable you to achieve the same results.

But be careful, you need to start off by doing interval training in a progressive way, especially if you don't exercise regularly already.

You could start training in this way after a few running sessions. It's advisable to integrate these exercises into a cardio session, starting with sprints lasting for a maximum of 30 seconds.

For example, warm up first of all at 70% of your maximum, then do a short sprint for 10 seconds at 95% of your maximum. Go back to 80% for a bit, then sprint for 15 seconds at 95%, go down to 90% and finally sprint for 30 seconds at 95% of your maximum capacity.

Running: the basic rules

- Don't lean forward; do the opposite. Your legs should be running in front of you, not behind you.
- Run with a straight back and engaged abs. Feel free to do strength exercises before you take up running if you're not in good shape at all. Your abdominal wall is just as important as your legs when you're running.
- You should land each stride on the sole of your foot, NOT on your heel. By putting your heel on the ground first, you will increase the risk of injury, tendonitis, and sprains. Likewise, avoid placing the ball of your foot on the ground first.

- ♦ Make sure that your foot pushes backwards in your shoe on each stride, and not the other way round, as if your foot were “scratching” the ground.
- ♦ Your strides shouldn’t be too long; you might need to shorten them to get the right technique.
- ♦ Don’t compensate for a bad technique with the thickness of your shoes; this especially includes a tendency to land on your heels.
- ♦ Train with bare feet on loose soil to understand what your natural stride is and correct any postural errors.
- ♦ Don’t forget to stretch before AND after a running session.

Strength Training

Strength training—this means lifting weights, iron weights as well as your own body weight—is an inescapable type of exercise if you want to regain real physical energy.

Increasing your muscle mass is going to help you boost your metabolism and lose body fat. The more muscle you have, the more energy you'll burn, even at rest.

The benefits of strength training for virility and age prevention are equally real and have been widely demonstrated by science. There is a particular link between testosterone and musculature. Lower testosterone, especially due to age, leads to a loss of muscular mass.

STRENGTH TRAINING GUIDE

Targeting Muscles:

- Focus on larger muscles for efficient fat loss.
- The thighs, glutes, back muscles, and pectorals are the largest muscles in the body.

Training Approach:

- Avoid combining cardio and strength training on the same day; allow at least 24 hours between sessions.
- Aim for a normal training speed, completing one repetition (rep) over 2-3 seconds without pauses.
- Begin with a starting weight that allows for progression throughout your development; choose a weight where you can do 50 reps without exhaustion.

Warm-Up:

- Warm up "from nothing," without weights, before starting.
- Perform specific warm-ups for each muscle group: warm up upper body muscles before upper body exercises and lower body muscles before lower body exercises.
- Upper Body Warm-Up (5 mins): Shoulder rotations, arm windmills, etc. Change direction midway.
- Lower Body Warm-Up (5 mins): Jumps, quick squats, jogging on the spot, etc.

STRENGTH TRAINING GUIDE

Spreading out your sessions

- Opt for a strength training program that targets both upper and lower body.
- Consistency is key; schedule sessions at the same time each day, allowing your body to adapt.
- Aim for 2 to 3 sessions per week.

Sets and Repetitions:

- For beginners focusing on strength gain rather than mass, aim for 2 to 4 sets of 6 to 8 reps per exercise.
- Take a 3-minute break between each set.
- Gradually increase the number of sets and reps over time as you progress.

Stretching:

- Dedicate at least 10 minutes to stretching at the end of your strength training session.
- Target all the muscles engaged during your workout to promote flexibility and prevent injury.

PECTORAL EXERCISES

Bench press

To be done in a gym, with a spotter.

While lying on a bench with your feet on the ground, with a dumbbell in each hand or with a weighted bar, arms horizontal, elbows bent, and palms facing upwards, bring the bar parallel to your chest.

Stretch your arms upwards while breathing out. Breathe in while you bring the bar close to your chest.

If your back is giving you pain when your feet are on the floor, you can lift your legs up, shins parallel to the floor and ankles crossed, to put you in a more comfortable position.

Cable fly

If you get the chance to go to a gym, this is an excellent exercise both for your chest and your upper arm and shoulder muscles. This is done using the cables at the gym.

Turn your back to the machine, feet at shoulder width, extend your arms outwards and take hold of the handholds. Exhale and pull on the handholds, bringing your two outstretched arms in front of you. Make sure you keep your back straight during the exercise.

BACK EXERCISES

Chin-ups

This is the most effective exercise for rapidly gaining muscles in your back. You can do this at home using a pull-up bar.

With your hands placed at shoulder width, grip the bar with an underhand grip. Pull, breathing out, to raise yourself towards the bar, until you can almost touch it with your collarbone. Breathe in while you lower yourself down.

Variation: with your arms slightly further apart and hands facing forwards, lift yourself up, trying to touch the bar with your neck.

Pulling exercises with dumbbells

No need for a machine; all you need is a bench and a weight to carry out this exercise.

Position yourself with your right foot on the floor and left knee on the bench, back straight, and chest leaning forward. Hold the weight in your right hand with your arm outstretched, with your left hand placed in front of your left knee to keep your balance.

Lift the dumbbell by bringing your arm up until it reaches back level, no higher. Lower it again, breathing in. Once you have completed the required number of reps in a set, start on the other side.

THIGH EXERCISES

Weighted squats

Take a barbell in each hand. Place your feet as the same width as your hips, keep your back straight, fix on a point in the horizon, and go as low as possible, bending your knees. Come back up, still keeping your back straight. Inhale while you lower yourself again, and exhale as you extend your legs.

A variation with a wider stance can be done with a weighted barbell across your shoulders. In this case, significantly widen your stance and point your toes outwards slightly.

Alternating hamstrings

You could use a specific machine for this exercise, or use weighted soles or even weights hanging from your ankles. The muscles which are worked are the hamstrings, which are the large muscles at the back of your legs.

While standing up, legs slightly apart, keep yourself straight and lean your weight on a support (a bar, for example).

Without moving your thigh, bend your knee backwards and bring your heel upwards towards your glutes. After you've completed the required number of reps in a set, change leg.

GLUTE EXERCISES

Lunges

Stand up straight, legs at hip width, and with a dumbbell in each hand.

Take a step forward with your right leg and lower yourself down, chest upright, until you can put your left knee on the floor. Lift yourself up to your starting position, exhaling, and repeat on the other side.

Hip bridges

Lie down on the ground with your knees bent and feet flat on the floor alongside your hands. Exhale and lift your pelvis, then inhale while lowering it again. Use weights around your waist to intensify the exercise.

Sit-ups

Lie on your back, legs bent and feet on the ground. Place your hands on your temples, and your feet under something which can stabilize you, or ask someone to pin them to the ground. Breathe out while you lift your upper body, looking into the distance in front of you. Keep your lower back flat and slightly round your upper back on the way up. Don't tuck your chin in, and don't pull on the back of the neck! Inhale on the way down.

Leg raises

For this exercise, you need to have a pull-up bar to hand. Hang from the bar, palms facing forward, legs hanging downwards. Lift your knees towards your torso, and bend your lower back at the end of the movement, to lift the pelvis. Lower your legs, controlling your speed. Inhale on the way up.

Do you lack the necessary strength to lift a lot of weight? This won't stop you from making progress. Researchers have recently proven that lifting lighter weights for a longer period of time was just as efficient for building muscle as lifting heavier weights for less time.

Just increase the number of reps if you go for really light weights; this will make weight gain easier, and will increase your strength bit by bit.

STRATEGIES FOR GOOD SEXUAL PERFORMANCE

Here's your complete guide to daily practices for improving your erections:

Strengthen Your Perineum

Have you heard of Kegel exercises? Developed in the 1940s, they target the perineum, the area between the penis and anus. While commonly used in postpartum women, they're also beneficial for both genders to prevent incontinence and improve erection quality and sexual pleasure. To perform Kegel exercises:

- Contract perineum muscles for 1 to 10 seconds, then release slowly.
- Repeat 10 to 20 times.
- Aim for 1 to 3 sessions daily.

Sleep

Quality sleep is vital for optimal sexual health. Even in young men, lack of sleep negatively impacts testosterone production. Prioritize 7 to 8 hours of sleep per night. Reduce exposure to screens before bed to improve melatonin production. Consider melatonin or magnesium supplements if sleep is disrupted. Seek medical advice if you experience persistent tiredness upon waking.

STRATEGIES FOR GOOD SEXUAL PERFORMANCE

Fight Stress

Stress is detrimental to erections. Combat stress with yoga, which improves flexibility and reduces tension. Practice mindful meditation for 25 minutes daily to lower cortisol levels and alleviate psychological stress.

Hypnosis

If stress persists, consider hypnotherapy, which has shown effectiveness in treating erectile dysfunction with no obvious physiological cause.

Get Some Sun

Sunlight exposure during spring and summer boosts vitamin D production, essential for testosterone levels and strong erections. Aim for 30 minutes to 1 hour of sunlight exposure daily. In regions with insufficient sunlight, consider vitamin D supplements (1,000 to 2,000 IU of vitamin D3 daily) from October to May.

SUPPLEMENTS THAT BOOST MALE LIBIDO

ACTION PLAN

Find a local health store or a reputable seller for quality supplements. Purchase 5 to 7 of the following:

- Ginseng Tribulus
- L-Arginine
- Muira Pauma
- Horny Goat Weed (Epimedium)
- Tongkat Ali
- Yohimbe Shilajit
- Catuaba Maca
- Ginkgo Biloba
- Deer Antler Velvet
- Mucuna Pruriens
- Zinc

Different supplements may work better for you. Experiment with various types or brands to find the best fit. Follow cycling plans and consider alternating or mixing supplements for optimal results.

SUPPLEMENTS THAT BOOST MALE LIBIDO

Plan 1

Day of the Week	Supplement
Monday	Ginseng
Tuesday	Tongkat Ali
Wednesday	Horny Goat Weed
Thursday	Maca
Friday	Gingko Biloba
Saturday	Yohimbe
Sunday	Day Off - liver detox day

Plan 2

Day of the Week	Supplement
Monday	Moiria Pauma
Tuesday	Deer Antler Velvet
Wednesday	Shilajit
Thursday	Catuaba
Friday	Tribulus
Saturday	L-Arginine
Sunday	Day Off

SUPPLEMENTS THAT BOOST MALE LIBIDO

If your budget is tight, then consider just 3 supplements and vary between the following plans:

Optional Plan 1

Day of the Week	Supplement
Monday	Tongkat Ali
Tuesday	
Wednesday	Horny Goat Weed
Thursday	
Friday	Korean Ginseng
Saturday	
Sunday	Day Off

Optional Plan 2

Day of the Week	Supplement
Monday	Tongkat Ali
Tuesday	
Wednesday	Ginkgo Biloba
Thursday	
Friday	Horny Goat Weed
Saturday	
Sunday	Day Off

CONCLUSION

There are countless factors that can undermine our virility, often lurking within our everyday habits. From indulging in pre-dinner drinks to using certain hair loss products, smoking cigarettes, or neglecting our diet, these seemingly innocuous actions can take a toll on our sexual health.

Now that you're aware, you have the power to make positive changes. Embracing habits like prioritizing quality sleep and soaking up some sunshine can be game-changers for your sex life.

With the right lifestyle adjustments focused on safeguarding your manhood, nothing can stand in the way of achieving strong and lasting erections.