



## Introduction

Hey, it's Jack Grave here.

I'm so glad you decided to download and (more importantly) read this special report.

Inside I'm going to share with you 5 powerful, yet surprisingly undervalued foods that will help you achieve thicker, fuller, firmer and longer-lasting erections.

...So you can give your woman (or women) powerful and wildly intense sexual satisfaction.

Oh, and I'll also be sharing with you the RESEARCH showing how these special foods can help you to get hard.

So this isn't just theory – this is real practical information you can take start using IMMEDIATELY to improve your performance in the bedroom.

I'm not going to waste your time with fluff and filler, so without further ado, let's cut right to the chase...

*Jack Grave*

PS – For the most advanced “erection-boosting” diet hacks I know head over here - <http://3stepstamina.com/report-video>

### **About Jack Grave**

*Jack Grave is a leading men's health expert who has taught sex advice to millions of men from over 100 different countries.*

*Author of countless books and programs helping men improve their performance in the bedroom, men regularly seek out Jack for his expertise on erectile dysfunction, premature ejaculation and female pleasure.*

## ERECTION FOOD #1 – Beets



Beet juice is extremely high in nitrates that get converted to nitric oxide as soon as they get absorbed by the body.

Nitric oxide is a type of natural gas that is seen to have vasodilator properties. This means it helps clear and spread the blood vessels for a more efficient circulation. Poor circulation, as seen in men suffering from high blood pressure, has been seen to increase the risk of erectile dysfunction.

When the body's nitric oxide levels are ideal, the *corpus cavernosum* – or the sponge-like erectile tissue in the penis – will find it easier to take in the sufficient amount of blood necessary to trigger and maintain a quality erection.

### Research:

A 2008 study published in the journal, **Hypertension**, pointed out that beetroot juice "*substantially reduced*" blood pressure and even exhibited "*vasoprotective, and antiplatelet properties.*" This means that supplementing with beetroot juice did not just help lower blood pressure and open up blood vessels, but also protected the heart.

A more recent 2014 study published in the same journal emphasized that "*Daily supplementation with beetroot juice was associated with*

*reduction in blood pressure...and suggest a role for dietary nitrate as an affordable, readily-available, adjunctive treatment in the management of patients with hypertension"*

## ERECTION FOOD #2 – Pistachios



Pistachios contain high levels of arginine, phytochemicals and antioxidants, which play key roles in keeping blood vessels ideally dilated as well as ensuring that the body's circulation is up to par.

Moreover, the good fats and fiber in these nuts also offer protection to the heart and prevent bad cholesterol levels from spiking. Since poor circulation can put you at risk of erectile dysfunction, having pistachios in your regular diet helps safeguard the quality of your erections.

### Research:

A study published in the **International Journal of Impotence Research** in 2011 confirms that a *"Pistachio diet improves erectile function parameters and serum lipid profiles in patients with erectile dysfunction."*

The study revolved around 17 married men who were suffering from erectile dysfunction for more than a year. For three weeks, they were asked to consume 100 grams of pistachios for lunch daily.

They were also tested using the International Index of Erectile Function (IIEF) scores, penile color Doppler ultrasound (PCDU) parameters and serum lipid levels before and after the study to closely monitor the effects of their pistachio intake.

Interestingly, all participants exhibited decreased bad cholesterol and triglyceride levels, while their IIEF and PCDU scores significantly increased.

The researchers had this to say about pistachios: *"Given these collected data, we should feel confident at encouraging pistachio consumption for patients with undesirable cardiovascular risk factors, and we should now entertain the same prescription for those with erectile dysfunction."*

### ERECTION FOOD #3 – Watermelon



The watermelon is a very rich source of a non-essential amino acid called L-citrulline. When the body absorbs L-citrulline, it helps optimize the overall dilation of the blood vessels leading to a more efficient circulation.

The better the body's circulation is, the easier it will be for the *corpus cavernosum* to take in as much blood it needs to get and keep an erection going.

Moreover, making watermelon a mainstay in your regular diet may also help boost overall libido and sexual activity.

#### Research:

According to the results of a study published in the **Chiang Mai University Journal of Natural Sciences**, *“oral administration of watermelon flesh extract caused a significant increase in Mounting Frequency, Intromission Frequency and Ejaculatory Latency”* in male rats.

The researchers also pointed out that *“based on the aphrodisiac property of watermelon in animal models observed in this present study, this plant may be useful for men with erectile dysfunction. In addition, watermelon flesh extract did not produce undesirable*



*effects on male rats, indicating that its short-term use is apparently safe. Thus, our findings support the use of watermelon flesh for increasing potency in males.”*

## ERECTION FOOD #4 – Tomatoes



Tomatoes are rich in a phytonutrient called lycopene. Although it is primarily known as a natural red pigment, lycopene is also deemed as a cancer-fighting antioxidant, protects the eyes from macular degeneration, keeps the brain in tiptop shape as well as improves heart health.

And when it comes to achieving and maintaining quality erections, having a healthy heart plays a very important role.

### Research:

According to a study published in the **Canadian Medical Association Journal** in 2000, lycopene is said to be *“one of the most potent antioxidants with a singlet-oxygen-quenching ability twice as high as that of  $\beta$ -carotene and 10 times higher than that of  $\alpha$ -tocopherol.”* This means that its cardiovascular benefits are significantly higher compared to other known heart-friendly antioxidants.

Another study from **Johns Hopkins University, Baltimore**, showed that *“smokers with low levels of circulating carotenoids were at increased risk for subsequent myocardial infarction. Lower blood lycopene levels were also found to be associated with increased risk for and death from coronary artery disease in a population study*

*comparing Lithuanian and Swedish cohorts with different rates of death from coronary artery disease.”*

## ERECTION FOOD #5 – Maca



Maca is a much rarer erection-boosting food. You won't find it in your every-day store, but it's incredibly effective.

Indigenous to the Andes in Peru this has been reported to help improve erection quality, libido, fertility and semen volume.

### Research:

The peer-reviewed journal **BMC Complementary Alternative Medicine** had the following to say about Maca: *“Two randomized controlled trials suggested a significant positive effect of Maca on sexual dysfunction or sexual desire in... healthy adult men”*

They then went on to say *“The further randomized controlled trials assessed the effects of Maca in patients with erectile dysfunction... and showed significant effects”*

## Conclusion

By seeking out and integrating these foods into your diet you'll begin to notice your erections becoming firmer and longer lasting.

Why?

Because you'll be giving your body the natural resources it needs to fuel its sexual performance.

But listen.

We've only just scratched the surface of what's possible in this report.

If you would like to 10x your results, achieve hard-as-steel erections and give your woman the kind of sexual experience that makes her forget all other men before you, then pay close attention...

### Want More?

**Would You Like To Super-Charge Your Erections And Stamina So You Start Putting Adult Movie Stars To Shame?!**

I want you to know...

While what I've shared will help you improve the quality of your hard-ons, this is barely the beginning.

If you're fed up with disappointing erections and would like to achieve the kind of hard-ons and stamina that will blow your woman's mind while you give her intense orgasm after intense orgasm then listen up.

There are, in fact, even more highly-potent and effective natural ingredients you could be taking that are almost like steroids for your penis.

And here's what's really exciting – they come with none of the typical side-effects like those of traditional E.D. drugs.

These are 100% natural, therefore they work WITH your body to achieve its full natural ability to get hard.

Curious to discover more?

Then go check out the following video...

It'll tell you more about these special foods and explain exactly how they'll help you give your pulsating erections and endless stamina like never before.

Click below to watch the video now...



Watch the video here: <http://3stepstamina.com/report-video>