



CONTENTS:

Secret Sex Skills - 1

Secret Sex Skills-2

Secret Sex Skills-3

Secret Sex Skills-4

Alpha PE-Part 1

Alpha PE-Part 2

Alpha PE-Part 3

T-Drive-Part 1

T-Drive-Part 2

T-Drive-Part 3

T-Drive-Part 4

T-Drive-Part 5

Carlos Xuma's

R.E.A.L.GAME



Secret Sex Skills - 1

All right, we are going to start to cover two of the secret sex skills that you need to know. I think you should know, and I put that in this presentation, but the more I think about it, now it's more like **need** to know. That's a little more accurate, secret sex skills you **need** to know.

What are these secret skills, and why do you need to have them, and why are they such an important part of this program? Well, let me tell you.

First of all, the secret skills you need to have are the two ultimate skills as far as I'm concerned when it comes to feeling like you are a sex god in her life, and that is number one, **how do you make your dick feel bigger to her?**

Make your dick feel like it's big. It doesn't matter how big it *really* is, by the way, and I'm going to talk about that in this program. The actual size of your dick is almost irrelevant. In fact, guys with bigger dicks tend to have more problems with women, and they also get cheated on more often.

I know it's not what you want to hear, but there's nothing I could really say that wouldn't stop you from wanting to have another inch or two added onto your cock. Even a guy with a 9-inch dick is probably thinking, "Hmm, I wonder what 10 inches would be like?" It's crazy, but this is the way we equate our manhood literally and figuratively.



So how do you make your dick feel bigger to her, and how to make a women squirt? These are two topics that are, let's just say, near and dear to our hearts as guys.

So the first one, how to make your dick feel bigger to her? Well, a lot of guys are insecure about their penis measurements, aren't they? Yes, of course, they are, every guy is. Even guys that are at least average which is most guys. It's literally like 97 or 98% of guys have an average dick, and it's more than enough.

Anything over, I think, 5 inches is considered the "average" penis size because, first of all, most guys with really **small** penises don't line up to get them measured and taken into consideration, which would drive down the average quite a bit, but right now, the measured average is somewhere on the range between 5 and 6 inches, at the most.

But they also forget about the one most important thing, which is penis performance. It's not about the measurement as much as it is the performance, and it's one thing as guys we have got to get past, we've got to understand and we've got to finally accept.

I know it's an intellectual thing. We intellectually understand that your penis performance is the most important part. It's not the size of the wand, it's how the magician uses it. But you still can't help it, every guy wants a bigger dick.

I know it's something we entertain endlessly, and I'll never be able to talk you out of it, but in the meantime, let me appeal to the rational side of you and prove to you how you can make your dick **feel** like it's bigger.



Even if you don't have one, I'm going to show you how to make her feel like you do so she's going to worship your cock and basically give you the treatment that you want. We want to be treated like our dick is the biggest one on the planet. Even if we knew that it isn't, it wouldn't matter.

And how to make her squirt, because, guess what, most women **can** squirt. Most women can, they just don't know it. Not everyone is going to gush like an actress in the squirting porn that you see, but every women can have that kind of intense orgasm.

That's what it comes down to, an **intensity in orgasm**. I think that's why guys are so caught up in it, and why they're so focused on giving a woman one of these because squirting is one sign of a really intense orgasm.

That's what we are keying in on as guys. That's the thing that we find most attractive in learning because we know when a woman squirts, you know that chick just got somewhere, and you know you gave her something that she can never get quite any other way. It makes you validated. It makes you feel like the ultimate lover.

Those are the secret skills we're going to explain.

Now, why do you need to learn them? Well, it's a good question.

They're related to two of the biggest insecurities that guys have.

Number one is the size of their dick. Number two is the ability to give her a good orgasm, to please her in bed.

So learning these two skills is not just about having better sex, it's also about overcoming the insecurities that can keep you from enjoying the sex you're having.

You don't always want to be thinking, "Gee, I wonder if my dick is big enough. Gee, I wonder if I'm giving her pleasure. I wonder if my dick is big enough. I wonder if I'm giving her pleasure." Which are actually kind of tied together in a lot of ways, at least in our minds.

And guess what, we want to learn because they're easy to learn. These are two easy fixes that have the most impact, and that 80/20 rule where 80% of your results comes from 20% of your effort, this is it, dude. Do these, and get most of the results that you've been looking for.

They're just so easy to learn. There's a lot of misinformation about sex on the Internet. I'm going to warn you about that right now, you're going to find every quack remedy and every hocus pocus site of being better in bed.

I'm going to show you, first of all, some tricks you can put into practice right away and a step-by-step plan for perfecting the aspects of these skills that actually need practice. So you're going to get the quick fix and you're going to get the long term fix that's going to make you, let's just say, a stud.

These skills are actionable and they're **results oriented**. You know me, man, don't you? I hope you know me. I'm all about what you can do to get the results you want. I'm not teaching you something that plays to your insecurities. That's really important for you to understand.

In other words, I'm not going to give you any magic penis enlargement pill or exercise because that's bullshit. You know those things don't work.

Even though you really wish they would and you secretly desire that they would, **they don't work**. No magic penis enlargement pill or exercises here. But I will give you the stuff that will give you what you want.

I'm going to teach you the skills that will directly affect her pleasure when she has sex with you. That's it. That's all you should really care about, I know it's all you want me really do. You just want to know, "Dude, can I bang this chick like she deserves it and like I deserve it."

Because then ultimately you know as a guy that when you give a woman an experience like that, she's going to feel a certain sense of loyalty, and you're going to feel a sense of entitlement to get back a little bit of what you gave her because you deserve it, and you do. So there you go, that's the reasoning if you needed that, the reasoning about why we're doing this.

What do you need to know about penis size? Oh, interesting. What do we say about that? Well, there's a truth that penis size can play a role in giving her a vaginal orgasm. A vaginal orgasm is a different kind, there are kinds, and I'm going to cover this in the actual sexual power program.

The first kind is the clitoral orgasm. The second is the G-spot orgasm. The third is a vaginal orgasm. Yes, it's true, the size of your penis, if it's bigger, can play a role in giving you that vaginal orgasm. But surveys have shown that width is actually more important to her pleasure than length. In fact, length can often get in your way.

I've done this before where I've gotten a girl into certain position where it's very easy to bump into her uterus with the head of your dick, it's not pretty because it hurts. It hurts a woman to be hit like that, and guess what, I am no John Holmes. I am no Long Dong Silver.



If you don't know, those are guys with big dicks from 70's porn, but I'm not one of those guys. I'm just one of your average guys, but I know what I'm doing enough to make her feel like it's big.

By the way, that's one of the little tricks I can kind of throw at you right off the bat, a real quick trick is you get the woman to curl her knees up to her breasts so that she's kind of curled up a little bit as you enter her, so her knees are up to her chest.


That brings her uterus forward, and it gives you the opportunity if you're careful about this to gently poke her uterus. When you hit her uterus with your penis, and even a smaller penis can do this if you're in that position, she's going to be like, "Wow, he's really hitting me deep." Guess what, she thinks your dick is huge.

Okay, there you go. That's one big tip right there. Seriously, dude, that's worth a price of admission alone. That one little tip is going to... well, okay, that little tip, sorry, I couldn't resist the pun, but that one little tip will get you more reverence from a woman than almost anything else you can do.

Certain positions can give her enough stimulation or orgasm regardless of the size of your dick, so this is why the size of your dick just doesn't matter really. It doesn't. I know you want to believe it. It's something we as guys desperately need to believe in some weird way to make ourselves feel bad about the size of the dick we have, but it doesn't matter.

Foreplay techniques can prime her for orgasm so that she will come when you penetrate her no matter what size your dick is, so really it's about the foreplay. You probably heard that before.

You can use positions, but foreplay is where it's all at because if you prime the pump right, guess what, it doesn't matter what size your dick is, you'll be able to give her pleasure no matter what.



There are certain exercises that can actually increase the hardness of your erection. These penis workouts can actually give you noticeable results very quickly, very quickly. They can help you not only perform better, but also last longer. It's another important aspect of giving her more pleasure during sex.

There's something you need to know about dick size. Even though some women find big dicks a visual turn on, her overall impression is always based on what she feels, not what she sees.

Guess what, women never see your dick before they're about to sleep with you. They just don't do it. They don't go on a date with you and say, "Hey, would you put your dick on the table for a second. I need to see it first." No, she never gets to experience your dick until it comes time to experience your dick. Think about that for a second.

So how would you carry yourself if you are a guy with a big dick? That's more important. You should be walking around with the attitude of a guy that has a big dick than worrying about the actual size of your dick because that's what she really cares about.

A good orgasm is the priority number one in her mind. That's all she really cares about. If you give her that, your dick could be like the size of a pinball, and it won't matter. I know what will matter to you, but really? No,

I know guys that are self-proclaimed small dick guys and they are the happiest dudes in the world because they know they're confident at giving a woman what she really wants, which is that one intense orgasm, hence, the need for these secret sex tips.

What is her ultimate orgasm? Her ultimate orgasm is making her squirt or have an intense orgasm, and it's also a step-by-step process. If you don't build up to the orgasm, you won't get the results you want.



If you follow the steps I'm going to give you, even if you don't get her to squirt, you'll be able to give her an intense orgasm that she will not soon forget.

In fact, that's the name of the game. You want to leave her with such a lasting impression that she will walk away or stumble away or barely walk away, but with a big smile on her face and tell her friends all about it, and that's a secret desire I think we have as guys, that she's going to brag about you to her friends.

An intense orgasm is her ultimate goal, and as it just so happens, it's probably yours too. All the common worries that guys have about their dick size and their physique don't really matter to her. They don't. They just don't. As a matter of fact, she finds them kind of juvenile.

If you can make her squirt or give her a screaming orgasm, none of these other things are going to seem important to her at all, and that's what every woman ever has said about this particular situation. It's really important for you to know that. Whether or not you believe it is something entirely different, which I hope you'll come around to in this program.

Why make her squirt? Why do you want to make her squirt? Well, unlike men, women have different kinds of orgasm and differing levels of orgasm. Again, I'll cover this again in the main program, but a standard vaginal orgasm feels much different to her than an orgasm from oral sex. For example, oral sexual orgasms tend to be clitoral. They tend to be focused on her clitoris.

For most women, a squirting orgasm has a completely different set of sensations attached to it. Many women say it's much more intense experience than other kinds of orgasms. Many of them also say it has a feeling of release that makes it a more complete orgasm.

Whereas the fireworks from, say, a clitoral orgasm to the actual vaginal orgasm with a type that is associated with the G-spot and vaginal or squirting orgasm, it's much more complete to her because it just gives her a different sensation.

It's what guys typically get when we've gotten one out and really we busted – and pardon my crude euphemisms, by the way, but we're guys, we can talk like this, when you've really busted one, you really feel like, “Wow, that was a good one.” You know what I'm talking about, right? Of course you do.

Squirting is going to give her sensations even guys who are good at oral and vaginal sex cannot give her. It's important to know, so even if she doesn't actually squirt, you're still giving her the same result.

I've done this to my girlfriend several times, let's just say, and she hasn't actually squirted, but she said to me, “Clearly, you know what, I think I could have squirted there.” And that's how good I know it was for her, and that's what locks her into me.

All right, so we're going to come back in the next section. I'm going to talk about how long it's going to take to master those skills, how to practice them with a partner, and then we're going to get right down and dirty and give you those two skills, and then wrap it up with some concluding thoughts.



Secret Sex Skills-2

All right, so how long will it take to master these skills? How long is it going to take? Because you don't want to be in a college degree program here for four years of sex ed. Well, guess what, a lot of guys pick up basic sex tricks off the internet and then they get frustrated when they don't work right away.

Why is this? Well, first of all, they've only learned part of the skill. They've only learned a fraction of it from somebody who happened to post on forum or on some article or something. They basically learned one step in a technique that requires several steps.

For some of the stuff I'm going to teach you, it will take time to perfect every step, and you're not even not sure you get to perfect, but you do want to get the competence. Some of the things you're going to learn from me will work, it's really depending on how you define work, immediately. No matter what you're going to make her happier. Immediately you're going to start giving her more sexual satisfaction.

But then you can perfect these further over time. That's the cool part is even if you screw these things up, your attention to starting even trying them is going to make you seem like a better lover to her. That's the coolest part of this. if you ask me. It's one of those skills that even when you're screwing it up, you're doing better.

Now, you may not give her a squirting orgasm on your very first try. Let's just get that out of the way. It's like hitting your first homerun out of Fenway Park the first time you're up at bat. It might not happen for you, but each woman just responds a little differently so you're going to have to figure out what exactly works best for her.




Even if she doesn't gush, if you follow all the steps I'll show you, you will have her primed for an intense orgasm on your first try. So while we're setting the bar here, I do want you to feel like you can make a woman have a squirting orgasm.

Please understand that even if she doesn't, even if you totally, completely, oh gosh, horribly fail, you're going to give her a very intense orgasm that's going to make you her sex god on your very first try. That's the thing you want to be able to do. All right, so now, let's get into it here, how to practice with your partner? This is assuming you have somebody to do this with.

Now, I do upfront want to tell you if you don't have somebody regular or if you just think this is something you can use on somebody on a first night you met them, well, it's going to be a little more complicated than that because they have to have a certain level of comfort with you. They do, they've got to feel like they can be with you in a very intimate environment and let themselves go. A woman has to let herself go. She has to surrender to the experience.

Which is precisely why those books, those 50 Shades of Grey and all that, were so popular is because the character in them, part of what made them alluring to women was her level of surrender and giving herself over to this supposedly incredible lover. Anyway, bad prose aside, there were some things in those books to be learned.

So how do you practice with your partner? Well, you can use new positions that are going to make your dick feel bigger to her right away. That's part of what this is about. Also, each step of the squirting technique that I'm going to give you can be useful on its own right away even if you're not trying to get her squirt.



Little pieces of this can be used separately, so let's say it's a new woman that you've just gotten into bed, and you know you're probably not going to get her to squirt the first time you sleep with her and it's probably just not going to happen, again, I'm going to talk about that. But if you're going to use parts of this technique, you're still going to get a whole bunch of results, so don't worry about that.


With a new partner the first time you're sleeping with her, you might want to stick with some of these basics. Use the positions I'm going to teach you to give her a good orgasm. Plain and simple, it's all you've got to do.

So just basically perform. Don't make any of the big mistakes the first time you sleep with her and you're going to give her something she's probably never had before. Most women are very disappointed on their first times on most guys.

With these positions, you're virtually guaranteed to have a good first sexual encounter with her, period. That's it. That's all you need to ask, and that's all you can ask for. Again, this is the condensed version of being her sex god.

You're going to want to hold off on going for the squirt during your first time with a new partner. As I said before, if it doesn't work, it's going to be a letdown for you and maybe for her if you've promised that to her, and by going for the squirt, you'll put yourself under unnecessary pressure.

Most importantly, in order for her to squirt, she has to be very comfortable with you, very comfortable. If she can't let herself go, she isn't going to squirt and she may not even orgasm at all when you work on her G-spot.



So you've got to know her personality a little bit. Some women are just non-orgasmic and they won't even admit it to themselves or to you, which is a pretty bad place to put yourself. It's a no win situation. It's the Kobayashi Maru of sex.


Since her participation is required, it's best to save this for a little later when you can talk about it beforehand and then set the expectations correctly. So we're assuming this is a woman that you're going to be with for at least a little bit, at least a little bit more than maybe a one-nighter. That's something you have to understand and something you definitely should understand with first time partners.

Now, let's go into Skill Number 1 here, how do you make your dick feel bigger to her? This is what we're going to be talking about first, the dick bigger element. Well, first of all, there are exercises that can give you a better erection, and you need to know about these. There's the Kegels and there's jelqing. Now, there's a third I'm going to give you that's kind of a bonus here.

Kegel exercises, as I covered in another part of this program, this is where you exercise the pelvic core muscle located the testicles controlling the urine flow, and by exercising this, it helps to get better blood flow and it also helps you to get more control over thrusting motions during your sex.

So when you're thrusting, you don't have to worry about accidentally doing a bad bend injury. Oh yeah, I've had that happen before too. It's not pretty, and you've got to be careful about going crazy in the sex. Sometimes a guy doesn't know what his body is capable of.

Now to do a Kegel, it's fairly straightforward and very simple to do. You practice this almost anywhere anytime. As a matter of fact, you should be practicing it every time you get a chance. I'm doing it right now. I know that's way more information than you needed to know. I'm kidding.



Contract the pelvic floor muscle and hold it for five seconds. This is the sensation that you have when you are peeing and you cut off the flow of urine. Just contact that area around the balls, around the dick. Just contact the muscles you feel down there.

It's something you've develop a conscious awareness of doing. At first, it might seem totally foreign like, "Oh my God, I can control muscles down there?" It's like thinking you can twitch your earlobes. It's seems so foreign, but it's actually very doable.

Repeat that ten times, so you're going to contract, hold it for five seconds. This is going to seem like an eternity the first few times. You're going to work that up to ten seconds later on, but for now, five seconds, and then repeat that ten times, ten fluctuations.

You can do a set of ten contractions two to three times per day, and then you can get into more advanced versions which are called flutters. Flutters is where you're able to repeatedly flex that muscle rapidly fast, and that's where you want to get to. That's like the bar that you want to set for yourself eventually.

Honestly, if you just do the basic one, you're going to be leaps and bounds ahead of 90% of the guys out there. So again, don't shoot for Superman right off the bat. You don't have to. Superman is actually not much higher than what most the average guys are doing right now as far as a woman is concerned.

What is jelqing? Jelqing is a term that has entered our language, and not many guys know exactly what it is. It's kind of gotten a little bit of cult popularity. It's also known as milking. Yes, if you can kind of guess what this is about, it's about increasing the blood flow to your entire penis.



What it is doing is it will lead you to a harder erection if you exercise regularly, if you do it regularly. A harder erection, I'm not saying it's going to increase the actual size, but some men do say it makes them appear longer when erect.

It can happen. There are times when I've looked at my little guy and I've thought, "Hmm, he looks bigger today for some reason, or hmm, it looks a little bit smaller, what's going on?" A little bit of variations. Sometimes your penis just reacts differently.

So how do you do this? How do you actually use this as an exercise process? Well, the steps, and oh by the way, the reason we're doing this and the reason these are giving you a larger feeling dick is because Kegels are going to strengthen your penis, and when your dick feels harder, it feels bigger to a woman.

A slightly less flaccid, even if it's the exact same length, if it's not as hard to a woman, it feels like it's a smaller dick because it's too pliable. It doesn't have any resistance to it.

If you can imagine that, if you're trying to use a water balloon to punch somebody, you're not going to have as much effect. But when you use your fist, you're going to have an effect. You're going to have an impact because your fist is much harder than the balloon. Well, it's the same thing with your penis. You're going to have that effect on her vagina if you've got a harder penis.

Now, the jelqing, increasing the blood flow to your entire penis is the goal here. The steps to doing this are, first of all, get yourself kind of to a half erection. Not full on yet. Make sure your fingers and penis are lubricated so use some lube.



There are actually some really good stuff on Amazon that my girlfriend and I use. It's called Sliquid, and it's great for men and women. It smells good. It's just easy to work with and it's not gross and yucky. I'm just trying to help you out here, bro. Use that, it's good stuff. You can also use the good, old fashion everything from mineral oil to Vaseline to Crisco, but I'm not going there.


Make sure your fingers and penis are lubricated. That's all we're talking about here. Make sure it's lubricated, it's very important. You can actually use hand lotion here too. Make a circle with your thumb and index finger like you're saying, "Okay." Then put that O around your penis. Start at the base closest to your balls, squeezing with a bit of firmness and then move up the shaft all the way to the head, just a little bit of firmness, and we're not trying to pop the head off, we're just trying to be firm.

Again, don't squeeze too hard. You can injure yourself. Your penis has a lot of veins and blood vessels that can rupture so be careful. Play nice, be cool with it. Don't do it more than once per day. That's pretty much all you've got to know about that is to be careful and just do it once a day. It's not an exercise you have to do every single day.

Now just repeat that though ten to twenty times in one session. You can increase the number of repetitions as you start to feel more comfortable with it. As you know you're not overstepping your bounds and you see that there are some results here and that you're doing it correctly, then increase it.

Most experts recommend stopping when you get to about fifty or sixty reps, although in extreme situations, they can sometimes recommend up to 80 times doing this. It's a very simple exercise.

Jelqing is very easy to do and it's basically like a penis workout. So repeating that ten to twenty times, again, review the process. Make sure you're fully lubricated. Make sure you don't have a full erection. Don't do this to a full erection.



Make a circle with your thumb and index finger and then put that around your penis starting at the base, squeeze it with a little bit of firmness and then move up the shaft to the head. So it's kind of like squeezing toothpaste out of the toothpaste tube, only not quite that hard.

Now, again, I'm not a physician. I'm going to ask you to go through videos actually on the internet that shows how to do this without actually using a penis, so don't worry you don't have to feel gay watching it, but you want to know the proper process for doing it, and you want to do it correctly.

These are exercises that will give you a much stronger and firmer erection, not necessarily really bigger, and that's the misconception that people have, especially guys about jelqing and what it can do. Now, what are the positions that can make your dick feel bigger to her? Well, here are some of the positions that I want you to start using now:

Doggie style, and doggie style or variations are very good to make your dick feel bigger. Why do you think guys use this so much? Even if it's not your cup of tea, do it. A tweak on the standard doggie style position is the woman on all fours and the man penetrates from behind. Now the woman drops her shoulders to the bed and moves her hips slightly higher. This is a little different. It's a little bit like a downward doggie when you're thinking of yoga.

Now, what this does is it shortens the length of the vaginal canal, and it allows the man to hit the deeper parts of her vagina. Guess what that does? Yes, what we're doing is manipulating her vagina to make your dick feel bigger.



I know it seems like a duh, but this is exactly what you want to do to get the results that we're talking about. If you manipulate her position, you change the positioning of her vaginal canal and subsequently, its actual length and how it works with your dick. It's pretty simple.

Cowgirl with her on top of you. A very good position to be in. Let me tell you very much it's one of my favorites. Make sure she is upright for deepest penetration. If she bends over at the waist or hips, she's going to change again the shape.

Her back should be basically perpendicular to the bed, straight up with her head pointing to the ceiling. Now, if comfortable, you can move your pelvis upward to get a few extra centimeters of penetration in there. That's what the beauty of this position is. Her weight and her positioning works to get your dick in further.

She can also experiment with different movements like circular movements, again, with her rotating herself around you a little bit. Again, just have her be careful because you can also get a penis injury if she overdoes it.

This can help you hit those corners that you just can't reach in normal positions like Missionary and other ones. That's the beauty of getting her to rotate. Not only is she doing all the work, hello McFly, this an awesome, awesome way to make her feel like your penis is bigger.

Now, Missionary variations starts in the standard Missionary position with the woman laying on the bed on her back with her legs spread. Place a pillow or even two pillows underneath her hips. This is just behind her butt, not directly on her butt.



She can raise her legs then towards her chest as much as comfortably possible. Yeah, guess what, this is that position I was talking about earlier. Then you can move to a more upright position kneeling for maximum penetration. By upright, you're going to want to be over her more than in front of her, but you can try either way.

Now, if she's flexible enough, she can hold her legs up near her ears, and this is the source of the name bunny ears to really open herself up to deep penetration. By pulling her legs up like this, she shortens her vaginal canal and again gives you a deeper sense of penetration.

I hope you're seeing how this works now. We're changing her physiology to make your physiology feel better because that's really what it's all about. I'm going to slip another one in here right now before we finish. Oh actually, you know what, I know what you're thinking. Dude, you forgot to finish up the other exercise. The other exercise I was going to talk about. Yes, I'm going to go back here.

In terms of exercising your penis, making it feel harder, there's another one you can do where you basically get a full erection and you take a wet washcloth and you drape it over your cock, and then what you do is you flex the Kegel muscles to lift the wash cloth up and down. So it's kind of like you're waving a flag with your dick.

What that does is with just a slight extra weight, again, you don't want to put a 10-pound weight on this bad boy. I'm talking about using just a wet washcloth or even a dry one to start out with. But get a feel for adding a little bit of weight and then manipulating it by flexing and trying to lift and drop that washcloth.

That is an excellent exercise that's going to give you a stronger erection. By flexing that muscle, you're going to build it and it's going to be much more powerful. A little bonus exercise I thought I just slip in there. No pun intended. I tell you I love talking about sex topics because it lets me be a total dirt bag. Anyway, Missionary variation bunny ears is the last one we covered there.



When we come back in the next section, I'm going to cover the V-position and the Snake, the Standing, the Frog, and the Perpendiculars to give you that sensation you're looking for that you want to give her which is the positions that will make your dick feel bigger to her.

Before I go into these though, before we end this video, I do want to share one more that can work for you really well, and it's really not a position. It's called the "assist."

Here's what you do, and this is not something you want to do use on a chick that's already really tight because you're already getting plenty of action. If it feels tight to you around your dick, guess what, you feel big to her. That's all you've got to know.

But if she doesn't feel super tight and you're worried about how big you feel to her, here's what you can do. First of all, lubricate, but slip in your small finger, your pinkie, in there along with your dick.

Now, you've got to do this with a little bit of care, a little bit of gentleness because it can be a little bit shocking to suddenly have the increase in pressure, but it will make you feel bigger because you're adding to the circumference and you're adding to the pressure on the outside of her vaginal wall, which makes you feel bigger.

If you can rotate that around a little bit, move it and change your position gently, be very gentle. Make your nails are trimmed for this, by the way. Be gentle and it will definitely help you out. I call that the assist, and I've used that a lot. Later on, you can work up to larger fingers, but for now, start with the smallest finger.



Secret Sex Skills-3

We're going to start with our next section of positions, the V position. Well, this is where you kneel or even stand and grabbing the woman's ankles, you spread her legs apart until they make a V shape.

She has to be at least mildly flexible for this. You don't want to force her legs apart. You don't want to pull any muscles in the process of impressing her with your penis because the penis will be forgotten. Trust me on that one.

It works best when you're standing and then she's laying at the end of the bed. Just pull her butt close to the edge of the bed so that you can get your action going there. If you're kneeling, you can put pillows under her hips to get the best angle for deep penetration.

But that's another one of those good positions that reaches in deep and kind of impresses her as to your manhood. Again, we're doing the V shape with her legs straight if at all possible. That's the best part. Now, if you've got athletic woman that can do this, awesome. But again, if you don't think she can handle it, please, dude, don't break anything. Don't go stretching her out.

Any perpendicular position is good, and this is any position where the man is standing and the woman is laying on her back, and that can allow for deep penetration. Again, just like the V position, you can also just go with a bent knee position there.

These T-shaped positions also allow you to thrust at different angles. Actually, I missed a little point here. When we're talking about the positions where the man is standing and the woman is laying on her back, this can work on beds, sofas, even a table. That's right, you may have seen that a few times in the movies on that one.




That's why that works so well because you're properly positioned. You get an extra bit of angle, whereas if you are in the Missionary position or standing missionary position where you're laying on top of her, your hips are tilted back away from her and it makes it difficult to get full on penetration. It may feel like it, but you're not really getting in there to the full, let's just say, full Monty.

You can use pillows to get that straight and get the angle you need too. You can get the angle right but by using pillows. That's why they actually have a pillow for this, especially for this. It's basically a wedge. It's a triangle piece of foam that you put under her that puts her in a position so that you can kneel, so you can have a little relief.

Because a lot of women don't realize that we guys are doing quite a bit of work. When we're on top especially because we have to support ourselves, we have to also support her and make sure that our angles are good. All that stuff takes a lot of energy actually. So keep that in mind. Those T-shaped positions where you're the one side of the T and this T is on its side, this T-shaped positions also allow you to thrust at different angles. You can turn your hips a little bit.

You can learn how to make her feel like you have a big dick even if you don't because you're hitting all those deep corners of her vagina that you simply can't reach with other positions. So think about that as you're entering her, it doesn't have to be so straight on. Your hips don't have to be exactly aligned with hers. You can turn your body.

One of the good positions that I found is when you're on your side. You're both on the bed. You're on your side. She is on her back as if she was just laying on the pillow sleeping. Her knees are pulled up and then you turn sideways so that you're entering her from... it's kind of difficult to explain, but you get the point.



Basically, again, another T position where I am the crossbar of the T. She is the straight part, but we're doing it at an angle, and again, what we're doing is we're hitting it from different angles. We're getting into the vagina from different angles, and what that does is it triggers different nerve endings.

Now, there's not a lot of nerves within the vagina itself. I've said this before. You need to remember that, but there's not a lot of nerve endings in there. What they are will tell her though exactly what's going on and the few that are will register the position.

Most of the important work is done at the front of the canal, at the front with the clitoris or clitorises or however you want to say that, if it's got a different way of saying that word, but you get the point. So any perpendicular position is good, any T-shaped position.

The Snake is another great position. Now, this position makes her feel like you're filling up her whole vagina. She lays on her stomach and closes her legs like she's planking, if you're familiar with that exercise where you're almost in a pushup position only on your forearms.

She lays on her stomach, closes her legs. She raises her hips slightly. You can put a pillow or two under her hips for more comfort to raise her butt up. You straddle her with your legs outside of her waist, and then spread her thighs just enough to penetrate.

This is going to give you a very tight feeling. Now, really, the important part of this is that she has to be really well lubricated. You have to have a lot of good lubrication going on here, primarily because you're not going to get as much access to the inner lips of the vagina as you normally would until you're already in, so start out with a healthy amount of lubrication.



You must understand how this one works too. This one works on the premise of I'm not trying to reach deep with the tip of my penis. I'm trying to make her feel like she's filled up, like you're filling up the entire vaginal canal, and the way you do that is by tightening the vaginal canal.

Again, what we're doing is we're manipulating her to give a sensation of that which we want her to feel. Instead of making the dick bigger and fatter, we make her vagina smaller. It's very simple and this really works well. This is one I've used quite a bit, and it's actually really good for her because by tightening up her vaginal walls around you, she is more sensitive to your thrusting as well.

Standing, standing is another great position. If the man is strong enough, he can pick up his partner. You may have seen this in some porn movies, and please trust me, if you're not in good shape, please don't try this. You don't want to have a dropped partner episode. It's not a good way to go.

Basically, she wraps her legs around your waist and then he penetrates her from underneath, and as you're holding on to her, basically this is the T position only suspended. Think about that, it's a T position only suspended. It takes a lot of strength, but gravity makes sure that you get very deep penetration.

This works really good with petite girls, smaller girls especially because you can support them. They're lighter, easier to handle that way, and it doesn't have to be done for very long. Again, we don't have to do this the whole way through our session. We want to make this a part of it necessarily, but not the whole session. So you're not going to do the whole standing thing.



I've seen some pretty ridiculous porns where these guys are doing some pretty incredible things with women in terms of suspending them. It's just really athletic, and you can see how they work up a sweat, but it's not realistic for the average person. It looks great in camera, not so good in reality. But this one actually works really well if you can do it for a short period of time, that's all you need.

Finally, the Frog. The Frog is a variation of the Cowgirl where the woman is on top of you. It works best when you're on the floor. What you do is you start in Cowgirl where she sits on top of you and then what she does is she puts her feet on the floor instead of her knees on the floor, and you can imagine what that is.

Basically, it's a squatting position, and she needs a reasonably strong thighs, and if you've been trying to inspire your girlfriend or wife to getting back in shape, this one could do it. Gravity can help you get deeper penetration here since she's basically dropping her pelvis down on your dick. That's all it is.

From that squatting position, of course, you get some really deep penetration, and also having her weight off of your pelvis can make it easier for you to thrust upward into her, so there's a complementary action. Especially with the Cowgirl position, because you're getting in there, you can also lift yourself up while she's squatting on the floor and you get more penetration that way too, so you can press back.

When she's in the traditional Cowgirl with her knees on the floor, it's a lot more difficult. Her thighs are pressing down on your thighs, holding you down a bit. It can be a little more difficult.

Now, I'm going to add one that I haven't listed here because it's one that I favor, and I think it's one that you should really consider and use. It's called the Reverse Cowgirl. It's basically her on top, but reversed, so her back is to you.



Now, the trick of this position is not in doing the position. It's actually a really easy position to use. The trick is getting her to realize that it's not you trying to get her to look away so you don't have to look at her or not see her, or if she's one of those women that's really insecure about her ass, they're going to get that issue, so you've got to have a secure woman who's really into it.


But if you can, it's highly, highly recommended because again you're going to get a really good positioning. The best part of this position is that it's really good for the guy. You get very unique stimulation from this vantage angle because your dick is turned all the way around and it goes against the grain, if you want to call it that, against the grain or against the actual curvature of her vagina.

You get extra stimulation. It feels awesome, and she gets to be hit in different spots again, which is what you want. This is also very good for rubbing on the G-spot because again it fits that particular part of her vagina very well. So again, Cowgirl with her on top.

The trick of this one also is to get her to move correctly. You've got to be careful because you can be injured if she doesn't know how to move her hips correctly. She can twist and maybe move your dick the wrong way it's not supposed to go, so Reverse Cowgirl is really good.

Now, if any of these positions, by the way, are confusing to you in any way, you couldn't picture them or you're just not sure how they go, they're very easily looked up on the internet.

But I wanted to select these specific ones, the Doggie Style, the Cowgirl, the Cowgirl Reversed, the Missionary variation which is bunny ears, the V position, any perpendicular T position, the Snake, standing and the Frog as being the most important ones if you want to impress her with your penis.



Now, again, this is one of those things that you may not be able to fully leverage on the first time you sleep with her, but it's much more doable than maybe getting her to squirt on the first time so it's a good thing to try out. Just one change in position is about all you need.

Remember, the first time, she needs to see that you are caring and compassionate more than she sees you're an athlete in the bed. It's very important.


Pre-penetration tricks, these are some things you can do before you actually put your dick in that will make you feel much bigger to her.

Oral enhancements, what are oral enhancements? Well, suck and lick her clitoris until she's almost ready to orgasm. Get her really close, then you can penetrate and give her a vaginal orgasm.

It works no matter what size your penis is. That's the beauty of this particular technique. By giving her close by using her clitoris first and then entering her, you can continue to rub her clit after you penetrate to make sure you don't lose any stimulation, so you can keep her going.

Now, just a little bit of a balance there because a lot of guys don't understand the difference between vaginal and clitoral orgasms. It's something we cover again in the main program so please review that section.

But this is a good two-stage process. You just start out with oral sex, leading her as close as you can and then you finish with a vaginal orgasm, which is a totally different experience for a woman and one that she will register as being a signal that your penis must be awesome.



That's really what we're getting here, that the orgasm she has tells her brain how awesome your penis is. It has nothing really to do with size, it's just how awesome it is, and awesome could equal size but it rarely ever does. What really equal size is the quality of the orgasm she has. I really want you to get that into your brain. It's the most important thing you can learn from this section.

Get her primed with foreplay. The same foreplay steps that are the first part of the squirting strategy I'm about to teach you can also get a woman primed for other types of orgasms, and we're about to cover this. If she's turned on, she's going to orgasm with penetration no matter how big or small your dick is.

That's what you really want. You want the psychological turn on first, that has to be there, of course, then comes the physical stimulation and physical turn on with a woman, then comes that – I guess I have to say that – long distance endurance session of the build up of the foreplay and stimulation physically that leads her as close as she can get to orgasm and then finishing it, of course.

That's pretty much it, and the foreplay steps I'm about to show you will again prime her for other types of orgasms, and that's what we're going to talk about when we get into the next section on squirting. So join me in the next section. We will finish up with this secret sex tips section with how to give her an intense squirting orgasm as well as give you some concluding tips here.



Secret Sex Skills-4

Now we're going to go into the techniques and skills necessary to give a woman an intense squirting orgasm. Again, these two are tied together because the more intense her orgasm is, the more magical your dick is to her. The more magical your dick is to her, the bigger it feels to her. It becomes an object of worship.

It's kind of interesting because it's like a process of us going to see a movie and we see a famous movie star like Tom Cruise or one of these guys and you see them on the silver screen and of course they are a big fancy movie star or what not, and then you see them in real life next to other people and you're like, "Oh my God, they're really short. They're not that big. They're not that tall."

It's kind of a direct correlation here if you think about it, and the truth is that because we built them up so much in our mind and they're also presented on the screen a lot different as well.

So keep that in mind that everything is a game of perception. You can play with that perception simply by controlling how a person experiences something. It's very important.

That also goes for social situations. It goes for almost any kind of interaction you have with another person. You can control the way they think about something simply by controlling that experience to a certain level.

So how do you give a woman an intense squirting orgasm? There are important points you need to think about before you start this particular path if you will.



First of all, what's the importance of foreplay? Well, it's huge. It's really huge, and you probably heard so much before that it's a bit of a cliché, the whole cliché of foreplay for women.

The more pre-kissing, pre-sex kissing, touching and sexual flirting you can give her, and I want to give a caveat there, the more good pre-sex kissing, touching and sexual flirting you give her, the more comfortable she's going to feel around you.

The more comfort she has, the more psychologically relaxed she is, the higher quality her orgasm is going to have for you, and that's what you want. It's a process, it's a multistep process. It starts all the way back with the psychology.

Now, the problem is that a lot of guys don't know how to do a lot of this stuff, and again, stuff I showed you in the main program so please refer there for it.

But when it comes to pre-sex kissing, to the touching, the flirting, the interaction on that level, most guys don't feel competent so they skip past this as fast as they can so they can get to the good stuff, or they're just in a hurry because they just don't get laid that much and they want to get it before they lose it.

That's the thought process that goes on. Hey, I've been there too. But you want her to be super comfortable. You want her to have a super awesome experience with you and that does require a little more time, a little less of your priorities and a little more of hers if you will.

The more comfortable she is with you, the more comfortable the idea of having sex with you is and that works to your benefit. It always works to your benefit. It makes her more relaxed and you give her a higher quality orgasm. She then reflects that back upon you as being a good love, great technique, bigger dick.

Do you see where this is going? It's a cycle, and unfortunately a lot of guys skip this pre-step, I guess you call it the prework of the whole process, and as result, they never get anywhere with women really. They may have sex with them, but they never make it really outstanding.

Now, as I already said, comfort is an important ingredient of any make her squirt-type technique. It's essential. It's critical in this one, so you cannot skit it in what we're about to talk about.

You can average sex if you like, and you can even have pretty darn good sex, but if you want to have the make-her-squirt type sex, you've got to, got to, got to focus on that foreplay.

First is you make sure you can find the G-spot, and I covered this in the main program as well. You're going to find an overlap between some of these sections and the main program sections, and that's okay because you cannot hear it enough and you'll hear different connections you weren't able to make before with different associations.

Make sure you can find the G-spot. The G-spot is not as quite as easy to find as the clit. For some guys, they're thinking, "Holy shit, the clit is actually really hard to find." Well, if a woman is lying on her back, it's going to be about two inches inside her vagina.

Now, literally, I want you to take a ruler out and measure two inches. It's not very much. It's only partway down your fingers, maybe halfway down your fingers. It's on the inside of her vagina on the top side, the front wall of the vagina. In other words, the part of her vagina that is closest to her belly button.

It has a slightly different texture from the surrounding wall. Now, for most guys reaching the G-spot, by the way, requires inserting their finger up to about the second knuckle as I was saying.



If you put your whole index finger in, you've gone too deep. Probably just a little too deep, you've passed it.

But that's good in a way because now you can work your way back to it and you can also differentiate the textures of the inside of her vagina. You should know the inside of her vagina like a roadmap of your neighborhood.

Seriously, this is one of the first things I got to doing when I first started getting successful with women, it was mapping their physiology with touch, because you learn so much and you see respond to and you feel what they respond to.

Again, the G-spot has a very different texture than the surrounding wall. It feels a little different. It's a little bit weirder. It's kind of spongy. Some of it describe it as having ridges. It's kind of like an almond, it's just a little area.

It's located in a more front and center place than most guys expect. It's kind of a point where you wouldn't hit unless you were trying to hit it. Your dick might actually miss it if the angle is wrong, which is quite often what happens. Now, when you know you can find the G-spot, you're already well ahead of the game. Stimulating that is good no matter what.

Pay attention to her. When it comes to foreplay and giving her what she wants, pay attention to her in what works best for her. The steps I'm going to teach you are not quite like a treasure map, although they may sound like it at sometimes, "Go two inches in, rub here, and then X mark that spot."

Everyone is different. Every woman has slight variations. The steps I'm going to give you will lead to a squirting orgasm, but maybe not in the same order that I teach. Each woman has a slightly different combination lock. If you aren't getting the results you want, don't be afraid to switch it up and experiment. That's really the moral of the story.



Don't expect everything to be a step-by-step one-two-three do this, do this, do this, do this, although all those steps will work independently of each other in a certain order, meaning you'll have all the skills and all the tools. You may just have to pull out the Phillips-head screwdriver before the Allen wrench. That's all I'm saying.

Now, if you follow my steps, you can also switch to oral or vaginal sex, and still give her an amazing orgasm. This is just an incredibly great foreplay technique even if you don't make her squirt. Even if you don't give her the exact experience we're talking about, you're going to be again doubling her pleasure. That's not a bad thing, dude.


So we talked a little bit about what you need to know about the foreplay and things you have to think about before you start. Here's the step-by-step how to make her squirt.

Number one is fore-foreplay. "Fore-foreplay, what is that? Holy crap, dude, it's bad enough I got to do foreplay." Light touches on her arms, face, neck and back can get a woman into the mood. It's what we're looking to do.

We're also looking to boost that level of interest of involvement in the process. If she's only partway into the process, she's not psychologically ready, not really where we need her to be.

Start way before you even get naked. Again, the process not a lot of guys think about because by the time they do get naked, they weren't thinking about that. Start way before.

Build the anticipation, and more importantly, you want to get her in the mindset of sexual arousal. The mindset is most of it as we know with women, if you're not there with the mindset, she's not going to be able to achieve the kind of orgasm you want.



Also, she would get more comfortable and at ease with the idea of you touching her. This is very important for the later steps. If she isn't comfortable with you touching her in certain ways, it's going to be really tough. Especially if you've ever seen a video of a woman squirting, you've got to notice that she's really into it. That's important.

The more excited you can get her early on, the easier things will be in the later stages of the strategy. It's simple. It's a very simple step. That's what fore-foreplay is all about. The light and gentle stuff that really makes her comfortable and feel like she's connected to you.


Number two is hit her other erogenous zones. The clitoris and G-spot are the big ones, of course, but you can build stimulation elsewhere. There is the nibbling, sucking on her ears, kissing on her neck, and actually spending some time being sincere about it and not gross and overdone.

When a woman gets naked, then you can move on to her breasts and nipples, the more intimate parts of her body. You can kiss her stomach or shoulders, and her back, and those also work really well as a segue into sex.

This is why back massages are so effective by getting a woman really in the mood. Get out the oil, give her a nice rubdown and get her relaxed and you're already most of the way there.

Number three, you need to build that anticipation. Anticipation is key because it's the psychological factor. We are always much more excited about the presents we have for Christmas when we don't know what they are. That's what the anticipation factor is.

You can lightly touch or lick around her vagina and clit without hitting it. Don't go straight for the gold. You're not trying to rush this thing. Take your time.



Run your fingers or tongue down her inner thigh from her knee all the way to her vagina. We're trying to stimulate these weird sensations in her body that get her totally worked up.

Flick over the top of her pussy just with your tongue without actually entering. Don't always jab and don't stab her with your tongue. My friend had this term for his bedroom and it was called the "stabbing cabin." I don't know. I just don't know where these terms come up for him, but that's maybe the thing, if you think of that. The tongue part without actually entering her is really important.

Remember, these are ideas, but this step is actually flexible in how you do it. Go with whatever she responds to, but don't skip this step. This is really important. Don't skip the anticipation step. Everything else kind of requires it.

It's kind of like when you're opening a combination lock since we've been using that analogy. What do you do before you open a combination lock? You spin it three or four times, don't you, because just in case it was stuck on something else.

This just becomes a habit. We all do this. I remember this in high school. I would spin the combo for a couple of times and then go to the combination. This is the spinning of a lock.

Remember you're building up her stimulation so don't stop between the steps. Don't stop, we keep it going. Not relentless or rather not rushed, but we have an imperative. We're moving towards the goal.

So after you build anticipation, what's next? Number four is oral. We start with the oral or we can get further into the oral as we started from the anticipation. This is the standard techniques. This is the stuff we learned and this is the stuff I teach you in the main program.



Alternately licking and sucking on her clitoris. Roll up your tongue so it's shape kind of like a taco shell with that little hue. If you can do that, I hear that that's a genetic thing. Not everybody can do that, but whatever, it doesn't matter. Just do that little shape and then insert it into her vagina. This is after the prework is done.

She has to be pretty well lubricated for the later steps, so this is actually a very necessary step for getting her juices flowing as well as stimulating her, and let me tell you, no matter what any woman says, women really, really love oral sex. They just don't broadcast it the same way guys do.

Keep that in mind. Oral sex is a really important thing for women. They love it because it's a sign of acceptance on your part. They know that their vagina is having a slightly different smell. It's a little bit gooey. It's not exactly pretty all the time and your level of involvement with oral sex shows your interest and connection to her. That's all she looks at it.

Number five, a first orgasm? Yeah. Sex experts actually differ on this step, but this is an option that you want to think about. Some say that subsequent orgasms after the first one are actually naturally more intense than a first orgasm. The first one is kind of like a get-it-out-of-the-way orgasm.

It's not like it is for guys. When a woman has an orgasm, she can be ready to have another one in very rapid succession. She can have multiple orgasms and she isn't worn out and she doesn't want to necessarily go to sleep. The part that annoys the hell on me is that women can actually have an orgasm and then get up and get all excited and energized and they can go on and exercise. What does the guy need? Twelve hours of rest.



So with this line of thought, having a first orgasm or giving her a first orgasm will actually make it easier for her to squirt later on. Now, she's relaxed. She's had that blissful moment. She can go back and do it again. It's really important this is one of the big differences between men and women.

Now, others say an orgasm will ruin the stimulation that you've built up already. So it's one-half and one-half. You've got to kind of mix this one up and see what works. If you're not having any luck one way, try the other way. It's pretty simple recipe.

Giving her an oral orgasm can actually affect the timeframe of getting her to squirt, but it shouldn't affect whether or not she can actually achieve a gushing orgasm. It's simply a different step, so you may want to give her pre-orgasm through oral sex.

I would try without it first and then with maybe later if you need to further get her relaxed. This step is going to become more clear with time. That may not seem clear right now, but you will be able to figure out your partner with more experience. That's always what we're looking to do.

Does the first orgasm give her a better chance of squirting later on? Maybe, maybe not. You'll also learn what a woman's time or her particular time is to orgasm. Women seemed to have this kind of preconceived time period that they need.

Sometimes it goes a little longer. Sometimes slightly less, but most of the time, it's in his bell curve, this time period that they need for some reason to get off. If needed, you can stop stimulation for a few seconds to keep a woman from coming, to slow it down. It's not that hard. Just remember, the longer you take after you slow or stop, the longer it's going to take to get back to that point later on.



Starting on the G-spot, do you start there? Well, that's where you want to start. Put your palm upwards so you can see the lines on your palm. Insert two fingers, your middle finger and index finger work best for most people. I tend to use my middle finger and ring finger to do this technique.

While doing this, you can use your thumb on the exact same hand to apply slight pressure to her clitoris in the front to double the stimulation so you could be doing double duty. I highly recommend this. This is very effective. It's I call it the twin peaks approach, and believe me, the peaks are good.

Find the G-spot. Remember it has those ridges like an almond, the slightly spongy texture. It's a little patched. It's not very big. It's on the front wall of the vagina. At first, give it a light touch, rubbing it, flicking it, putting a little light pressure on it, like pushing a button, but be gentle. Now, if you're doing it right, you're going to start to feel it become firmer and slightly larger, and this is probably the trickiest part of the whole process. I want you to pay attention here.

If you're comfortable enough, you can ask her what feels best. Ask her what pattern she wants. She'll say more. She'll say, "Oh, it feels like I'm going to pee." That's a very common thing, by the way. It's not necessarily mean you need to stop. It just means you need to be aware that that's a normal sensation.

So ask her what she feels and what feels best for her. Get her to tell you what the pattern is. She may have actually given herself an orgasm this way and knows better how to do it.

Now, if you're having trouble, lick her clit to keep her stimulated. You can do this with your hand down there and your face. You can do this all at the same time if you need to. You can even use your dick at the same time.



Vaginal sex is a good way to keep the arousal moving forward because women like that filled-up feeling. Pull out after a short time. Don't go too long and just finish off here because you're going to be tempted to. Remember our goal is her pleasure.

Go back to the finger method on her G-spot. So by varying it up, you may find that that that's the pattern she needs. We're looking for the combination again. It's really important.

This is a tricky part, but if you can do it, this is where the grey area is because I can't tell you all the different combinations that happen in this particular place, but you can use different combinations of it on your own to figure it out, licking her clit, using your dick all of that stuff to get the right combinations going.

Now, what's important to know? If she is not prepared for what comes next, she's not going to squirt. When a woman gets close to squirting orgasm, many women talk about, again, feeling that urge to pee, and that's what we've got to remember is that this is going to be a very common experience for women.

When they close to the orgasm, maybe we should talk about that feeling a slight urge to pee, it's not real necessarily. This is normal since they squirt through the urethra where they also urinate from. Now, if she holds back and fights the urge at this point, well, she's just not going to squirt.

She'll probably still have an orgasm, a really intense orgasm, but she has to be super relaxed. This is why a full body massage before you do this process is one of the best things you can do, with lots and lots of oil, lots and lots of attention. Make her feel literally like she's melting, and when you're at that point, then you're close to where you need her to be.



Talk about this point beforehand if you want, so that she's going to be prepared for it, kind of talk her through it, coach her, but be sure to reassure her not to hold back when she has the feeling. Having laid down some towels can help her feel like she doesn't have to hold back because she might be worried about making a mess and that it's gross.

There are always these little psychological concerns that are going to get in the way. They're going to block the experience and you don't want that. It's very important. So talking about this pre-experience like you've experienced it yourself and you know what's coming is important.

Number eight is the endgame. Step number eight, when her G-spot is starting to swell up, it's now time to start the endgame. What is the endgame? Well, on average, this happens about 15 minutes after you started working on the G-spot.

It could be a little less. It could be a little bit more. It depends on the girl. Thirty minutes of G-spot work before a squirt is not uncommon, so you've got to be in this for the long haul, dude. You've got to be dedicated. You've got to have a certain level of devotion. Hopefully you love this chick.

Now, if you've built up her stimulation continuously without skipping any steps, it could be much faster than 15 minutes, and subsequent squirts will be a lot better as well. That's a lot faster as well, so keep that in mind. On average, it's 15 minutes, but could be up to 30 minutes so be prepared for a little bit of extra time, which by the way is not that bad. Time flies when you're having fun.

Hook your fingers upwards slightly so that your two fingertips are touching her G-spot. What you're going to do is move your fingers up and down to create a little tapping motion against her G-spot. It's kind of like you're going tap, tap, tap like on a telegraph.



Now, it should be rapid, but relatively light. You don't want to pound on it. You want to go tap, tap, tap, tap. Not pound, pound, pound, pound. You can move your palm into her pelvis a little bit so that it's brushing against her clitoris for added stimulation so it can kind of cuff her vagina a little bit.

Increase the speed and pressure of the taps as she responds. Now every girl has a different pressure threshold here where she might freak out a little bit or she might be uncomfortable. Make sure you notice this and monitor it. You shouldn't go any harder than if you're tapping her fingertips on a table to make a knocking sound. Keep that in mind. A very light knocking sound at that.

As her vaginal walls start to contract, tap as fast as you possibly can. Go faster. For most girls, speed is more important than firmness, but getting both right is kind of important here because we're trying to get a rhythm. It's almost like you're playing the bongos or drums. Then continue under she orgasms. It's pretty much it. It's not a very complicated process. It's getting the touch that eludes a lot of guys.

Now, not every girl is going to gush at this point. Actually, most will only have a few spurts or even just a trickle. For some of them, squirting is possible. However, every woman can have a G-spot orgasm.

It's important to realize this. It's a possibility, not a necessity. It is a possibility. So the measure of your success is not the volume of water that she actually squirts, it's whether or not she has the orgasm with it.

What's going to happen is her body will tense and her vagina will contract, just like any other type of orgasms, so you can tell if you've done your job, even if she doesn't squirt at all. It's going to be pretty obvious and she's not going to be able to fake this kind. It's a totally different orgasm and this alone is going to lock you in as probably her best lover no matter what happens.



So you may want to present it with that possibility upfront. In the step where we talk about here, important to know, when we prepare them for what comes next, we tell her that, “You know what, you may get a little bit extra wet here. You might squirt a little bit, and that’s okay, we’re all prepared. Just relax and enjoy it.”

Make sure she feels comfortable. Don’t tell her that it’s absolutely positively going to happen if you don’t know for certain, but again, we want her to relax into the experience as much as possible.

That’s it. That’s the eight step squirt technique.

- Fore-foreplay
- Hit her erogenous zones
- Build the anticipation
- Go into real oral because the anticipation part is kind of like a teasing oral, and this is the real oral
- The possibility for number five is this is where the steps get a little bit variable, a first orgasm to kind of relax her, a clitoral orgasm to relax her
- Then we work on the G-spot
- Make sure you know how to talk this out or have this part worked out
- Then of course we get to the endgame

That’s it. That’s the squirting process in a nutshell, and believe me, if you can get that technique down, as I said before, she doesn’t have to actually squirt. A lot of women actually will, and if, by the way, this is her first time that she actually squirts, guess what, you’ve got a woman that is now completely hooked on you. But even if she doesn’t squirt, she’s still completely hooked on you. Trust me on this.



The one thing that women lack in life are men to make her feel good. Most guys simply are not good in bed. These techniques will get you to the top 2% of all guys that have ever banged her in her lifetime, and that's a pretty good place to be.

All right, so in conclusion, we covered the secret skills:

- What those are
- What do we need to do
- Why do we need to learn those skills
- Why are they so important
- What do you need to know about penis size itself
- A woman's ultimate orgasm and how it's related
- How long is it actually going to take to master these skills (not long if you just apply it yourself)
- How you actually practice with a partner and how you actually do it

Then we went into the two skills themselves, how to make your dick feel bigger to her as well as how to give her an intense squirting orgasm.

So again, in conclusion, these skills can make common insecurities that guys feel about sex completely disappear. That's really a lot of what this program is. I want you to not have any insecurity. You're going to have total confidence that you can get a woman where she needs to go and how she needs to feel.

I'm not showing you gimmicks here. These will help you with the ultimate goal of having sex, experiencing the maximum amount of pleasure both you and her. We're not just selfless in this. We do have a stake in the game, and guess what, she's going to want to pay you back.

Even after you get her to squirt or have a vaginal orgasm, you can still practice and try to improve your skills even more. The beauty of this is that you could totally fail and you've still done good. She still feels better than she has ever felt before, which lays the groundwork for the next time where you can get even better, and you get more practice and it builds on itself.

The problem is, most guys unfortunately don't have the competence to get to multiple repeat sessions with the same woman so that they can get to a point of true sexual confidence. That's what you will have after the complete Alpha Sexual Power program.

There you go, the secret sex tips. We've covered a lot in this section. Please review this as much as you possibly can. The more the better, and the more deeply you will understand the content that's in here. Please, feel free to cross reference between this and the other content in the Alpha Sexual Power program.



Alpha PE-Part 1

What we're going to cover in this section, and this has been a section that I've actually enhanced, this is a very comprehensive approach to overcoming premature ejaculation.

Now, it's one of those topics that guys don't want to talk about, we definitely don't want to admit to, but every guy at some point or another has experienced this little – I guess you have to call it – dysfunction.

I have experienced it. Every guy I have known in some way has acknowledged that this had been a part of our life, and it comes from a certain habit we develop as we grew up, and I'm going to talk about it a little bit of that as we go through this program.

First of all, what is premature ejaculation? Let's get to a real definition of it. As we go through this, by the way, I'm going to give you not only what it is, we're going to talk about causes, that premature ejaculation is one of the easiest problems actually to overcome, how to treat it, what to do, the mental aspects, the practices you need to have, any medical treatments, and we'll conclude by a review.

As we go through this, I want you to keep in mind that this is one of those topics that can be handled on your own very easily and probably 99% of the cases.

So what is premature ejaculation? Well, in short, sorry I used a bit of a pun there, but in short, premature ejaculation occurs when a man ejaculates too early before he wants to.



In the United States, it's estimated that one-third of all men complain about this problem, and that's only the third that actually complained about it, and again, it's one of those things not many guys want to admit to, so if they're not going to fess up, well, we probably don't know the real story on all the numbers.


Premature ejaculation can be very subjective. It's a difficult problem to define because either men are orgasming with very little direct stimulation, they just shoot too quickly or they feel like they lack the control they want over that, over the orgasm. In both cases, they complain that they're unable to last long enough to please their partners.

It usually comes down to that as being the ultimate criteria. If your partner isn't happy with how long you're lasting, well, then they're feeling like it's got to be premature. So there's an element of too soon, and we'll talk about how soon "too soon" really is.

Premature ejaculation affects the quality of your sex life and your sexual experiences. There's just no doubt about that. The actual medical causes for this situation are rare. It's not a disease. It's not typically something you treat with pills or even any kind of surgery. It's just not done, so it's really one of those things that has to be handled through a combination of solutions.

For most men, it's a combination of factors. They're related to learned responses and the mental approach to sex that we take. Because sex is a lot more psychological than most guys want to admit or even realize sometimes.

For women, we definitely know this because the amount of psychological effort that they have to put into achieving orgasm. It's not all just physical for them for sure. But even for guys, I mean, if you see a gross picture of some dog poop before supposedly when you're aroused, it's not going to keep you aroused. It's going to bring you down, man.



So there's obviously a psychological connection there. This is one sexual health issue that's actually quite easy to deal with and, with the right practice and techniques, can be handled very quickly and easily.

So now we've got that out of the way, let's talk about some of the causes of premature ejaculation, where does this problem stem from, so that you're going to understand where the solution actually leads from. There are two parts. There is the mental causes and, of course, there is the physical causes.

The mental causes are, number one, inexperience.

Guys with little or no sexual experience can be stimulated very quickly. When we're young, we just don't know how to control that response. We're unable to control or delay the orgasm.

As a matter of fact, I think every single guy starts out premature ejaculating. I think it's the modus operandi of all men. Well, guys typically learn a trained response to control it over the course of our lives. Some guys never really get that.

Maybe it's because they didn't lose their virginity until much later and they never got the feedback that was telling them, "Hey dude, you're still going too fast. Slow down," and that's when he realizes that's something he needs to train. It's a matter of training.

Now, whether or not that training happen by accident or by intent, that's what most guys go through. It's kind of an informal training to control that response, so inexperience is a big part of that.

Anxiety is also another part of it. Usually it's defined as performance anxiety during sex.



It also be related to anxiety about something beside sex, some other distractions in our mind where we rush through sex so that we can concentrate on whatever it is that's causing you stress. There is this subconscious need to rush that's most common with the long-term partners.

I remember there's this episode of *Sex in The City* I saw where they were joking. I think one of the couples on the show, Miranda and Steve, they commented on this on the show, they've gotten their sexual routine down so that she could get off in like five minutes' flat or something like that.


When you get really comfortable with somebody and after a while the novelty has worn off, you tend to go through things a little bit quicker with it. It's not really rushing something, but it's a certain level of comfort that makes it easy to hurry it up because there's no real reason to slow it down.

But again, that's a personality thing too if you know the characters on that show. Miranda's character was very Type A, very driven, very "move forward" type person. She wasn't the kind that would just like to sit there and enjoy her time in bed with somebody.

So some guys will develop premature ejaculation in response to other sexual problems.

Erectile dysfunction, guys with erectile dysfunction want to finish quickly because they're afraid of losing their erection. If they think that they're on a very short time scale as far as how long the bone is going to last, they're going to want to finish quickly.

Low energy levels caused by low testosterone levels, well, these guys want to finish quickly to avoid extra exertion. It's just a simple matter of energy.



So you can see how the problems that I have discussed in this program, I call them the triumvirate of sexual issues for guys, how these things can affect you. Low testosterone, if you have a little erectile dysfunction issue, these things can be contributing factor in premature ejaculation.

A learned pattern, that's what it's all about. This is typically a learned pattern, and if it's learned and not unlearned, like I said, trained out of you over the course of time, it can be difficult to change.

This is a habit that men have of masturbating to orgasm as fast as possible, or young people who have to have sex quickly to avoid being discovered or caught.

Now, what I'm saying here is that as kids or as young boys, we were afraid that what we're doing was wrong, so what do we do? We had to hide. We had to do it in a secret place, the bathroom or wherever it was, where we snuck off to.

I was a natural response. We didn't know that, but again, we were afraid this is something weird or perverse about it or shameful, and so we ran off to avoid being discovered or caught.

Well, that unfortunately catches up with us in another way. We hurry to have sex to avoid being caught and that becomes the pattern for how we have sex. It was the way I developed it.

I don't know if you'd call it average, but I was a pretty horny kid as a teenager, and I had to basically experiment with this quite a bit, but I realized very quickly that I needed to have control over it because women were, of course, not pleased with that.

Now, condoms afforded a certain amount of desensitization. They slowed things down a little bit, but again, it was just too quick.



Now, both of those situations, the habit of masturbating to orgasm quickly and this urgency that we have behind it, developed your subconscious habit of trying to orgasm quickly, plus there's just that irresistibility. When you get close, it's like, "Oh, why not?" There's that throw it to the wind, "Oh, let's just get this over. This is feeling so good."

Because guys unfortunately don't get the same kind of pleasure along the way as we do in the climax. Women experience pleasure the whole way through a lot more than most men do, and so for them, they don't mind waiting it out a little bit longer, and that's where the differences can sometimes come. Also, it takes a little bit longer with women, obviously, because of the psychological factor.

Now, sometimes premature ejaculation can even be related to feelings of guilt. We want to rush through sex as quickly as possible to get it over with because we think we're doing something wrong. This is programmed into us from religion or parents or whatever may have had that influence on us.

It's possibly due to strict upbringing or past bad sexual experiences can also create that feelings of guilt in us and we just want to get it over with, and it's a shame because that can, of course, make it harder for us to find a partner that will accept us along the way.

Usually premature ejaculation comes from a combination of mental causes and learned behaviors, and you need to address all causes to totally overcome the problem. Keep that in mind, all causes need to be addressed, otherwise, you're going to leave yourself open for it to keep going, to perpetuate.

Now, what are the physical causes for this for premature ejaculation? Very, very rarely is premature ejaculation a cause for medical concern. Very, very rarely. The medication angle on this, there's no major medication has premature ejaculation as a side effect. There's nothing that really makes you come faster like that.



However, some guys will develop premature ejaculation when they stop taking antihistamines, antidepressants or painkillers. Now, why is this? Because those medicines actually slow down their sexual response.


When they get off of them, now they're back to normal, but they are also back to feeling the sensations that they may not have been paying attention to before, and as a result, they just shoot the wand too soon. These medications slow your sexual response, and when you stop taking them, your response to sexual stimulation increases.

Now, some guys are just not able to deal with that change when they go back, and that can become an ongoing problem because of the habits they formed during the period when they were on the medication.

So whatever they were doing when they're on the medication to overcome the effects of the medications, when you get off the medication, it now makes you a little too quick. I hope that make sense.

Chemical imbalance, there is a lack of serotonin involved in some cases. Studies have shown that medication that's meant to stimulate serotonin levels in your brain can actually help cure premature ejaculation. Pretty interesting, huh?

Serotonin has a calming effect on you that can give you greater control over your body's functions. However, a lack of serotonin is going to have the opposite effect, a lack of serotonin can lead to less control over sexual arousal and ejaculation, so a serotonin level problem can be a contributing factor in premature ejaculation.



Also, with chemical imbalances that might also have something to do with the overactive thyroid condition, this is just a little side note here. The thyroid gland actually makes hormones for your body, everything from your growth hormones to many others. If the gland itself makes too many hormones, it can cause overly quick ejaculation, even in sexually experienced guys.

So there can be a medical connection there, and of course, it only stands to reason since the thyroid is so active in teenagers and guys who have just coming online with all their sexual desires and their sexual functioning, that of course this is an issue for them as well.

So again, later in life, quick ejaculation or premature ejaculation doesn't tend to be as much of a problem mostly because guys are kind of used to the whole thing by now and their sex drives allows us to take a little longer. The younger you are, typically the more eager, more excited and more easily stimulated into premature ejaculation you can be. Just to keep you in that understanding.

Your premature ejaculation might only occur in certain situations. Perhaps the first time with your new partner, you're just excited and you're feeling things are urgent, so you're a little quick.

Hey, it happens, and hopefully you can maybe get it back up again to satisfy her for the second round. But if not, then of course, it's a matter of comfort, and that's something that you just have to be willing to talk about with your partner. It's not always the easiest thing to discuss, but hey, it happened, it's there, it's the elephant in the room, you really got no choice.



Another situation is when you're not using a condom. Well, this happens almost every time when I would switch with a partner that needed me to use a condom and then we got her on the pill, and we got to the point where we felt like everything was safe because I've been with her for a while and we got tested and none of us had any disease so now we could go the natural route, which, by the way, is the awesome route, hello, and who doesn't want to go that way?

But when you're not using the condom anymore, you're back to regular good old sensation right there. When it's been a long time since your previous orgasm from sex or masturbation, well, then, guess what? That's also going to contribute to a very fast shooting problem, and the problem repeats itself every time you're in the same situation.

The good thing about that kind of problem in this particular situation where it presents itself all the time is that you only have to learn to deal with the specific situation that is causing you the trouble.

Like for some situations, and by situation, I mean maybe it could be sexual position, it could be a woman giving you oral sex, whatever that may be, that particular situation is the only one you really have to learn how to deal with. It's a very specific, very focused and very easy to handle. That's something you've got to keep in mind.

So isolate that, and the problem, if it's repeating itself every time in certain situation, well, then you've got a very simple problem to fix, but that could be situationally based, and you should look at that, is there a certain situation where this is more likely to happen for you than in another?



Alpha PE-Part 2

We're going to kind of hit on this point several times, premature ejaculation is one of the easiest sex problems to overcome, and that bodes well if this happens to be a problem for you. If you know what to do, you can usually overcome premature ejaculation without outside help, and fairly quickly too.

A number of different techniques that are out there, and I'm going to give you a few of them here so you can choose what works best for you, and having that variety, you'll find something that matches your personality and your situation.

Like I said, you'll start seeing results very quickly, it doesn't take long at all to actually get progress. Days even can be your goal if you like. It doesn't have to be anything long or protracted.

Premature ejaculation is rarely directly related to any medical problem. I said that before, and I'll say it again. If it's related to a medical issue, the premature ejaculation will be cured when that medical issue is cured such as maybe the overactive thyroid situation.

So that in itself is good if there's a dependency there. But keep in mind again, it's easy to overcome. That's the thing you've got to keep in the back of your head.

Now, the treatment plan, the focus is on two areas. There's the mental aspect, the psychological side of this, of course, as with anything. It's just the same way, if there's outer game and inner game with your dating, there's an outer and inner game with overcoming this particular problem.



There's the mental and the practice. Those are the two parts, that's it. It's really it. Mental aspects are the goal being deal with the underlying mental issue that's causing the premature ejaculation, the performance anxiety of the inexperienced or whatever it may be. Dealing with that is an immediate way to get to the resolution.

You need to learn to have a feeling of control over your response to sex and stimulation, which is what I'm going to give you both through the mental as well as the physical. If you believe you can control it, then you can.

You can gain a feeling of confidence through practice. Remember, confidence does nothing more than repeatedly doing something or even doing for the first time, because honestly, confidence doesn't exist.

I've talked about this in previous programs and it's a very big concept for guys to really understand. We hear this concept or this term of confidence batted around, and quite honestly, it's used too carelessly, too frivolously.

Confidence doesn't really exist. Because now most guys tend to equate confidence with this feeling of "I can take on the world, I can approach anyone, I can take any woman to bed." That's not what confidence is. If anything, believing that is overconfidence, and that will get you into just as much trouble.

Confidence is nothing more than the ability to act in spite of your fear. That's all confidence is. You can even be nervous. Most of the people that you see that do the things you want to do are still nervous with the things that are nerve wracking for them.



When it came to getting into the game and getting into the game of picking up women, I was nervous a lot all the way up. I mean, I'm still slightly nervous in some situations, but honestly, most of it's worn off, but there's still a little bit of nerves.

When I would go out and I would teach a boot camp or I would take a guy out in the field or I would actually approach women on my own, this would still come up for me. Nervousness, it never leaves you.

If you don't have nervousness, actually, that's a sign of a bigger problem, and that's something most guys don't understand. They think, "Oh my God, I would love to have the problem of not feeling nervous."

No, you really wouldn't, because there are more issues in there than you can possibly imagine. It's usually a deep-rooted kind of, well, it starts in many cases being a little bit of a sociopath.

I have to admit, at a certain point in my life, I kind of gave up all caring about what other people thought as well as not caring about whatever would happen to them. I actually just became callous to other people, and that's not cool either.

So back to confidence, I know I went off in a little tangent there, but when it comes to confidence, it's gained through practice. The more you do something, the more confident you're going to feel at it. That's all there is to it, and this is no different.

The practice side of this, what is the practice side? Well, premature ejaculation often has its roots in mental issues, but it also has a physical component to it, a physical element, and the goal in this area is simply to learn how to slow down your body's quick response to stimulation.



We're going to slow down your bodies quick response to stimulation. What this will do is will give you the control you want over your orgasm. You'll last longer and you'll be able to give her more pleasure and you'll get more pleasure in the process because the longer you prolong it, the longer you make it last, the better it feels when you finally get there. Take it from me.

You're going to practice techniques that can give you the confidence without the embarrassment. You can train on your own and develop these skills to use them with a partner. That's the cool thing. You don't have to do it with another woman or let anybody know about it. It can be totally private, and that's just between you and me.

You can break bad habits through practice. We know this, you can do it through practice. It just takes a little bit of effort and a little effort in the right way. The reason most people fail to change is because they don't have a change strategy. You need to have a strategy in order to be able to change effectively.

You can learn tricks to slow down orgasm during sex that you can use right away, right now, and the techniques I'm going to teach you can also enhance your sex life overall, even if you don't have premature ejaculation issues right now.

This is a variable. Really, it depends on where you want to put the marker on the scale of, "Am I premature ejaculating or am I just not able to control it, or what?"

Every guy wants to have more control, and believe me, as you get older, you're going to want to have that control more because you know that you may not be able to get it up a second time or a third time or whatever it may be. Repeat performances become less and less frequent the older you get.



So what I'm going to teach you will also enhance your overall experience of sex, which is really cool, and I do talk about this, by the way, more in the program with my interview with David Van Arrick, and you'll see that he explains a lot of the stuff in great detail.

Mental aspects plus practice create what I call the Premature Ejaculation Map, the MAP. Mental Aspects plus Practice, the MAP. Keep that in your mind at all times.

I know it's not three different things. It's actually two things, but it keeps it easier to remember. The mental aspects plus the practice is your solution.

Now, what you needed to do if you need help right now? Well, you're going to work on both areas and you will improve over time. We're going to work on them simultaneously, however, there are a few tricks to overcome premature ejaculation in the short term.

The first is, how do you slow down your response? That's really what it comes down to is. You know you may get hard quickly and easily, but then the stimulation is too much and before you know it, oops, it's over.

Wear a condom if you're a guy. Obviously, you got this as an option. Wear a condom. It is one of the best ways to desensitize yourself, or an extra condom, wear two condoms. If you feel that the sensation is too much, you can actually wear a condom on top of that.

This is actually not that uncommon, by the way. It may sound crazy like you're trying to put on two coats, but it does work. A second condom is not only more safe, but it reduces the sensation quite a bit.



Focus on something besides sex when you're starting to feel over-stimulated. When you feel that it's a little bit too much, too much of a "yikes," well, think of something, like repeat a phrase over and over in your head.

What you're trying to do is create a distraction that your mind can grab onto and will keep you from focusing on the sensation. because that's what really gets us. When you start to think, "Oh my God, this feels so good, I just can't stop thinking about how good this feels. All I can think about is this feeling. Oh, boy, it's over."

That's what happens. You can even think about something boring or even gross when you feel over-stimulated. I have used this one so many times. It's the old joke about being able to think about baseball scores and things like that in stats. Anything that can distract your mind can work for this.

I tend to try and not use something gross if I can avoid it because then you start to associate gross things with having sex, and you don't want to go there sometimes, but you know what, in extreme cases, this really works. It's called desensitization therapy.

I'll give you an example of this, another example of a situation where desensitization therapy works really well, and that is when you experience a breakup.

When I would break up with a girl and I knew that I didn't want to be with her anymore, but I still have those feelings of attachment, whether she had broken up with me, whatever the case may be, I would have to get myself away from thinking about her.

The best way was every time I thought about her, I thought about her throwing all over the place, just getting sick all over herself. She's disgusting, huge, chunky sick all over the place.



Now, tell me if that doesn't make you feel gross right now. You're probably like, "Oh dude, please, I'm going to gag here." Well, exactly. When you do that, you're pushing yourself to the opposite end of the spectrum as hard and fast as you possibly can. What that does is it's a rebound effect of "Oh my God."

It pulls you totally away from those emotions you're feeling before, because you're feeling very abandoned, you're feeling very lost, very needy, very desperate when you're in that breakup situation, and quite honestly, this is what you've got to do sometimes, and you know what, that works like a champ to get a chick out of your head or at least, you stop thinking about her and feeling for.

But these two are very effective, having a phrase you can repeat over and over in your head like, "You've got to keep cool, got to keep cool, got to keep cool," or, "Keep it together, keep it together, keep it together, keep it together."

Think about something boring or gross, and that's another thing you can do, just something really dull like, "Oh God, I've got to work tomorrow." You may think you're pulling yourself out of the moment, and that's part of the process. You don't want to be thinking about the sensation.

If you remember the movie, Ben Stiller's character in *There's Something About Mary*, the ejaculation before sex or before he go on a date even is a good tactic sometimes, because what will happen is you'll get a little bit of time to recuperate.

You'll have kind of spent it a little bit, and then it's going to take a little bit more stimulation to get yourself to a second orgasm right after the first one. So it is a valid technique to use if you have to.



I would just recommend you don't rely on it. It will become a little bit of a crutch, a little bit of something that you don't want to rely on too much in order to delay the inevitable. So don't get in too much of a habit, but that one can be a very effective technique, because what you're trying to do is you're trying to break the cycle.

If I can stop myself from having the experience, I won't focus so much on having the anxiety about having that experience, and that leads to the next time being a little more relaxed. I can focus on what I need to focus on. I can control myself better and I get more success, and it becomes an upward spiral.

Another response you can have, another method you can use is bring your partner near to orgasm using your fingers or even oral before you penetrate her. This is one I use very frequently.

If it's been a while since me and the girl have gotten together, I'm going to play it cool. I've got to remember that, "Oh man, I'm just liable to just want to finish this really quick." It's not so much as ever before, but it does work really well.

Because even if you finish quickly, she's also going to be at least satisfied, which will also then help you fight that performance anxiety. Because you'll know that you have done the right thing along the way and you're relaxed a little bit more, you'll probably last a little bit longer because you're drawing it out a little bit.

The only drawback is that you have to know how to stimulate her orally, and this can be a problem for very inexperienced guys, which I will give you in the main program. That's what Alpha Sexual Power is all about. I'm giving you every skill and technique you'll ever need to satisfy a woman in the bedroom.



Now, there are methods you can actually use to physically stop an orgasm before it happens. This is something you can do to yourself. What you can do is you can gently pull your testicles away from your body as orgasm approaches. Again, the key and operative word here is “gently.” Be gentle.

But when you do it, what that does is it will delay it because when you get close to orgasm, your balls basically pull up closer to your body. They’re getting ready to do their job, and when you pull them away, it delays it a little bit.

It also distracts you, the sensation distracts you. It’s like, “Whoa, hey, wait a minute. Something is happening down there. This isn’t the normal thing.” It pulls the focus away from the real nerve center.

Some guys have actually had a lot of success squeezing the head of their penis firmly when they’re feeling an ejaculation coming on as another method. It’s called the “squeeze and hold” method.

You can actually do this with a partner if you feel comfortable. Women can bring you close and when you signal her in some way, you have like a safe word or whatever, and then she stops and she squeezes, and that slows it down, and then you can train that.

That’s the other cool thing. If you do feel comfortable enough with it, the girl you’re with can help you work with this stuff. They’re more than happy to help you because it gives them more time, more longer lasting pleasure.

Now, these methods can work. They’ve actually been studied by sex researchers, but they may take some practice, and they may not work the first time you try them. You have to get the timing right on them. This is important, because again usually guys don’t stop the process until it’s too late.



There's this point that's called the point of inevitability where you just can't stop even if you wanted to. Don't go past that point. It's a pretty obvious thing to say, but come on, that's what you've got to remember to do.

Unfortunately, because the sensation is so good, we don't want to. As guys, we want to keep following that sensation all the way to the inevitable end, but if you time it right, these methods physically can help you stop.

Those are immediate fixes, and they can and will help you, but you do need to find a permanent solution from the whole thing, and using the MAP method, if you want to totally recover from premature ejaculation.

So I gave you the fast and easy tips, what to do right away that will give you some success right now, the quick and easy. Those are the magic bullet elements you can use right now.



Alpha PE-Part 3

Now we're going to go into the more, I'd guess you'd call it, long lasting – forgive the pun there – solution for the problem.

We're going to start with the mental aspects. Remember this is MAP, mental aspects is first. I want you to develop confidence in your ability to control, because that's going to lower your anxiety a lot. It's going to make everything seem much more doable when it comes to not coming too quickly maintaining control of your erection or your orgasm response and all of that.

Develop confidence in your control. You have to build that confidence through practice. We talked about this in the last section. Most confidence, if you understand what confidence really is, is actually built through practice.

The guy that gets out to bat and does really well and looks like he's confident is going to hit that ball out of the park has gotten to that point simply because he's done it more often. You'd feel a little bit intimidated stepping at the mound, getting ready to take a swing at a 900-mile per hour pitch.

Well, the feeling that you're in control of your ejaculation will lead to more enjoyable, stress-free sex, and of course, that in turn, by removing the stress, removes the anxiety. It makes it more likely that you're able to stay in control, so it's basically a feedback loop.

So there are the mental tricks to help you slow down your response. This is the mental aspect, and again, focusing on something other than sex when you feel like you're close to ejaculation is the key here. Switching your mental focus off of the sensation and into something else.



As I've already mentioned, you can think of something, about something boring or some kind of mantra that takes your mind off your stimulation temporarily. This is also a long term solution. You just have to be ready and have that image in your mind.

If you're just too focused on the pleasure that you're experiencing, let's say, you managed to finally get that hot chick you've always wanted, it's going to be difficult because you're going to be so focused on being in the moment. It's a very visceral thrill to get that success, and that sexual moment that you're having is going to be your foremost focus.

The more you practice that focus shift though, the easier it's going to become, so you've got to be able to practice that. Practice distracting yourself when you know you need to distract yourself.

You can do this alone, solo, as well, but again, what you're really doing is you're just training yourself to delay your orgasm, whether it's stopping the pattern, the cycle, the thrusting, whatever it is, stroking, the motion, whatever it might be. By stopping and regaining control, you're going to be able to keep your control.

With practice, eventually you're going to be able to shift your focus away from the over stimulation that you're experiencing without even actually thinking about any specific thing.

In other words, it's kind of like walking away from a tableful of really delicious food. You'll just be able to turn and walk away. There won't be anything that you need to distract yourself with. You don't need to distract yourself with going to watch a TV show or anything like that. You'll just be able to mentally step away from the table, so to speak.

Delaying ejaculation is going to become like a subconscious habit, and that's what we're working towards. That's the training, that's the goal of the training.



Because that's what guys who have a naturally long abilities to stay hard and to also avoid ejaculating too quickly what they have. They just have a subconscious habit of not focusing on that stimulation.

Now, what we're going to do is we're going to change your sex game plan to get this done. You have to learn those foreplay skills and oral skills which I'm going to talk to and speak more about in the program, so I want you to definitely focus on that aspect in the program.

Being able to please a woman, be able to shift your focus from yourself and your sensations over to hers is one of the best ways to keep yourself under control. It's a very exciting experience having sex with a woman, but let's face it, you're going to have to focus on her for part of it too.

Most guys don't have a problem with that. What they have a problem with is once that focus starts to become the dominant awareness that he's experiencing, in other words, his own pleasure, it's very difficult to shift it over.

So focus on giving her pleasure outside of the actual intercourse. This is going to help you deal with performance anxiety and it's also going to make you more confident in as a lover, so we have to change that game plan.

Plan on doing it multiple times. A second orgasm obviously is going to come much slower than the first, and if you and the partner know the second act is coming, it will take the pressure off of you.

I spoke to that a little bit too as a way to deal with premature ejaculation related performance anxiety, and you can use the first session, in other words, the first time you have sex, to try to practice those new techniques to delay your orgasm.



So what we're doing here is multiple stages. The first stage is you have sex with a girl and you practice some of the mental distractions that we've talked about. Then on the second round, because eventually you're going to have to get there, if they don't work, you're still going to have another round of sex to pleasure your partner, so you're going to have that in between.

But as we get older, like I said, you're going to have to rely on that less and less. It's simply a stop fix to get you to the point where you can take the pressure off on the first instance.

Now, we're going to go into practice. Practice is going to give you some of the physical things. The mental aspects, quite honestly, there's not a lot of variety here. It's only some of the different things you can think about that are going to stop you or delay in any way.

By way, there's one more mental aspect that I can throw your way, and that is what I call basically future pacing which is trying to project into the future the situation that you want to have happen now.

In other words, imagine yourself, after having made love to your girlfriend for a half an hour straight, which might seem right now as being an incredibly long period of time or even an hour or whatever it is that you have as your goal. Imagine that, and imagine the sensation, and then imagine that as being your goal.

Also, what you should remember is to remember the sensation that comes after sex, after the ejaculation, that melt, that sort of slow good vibe you get at the end, and remember that once it's gone and done, it's weird, but you have a different energy when you're in that position.

When you're in that state, you've lost the sexual tension so the tension has been released. Now, it's kind of like, "Geez, what was the big deal?"



Why didn't I just wait a little longer? Or why couldn't I have held out a little bit? It was cool. It was great. It's an awesome experience, but I've already forgotten it and I'm pretty much ready for the next one."

Well, that's the way all sexual experiences go. They all feel immensely pleasurable in the moment, and then when they're over, it's kind of like, "Huh? Okay, well, that was cool."

But for some reason it seemed different while you're doing it or before it, the anticipation built it up and made this awesome event and then when it's over, it's kind of like, "Well, no big deal."

That's what you should be thinking about before the event, it's remembering how it feels after so that you can sit there and think, "Hmm, okay, I know this pattern. I know what my psychology is going to be like. It feels incredible now. I'm going to want to come quickly, but I also know that when I'm done, I'm done." It's kind of like, "Hmm, I wish I made that last a little longer." So why not do that now?

It's a weird little psychological trick to play with yourself, but it really works. This works in a lot of different situations in life too. I want to emphasize that. A really effective technique is to look at it from the other end of the spectrum or after the event or after the situation.

If you are talking in public, you focus on the fact that you know you're going to be nervous beforehand, but after it's done, you know you're going to be all calm and cool and be like, "Oh, that wasn't so bad. Thank God it was great. I actually did pretty good there." People come up and talk to you about what you talked about.

You can kind of imagine that situation, and then pull that feeling back into the present, so that you're not as nervous upfront. You already know the outcome is going to be fine.



You have some confidence in that, and relax because it's that tension and anxiety that creates the situation we're trying to avoid. A little mental trick that you can throw into the mix.

Now, let's talk about the practice because the physical side is actually the most important part because that's where the stimulation is actually happening. Let's not be too dumb about this. It's actually where the problem tends to originate.

The start-stop method is one that you may have heard of. Many guys actually train themselves to have premature ejaculation without even knowing it. You've probably trained yourself. I know I trained myself the same way.

So how do we do this? How do we create the situation? Well, we grew up masturbating as quickly as possible to get to orgasm. You're in a hurry because our parents will catch us or it was just one of those things we were ashamed about.

Whatever the situation, guys never really spent the afternoon taking a long time to control their orgasms. They were just quick to get there. They didn't see any point to that. Quite honestly, as guys, most of us hadn't had sex yet and we really didn't know that there was a reason to delay it, so we ended up accidentally training ourselves to come as quickly as possible.

We've developed a learned pattern of ejaculating quickly because it seemed like the right thing to do, and that's the thing that had to be undone over the years. Our body has learned to respond to stimulation by ejaculating as quickly as possible.



To be honest with you, men in general are conditioned this way because of evolutionary requirements. A guy had to bang his chick quickly and get his seed planted before he could move on to another one or maybe he had to outrun a predator or whatever the situation is.

There's a whole bunch of evolutionary ideas as to why this happened, but it benefitted the guy to not take all day long to come. He had to basically be quick, be done and get on with his life, and that involved a very fast pattern of ejaculating. That's why men take so much less time than women do.

There was a little joke I used to have with a friend of mine, this female friend. She used to say, "Yeah, a woman's clitoris has twice the nerve endings than a man's penis does." And I said, "Yeah, and you take 15,000 times as long, so what's up with that?" And that was a joke because, yeah, you figure with more nerve endings, she'd come quicker, but she doesn't. Why? Why is that?

Well, part of it is learned, part of it is evolutionary, and part of it is just a simple physical pattern that we get into, and you have to unlearn that pattern, unlearn the habit. The same thinking comes from rushing through sex because you're afraid of getting caught.

When I was growing up, I was a teenager. I was somewhat sexually active, let's just say, and I didn't want to get caught. It's common with young people who lack their own space and we lack the privacy to do it.

I remember once. I'm trying to get a little bit horny with my girlfriend, and I had to have my bedroom door open about six inches or so because of my father's rule. He was downstairs reading the paper and I was upstairs with my girlfriend.



I know on a certain level my dad knew what was going on, but he wanted to make sure that I didn't get into too much trouble. I think that was the idea behind the whole "door open" thing.

Well, guess what, I'm not going to say that I was going to make love to my girlfriend all afternoon that day, but you can bet I was on a much more precarious situation. I could be exposed at any moment. If my father came up the stairs, boom, I had to be off my girlfriend and look like, "Oh, we're just playing cards here, dad." "Right."

So there's the start-stop method, and this is basically unlearning quick ejaculation through masturbation. This is the one you can do on your own, and the one you need to do. In fact, this is kind of a cool little hobby to have on the side.

Rather than rushing to the finish, stop for a minute when you feel ejaculation is starting to come on. When you start to feel that glowing sensation of, "Oh boy, here we go," then stop.

Just stop. Let it go. Just stand there for a second and breathe. Let it dissipate. Let the tension dissipate. Consciously relax your balls basically. It sounds kind of vivid here, but this is what you have to do. I've gone through this training myself and done it myself.

Repeat that stopping process as many times as you possibly can. Come close, back off. Come close, back off. You don't get cocky here. Get it? Cocky? Don't get cocky and think that you can get closer each time because now you've got it under control.

No, the point is to get close or start to feel close and then back away as fast as possible, but backing away is the more important thing rather than tempting the fate. Because you may, in your process of tempting fate, overdo it, reach the point of inevitability and not be able to stop.



Then what you're trying yourself to do is to basically not trust your ability to control your ejaculations. You want to come when you are ready to and when you plan to.


Another good idea is to set a clock, set a timer for how long you intend to last, ten minutes of doing this. Ten minutes is not too hard to do. Ten minutes and go. So you start, "Oh-oh, it's starting to feel good. Okay, back off." And do this as many times as you need to over the course of ten minutes.

You would find that your stimulation is actually when you start again, it starts getting faster to get to that same point of inevitability, then maybe stop for a little longer and then pick it up where you left off. That's basically it, you train yourself to control your orgasm. Once you make it to that ten-minute point, it's up to you what you want to do. Go ahead and finish or keep going. Why not?

Practice with a partner. That's a solo method and you practice with a partner too. If your partner is willing, you can do the start-stop method with her instead by yourself and actually having her doing it is a lot more fun.

You can start with a hand job or oral sex if you want to work up to the actual intercourse, then that's a good way of doing it. The problem with it is you've got to have some sort of signal to make sure that you don't go too far too fast.

It's the same method of start-stop masturbation before orgasm, wait a minute, continue, and then again. Repeat the stopping as many times as you can. It may take a few tries before you can properly time your pull out without ejaculating.



Because sometimes even with just pulling out is the last nail in the coffin, so to speak, and that sends you over the end and then you're done, and then it's kind of like, "Oh man, I kind of ruined that one." Because you want to be all in when it's time to go all in.

Eventually, you're going to learn a rhythm so that you can delay the orgasm without actually stopping. You'll slow down to a point. What you're really doing with this practice is creating a new habit that's going to prolong sex.


It's similar to muscle memory that athletes learn through repeated training of a particular exercise or particular motion. The actions become almost subconscious. You won't even have to focus on it.

Like I said before, you won't even have to use the mental tricks necessarily to stop yourself. There wouldn't be a need to be as extreme. You may not even have to stop at all, but just slowing the pace, which actually a good place to be in.

You'll also be able to increase the number of orgasms that you have. This is a cool side benefit of this training. Inexperienced guys can masturbate regularly. Some studies have shown the number of times you ejaculate per week is proportional to the time it takes to ejaculate.

The number of times you ejaculate per week is proportional to the time, therefore, more orgasms lead to longer stimulation time that's required before orgasm. In other words, it's just another indicator of if you do it this many times per week, well, then you're obviously going to be able to increase the amount of time that you sustain doing it, if that follows, but you've got to do it right.

You've got to be careful not to develop that habit of rushing to get to the end point. If you're ejaculate too quickly, just use that start-stop method, and also don't overdo any of these things to the point that it's painful.



Some guys go a little overboard and once they learned that they can have this control, they can clinch down and slow down their process of ejaculating, that it actually becomes a little painful for them and they don't realize they've gone a little too far, so don't go crazy with it.

Masturbate as closely as possible to the time of actual intercourse. This is a strategy that not a lot of guys know about. This can also help you slow down your response. Basically, if you know you're going to be getting together with your girlfriend, you know what's going to happen, get yourself close and practice a little bit, and back off and let it go.

That will become less and less necessary once you develop the other premature ejaculation MAP skills, but these things can all work and help you out quite a bit, especially this one. Not a lot of guys know about this one. It's very rare that you hear it.

There's also the Kegel exercises and pelvic exercises. This is also important to supplement. This is, by the way, non-negotiable, and you can't skip this. You need to use these as well.

These exercises Kegel exercises and pelvic floor exercises help develop the control that you need in the muscles that are involved in the ejaculation and sex. Basically when you ejaculate, you uses a set of muscles.

Those muscles if you can control them and if you can strengthen them will give you more control, give you more powerful orgasms and even get you to the point where you might be one of those guys that can pull off having multiple orgasms. Kegel exercises are mostly used by women for greater vaginal control, but the same idea can be used for guys too. We don't realize this. It's finding the right muscle, first of all.

Your pelvic floor muscle is the bottom of your pelvis and it's just behind your testicles, and you can feel that muscle when you're



and pee. If you stop the flow midstream, you're going to feel that muscle contract, and you have to remember that this is not your rectal muscles because some of the guys flex all that area all at once. It's actually very specific area down there that you have to focus on.

Once you get that feeling of where that is, and you can get it very quickly. The next time you go pee or if you got a second right now, go ahead, go to the bathroom, go pee and feel that contract your muscle and stop yourself from peeing. If you find it very difficult to do this, by the way, that's a very big indicator that you don't have that muscle control there that you need.

When I first started that, I could barely shut off my flow of pee, and when I realized, "Oh my God, I have no control there. This is obviously the reason I have this problem." Once I got started, it's fast and easy to get the hang of it.

So contract that muscle and hold it for five to ten seconds. You want to repeat this as a set of ten contractions two to three times per day. So ten contractions two to three times per day. So you contract it, you hold it for five seconds, and it will feel like a strain.

Initially, it's like, "Oh, this is easy. Whoa, this is hard. Oh my God." It gets hard. It gets harder and harder to control it. Once you get it down five seconds, you want to keep it extending it, then you'll do that ten times in one session, and then you'll do two to three sessions like per day.

Just make sure to focus so you're actually contracting your pelvic floor muscle and not the surrounding muscles. I've heard of guys were like, "I'm clenching my butt cheeks. I'm clenching my legs. I'm clenching..."

No, dude, you only need to focus on that one area, that's the point of this. In fact, you can flex it right now and feel the effect. It's kind of



interesting. You can do this anywhere because nobody can see it. While you're sitting at a stop light, flex, control, flex, control.

You can do it anywhere and nobody will even know it's happening. That's the cool part of this exercise. You'll notice more control and a stronger erection after a couple of weeks of regular exercise like this.

Again, don't overdo it. Too much exercise can harm your prostate, and in extreme cases, cause some ED issues. Not many guys go into this role though. Trust me. The real hazard here is not doing it at all and not having any control. That's typically where guys overdo it.

Some final strategies, physical strategies, for you, pull out. When you're having sex with a chick, just pull out of her and stay out for a little bit. Let yourself relax, breathe, and give her a little bit of a head. I don't know, kiss her, fondle her, and play with the boobies. Whatever it is, do that, then go back.

If she starts to put her hand on you though to try and stimulate you, just say, "I'm fine, thanks," or whatever. You just do your bedroom talk to say, "I'm cool. Let's just keep on going like this."

Don't let her stimulate you to orgasm. Some guys get a little bit nervous about that. They don't want to turn away the woman but have something to say so that she doesn't basically sabotage your strategy of staying alive a lot longer.

Change your pattern. Just changing the pattern in your thrust pattern is enough for a lot of guys. The key is to simply stop the same stimulation. If you keep doing what you're doing, as the saying goes, you're going to keep getting what you're going to get, which is over stimulation and a fast ejaculation, so at the very least, just slow down, slow down.

Change positions with her. Change your sexual position. This is why I think that we have so many sex positions. It's basically to slow



down the guy. Because when you're changing positions, your focus comes off your penis.

It becomes, "Oh, I'll put you over here. Put your leg up here. Put the strap around your left arm, and then put the ball gag." No, I'm kidding. Well, maybe not for you, I don't know. But changing physical positions is a great distractionary tool. It takes the focus and shifts it.

Taking a moment to shift your focus is what we're talking about. Stroke her body, touch her body. Stop thrusting. Stay inside here and just touch her body and explore without moving inside her. Get that control.

Breathing control is essential too. Breathe deeply. Don't quicken your breathing. One of the prime factors, physical things that helps exacerbate the situation and hurry things along is fast breathing. Slow it down. Deep breathing into your stomach as opposed to shallow breathing high up on your chest will help and slow your ejaculation response.

Physical distraction is good too. In some extreme cases, I tell guys, "You know what, pinch the back of your leg. Press your nails into your palms a little bit. Changing the stimulation will distract you by a different physical stimulation."

Bite your lip a little bit on the inside. The slight bit of pain pulls you out of the pleasure moment and gives you a chance to, "Oh, okay. Breathe, relax, under control again." Then you can go back at it.

Create a pattern that's easy to repeat and learn. This is what we want to do. It has to be a fallback that doesn't take a whole lot of mental effort to put into gear. This is the most important part because if



have to really think it up while you're in the moment, you're not going to.

All that blood is in your dick, dude. It's not in your head where it probably should be for the moment. It's going where it needs to be, which is to attend the Mr. Penisland, and if you're not thinking, if you don't have this so duh in your back of your head ready to go, you're going to forget it and you're going to come too quickly and then you're going to again reinforce the pattern.

Remember, every time you ejaculate too quickly, you're reinforcing the bad pattern. You're working for the other team. That's so important to remember. Every time you do that, it's stringing it up, so don't do that.

Get back on the other side, because once you start to repeat the right pattern, you've already started down the right path. You're less likely to do it bad or poorly the next time, and you're less likely to come too quickly.

Now, there are some medical treatments for serious premature ejaculation. You should know about these. There are no medical treatments or surgeries that are specifically for premature ejaculation. There are just simply so many other options besides surgery to take before that. They don't typically have them. It's not necessary. It's a very extreme step to do that.

Premature ejaculation alone can always be cured without surgery and without medication. So if you're wondering, "Oh, can they just like snip something in there and I'll still get boners and everything, but I won't come as quickly." No, there is nothing quite like that.

There are some serious cases that can be treated with antidepressants. These medications will slow your response to sexual stimulation. They also regulate or raise your serotonin levels and as I

already mentioned the lack of serotonin can cause premature ejaculation. That's the effect they're trying to attain here.

Some examples of those medicines are Paxil, Prozac and Zoloft very commonly, and also prescribed for that specific purpose. However, you don't want to have to go there if you don't have to. Antidepressants are not something you want to have to get on the kick of because they have a lot of side effects to them too.

The medication for hyperthyroidism can actually cure premature ejaculation, and that is caused by an overactive thyroid. In that specific physical instance that the thyroid is to blame, that's the solution. Otherwise, it's not necessarily a solution.

But in short, most guys don't need to resort to medication, unless their premature ejaculation is a side effect of another illness, and even then the medication you're going to get that treats the illness, which I hope you're doing, just kind of basically takes care of that on its own.

That's the important part that you need to understand about medical treatments. Really, there's not a lot out there because that's not what solves it. It's like saying, "Hmm, I wonder if there's another way to change my car's oil other than taking it in to get it changed."

No, that's the way you change your car's oil. You take it in, they pull out the oil plug, and they drain it. They change the filter, they refill it. That's the way oil gets changed.

Well, the way that we fix this situation is a combination of the mental aspects and the practice, the MAP system I just showed you.

So in conclusion, the skills you learn for overcoming premature ejaculation will not only fix this situation, but it will improve your overall sexual performance and your confidence.



Learning control over your response to sexual stimulation is a lifelong skill, and some guys get on the right path, some guys get diverted from it, and that's what this program takes care of, if you got off the path.

It will benefit you every time you have sex, whether it's with another chick or on your own. Even if you don't suffer from premature ejaculation regularly or even occasional premature ejaculation, the skills and the exercises and the mental tricks I just showed you are going to be useful in your sex life overall.

So we've gone through pretty much everything you need to know, what it is, what is premature ejaculation, the causes, how easy it is to solve, the treatment plan that we've talked about here, the fast solution, the quick fix along with my prolonged or longer fix of mental aspects and practice, the MAP system, and a little understanding that medical treatments are far and few in between for this situation.

It's really a case of you taking things under control. It's not hard. I've done it. Millions and millions of other guys have. You're not alone. It's something that you can do, and it doesn't take very long to do.

In a matter of just a week or two, you can be experiencing twice as much time. If it's only five minutes now or even a minute now, you can double that very, very quickly, and once you've doubled that, guess what, doubling it again is just as easy, and sometimes even faster.

T-Drive-Part 1



Welcome to the Alpha Sexual Power Program. This is the testosterone lifestyle section of the program. We're going to talk about, well, the great big T.

The big T as we've come to know it is the testosterone:

- What it is
- How you can look at your life and understand whether or not you have a low T situation
- What are the risk factors
- Some of the myths about testosterone
- How to overcome any low testosterone issues you might have
- The benefits obviously of having higher or at least average testosterone,
- Again, how you can do this very easily, very quickly with very little effort on your part.

I really want this to be a part of the program because I know what an important part of a man's life this is. If your testosterone level is low, it impacts you on so many different levels.

Now, the fact of the matter is, that we often associate testosterone with the male sex drive and we associate estrogen with the female, and the funny thing is, just like in the Eastern symbol, the yin-yang symbol, where it has the black and the white little swirlies and there's a dot of the opposite color in each, men have a little bit of estrogen in their system and women have testosterone in their system.

Those levels change and vary throughout the course of our lives, often inverting a little bit later on in life, which is why you so many older



guys are much mellow, much more passive, and the women tend to be more aggressive later on in life.

Now, what is testosterone? Testosterone is the main male sex hormone. It's what you've pretty much thought of all your whole life of, well, what is that stuff on my bloodstream that makes me angry, it makes me manly, it makes me grow hair in places I didn't think I was going to grow hair?

It's actually a naturally occurring steroid. This is an important thing to understand. It's a naturally occurring steroid, and for guys that may not realize this or may not understand how that works, it's important because as a steroid and a natural one at that, it's a good thing. It does the things that you would associate with the steroid, but not the bad stuff.

Steroids tend to be, I think, vilified quite a bit because of what they can do if they're misused and abused, but the reality is that steroids are a necessary part of your biochemical makeup, it's important. Testosterone is very important obviously for a healthy sex life. So not only it's going to help you build those muscles, it's going to help you perform in bed.

It also affects the muscle in your body, obviously, the bone mass that you have, the density as well, and body hair growth, and that's why it's seen as a bit of an indicator of your manliness. Your level of manliness is directly tied to this particular hormone because of how effective it is in giving you basically physical body strength.

Not only the ability to be able to move things and lift things and use those big, old burly muscles, but the bone mass that allows you to be strong enough and hold up, hold up against physical punishment and be able to be strong in general.

Now, most T or testosterone is produced in the testicles, so up to 95% of it is actually produced in the testicles in healthy men, and it

directly affects your sex drive as well as your sperm production. It's kind of a carrier. It's the main drug of choice for everything that is considered masculinity. That's why it's so important to us and why we are focusing on it here in the Alpha Sexual Power Program.

Now, the body's T production, your testosterone production naturally decreases with age. It's different for most guys, but most guys, usually the decrease in testosterone production becomes evident in your mid-30s. That's when you start to feel it taper off.

In your 20's, you're just rock and rolling, you're a ball of sexual energy. I mean, it's kind of like you're on the one plateau after your teenage years of being way overdosed in the testosterone production and you go into your 20's, you're still riding that high, but in the 30's we start to see and feel that taper off, that decrease in the testosterone effect.

But other factors can cause you to have a low level of testosterone in your body at any age, and we're going to talk about those in this part of the program.

Testosterone can affect your overall quality of life, not just your sex life. It has such a huge impact and guys are starting to realize this now and it may be one of the primary reasons you got this program, and it was to find out about this one particular element that has such a far reaching impact on your sex life.

Feeling lethargic or low energy levels are often the first symptoms of low testosterone that most guys notice. It's that feeling of, "Oh man, I don't have the same kind of pep and energy and spunk that I used to have before."

It's the first indicator, and I remember when I had this in my life, I'm definitely past my 30s now, but I do remember very distinctly the



experience of when I first noticed that my testosterone was lower than it ever had been before.

At least when I was starting to feel a little bit of the getting a little bit out of order and what happened, I remember I was playing paintball and I was crouched on behind a barrier, and I was getting ready to make a move and I was going to jump up and make a run for something and hopefully not get shot in the process, and when I did, I remember trying to get up.

I felt like, “Oh my God, it’s hard to get out of this squatting position.” It was like when I was younger, I could just pop right up and just move and there is no resistance from my body, and now I was starting to feel something that felt quite like my own body was trying to fight me and resist me, and that’s where I started to think a little bit more about this and be much more concerned.

Again, it can also result in a poor sex drive. It can also lower your energy at work, during your workouts. It can even lead to psychological depression because your brain is keyed in and clued into this particular hormone. Most hormones do affect your thought process. It’s just a fact of nature. It affects your body. It’s going to affect your mind in some way.

That’s why I always used to explain to people when I was teaching the martial arts about this mind, body and spirit connection. The mind and body and what I call the spirit is not necessarily your soul or even anything necessarily religious.

But it’s that part of you that gives you your feeling of energy I think in a lot of levels. That’s where a low testosterone situation can definitely impact you because it feels like your very spirit has been drained.

So do you have low testosterone? Well, let’s talk about some symptoms and some of the problems that you can look for in the whole process here.



First of all, most men typically complain about low energy levels. That's the first indicator that tells them that they may have low T as well as poor sex drive. Those are the two biggies.

The depression one is not a direct one, it can be caused by so many different things, yet it still can be a factor and usually a doctor will figure that one out. It's not typically the reason that you would go to a doctor though and then say, "Hey, I think I've got low testosterone because I'm depressed." No, it's because of your energy levels and your sex drive.

Your energy level is typically affecting how the quality of life you have, your workouts, your exercise routines and things like that, and of course, sex drive being higher performing in the bedroom, which is really what this program is all about.

Now, again, most men complain about low energy levels and it's often a general feeling of not having that energy, of not having that particular ability to just pop and get that energy going like he used to do.

It can also be described as kind of disinterest in work. Sometimes it affects you psychologically, not as a depression, but as a lack of interest and a lack of motivation. It's very important distinction there, by the way.

Because that lack of motivation affects us too. We start to not realize ourselves. I mean, we fall off the path of self-actuation and self improvement because of a lack of motivation and drive, and that motivation and drive is provided largely in part by the big T.

So it becomes a disinterest in your work, in your hobbies, in your sex, and it's often described as an attitude of "why bother." Why bother making the effort when making the effort is so damn hard, and it's a



terrible thing to have to fight in your life because you don't want to feel like you're fighting yourself.

So the poor sex drive part, well, of course, you're not interested in having sex quite as much as you did before, and that's just a natural progression in a guy's life. Actually, when guys finally do go through that process of feeling their sex drive is lower a little bit, they're often relieved. I know you don't think of this now.

If you're a younger guy and you've got a healthy sexual drive, you don't think of any decrease in that as being a good thing, but there can be a lot of benefits, mostly in how effective you are with the women that you do get with. It's not that you can't perform as much, it's you don't feel like you have to go after and chase every bit of tail that comes your way.

I'm on my 40s and I was just at the gym today, and trust me, I was noticing everything with a pair of butts and boobs in that particular gym. I mean, I was just looking at it all. I haven't lost that at all, it's my intelligence and awareness that my dick no longer runs the big head, if you know what I mean.

It's very important to think about that. But if you want that sex drive, you can still have it, and guys that have gotten older can find that they can recapture it too.

It's also indicated when you have an inability to get turned on in the bedroom. It might be that you're unable to achieve an erection because of your disinterest. It might be a psychological lack of desire, and I think every guy is going through it at least at some point in their life, and it's one of the contributors to an ED problem, erectile dysfunction, which is something we're also going to cover in this section of the program.

It's a common complaint from men who have lower testosterone levels because of their age. So you may look at that and say, "Hey Carlos, that's me. I have got low energy levels and I've got poor sex

drive. I'm in my 30s, mid-30s, late 30s or older. I'm in my 40s, 50s, 60s." Whatever you may be, if those things line up, then there's a distinct possibility that you have lower testosterone.

Now, is it low in the sense of a problem low? I don't know. That's something a doctor would have to tell you, but if you're feeling a severely diminished sex drive, if you're feeling your energy levels have dropped off significantly, then by all means, this is something you should be focused on. This is something you should be working to improve in your life because it will have such a drastic impact on your happiness.

I know I've never really had a low testosterone problem per se. Low sex drive, at times yes, but once you get it back, once you get that mojo back and figure out what was causing it, that is such a relief.

It's just such a powerful impact on your overall sense of well being, your sense of happiness that you just can't ignore it, and that's why I know this is so important for you to learn. You've got to have that feeling of being the man. It's just what we're here for.



Being overweight is probably the biggest cause for low testosterone in younger guys typically because there's just not a whole lot of other factors that create this situation for younger guys.

A young guy is kind of like an avalanche waiting to happen when it comes to testosterone production. It's hard to stop it actually. So overweight is probably the primary indicator. You see, body fat has an enzyme in it called aromatase. It actually spurs the production of estrogen, which is the main female hormone.

You may recognize that as being the anti-testosterone because in order to break down and handle the estrogen, you lose testosterone, and any other efforts by overweight men that you make to build testosterone simply won't work. They won't be effective because it will just be turned back into estrogen.

If you've ever seen some overweight guys that grow what we call man-boobies, and that's just a situation that comes up where his overweight situation creates not just the appearance of having breasts just from the fat aspect of it, but he actually physically starts to, in some cases, lactate. The boobs actually start to work because of the whole estrogen situation.

So keep that in mind that the overweight situation is never going to help your health in any way, but it definitely is detrimental to your testosterone production.

Now, back to the whole body fat thing. You can actually lose testosterone because your testosterone is being converted into estrogen. That's what's happening in the process, and this is a biological reason that many of the overweight men develop again those dreaded man-boobs.

It's kind of Catch 22 because the less testosterone you have, the less energy you have to exercise, and then it's less likely that you won't



lose the weight so you can stop the estrogen production. So do you see how it's a vicious cycle?

If you can get yourself off the cycle, which is I'm going to show you with my Triangle Method in this program, you can break this Catch 22. It is actually breakable. You'll have the energy.

Once you regain some of that energy and start yourself back up on the positive upswing, you're going to be able to exercise. It will help you lose more weight. Once you lose more weight, you can stop producing estrogen. You can keep the testosterone going. It's just one big happy cycle.

So again, overweight is the biggest cause for low testosterone in younger guys, and older guys, it can be a variety of factors. We're going to still cover some more of those.

Now, there's also age. Your body's T levels decrease naturally with age. Many guys start to feel the effects in their 30s and 40s. This is just a natural decline, you can't help that. Not to say that we can't compensate in some ways, but we do want have to keep in mind that it's a natural process.

Age-induced low testosterone definitely has its effects on your sex life. It affects men differently and at different ages. So every man's situation is going to be different. Yours will be different. Mine will be different, et cetera. Typically, no desire for sex. That's the one we notice right away.

Secondary to that is you just can't get a boner. You can't get that erection. It's a form of erectile dysfunction. We're talking about that in this program later too.

Actually, getting an erection in a nonsexual situation like when you sleep is a sign of sufficient testosterone levels. So if you're still get



the midnight wood or you're still waking up with it, then that's a good indicator that there's something else going on. Typically, it's showing you there's something psychological that you have to really attack or getting down to the root of to handle.

If you don't have enough energy to have sex for more a few minutes at a time, well, again, that's another indicator of how it might be affecting you, and these are not necessarily natural so we want to fix them. We want to handle them.

I am telling you there's a natural thing to have it decline, but not natural to accept it. Like low testosterone from body fat or age-related low testosterone, it can actually cause the same lethargy, the lack of energy that you might feel.

Diet, certain foods are very bad for your testosterone. They simply inhibit the growth or lower it. For example, soy products can actually spur estrogen growth. This has been shown and proven in many experiments.

This is used actually on a lot of processed foods.

Soya is one of those magical if you want to call it, and I've put it in quotes, "magical" little food products that has both been beneficial and detrimental in a lot of ways. Soya is an easy to produce protein in a lot of ways. It's a simple food.

There's a lot of movies out there that I would recommend you go watch. They basically deal with our new culture of how we eat and what we eat, and there's this thing called economy of carbohydrates.

The economy of carbohydrates simply states that basically given the population, given the lifestyle and the culture that we have, and



especially here in the United States, we gravitate to patterns of eating that are obviously unhealthy, but they also are facilitated by the economy of it.

Lower income or middle income families don't have the money to buy the healthiest foods so what do they have to buy? They have to buy the cheap processed carbohydrates, and there's a ton of those out there. Those cheap processed carbohydrates are based a lot, in fact, on corn and corn byproducts, corn syrup, corn itself.

It's a vicious cycle, but those products are part of the problem. They become part of the processed food cycle. They become something that we eat on a regular basis. It changes the way we metabolize food.

When you get caught up in that as you will or can with soya products, it's another side of that same thing, it creates the situation of low testosterone through your diet. So it's used in a lot of processed foods, keep that in mind and watch out for the soya that you're taking in.

It's usually not a problem if you have a balanced diet, but if you eat a lot of processed foods or the soya, it can lower your testosterone levels.

So take a look first at your diet. It's probably one of the initial places you can make immediate changes to not only raise your energy level and get out of the vicious cycle, the downward spiral of low T and low T production, but it also gives you that immediate benefit of boosting the testosterone right off the bat so you get two benefits. You get the energy back before you've even really revived your testosterone levels.

Drinks are also included, especially, think about this, hops, the main ingredient in beer is high in estrogen. That's right. That manly



beverage that we guys love to drink is actually helping you produce more estrogen and denying your body the testosterone that it needs.

I'm not saying you need to stop drinking beer, but you've got to start thinking about what you're drinking and how you're drinking it, especially what your patterns are for that particular stuff.

Excessive amounts of any type of nutrient can actually hurt T levels. Now, the obvious suspects in here includes things like sugars, caffeine, alcohol and processed fats. These are the bad guys in our diet. These are the guys that are out to hurt us.

Now, sugars, definitely. In many cases, this is just like the worst. This is part of that economy of carbohydrates that we talk about. Sugar is a carbohydrate. It's a simple nutrient in a lot of ways, but it's not the kind that our body demands a whole lot of. As a matter of fact, our bodies are not equipped to handle sugars very well, which is why you see this epidemic of diabetes in the world today.

Caffeine, I believe, is actually okay in limited amounts and how you handle it. I drink caffeine most every day, about six days a week in moderate quantities though.

Alcohol is also good for you, again, depending on the form and format, but again, to excess any of this is going to hurt you, and especially processed fats, processed fats is a killer, especially the processed fatty oils that we encounter.

Even too much protein can actually hurt your testosterone levels, which is why you have to, at some point, really think about getting a dietary analysis done.

Get some blood work done with your doctor, have him find out what's going on there, see if there's anything abnormal or anything above average or something you need to be looking at, then take that



information, go to a nutritionist and find out what you can do to establish a healthy pattern of diet.

Diet is a killer. I cannot tell you that enough. You're going to see that come up several times in here and it's a killer when it comes to not only your sex life, but this thing we call testosterone.

Okay, so those are the big risk factors. Now, we have some common myths about testosterone that we can cover here and get those out of the way.

"Testosterone gives you an aggressive personality." No, sorry. It's a factor in aggression, but not giving you an aggressive personality.

The term "testosterone" is often used to describe manly or in your face kind of behavior. It's the guy, the bully, the guy that we think come at the bar, pushing people around, the guy who kicks the sand on another guy's face at the beach.

Testosterone levels have been linked with aggressive behavior in some studies, but those were related to impulsiveness and criminality, not necessarily to your personality type. So character overcomes this unbidden aggression that we think of in guys and possibly violence that we might think of in guys.

It simply isn't there. It doesn't make you a violent guy in any way. It's natural hormone. Testosterone is primarily a sex hormone. Sex is not always, and it can be sometimes aggressive, but most of the time it's not aggressive. It's a sex hormone.

It's one of the many factors that affect your personality, and the truth that is related to this myth is that a lack of testosterone can make you completely passive and lethargic and slow and just dopey. It's the



polar opposite of aggressive Alpha male behavior. No, I'm not trying to make you into this aggro Alpha male.

As you're probably aware, I'm trying to give you basically the advantage over most other guys out there who don't understand that they don't need to be the beta guy or even the Omega guy at the end of the line taking the handouts from all the other guys. We are guys who understand that we deserve to have everything that the bad boys and the jerks out get, but again, doing it with an element of character and integrity.

So there's that minor truth that's actually related to the opposite, but by and large, testosterone does not make you an aggro guy. It doesn't give you road rage or any of that crap.

More muscles that you have means you must have more testosterone, that there's a direct correlation there. Well, muscles and testosterone are closely related, however, bigger muscles does not mean more testosterone.

Excessive weight lifting can actually cause the production of cortisol which is a natural steroid produced when the body is under unnatural levels of stress. We push our bodies hard to get that response.

It's the weight lifting, weight training and that kind of particular exercise regimen creates. It's a stress that we put on our systems to have ourselves basically bounce back and create more muscle.

So those guys in the gym that has the big muscle-bound bodies, it's not that they have more testosterone, it's that they're creating a cycle, which helps that. There is a truth related to this myth, which is



working on your muscles is actually one of the fastest ways to grow those testosterone levels.

Oh, I missed a point up here, actually, “cortisol is a sex hormone.” That’s the natural steroid that’s produced when you put your body under stress in the same thing weight lifters do.

In fact, the synthetic version of cortisol can actually negatively affect your sexual health, so watch out for that and be careful of that. There are synthetic versions of cortisol out there that can be taken.

The truth related to this myth is that if you work your muscles, that’s one of the fastest ways to grow your testosterone. Your goal should be to maximize testosterone production without crossing the line where your body starts making cortisol instead of testosterone.

That’s what we’re trying to do. We want to push it to the point, their limit where our body will not create cortisol instead of our testosterone. So there is good news there that you don’t have to do the Arnold Schwarzenegger School of going to the gym. It does not require that. Trust me.

“You need a supplement level.” It’s another myth that we hear quite a bit about. Testosterone-boosting supplements are a huge industry right now and they have hype and lots of heavy advertising behind them, and unfortunately, not that much truth.

There’s a lot of products to choose from out there, and everybody is promising, “Well, my formula is the best. This one will get you the testosterone.” Now, the truth behind this is that, yes, there are certain mixtures of vitamins, minerals, some natural and synthetic chemical compounds that can boost your testosterone significantly.

In some cases, yes, this stuff can help you, but supplements are not the only way to get those substances. You can do it naturally. The exact dosage and the kind of vitamins and compounds and minerals

changes depending on your age and your weight, so it's not a one size fits all.

A one size fits all testosterone powder is not going to help everyone. In fact, it may hurt you, so you've got to be careful about that. Those ready-made concoctions that are meant to help every guy get higher testosterone frequently won't because they're not tailored to who you are.

It's better to learn how to get as many vitamins and compounds as you can through your diet so that your body can do it. They call this top of the chain. A more sustainable approach is doing it this way. You won't have to rely on a special supplement your whole life and your body will do it naturally.

Trust me, naturally is much better. Top of the chain is what we refer to when we teach our body how to do what it is what we want it to do, create that compound that we are looking for.

So when I give my body the right fuels, the right materials, it will naturally create higher testosterone levels. If you take a supplement, guess what you're teaching your body? What you're saying to your body is, "Hey, body, you don't need to make this anymore because I'm going to add it in artificially."

It's not a good approach. Your body will shut down and stop producing it in response to adding it in, which is what has happened with a lot of guys that took HGH, the human growth hormone.

In a lot of cases with these guys, their body, which were naturally producing it even at low levels, now completely stopped producing it because of that, and their body becomes reliant on it in a certain

degree. That's one of the dangers of supplements that you're not told about.

Another myth, the last myth here we have about testosterone. "If you have low testosterone, you need testosterone replacement therapy, otherwise known as TRT." This is a myth.

You hear a lot about athletes like UFC fighters, they get this TRT because these are the manliest of men that we know. Anybody who gets in the cage and beats up some other guy for three rounds of fight, man, has got to be a man.

Well, what this involves is getting a series of injections to jumpstart your testosterone production systems again. Top of the chain in a certain case, but yes, that's what it's meant to do.

The truth is, and in severe cases, TRT is an option, but changes that we do in three basic areas that I'm going to talk about, the Triangle, are just as equally effective in the long term and they will give you more sustainable results over your lifetime and they don't cost as much, and you don't risk the health issues that happens from this kind of therapy.

So TRT is an extreme option, all be it, one that you could look into if the things that we talk about don't work, but it's a very, very small percentage of guys that would benefit from that.

T-Drive-Part 3



We're going to talk about how to overcome low testosterone, low T, with what I call the Triangle approach. I call this the testosterone triangle, and of course, with Alpha in front because, come on, you just can't be Alpha without a ton of testosterone.

So what are we looking for here? What is the goal? The goal is we want to seek sustainable results. We don't want fly by night results. We don't want temporary results. You want better sex life, you want more energy and you want a better overall quality of life.

The funny part is that if you were to define quality of life in a lot of ways, most guys I know would define it just in those two terms. It would be your sex life, and it would be your energy level. Not obviously just that, you've got success, you have money and all the other stuff, but really with a healthy sex life and with a high energy level, there's nothing a guy can't do.

You want to be able to do these things for your whole life so that you can always be sure that your T levels won't harm your sex life or your energy levels. We don't want to have to be a victim of our testosterone levels at the same time.

Of course, whatever you do to boost testosterone, you want to be able to do it without spending a ton of money on supplements, gym memberships, crazy diets that require you to eat all these really obscure drugs and herbs and all the stuff. You don't need that, and you shouldn't.

So sustainable is very important. Sustainable being, of course, the most popular word these days when we're talking about the environment and a ton of other things. So zooming here a little bit



and let's talk about the three points of the T triangle, the testosterone triangle.

- Physical
- Mental
- Knowledge

We're going to go through each one of these and all of them are pretty darn important so I want you to pay attention on all of them and give each at least its due weight when we're talking about the triangle.

Physical

Physical means you've got to exercise your muscles. You've got to exercise for weight loss too, because weight loss is going to contribute to your overall energy levels, your testosterone production and a whole lot more.

So we exercise to obviously get our muscles developed because that's also going to help the production of testosterone but the weight loss itself. So one side, we're converting weight into muscles, which gives us the energy, which gives us the testosterone.

It's not to be underestimated here. The part of physical exercise that's so few people do not understand really well is the physical exercise is just as much about motion as it exercise.

In other words, your body has a lymph system, and it's a very important system. It's one of the main systems in your body. You have a nervous system to conduct electrical energy and nerve



impulses throughout your body, and the core of that, of course, is your brain to your spine, your spinal column.

You have your circulatory system. What system is that? Well, that's your blood, and blood has got to get around. It's got to move nutrients, all that cool stuff.

You've got your digestive system, so from basically, pardon the crudeness, mouth to butthole, you've got a big, long channel, basically through your entire body. It's kind of funny when you think about it that way, by the way. Basically, it's a tube from your mouth to your butt. That too is a system.

You have this really important, yet overlooked system called the lymph system. Now, the lymph system moves your lymph around your body. Your lymph does a variety of things. It lubricates joints. It works on the immune system level, but it does so many different things, but the funny part about it is, it's the one system that absolutely requires you to be moving around to make it work.

People that don't move around or become sedentary are much more prone to basically get sick a lot more because they're not moving and flushing their systems like they should.

I want you to keep that in mind. The lymph system is one of those overlooked things that kills guy's testosterone levels as much as anything else and they don't know why they're in that particular condition or that particular shape. It's because they've ignored the fact that your exercise isn't just about straining muscles and going through a lot of pain.

That's not it. Exercise actually shouldn't be painful. It should always be enjoyable, and part of that is when you're enjoying it, they'll do



more of it and you move your body more and you'll pump that lymph around your body, and it has a variety of benefits.

Mental

The mental part of the T-Triangle is developing good habits. It's understanding. It's also creating a T-building strategy that you can stick to forever. Not just this week, not just next month, not for this year, it's forever. It's something that can actually be with you as part of your lifestyle. It's very, very important.

Knowledge

Knowledge is, of course, knowing what it is you should eat and drink. How and where do the nutrients that your body's T-building systems, where do you get those? Where do you get those nutrients? Do you have to go out and buy supplements? Do you have to eat special foods and things like that?

There's another part in here that I didn't really list, but if you know anything about my teachings, you'll understand, and that is the mental and knowledge can also be combined into attitude, that Alpha attitude,

It's the attitude of a guy that is embracing his masculinity instead of ashamed of it, who is actively seeking out manly things to do, and honestly, just manly thinking in a lot of ways is enough to boost your testosterone,

I know it sounds kind of hokey and kind of goofy to say it that way, but when you think like a man and you act like a man, you are a



but if you remove those things, and suddenly you're a lot less than a man, and that's not what any man wants.

I'm sure it's not what you want. So the important part is to really get in there and dig in and understand that when your attitude is that of a guy who is seeking out the more Alpha.

I don't mean that in an aggressive way, a lot of guys have a bad impression of what an Alpha male is or an Alpha man is because actually my delineation, my differentiation is it's an Alpha man, not an Alpha male,.

That Alphaness in our character, the willingness to be more manly instead of be more effeminate, it pervades your lifestyle and it also has a radical impact on your mind-body connection.

So remember, there's a mind, the body, and the spirit, and the part I really didn't list here was the spirit, and the spirit, of course, being the spirit of this attitude of Alpha behavior.

We're seeking out more masculine ways of thinking, which translated into more masculine ways of acting, and once we act in an Alpha way, we act congruent with that masculine identity that we all have, all men do, whether they want to admit or not, even gay guys have this Alpha part of their attitude that's very masculine.

We've got to understand that this is so important, and when you get there, it will actually translate into more testosterone production, a higher quality sex life, higher energy levels. Overall, it just basically liberates you. It sets you free. I'm not exaggerating in any way. You might think I'm overstating that, but I'm not. It's very, very important.

So remember, you need a complete plan. You've got to have a complete plan. Each one of those three areas that I just told you



about, physical, mental and knowledge, and of course, building in the attitudinal factor, the Alpha factor, they build up off each other. It creates a feedback loop that amplifies your results.

You see, you can see results of your efforts quickly if you involve all three points of the T-Triangle, but if you make mistakes in one area, you can be sabotaging your efforts in all the others, which is why it's so important to look at it holistically, to address all three areas.

Of course, I'm going to keep this simple enough so you don't have to worry about that, but again, if you understand all the factors in play in testosterone, you can avoid this easily. You can avoid it very easily.

Now, let's talk about the fact that you've got to keep your goals in sight. Never lose sight of the main goal here. Your main goal is more energy, better sex life. More energy, better sex life. In fact, if you can chant that, I will urge you to. Every you wake up thinking, "Okay, I got to get more energy, I'm going to have a better sex life."

If you know that if you stick to this type of lifestyle that I'm going to tell you about this T-Triangle, you'll never going to have to worry about low T again. You won't have to worry about it. It won't be a problem for you. So that's how we're going to overcome it with the Triangle Approach.

Now, let's go into each one of those three areas and we'll address each one. Starting with physical, first of all, understand that testosterone is naturally produced by the body in response to normal levels of physical stress. It's normal levels of physical stress. This called eustress.

There are two forms of stress, eustress and distress. Eustress is the healthy form of stress that a body and mind has to be put under or



else you as a human being cannot thrive. You do not grow. You actually start to wither and die. It's been proven.

This is why exercise is such a key part of boosting testosterone. The cardio that you go through, cardiopulmonary exercise where you get your heart rate up, is essential for weight loss.

There are different kinds of exercise. I have boiled it down to the core elements for myself of exercise, and I'm going to share them with you right now. This is a little outside the topic, but you should know that it is very easy to boil this stuff down to a system and keep that system simple so that you can do it easily.

Don't be confused by all the bullshit out there trying to make you think that you've got to do this T97 or whatever, PX40 workout that addresses specifically this. Now, don't get caught up in that crap.

The idea is you keep it simple and it's going to work. That's all you've got to do. Keep it super simple and it's going to work. As my old training mentor used to say, "Every system works if you work the system." Keep that in mind. Every system works if you work that system.

Oh, I was going to give you those core areas of physical fitness. The first is, of course, cardio. You've got to get your heart rate up and breathing rate up and put your body under stress. This is what's known as the long term or endurance training in a lot of ways too, but that's important.

You also want to incorporate interval training in that, by the way. Interval training is one of the best ways to increase your cardio and get a better heart rate and better fitness level.

There's also stretching, which a lot of people don't think of as being a part of their exercise routine, but it is absolutely necessary. I keep



myself very physically fit and I keep myself very physically flexible. It allows me to do contortions while I have sex.

No, I'm kidding. That part is purely speculative. You could do that, I'm sure you could, but that's not why I do it. The reason I do it is because flexibility is another part of that lymph thing.

It also contributes to a general feeling of better awareness, better mental functioning, and it's a principle that I think yoga has been really established for, and that's why yoga has remained so popular.

The flexibility aspect cannot be overlooked. You need flexibility in your body. If you don't have that, you're actually going to have a lot of problems no matter how much strength you have.

That brings us to the next one, strength training. Strength training is very, very important. Your strength is weightlifting basically and certain types of weightlifting and body weight exercises can spur maximum testosterone production.

That's why those big guys at the gym are like that. They're actually on the feedback loop. They're working out a lot, therefore, they get more testosterone which makes them want to work out more and they get bigger bodies and yada, yada, yada. It's not just steroids. As we said, testosterone is your natural steroid.

There's also core. Core is a part of your body in your workout pattern that you need to include. You need to make sure you're working on your core because I have met a lot of weightlifters, a lot of bodybuilders that have crappy core, and as a result, they have back issues galore.

Basically, your core is not just your stomach. Your back itself doesn't have a lot of muscle to it really, not for longevity's sake anyways.



You're not going to be treated as an old guy that's stooped over. He's not stooped over because he never developed his back muscles. He's stooped over because he might osteoporosis, I'm sure. But he is stooped over or he has the issues with his back primarily because he probably never developed his core muscles, his abdominal muscles which support the back and the rest of your body.

All of your mobility starts in your core, everything, and you'll learn this if you have ever taken any martial arts. Everything starts at the center of your body or what we call the Dantian.

The center of your body is basically the pivot point of everything you do. If you don't have that strong, you're going to suffer along the way, and any weight lifting you do is going to be inhibited, any cardio you do, all of that is going to come into play.

Those are the key areas that I focus on when it comes to fitness. There are also little sub-elements. You could break it down into also fast twitch muscle activity like jumping and certain kinds of exercises that are a little bit aerobic, but they're also meant to relate to certain parts of your musculature.

But let's not go there. Keep it simple, core, cardio, weightlifting, strength, of course, and what else, flexibility. It's absolutely flexibility. It's one of the areas that most guys do overlook as part of their fitness.

So we've hit on that it's naturally produced by the body. I want you to think weight loss first. That's the most important thing you can work towards, or at least the first goal you want to have because everything else will come as a result of that. Your T lifestyle and your Triangl



will take care of itself if you start with this most important of places, which is weight loss.

You've got to lower that amount of estrogen that your body is producing because that's what's killing you. If my car is getting scratched up, I'm going to stop parking it next to the idiot with the keys that keep scratching up my car. I address the most root cause right away, and that's what we're doing here. If your body is producing estrogen, stop that estrogen production.

Remember, the more body fat you have, the more aromatase you have in your system that will keep your estrogen levels high. It's very, very important to remember that. You've got to address that lowering of your estrogen.

If you're overweight, even a little bit, cardio exercises like running and swimming can help you to get your weight down, and that's important to recognize. Cardio is important in just about every level.

But one of the most important things, and this is something I also see at the gym with a lot of the guys that work out there is they're really focused on their strength training. I can see women do this, and the women are primarily overweight, I mean, the ones that I've been noticing.

The funny part is they don't realize that strength training will help you burn some more fat, but ultimately it's not the primary way. They think that if they just develop the muscles, that all that fat will just wither up and dry up and go away. It doesn't work like that. You have to have cardio built in there too.

So running, swimming, any kind of cardio you want to get into, especially team sports if that's what motivates you because that helps a lot. Solo sports and solo exercise can sometimes not work for certain personality folks.



I've always been a solo exerciser. I can work out on my own. I prefer it that way. That way I don't have to rely on anybody else. I just can get it done on my own schedule. Of course, it's always such a pain in the ass with team sports and stuff like that, but that's just my opinion. A lot of guys think of the opposite. They're just not motivated by doing it on their own. They want to be involved in a team sport.

So what are the benefits of swimming? I know I used this as an example. The benefits of swimming are, well, swimming requires more than one muscle group, and I've been a swimmer for a long time. Actually, I just picked it up. I picked it up a later in life. I didn't learn how to swim until I was in my 20s, and at least not correctly.

Just recently, I've taken up swimming again and doing laps, and it's amazing how you feel after you swim because you're working out your entire body. This is an important point, by the way. If you can use more muscle groups in the same exercise, you can produce the maximum amount of testosterone in the minimum amount of time.

This is one of my keys to my system. Use more muscle groups in the same time, in the same exercise, and you're going to produce the maximum amount of testosterone in the same amount of time or lower amount of time. I don't want to work out ten different exercises if I can do it all combined in one. It just makes sense, doesn't it? That's why swimming is awesome for this.

Swimming, of course, is awesome because you're involving your whole body, your arms, your legs, your shoulders, your chest, and your back. Every part of you is engaged. Hell, I even get cramps sometimes in my toes from swimming.

But that's what makes it awesome. Once you get going you start to get a rhythm, you get a good breathing rhythm, by the way, which is another important part of your overall exercise routine, it's just awesome all around.




Swimming is also an aerobic exercise so it can help you burn fat and if you do it consistently, it will also help you lose weight. Since it both works your muscles and gives you a fat-burning cardio workout, you can streamline your exercise routine to get the most T-boosting benefits in the shortest amount of time.

Now, recently I've been experimenting with kind of a mix up of, or I guess you'd call it kind of mash up of exercises to do the same thing because I had to quit swimming for a little bit when I switched gyms.

I've caught up with my own routine, but then I realized swimming was it. I was doing everything all at once with swimming, which is what was making it so awesome. So even if you're not a swimmer right now, it's something to really consider. It doesn't take long to learn how to swim.

First of all, it's one of those important things. Get some instruction and I assure you, even if you don't know how to swim now, you can be up and swimming in a very, very short period of time. It doesn't take long at all. It's such a high benefit exercise.

T-Drive-Part 4



Before we get started with the interval training information, I want to stop for a second really quick, and I probably should have addressed this earlier. I know that the second I started talking about exercise, most guys will either roll their eyes or feel a slight bit of, “Oh dude, you shouldn’t have said that. I don’t want to have to work out or to exercise.”

I realized that’s not the case for most guys, but there is a significant portion of guys who has probably heard the ‘Dude, you need to be exercising” a few too many times, and it’s probably getting a little bit old. They’re probably getting even a little pissed with the people that say it.

But let me tell you something, and this is really important. Exercise is not difficult. Too many guys have equated working out, exercising regularly with great physical pain or a lot of stress, or it becomes something that you really actively go, “Oh God, dude, do I really have to?”

If that’s the attitude you’ve got before you actually exercises, you’ll never exercise. You’ll quit as soon as you possibly can so that you can stop running up against that barrier of your own belief system that says, “Dude, it sucks to work out.”

It’s true, and it’s very important. You can literally just start walking around the block a couple of times. That’s it, and you will do more to increase your testosterone production by that little bit of exercise than you will with all the quack remedies that you’re ever going to find online.

I’m telling you that from experience and from the truth. Whether you want to hear it or not, it’s reality, and again, it doesn’t have to be difficult. That’s the good news that I’m bringing you today. Have you



heard the good news? The good news is there's no pain involved with real exercise.

Even a better news is that once you do start doing even a minimal amount of activity, you're going to get addicted to it and you're going to want to do more because your body releases other chemicals to make sure that you do.

It literally becomes an addiction because you'll create endorphins., You'll create these brain-altering chemicals which are actually really good stuff. I highly recommend them. It's good drugs to do, dude.

You'll be doing that. You'll be your own best dealer, your own best addict, all rolled up into one but with very little effort, and if a part of you is saying, "But man, I even hate walking. I hate walking around the block. I'm winded and I'm tired and pretty much I'm ready to quit right there."

But let me tell you, if that's your situation, you've got to seek probably more extreme help because your testosterone level is not the part that you need to be worried about. The part you need to be worried about is you're going to die a lot sooner than most guys out there because of your lifestyle and because of this particular limitation.

Now, if it's a health limitation that's a temporary thing, then, of course, it's understood. If it's a longer term health thing, well, that, of course, needs to be addressed on its own with the help of a doctor or a physician, but just the weight loss itself is just so very important. I cannot emphasize it enough.

Every time I'm coaching, a guy that's significantly overweight, I have to tell him, "By the way, I want to let you know you're going to die earlier than most guys your age. I just want to let you know that."

Of course, it's a very shocking thing for me to say this to somebody. It's shocking for him to hear, and it can be really radical therapy. I don't say it to every guy, but with most guys I do because they need that. Most doctors won't say it that way. Most people you know will never give you that harsh slap of reality to let you know.

You've got to face this. This is really important. Your physical lifestyle has the most impact on your quality of life, your sex life, your testosterone level and your longevity that you'll ever engage in. It's that important. Now, if you've already got this exercising, this is just news to you and it's water under the bridge, but let's keep going here.

Interval training

What is interval training? These are quick bursts of exercises followed by short rests. It's a pattern you go through. I do interval training on the elliptical trainer because it's low impact and it's very easy to do.

What I do is I get on it. I do a sequence of four minutes where I amp up the exercise level. When I get to the top, the peak of that, I go back down to the start and I do it again, and I do that four times, and then on the fifth repetition, I go significantly higher at the end. I really kick some serious ass on putting out energy for each of those minutes, and then at the end, I'm done.

It can give your workout a cardio element, a weight loss element and it will also include strength training exercises that can also raise the T levels. This is why interval training is so important, and actually strength training is a form of interval training if you do it correctly.

If you're not overweight, you can actually start with this type of workout, but again, all the advice that I give you in here, of course, is under the caveat that you need to check with a physician before you start on any exercise program or any diet program.



I'm not a physician and I don't purport to be so, which means that all the responsibility lies with you. The advice I'm giving you is something you have to take under advisement in light of good quality medical assurance that you're doing okay by your body.

With most people, you can probably do it, but again, I'm telling you, you still should check in with a doctor. If you're not overweight, you can start with that type of workout. If you need to focus on cardio, something like swimming or running, first, then you can add these types of workouts once you're seeing the weight loss results.

Now, what are some of the interval-type things you can do? You can do deadlift with or without weights. You can start at the easiest part of the scale, but one exercise can work multiple muscle groups and should work multiple muscle groups. It will take you a lot less time.

My weight workout in the gym is not to develop radical huge Schwarzenegger arms, but I'm doing pretty well by myself. Anybody that has seen me in pictures in the last five years probably notices that I've developed significant muscle mass and I look a lot healthier.

The reason is because I'm very focused. I go in for 30 minutes, 30 to 33 minutes. No, I'm kidding. It's like 30 to 35, it's not that exact, but 30 minutes, almost exactly of weight workout, and I know exactly which machine I'm going to work out on. I know which ones are going to be in use most of the time, so when I see them open, I jump on them.

I alternate. I do something just a little different. I don't just work arms one day, legs in other day. That's a bodybuilder routine. That's not something that the average person can afford to use as their schedule. If you can, that's great. That's awesome if you go to the gym every day.



But I don't go to the gym every day. I do workouts at home as well as at the gym. So what I do is I get one exercise that works out multiple muscle groups and I work a circuit that I know hits them all, and I do it quickly, and I don't dick around and I don't sit there and socialize all day, and I get the job done.

Now, you can mimic the full body motion without weights. You don't even need weights. You can do the traditional calisthenics and pull it together into one full motion full body exercise.

There's a lot of these. There is a thing called the Hindu pushups which is a body arching exercise. You can look this up online. Hindu squats are another one that you can do.

You can do a pull-up into an abdominal crunch, meaning you do a standard pull-up with a bar, and those are easy to get, by the way. It's one that's actually hang in your door. I have one myself. As you do the pull-up, at the top, you pull your knees up your chest and you do a crunch and then you go back down. You've just worked two major groups there, your core and your arms at the same time.

Now, it's a little more draining to do it that way or feels that way, but you'll get it done half the time. You can do a standard pushup into a squat. It's what is known burpees or squat thrusts. It's a very excellent exercise, by the way. There is a ton of these. I recommend you look online and get yourself a set of what they call fit decks.

Fit decks, these are decks of cards with a bunch of exercises in them. I ordered like ten of them, and I put them together into a bunch of different exercises and routines and I mixed the decks together, and I have a killer set of exercises I can do at any time, any place pretty much.

I also use something called a TRX. TRX is a suspension trainer. It's a set of straps that you can attach in your garage or you can even do it over a door. You don't even have to worry about mounting it. You can put it over a door. I used this thing when I travel, and I can work out when I'm away. I don't even need a gym.

The keys to this are repeatable motions, so that you can always be moving. You want to always be moving, always be moving. If you stopped for too long, it gives you a chance to think, "Oh my God, I hate doing this," and then you stop. But if you're moving, you don't.

It also involves as many muscle groups in each exercise as possible so you're killing two birds with one stone. You're getting it done faster and your whole body is working and that's what pumps that lymph, by the way. The lymph pumping in your body is a whole body thing that is really awesome. It gets the whole thing working for you.

So there is a ton of exercises that you can use for interval training. Swimming is one of them. Running is another. I highly recommend the elliptical trainers because you don't have to destroy your knees and take it from me as a martial artist. I have done a lot of damage to my knees, so you've got to look out for that. Look out for your joints.

Interval training is one of the most important ways you can train. Look it up online as well. I'm not going to give you four routines here. I'm giving you the core of what you need to do, but a typical interval training routine would be high intensity for about a minute, 30 seconds to a minute, and then rest or less than what you were doing.

Don't completely stop because then your parasympathetic nerve system goes in a little bit of shock. You want to keep yourself moving, but you slow down a little bit, and then you go back to high intensity, and then you slow down, and then you go back in high intensity and then you slow down.



Interval training, I highly recommend it. Now, the best amount of workout time, remember, if you put too much stress in your muscles, what you're going to produce is cortisol, not testosterone, so we've got to remember, we don't want to work out too hard. We don't want to kick our ass too hard unless you're in training and that's fine.

Cortisol is not a sex hormone, so what it's going to do is it would basically do is not help your low T symptoms improve. That's the idea here. Cortisol is not a sex hormone so it's not going to help you. It's not going to hurt you, but it's not going to help you the way you want to be helped.

If you work out too long, you'll be too tired or sore to repeat the workout after a day off to rest. Now, typically, what you want to do is you want to give that muscle group a day off.

Meaning, if you work out on Monday and you worked all your arms and legs, you wouldn't want to work out all of your arms and legs again the next day, but instead you want to change to a different exercise, perhaps something cardio, so you want to alternate as well.

So how long should you work out? If you're working out hard and you're hitting multiple muscle groups in each exercise, you'll probably only need to work out for about 30 minutes to reach the maximum amount of testosterone production. That's it. Thirty minutes is really all you need.

I would not say go less. Don't do these 4-1/2 second workouts they are promoting these days. That's appealing to the total lazy guy out there that doesn't even really want to exercise and would just rather buy a product about exercising. Thirty minutes is about the minimum, and believe me, thirty minutes goes by quick once you get going.



I literally can't work out in that shorter period of time. I work out as an hour to hour and 15 minutes, but I train from a variety of things, not only martial arts, but I also train on the heavy bag and I also train with weights, so I just simply can't do it. But that's okay, some days, if I don't have enough time, thirty minutes is all I need, even though I feel like I'm ripping myself off, thirty minutes is all I need. That's it.

After 30 minutes of a full body workout, your body is going to begin to shut down testosterone production and start pumping cortisol into your bloodstream. So that's what you've got to keep in mind. It's very important. Now, I do things to compensate that, but don't worry about that. For you, don't worry, thirty minutes is all you need.

In terms of testosterone levels, you will get no benefit from continuing to work out after that, except for the exercise benefits. If you're in training, you're going to need to go further, and that's okay, but we're looking at testosterone production.

Now, this time limit does not apply to guys who's main goal is to lose weight. Go less intensely, but longer cardio workouts that will help you lose weight faster, less intense but longer cardio.

If you work intensely for a short period of time, you're exercising your heart and lungs. You're getting cardio benefits, but you're not getting weight loss benefits. Real weight loss is an elevated, not intense, but elevated blood pumping rate, your heart rate and breathing. It starts basically triggering into, "Hey, you're working hard, I better start tapping into the fat reserves."

This is a marathon, but this isn't literally a marathon. You're not going to run a marathon, but I'm saying the goal of Testosterone Triangle is to achieve the sustainable results, so each time you exercise, you're going to increase your testosterone levels. It's going to keep going. It's like this plate you're spinning.

So the last thing you want to do is miss a workout. Keep the pattern going. Keep it to a rhythm that you know that you'll be able to maintain. If you have to start at less than 30 minutes in buildup, hey, that's okay. If you only do five minutes, no problem, seriously, even one minute.

Because if you just increase that one minute by one minute over the course of a week, every week, you add a minute, in half a year you'll be up to the 30 minutes, so it's not a big deal, it doesn't matter, as long as you're persistent. If you quit, it's all for naught.

You're still going to be increasing your T levels with every full body exercise you do. It's so, so important to recognize that. Even if you can't see it, you can't see the little testosterone guys going, "Hey, dude, we're having fun in here." You can't see that, but you've got to believe it's going on. You've got to know what's going on, and you will feel that it is.

Really results will build on themselves. It usually takes some effort to get started exercising. You probably know that. Especially if you have the common low T symptoms like lethargy or low energy. But that initial bursts of testosterone can help you find the energy you need to continue with the follow-up workouts.

Focus on the benefit. Every time you work out, if you find something that's like, "Oh, that felt good," focus on that. Don't focus on the "Oh man, I think my ankle just gave me a little tweak there." Don't focus on that. If you focus on that, you're going to quit. That's all there is to it.

If you focus on the negatives, you will quit because you'd be giving yourself no choice. Your mind cannot handle constantly facing a negative like that. It freaks out and eventually it quits. It has to. Your mind can't do it. That's how our minds are made.



Our psychology is that we cannot face an overwhelming negative like that repeatedly. We will avoid the situation. What will happen is once you get the burst of testosterone going, you feel good about it, you've got a good attitude and you're reinforcing it positively, that creates kind of a snowball or a positive upward spiral, and the exercise actually gets easier and easier.

Right now, my exercises are actually pretty easy which is telling me, "Dude, you probably just step it up a notch, but then again, I'm also concerned about injuries in some of the stuff I do so I have to take it easy.

So the conclusion is that the exercise is the single best way. If you had to ignore the other two parts of the triangle, exercise will be the single best way to boost your testosterone naturally. Really, everything else would take care of itself after that.

But without a concrete plan for the other two points of the triangle, you can easily make mistakes that are going to cancel out the exercise effort, so we're still going to go into those other two points. If you use all three of these points together, you're going to be unbeatable, dude. You're going to see results and overcome your low T symptoms even faster.

Now, let's jump into the next section. The next part of the triangle is knowledge. What is the knowledge. You've got to know what to eat and what not to eat, and we're talking about your diet, let's talk about that for a little bit.

What are the foods that boost the testosterone in your body? There's broccoli. Yeah, I know. Some guys don't like it. I love broccoli actually with cheese or totally soaked in butter. It's probably not very good for me. It probably upsets all the health benefits, but you're getting the point.

Broccoli, kale, spinach, Swiss chard is actually really if you've ever had it. These are great vegetables, and the less you can cook them, the better, the more closer you can go to raw. Each one of those, by the way, has a compound that's called indole-3-carbinol that blocks estrogen production, and you know that's good. It's good.

It also has antioxidants that eliminate free radicals in your system. What are free radicals? Those are mutant molecules running around your body that don't do anything good. It's often thought that these also cause cancer.

I don't know that for a fact, and I don't think anybody does, but it's a widely held belief by a lot of people. Free radicals are things that float around your system. They're bad and they've got to get out, and the only way you can do that is by having something that can handle them.

Other vegetables with indole-3-carbinol include cabbage, radish greens, salad herbs like arugula and watercress. Now, those don't sound too terribly attractive, do they?: No, they don't, but if they're prepared in a good way, you can handle it.

I'm not a big radish fan, let me tell you that right now. Of course, that's radish greens. Cabbage, yeah, that I can mix in with certain things. Salad herbs like arugula, of course, mixing it in with your salads will be good.

Celery is very good. Celery and other stalk vegetables, not vegetables that's stalky but stalk vegetables, have natural compounds that are very similar to androgens. Androgens are the building blocks for testosterone. Hmm, what do you think, a connection there? Yeah.

Avocado, I love avocado. I've actually just become an avocado aficionado. I love it on everything I can. It's high in selenium which



is a mineral that helps boost, guess what, testosterone. I can't argue with that. Avocado is also very high in fat, by the way. It's one of the few vegetables that really produces a lot of fat, so keep that in mind.

Garlic enhances your immune system by eliminating again those free radicals. There's just nothing really bad about garlic other than the breath you get after it, and if you make sure she's had some garlic, then you'll never notice, but carry altoids, that's all I can tell you.

It also contains a chemical compound, diallyl disulfide, that enhances the body's ability to make hormones. Guess what testosterone is, friends and neighbors. Yes, it's a hormone, and of course, garlic is most beneficial in its raw form, not overcooked.

Most all of these are actually more beneficial, especially the vegetables when they're not overcooked. When you cook them, you have cooked the value and the benefit right out of them.

Oysters, yeah, you've probably heard about this one, the old truth where you can use them as an aphrodisiac. Well, it actually is true to some level. They're very high in zinc necessary for testosterone production and for sperm production.

High levels of zinc can be found in liver and certain nuts and seeds like pumpkin seeds. Another good thing to get into is nuts and legumes. They're most beneficial, of course, when eaten raw instead of cooked. So of course, if you can do them raw and they're safe, do them.

Eggs are good. They're a source of lean protein. It's a good form of protein. It's also high in Vitamin D. Vitamin D deficiency causes low T, meaning, if you're low in Vitamin D, that's a contributing factor to low testosterone.

Most Vitamin D that people get comes from the sunlight. Just being outside for 15 minutes can give you the amount of Vitamin D you



need for the day. Keep that in mind. You need sunlight exposure. So get away from the monitor for a little while there. Get away from the big screen TV, game boy. Get outside for a few quality minutes of sunshine.

Brazil nuts are very important nut. They are high in selenium, which is antioxidant that works in your testicles – yes, things are at work down there – to help produce more sperm and increase your sex drive. It's directly involved in the hormone production chain, and Brazil nuts also have arginine, an amino acid that increases blood flow to the genitals. Only a few are needed per day. They're most potent when they're unroasted.

Now, what are the foods that destroy testosterone? What are the foods that are working against you that you want to eliminate or that produces estrogen?

Beware of non-organic meats. They're given growth hormones to fatten up the animals, and unfortunately, what they do is they would affect your own hormone system negatively, so be careful about that. it's true about the hormone problem with the meats that we're given in the stores these days. Go for organic meats wherever possible.

Foods that contain soy. Here's the sad fact. Tofu is high in chemical compounds that are needed to produce estrogen. Yes, it helps that part of it, the bad part of the equation.

Even though soy is a good source of lean protein, it will hurt your testosterone production in your body. Soy is a filler ingredient in many snack foods and pre-prepared foods, so they sneak it in places, and you've got to watch out for that.

Chemical compounds called isoflavones are responsible for estrogen-producing properties of soy. Keep that in mind because isoflavones are also in other products as well.

Sugar is a big bad one here. It's big, big, and bad. It increases the insulin and cortisol, both of which are non-sex hormones. They basically crowd out your testosterone and lower the T production.

Those are two bad things. There's one part that's going to lower the production, the other part is what you've got already, it's actually working to eliminate, which you can't have. You don't want that, so watch the sugars. It's also a primary contributing factor to probably how overweight most of us have been getting this, and when I say us, of course, I mean, our culture today.

Now, it's not necessary to completely avoid these foods, but they should be limited. Completely avoiding is often a recipe for disaster just as much as anything else because you're going to a little bit of shock and you start to crave, and what happens when you break that craving, you binge, which is a bad habit to get into, the binge craving thing.

So those are foods that destroy testosterone. How much should you eat? Well, those are the three areas that we talk about a lot. At least two of them are here, the protein and then the carbohydrates.

We're going to talk about protein first. You need two to three servings typically per day, that's about 60 to 70 grams, depending on what kind you're using.

Protein sources can include anything from lean meats, fish, dairy products and legumes which are beans or nuts as well or anything that basically grows under the ground. Those are important protein sources, which is why you see a lot of the endurance trainers, a lot of the marathon runners like to eat a lot of those.



Vegetables and fruits. Since vegetables are low in fat, and many people think that you could really eat them indefinitely as much as you like, well, unfortunately no. Veggies are also high in fiber, and excessive fiber can actually cause lower T levels, so we don't want that.

Keep in mind, anything to excess is not necessarily good. As they say, "Too much of a good thing is not always good."

Seven vegetable servings per day on average with four to five of those servings coming from the T-boosting varieties that I have mentioned before. Three to four fruit servings in addition to those, and you should be good. You don't want to overdo it. There are other ways to get fiber, by the way, if you're worried about a high-fiber diet.

What are the calories in a carbohydrates? Well, calories, calorie-wise, this can be a tricky thing to count. Calories can be tricky because with your base calorie count, you have to base it on your ideal body weight, and that might be the one you have right now.

You'll need as much as 18 calories per pound of ideal body weight if you're exercising regularly, and I've got my calculator here. Let me calculate it up. I'm about 160 now. I'm kind of a light guy, and 160 times 18 calories, which means I should be taking in 2,880, which actually matches up to what I expect.

Now, if you're not exercising, you'll need about 14 to 15 calories of pound of body weight. The problem is what happens is when we're not exercising, we eat more and we actually go the other way.

If you're actually overweight, you can cut that back a little bit more to help your body get into alignment, and that's 12 to 14 calories per pound. So it's a tricky thing to balance, but you've got to do it based on your ideal body weight.



Calories can affect your body weight, which can then in turn affect the levels of testosterone in your body. So get as many calories as you can from the T-boosting foods. It's really the bottom line on that.

Carbohydrates, we worry about these quite a bit. Carbs should actually make about half of your overall calorie intake. They're not necessarily that bad if you know how much and what proportion. Everything in its own way. People are going crazy with their diets these days because they're trying to compensate in the wrong ways.

Carbohydrates should make about half of your overall calorie intake. It's a very necessary to have energy to burn during exercise, but at the same time, the fear of carbs that you can take in or if you can minimize that around exercise time, guess what your body is going to tap into after a certain point, after that 30-minute mark?

You're right, it's going right into the fat reserves. That's how you get your body to break down and get rid of the fat. It's got to know that there's no other energy to go to, it's got to tap into those fat reserves.

Important nutrients, you've got to know what you need and how much of it you need. Vitamins and amino acids and minerals can boost your testosterone production. Here are some of the ones you need to consider, zinc, you need 20 to 30 milligrams per day. You can get that typically in almost any multivitamin.

Another thing I want to recommend is get yourself on a healthy supplement schedule. I have a pill box that has the days of the week on it and then every Sunday night or Monday morning, or actually on Monday mornings most often my son helps me fill them in. He likes putting in the pills in each of them.



But I do the supplement of fish oil, which I'm changing to krill. I've got a daily multivitamin. I've got glucosamine. I've got calcium. All that stuff and all these.

Selenium which you can actually get in your diet, but you can also take a 200-microgram supplement. With 200 micrograms, it's a different measurement there.

Lots of herbal remedies are out there for low testosterone. Some are tested, some untested. Herbal remedies are interesting because they can still fly by the whole FDA thing.

Many of them are actually effective because they have high concentrations of the minerals and vitamins that we just mentioned. If you get enough of those T-building nutrients from your diet though, you don't need to go for more.

Ideally, you want to get all of your vitamins and minerals and stuff that I've been putting in pills in the morning in your foods. But if you suspect that you're not getting it, damn, dude, just take the pills, it's okay. Supplements are meant to be that. Your body can handle it. You're just not going to get as much benefit as you would if it came inside a food.

D-aspartic acid, it's an amino acid, and also available in powdered supplement form. It helps convert cholesterol into testosterone. Yes, it's very cool, huh? Another substance, *Bulbine natalensis* can also do this, but D-aspartic acid is much cheaper. A simple fact there.

Vitamin D, we talked about Vitamin D. It's not always easy to get. It's hard to get, and you've got to get it through sunlight. A lot of people, actually many people have Vitamin D deficiency. They don't realize it because most people only get it from sunlight, they're not getting enough damn sunlight, whether you're living in Seattle or you're just not going outside, that's why.



Studies have linked the D deficiency, the Vitamin D deficiency with low levels of testosterone, and all T symptoms or bad symptoms disappear with a simple 2,000 to 3,000 IU of Vitamin D supplement, which you can get over the counter in pretty much any store including Target. Okay, dude? So seriously, get on it.

Even if this is not the cause of your low testosterone, a supplement by the recommended dosage could help you. So again, go to the physician first and then seek out some of these supplements. They can and often do help quite a bit.

There you go in a fast package there, all of the vitamins and amino acids that you can look at to help you boost that testosterone. Know the ways that you can measure your success. This is the other part of the knowledge in this part of the Triangle that you need to understand.

The obvious is if you balance all three parts of the T-Triangle, you're going to feel the results in your sex life and your general life. It's pretty obvious there. One trick to measuring your success is just check your morning wood.

I mean, check it. it's obvious what it is. Wake up with a boner. If you have enough testosterone in your body, you're going to wake up with an erection, proverbial morning wood as we call it.

But you might not notice it every day, sometimes it happens when you're sleeping and sometimes outside factors keep you from getting one. Sometimes it's getting woken up in the middle of the worst dream you've had all week. I don't think you're going to have wood during that one.



But you know what, your body isn't listening to that. It's an exercise you go through when you're sleeping because it's necessary. But you should be waking up with an erection at least two to three times per week.

If you're not, you've got to question that, "Hmm, what could be going on? Are there some other factors stopping that? Is it my sleep schedule? Is it my diet? Could it be testosterone? Could it be that my T level is low?" But that's one of the ways to measure your success, and I don't mean that you have to measure your dick. We're not going there in this program.

T-Drive-Part 5

All right, we're ready to wrap this now on the testosterone lifestyle portion of the program. I want to get you to the last part of the



triangle, and that is the mental side of this. The mental side, what are the habits that can affect your testosterone levels?

Well, addictive behavior of any kind is really going to impact your testosterone level. What do we mean by addictive behavior? Well, there is a testosterone-related reason for not smoking, not drinking excessively or not overusing your recreational drugs, and it's because it affects them.

All of those things, smoking, drinking and drugs, do release free radicals into your system. That's why it's part of the reasons why can cause some of the problems they do among others. I'm not like some sort of anti-fun kind of guy, but when you want to live a healthy lifestyle, one that means that you're going to live long enough to have more fun.

There's a saying, by the way, and this is a great saying. I love this one. It says, "If you want to eat a lot, eat little so you'll live long enough to eat a lot."

In other words, a healthy lifestyle means you're going to live longer so that you can enjoy the things that you want to enjoy longer. So instead of trying to enjoy them all upfront, spread it out a little bit.

All of those things, smoking, drinking and of course, recreational drugs, they can release those free radicals in your system. Free radicals again are organic molecules that are responsible for the breakdown of certain cells. It's taxing on your system. They have to be dealt with.

Free radicals are annoying and they're basically associated with aging and a lot of immune diseases. Those molecules can interfere with your hormone production and with your sexual performance. Yes, your testosterone levels are in there too. So you've got to remember those free radicals are causing you problems. The less things you can do, the better.



Now, unfortunately, yes, the hops, the main ingredient in beer has a high level of estrogen in it. Drinking beer too often can actually raise the level of estrogen in your body, and moderation as with all things can negate the effects of hops or even the alcohol.

So moderation, if you're going to have your demons like I have my demons, alcohol used to be one of them, I knew how to manage it. I had my patterns for using it if I wanted to.

Sometimes you don't feel like you have the choice, but we always do. We really do always have a choice. It's easy to blame our addictive behaviors on other people and other things, but it all comes down to us. We are ultimately responsible.

Sleep is important. Sleep is so very important. This is why my kids get at least 12 hours. Yes, you heard me right, twelve freaking hours of sleep. It's so important.

Testosterone production is at its highest when you sleep. Your body can actually prepare for the next day and it produces the hormones that it thinks it needs to handle the next day's activity, so it's a preparation cycle as much as a rest cycle.

You can think of it as solidifying whatever T-building gains that you made during the previous day. It's kind of like establishing a foundation to build on for the next day. This is also an easy way to make sure that you're getting the most out of your exercise and your diet efforts, it's adequate rest.

Because that's the time that your body is rebuilding itself. The muscles are rebuilding itself. You need at least seven hours to maximize your testosterone production. Another hour would be even better. If you get a total of eight hours, it's awesome.



Now, I know that a lot of our habits and lifestyles aren't conducive to this. I get seven hours, sometimes seven and a half, and occasionally eight, depending on the day, but very rarely do I go less than seven hours.

Believe me, from my personality type, that's really difficult because I would much rather be up and about doing cool shit than sitting at home or laying on my bed sleeping it off. I mean, even next to my girl, I'm still going to want to be up and at them, if you know what I mean.

But getting that extra sleep will give you the higher quality of life so the other sixteen hours or more of your day is going to be awesome, and that's what you really want.

Now, the philosophy of streamlining. How do we make everything easy for the long haul. What is this philosophy of streamlining? Streamlining makes everything easier and, well, first of all, not only does this T-Triangle that I'm showing you help boost your T levels, it helps you keep them at the right level indefinitely.

It's not something that it has to be constantly worked on. Once you get it going, it's like a motor that you started and the juice is basically your good habits and your good diet. It's very important.

It's normal to get really excited about working out at first, but then the novelty wears off, and then you start to lose motivation. Everything is like this with us, and the key is to get yourself past that hurdle.

Now, the secret is you need 21 days to firmly establish a habit. I like to say 28 days because it allows for a little bit of lapsing in between, but you really don't. You really got to dedicate yourself or devote yourself to uninterrupted 21 to 28 days of uninterrupted whatever it is you want to establish as a habit.



Whether that's brushing your teeth, exercising, whatever it is, you've got to get that. Because once you get past that point, that 21 to 28 days, it's automatically a habit that's built into your nervous system now and it's actually harder to stop in a lot of ways.

So keep your workout times manageable. Focus on your diet on boosting those T foods that we talked about, that you actually like to eat, by the way.

Don't make it stuff that you don't like to eat because, guess what, like anything else in life, whatever you don't like, you're going to start avoiding. You can't make yourself. You've got to find ways of going with the flow of energy as it is.

Occasionally you can work in something small, but nothing too radically different than your normal diet or else it's going to be difficult for you to assimilate. You can't just change your diet overnight. You'll freak out.

Of course, keep that supplement or vitamin regimen simple and cheap. Good quality vitamins and supplements are not that expensive.

You get them for a few bucks each online at Amazon. That's where I get a lot of mine and their quality. You don't need to pay a lot. You shouldn't be paying a lot. You shouldn't be paying what you see at the grocery stores either.

Keep this ultimate goal in mind. Remember, the endgame so that you can stay motivated. Endgame, endgame. We want to increase our sex life and our energy level.



Better sex life, when your T levels are right, you're going to enjoy sex every single time. You'll be able to perform at your highest levels in bed.

That's part of the reason we do this. It gives your magic wand a little more magic, and you won't have to deal with a lack of energy. You won't feel lethargic or any of the non-sexual side effects of having low testosterone.

Keep that goal in mind because that's what will motivate you past those moments where you're like, "Oh God, dude, why am I doing this? I don't want to go out and exercise. I don't want to have to eat anymore kale this week."

Anytime you run into that obstacle, by the way, find a way around it. Find a way to not have to butt your head against it because you only have so much energy to bulldog your way through those obstacles seriously.

That's one thing that has become widely known now. It's how our willpower actually works. We don't have a lot. Human beings don't have willpower. We just don't have it, and what little we have has to be applied to one thing and one thing only for 21 to 28 days to make it into a habit. That's all you do with that little bit of extra energy you've got each day. It's very important.

So there you go, those are the three parts of the testosterone triangle, the physical, the knowledge and the mental. Now, part of that mental that I told you about was the attitudinal, which is something you get from a lot of my programs.

I want you to remember that a lot of my Alpha programs talk about the other part of this mental aspect that I'm not really touching on right here in this section. If you want to raise your testosterone levels, the best way you can do it is to think and act more manly quite honestly. It really does. It's a self-reinforcing spiral.



But if you're caught up in the self-defeating behavior, this angst-ridden thinking process that we get into, I mean with today's day and age, most people have way too much time on their hands.

I know it doesn't seem like it. You seemed like you're rushed for everything, but honestly, you've got a crap-load more time than anybody ever had throughout the centuries and millennia of being on this planet. We have more spare time. We spend it doing, what, watching TV most of the time quite honestly.

Hey, I'm guilty of it too. I love my *Game of Thrones* and a lot of other shows, but really, think about it for a while here. What does it take? We have so much extra time on our hands to sit around and think about useless crap. We get caught up in these dysfunctional thinking processes.

I think people are a lot more screwed up than they ever used to be because we all have this time to think about shit that we don't really care about and shouldn't need to care about.

We don't need to think about half of the stuff. What you really need to be thinking about is being your truest self, the man you really are, and get what you deserve in life.

So in conclusion, what you can do is you can go to the doctor, and you should, to get a blood test and measure your testosterone levels. Get a quantified and qualified answer to that question. Is your T level low?

But you can just as easily measure your success in the bedroom in a lot of ways. I'm not saying not to go to the doctor. I'm saying you can measure it there. If you have an increased desire for sex, well, guess what, you're getting more testosterone. If you have the energy and



stamina to act on those desires, you're probably getting enough testosterone.

If you're able to get a boner and you can keep it as long as you need to or relatively as long as you need to, then you're probably doing fine, and we're going to talk about those other situations when we talk about Alpha Ed or Alpha ED.

If you get morning wood a few times per week, you're in good shape probably. You're not going to be a superman. That's not what high testosterone levels are about. Really, it's about never being encumbered by your lack of energy.

If you are constantly walking around going, "Geez, man, I'm kind of tired and doped up and the old magic wand isn't getting as magical as it used to be," well, that's when you think, "Hmm, maybe my T levels are low or maybe I need to look at that."

You can also measure the T levels by your general feeling about the quality of your life overall. Enough energy to do what you need to do at work and at play.

That's really what adequate T levels are really all about. It's having that level of energy that you can find to get the things done that you need get done. It's really important.

There you go. Brief recap, we covered:

- What testosterone is and how it works in the body

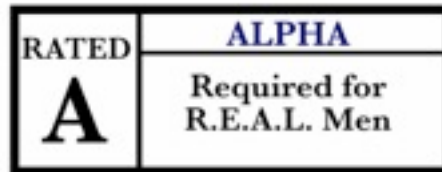
- Do you or don't you have low testosterone, some symptoms and issues to look for.
- What are the risk factors.
- Some myths about testosterone.
- I told you how to overcome low testosterone with my T-Triangle Approach. I gave you the T-Triangle itself which is the physical, the knowledge and the mental aspects, plus attitudinal understanding and what you do with your body.
- In conclusion, we covered all the important parts about staying motivated, and really what you want to focus on, that endgame of keeping your testosterone sustainable over the long haul.

This is Carlos Xuma, and I hope you join me in the next segment of this program.

© Morpheus Productions, LLC.

The information contained in or made available through this Product cannot replace or substitute for the services of trained professionals in any field, including, but not limited to, psychological, financial, medical, or legal matters. In particular, you should regularly consult a doctor in all matters relating to physical or mental health, particularly concerning any symptoms that may require diagnosis or medical attention.

Morpheus Productions, LLC, and our licensors or suppliers make no representations or warranties concerning any treatment, action, or application of medication or preparation by any person following the information offered or provided herein. Neither Carlos Xuma nor our associates, or any of their affiliates, will be liable for any direct, indirect,



consequential, special, exemplary or other damages that may result, including but not limited to economic loss, injury, illness or death.