Eating, Drinking, Sex and Orgasm

Special Advice: The Sweetner Aspartame (phenylalanine) in diet drinks may affect the effectiveness of our products. Please avoid it! Get more on Aspartame induced nervous disorders!

Warning:

0. Over-eating can stimulate the liver to release excessive aromatase for promoting the testosterone-estrogen conversion, and produces fatty livers, like force-feeding for Foie Gras - don't try it at home for yourself.

1. Alcohol kills brain cells and damage liver for more testosterone-estrogen conversion and more prolactin release from the pituitary glands due to aromatase gene overexpression! Alcohol also blocks Methionine=>SAMe(S-adenosyl-L-methionine) conversion, where SAMe cofactors the synthesis of brain's neurotransmitters acetylcholine, serotonin, GABA and dopamine, and increases tyrosine hydroxylase, dopamine betab-hydroxylase and phenylethanolamine-N-methyl transferase gene expressions for adrenomedullary function and stress response. High carbohydrate diets can increase the chance of getting breast cancers, diabetes and overweight (very bad for your heart!). That is, some foods and drinks can kill you more quickly than others!

2. Excessive blood sugar blunt human growth hormone (hGH)production, damages the erectile tissues, nerves and blood vessels in in the tunica albuginea and its sheathing spongy corpus cavernosa and Corpus Spongisosum, thin and harden the erectile tissues for erectile dysfunction. Excessive blood sugar (even without reaching diabetes) result in sexual dysfunction for men and women. However. a low blood sugar level can induce headaches, dizziness, stress, anxiety and insulin deficiency.

3. Excessive stressor epinephrine or/and cortisol blunt hGH, DHEA, testosterone and DHT production, stimulates excessive prostaglandin E2 release for inflammation, damages the erectile tissues, nerves and blood vessels in in the tunica albuginea and its sheathing spongy corpus cavernosa and Corpus Spongisosum, thin and harden the erectile tissues for erectile dysfunction. Hypertension and prolonged or acute exercises result in sexual dysfunction for men and women. Caffeine, Ma Huang (ephedra), and street drugs can induce excessive epinephrine release. Some medication drugs can cause the same problems too.

4. Any medication drugs, herbs or foods which cause deficiency of DHEA, testosterone, DHT and oxytocin and elevation of prolactin will damage the erectile tissues and nerves too.

5. an excess of L-arginine within the CNS may mimic the stress response by augmenting release of oxytocin and activating the sympathetic nervous system to increase blood pressure and plasma glucose levels. Excessive oxytocin release can cause nausea, vomiting, cramping, stomach pain, irregular heartbeat, dizziness, lightheadedness, swelling, severe bleeding, seizures, headache, blurred vision, one-sided weakness, and allergic reactions such as rash, itching, swelling, dizziness, and trouble breathing. I suspect excessive oxytocin induces premature orgasm or ejaculation. This means taking a high dose of L-Arginine in conjunction of a high level of androgen hormones in the bloodstream can swell the prostate and bulbourethral glands to release excessive precum and semen emission, respectively, during sex.

6. Excessive tribulus stimulates the pituitary function for more LH and FSH which in turn stimulate the testicular function. A high dose of tribulus will cause premature ejaculation by overheating the the cerebrospinal fluid for the sympathetic nervous fires (hot flushes) with too much LH and FSH. "The effects of tribulus on pituitary-testicular axis for sexual orgasm, or androgen hormone production, or premature ejaculation."

<http://www.actionlove.com/cases/case15073.htm>

7. Why Creatine killed his 18-year old penis for impotence and no more sexual orgasm

<http://www.actionlove.com/cases/case14890.htm>

8. Beef consumption in pregnancy may harm sons' sperm counts due the beef tissue trapped blood (that is, why it is named as "red meat") contains artificial growth hormones that affect the development of fetal testicles; Whit meat contains no much blood.