

04>Ejaculation or orgasm burns the neurochemicals and androgen hormones in the brain and cerebrospinal fluid.

As a result, the acetylcholine, dopamine, and serotonin level in the brain and nervous systems drops; dopamine is sharply converted into the stress neurohormones norepinephrine and epinephrine for the sympathetic nervous system to induce orgasmic contraction, and for ejaculation and post-ejaculation prostate pains, post-orgasm muscle pains/cramps and post-orgasm muscle/joint stiffness after the prostaglandin E-1 synthesis in the tissue is blocked by excessive norepinephrine and epinephrine in the bloodstream; the androgen hormones are excessively converted into DHT, leading to exhaustion of the adrenal and testicular (ovarian, for women) function which are supposed to produce more androgen hormones to burn during sex; the pituitary gland releases excessive prolactin without oxytocin when the brain's dopamine and androgen hormones become too low; finally, the semen production mechanism will be disabled due to a lack of the cerebrospinal fluid, a weak acetylcholine/parasympathetic nervous function for the liver, prostate, adrenal glands, kidneys and testicles, and a weak dopamine nervous function for the testicles and seminal vesicles, and an excessive prolactin, norepinephrine and epinephrine in the bloodstream. Don't let excessive prolactin, norepinephrine and epinephrine in the post-ejaculation or post-orgasm state shut down your sexual function and disable your penile erection. If you can block the release of the prolactin by reducing (or even blocking) the dopamine-norepinephrine-epinephrine conversion and retaining a high-level of androgen hormones in the hypothalamus/pituitary gland, you can continue to erect your penis and to have sex all day long without sexual exhaustion. If you cannot, you have to change your lovemaking and ejaculation strategy for one and only one ejaculation a day while having sex all day long; otherwise, you will start to experience sexual exhaustion symptoms. I have collected tons of the sexual exhaustion examples due to over-masturbation, over-ejaculation or/and excessive orgasm in the following links, and so far nobody can escape from the consequence of the sexual destruction -

<http://www.actionlove.com/extra/over.htm>

<http://www.actionlove.com/extra/over2.htm> <http://actionlove.com/extra/girloversex.htm>

<http://www.actionlove.com/extra/semendry.htm> <http://www.actionlove.com/extra/penilepain.htm>

<http://www.actionlove.com/extra/testicularpain.htm>

<http://www.actionlove.com/extra/backpain.htm>

<http://www.actionlove.com/extra/headache.htm>

<http://www.actionlove.com/extra/prostat.htm>

<http://www.actionlove.com/extra/eyefloater.htm>

<http://www.actionlove.com/extra/earbuzzing.htm>

<http://www.actionlove.com/extra/pe.htm>

<http://www.actionlove.com/extra/impotent.htm>

<http://www.actionlove.com/extra/uti.htm>

<http://www.actionlove.com/extra/hailoss.htm>

The hair rooting cells will be damaged by maintaining a constantly excessive DHT, prolactin, norepinephrine and epinephrine level in the bloodstream, and the hair falls off.

You have to de-stress your body, reduce the DHT, prolactin, norepinephrine and epinephrine level, and dilate your blood vessels to improve your scalp blood circulation for the sake of your hair.

I have 2 suggestions for you:

1. Take ViaPal-hGH-P (3-010), 5-HTP (2-001), Androboic (2-009), Borage Oil and Fish Oil; eat a lot of sea foods (salmon head, shrimps, lobsters and oysters), sea weeds (yes! you need the vegetable from the ocean), vegetables, seeds and nuts; drink a lot of juices - apply, orange, tomato, berry...

<http://www.actionlove.com/mail/herbform.htm>.

Of course, you can not find animal penis, testicle and blood (for the whole body chemistry!) in the US market, but you may be able to get deer penis, testicles, blood and antler during hunting seasons. If you need extra androgen hormones - hGH, DHEA, androstenedione, androstenediol, testosterone, DHT or more, your own first morning pee is the best. This is called Urine Therapy which contains all natural steroids produced by your own neuro-endocrine system during your night sleeping. Or you can call it the Natural Spectrum Hormone Therapy, the fancy medical term. Urine, known as plasma ultrafiltrate in medical term, is a by-product of blood filtration, not waste filtration. The urine is clean and disease-free. The morning first pee contains no much stress neurohormones norepinephrine and epinephrine unless you work very hard in the midnight and have sleeping disorder. It should contain a lot of acetylcholine, dopamine and serotonin precursors. Drink a lot of watermelon juice can improve your urine taste. You can find the fact of Urine Therapy from <http://search.msn.com/results.aspx?FORM=SMCRT&q=urine%20therapy>

2. Change your lovemaking and ejaculation principle - make all women achieve orgasms with one and only one ejaculation in the all day-long show. A violent orgasm will exhaust or blacken out your partners with a high level of norepinephrine, epinephrine and prolactin in their bloodstream for the little death, or triggers their Parkinson's body shaking responses with a sharp drop of their brain's dopamine, but no yours. Stimulating the clitoris and G-spot/Epicenter (that is, stimulating their clitoris and blending their cervix and G-spot at the same time) can knock out there cerebral conscious control center and produce this type of violent (Parkinson's or seizure) orgasms (please read What's Sexual Orgasm ). My readers will love to see their real orgasms. Let their bodies be flooded by prolactin, norepinephrine and epinephrine, and then collapse (<http://actionlove.com/extra/girloversex.htm>), but not yours! In this way, you can preserve your body for your health and make more money too, and of course, drive all your partners to crazy orgasms, the little death. And, you will become a super-sex King Kong conquering all your women. When you shoot your hot load out, it will look like the 4th of July's fire works. One stone shoots multiple birds. Note: I have few, long-term female customers who experience sexual exhaustion symptoms the same as what men do. Also, Warning: excessive prolactin, norepinephrine and epinephrine in the blood stream will destroy the adrenal, testicular/ovarian function for infertility - semen/sperm production disorders for men and menstrual disorder and excessively colored vaginal discharge for women. Unlike men, when birth control pills fake the menstrual cycle, women won't be aware of the destruction of their pituitary-ovarian function with a chronic, excessive prolactin, norepinephrine and epinephrine (adrenalin) level in their bloodstream.

I'm 45 -- about 2 years ago, I noticed that my erections were going soft. During hours of kissing with my new girlfriend at the time, my erection had been rock hard under my jeans, but when we took it into the bedroom, while inside her, my penis lost its hardness. At first, I thought this was due to her inexperience, and her inability to keep me stimulated. The relationship didn't last and I found myself with a new girl. While I was with her, in the middle of very hot sex, my erection became soft on more than one occasion. I realized I had a problem. The only thing I can think of that preceded the softening erections was the fact that I had lost 30 pounds over the 6 month period prior on a modified Atkins diet. As you know, the Atkins diet is a mostly carb-free, heavy protein (and fat) diet. I mention this because a side effect of going on this diet was that my cholesterol sky-rocketed. It was so high my doctor wanted to put me on Lipitor. I refused, went on a low-fat!

diet, and have now brought my cholesterol to way below average. Despite the change in my cholesterol, erections are still soft and disappointing. My brother, who is 2 years older than me also has erectile dysfunction. Both of our parents have varicose veins -- our dad in particular has legs that are in places nearly blue from all the visible capillaries. I also have some varicose veins on my legs, though absolutely nothing to the degree either of my parents have. Anyway, V-gra has proven very helpful (at the right dose), but it bothers me that I have to take a pill. Is there anything I can do that will permanently restore things to the way it used to be? I'm a single guy and I can tell you that women do not dig a guy who can't get hard. One last thing -- for the two years or so before I noticed I had a problem, I used to rent porns and masturbate sometimes ten times over a one or two day period. Then I might go for days, or a full week without masturbating. Did I!

hurt myself doing this? I never had any pain or the sense that I had "broken" something. Also, finally, I had a cold over the last few weeks and took a lot of products with zinc. Lately, I've been very horny. Is it the zinc?

Dr. Lin: 12/28/2001>

Your diet has over-stimulated your liver function for production of cholesterol instead of enzymes that convert amino acids into neurotransmitters and cholesterol into hormones. That is, your diet had damaged your liver. Like any drugs or medicines, if you are on high dose for a long time, they will damage your liver, unless the product is armed with liver detoxification ingredients. Now, you are on the other extreme - the low-fat diet which contains a little amino acids and B-Complex to support your liver functions and neuro-endocrine functions. So, you have mixed up your body one way or another. You should have a well-balanced diet. How about taking an average of your low-fat and Atkins diets? Instead of eating a lot of fat, you should eat a lot of protein (30%), and fresh vegetables and fruits (60%), and some Carbon-Hydrate Products (10%). You don't need cholesterol drugs either, which block the liver function for normal cholesterol production. Cholesterol is essential for hormone production, but it must be fully converted into hormones by liver enzymes. Protein must be decomposed into amino acids which then are converted into neurochemicals by another group of liver enzymes. So, the problem is your liver function.

Over-masturbation has also killed your brain's and neuro-endocrine functions.

Your ejaculation volume becomes less and less, and watery.

Zinc, Vitamin A, neurochemicals, and DHEA are essential for testicular and prostate functions and seminal productions. That is why over-ejaculation or excessive orgasm causes brain's/nervous/visual/auditory disorders, prostate dama

Your "eat nothing but pasta, pizza and hamburgers" destroys your liver function and black out the negative feedback control loop of the brain (hypothalamus/pituitary)-testicular axis in the endocrine system. Your diet is the so-called "high-protein diet" for weight loss, which turns your blood so acidic that you lose your weight and bone.

The foods you eat is L-Lysine rich. You must eat L-Arginine-rich foods such as seeds, nuts, raisins and grains, and the neutralized foods such as vegetables and fruits. Please balance your diet.

Let's throw red meats out of our dishes. Don't even mention 1/4-lb hamburgers. If you want to have hamburgers, you can make it from soybeans or mix meats with soybeans.

Now, it is the time to have a how-to-do-yourself lecture for soybeans diets - soybean milk and burger - my "POOR" good old-days' recipe:

### 1. Preparing soybeans-

Get dry soybeans from a grocery store.

Soak 3 cups of soybean into water in a big container for 8-12 hours, and change water two or three times during the soaking period.

### 2. Grinding soybeans-

After soaking, drain the water out.

Put 3 cups of soybeans and 4 cups of water into a blender (3:4 ratio is the best); if your blender is too small, adjust the quantity accordingly.

Grind soybeans with two speeds: blend for 3 minutes and liquefy for 3-5 minutes.

Use a juicer to separate soybean milk from powdery (wet) solid, and store the milk in a clean container.

(You can use a cloth bag as a strainer to separate the milk and solid - the good old days' method.)

Remove the bubbles from the milk, that will produce gas in your digestion system.

### 3. Cooking soybean milk-

Fill a cooking container halfway with the milk.

The best way to cook the milk is: use a rice cooker; cook it for 30 minutes.

If you use a surface oven to cook it, you must Use a mild fire to cook the soybean milk slowly to prevent formation of bubbles that could over-flow your cooking container.

Soybean milk contains a lot of natural plant hormone. It is very easy to produce bubbles when you heat it up!

#### 4. Storing soybean milk-

You can sweeten the milk, or store it as it is after cooling down.

Store the milk in a clean container; you can use one-gallon water bottle to store it in your refrigerator.

Don't use the juice or soda bottles to store it because the milk will react with the juice or soda chemicals.

Sweetened milk can last up to 6 days but the plain milk must be re-boiled in 4 days.

#### 5. How to serve soybean milk-

You can have it any times you want.

You can re-boil soybean milk and add a blended egg into it.

You can add vinegar and salt into the plain milk to make the tofu "flower" soup for your breakfast.

#### 6. How to make soybean burgers-

Mix the powdery soybean solid with salt, onion, and pepper, (or meat).

Make soybean burger buns as you do for your hamburgers.

Fry the buns in an oil pan until they are completely cooked