

## Chapter 3

### Great Health Equals Great Sex

If you want more sex in your life then you have to put more life in your sex! And life starts with the foods you choose to eat and the amount of exercise you get. Research has demonstrated that the more exercise a person gets the less likely they will experience sexual dysfunction. Exercise boosts your body physically, emotionally, reduces stress, elevates mood, and increases confidence especially in the bedroom! Sex is a contact sport for sure and its physical requirements will rival that of any sport. In order to have great sex you have to have abundant energy, high aerobic capacity, strength, stamina, mobility, health and above all: blood flow.

*“Because if the blood don’t flow the sex is a no go”!*

Keeping the blood flowing starts with your nutrition. The types of foods you eat, the vitamins and minerals you take, the amount of water you drink, and the adequate amounts of rest, the types of strenuous exercise you perform all help to create an internal environment that produces an abundance of sex hormones that stimulate sexual desire.

Inadequate amounts of the sex hormones, referred to as andropause in men and menopause in women can lead to decreased libido, fatigue, weight gain, loss of muscle mass, loss of strength, poor skin tone, increased cardiovascular issues, decreased bone density, disturbed sleep, and depression. Correcting these deficiencies all starts with proper nutrition and adequate exercise.

Having great sex all starts with being in excellent health and being in excellent health means no smoking, drinking limited amounts of alcohol, eating healthy balanced meals with appropriate amounts of healthy fat, exercising often, and drinking plenty of water.

Men, if you are not having at least 3-5 morning erections per week regardless of your age, go see your doctor. Lack of erections is a tell-tale sign of other health issues such as diabetes, vascular disease, and heart disease. Decreased libido and poor erectile quality are actually some of the later findings that there is a health problem.

*To naturally increase your sex hormones do the following:*

- Eat healthy meals daily
- Eat lean proteins like chicken, turkey, and lean beef
- Eat healthy fish with omega 3 fatty acids like salmon
- Eat plenty of green, leafy vegetables
- Eat low sugar fruits like berries and apples
- Avoid sugar
- Drink plenty of water
- Get adequate amounts of rest
- Do intense short exercises
- Limit unneeded stress
- Limit alcohol
- AND ABOVE ALL STOP SMOKING!

### **Keeping the blood flowing**

What I am talking about here is having healthy endothelium. Endothelium is the thin interior lining of the blood vessel wall. The endothelium of the blood vessel forms the interface between the blood and your body. These endothelial cells secrete important substances such as *nitric oxide (NO)* which controls blood pressure, creates vascular tone, regulates chemical reactions, prevents oxidation and coagulation, and controls inflammatory processes. This thin lining can be damaged in different disease processes that all have one thing in common is inflammation. Inflammation is the silent killer that can start even in childhood only to later reveal itself during adulthood in damaged vessels, hypertension, erectile dysfunction, heart attacks, and strokes.

Here are the important vascular actions of nitric oxide:

- Direct vasodilation (flow dependent and receptor mediated)
- Indirect vasodilation by inhibiting vasoconstrictor influences (e.g., inhibits angiotensin II and sympathetic vasoconstriction)
- Anti-thrombotic effect - inhibits platelet adhesion to the vascular endothelium
- Anti-inflammatory effect - inhibits leukocyte adhesion to vascular endothelium; scavenges superoxide anion
- Anti-proliferative effect - inhibits smooth muscle hyperplasia

When nitric oxide production is impaired it results in:

- Vasoconstriction (e.g., coronary vasospasm, elevated systemic vascular resistance, hypertension)
- Thrombosis due to platelet aggregation and adhesion to vascular endothelium
- Inflammation due to upregulation of leukocyte and endothelial adhesion molecules
- Vascular hypertrophy and stenosis

Diseases or Conditions Associated with Abnormal Nitric Oxide Production

- High Blood Pressure
- Obesity
- High Cholesterol
- Diabetes
- Heart failure
- Atherosclerosis
- Accelerated Aging
- Cigarette smoking

Luckily, you have the power to change all this and create the internal environment to have healthy, fully functional endothelium by maintaining a healthy lifestyle of regular exercise, healthy nutrition, appropriate supplementation, drinking plenty of water and avoiding the endothelial damaging effects of smoking. Remember, if the blood don't flow the sex is a no go!

We can also directly test the vascular endothelium with a VENDYS<sup>®</sup> vascular function Test. VENDYS<sup>®</sup> (pronounced VEN-diss) is a noninvasive diagnostic device used to measure vascular reactivity for early detection of cardiovascular disease and monitoring response to therapy.

How does VENDYS<sup>®</sup> work?

The VENDYS<sup>®</sup> test begins with an automated blood pressure measurement, followed by cuff occlusion of the right arm. During the cuff occlusion (2 to 5 minutes), fingertip temperature in the right hand falls because of the absence of warm circulating blood. Once the cuff is released, blood flow rushes into the forearm and hand, causing a temperature rebound (TR) in the fingertip, which is directly proportional to the vascular reactivity.

Watch Dr. Rob demonstrate the VENDYS test <http://bit.ly/lbvendys>

Why get tested?

Because prevention is the best treatment! Cardiovascular disease develops over many years and if undetected can have life-threatening consequences. Initially it is a silent process, often called subclinical atherosclerosis. VENDYS<sup>®</sup> testing provides you with a quick and easy way of determining if you are heading down a road towards heart attack, stroke, and other cardiovascular diseases.

Vascular dysfunction is considered to be the earliest clinically detectable stage of subclinical atherosclerosis. Unlike atherosclerosis, vascular dysfunction is reversible (with proper treatment).

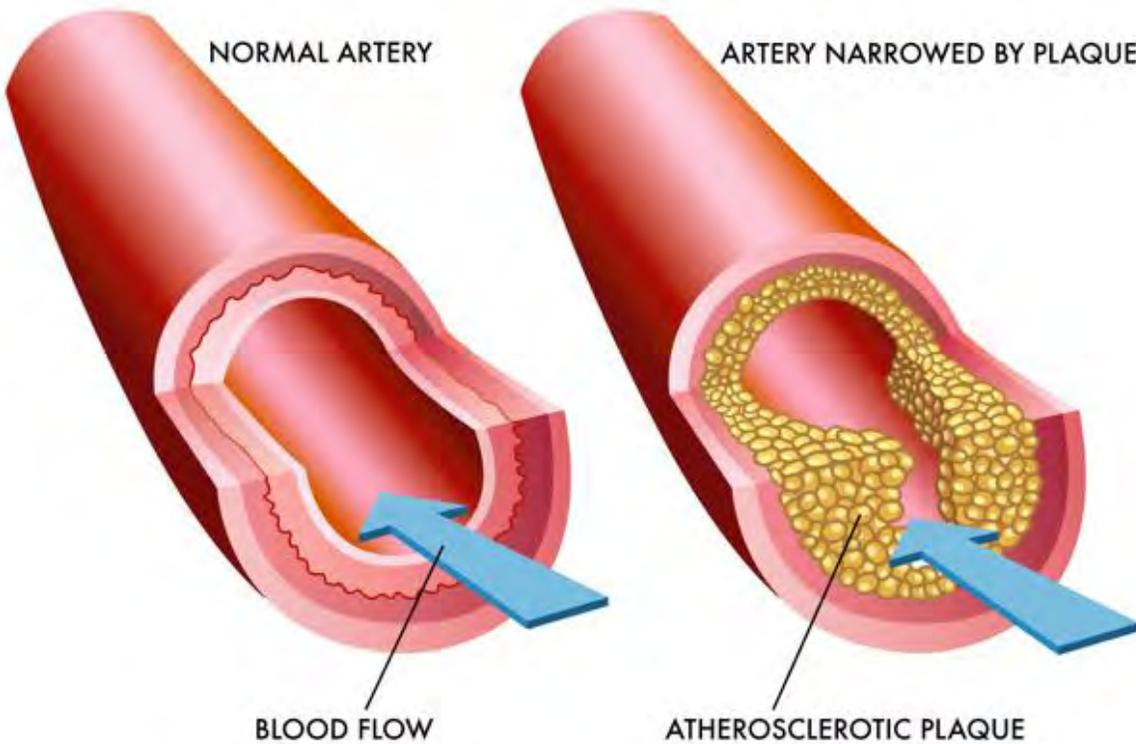
What is the endothelium?

The endothelium is the inner lining of blood vessels, allowing blood to flow smoothly within them and actively maintaining physiological condition. Normal vascular function protects blood vessels from formation of atherosclerosis, a cause of cardiovascular disease.

### What is vascular dysfunction?

The pathological state known as vascular dysfunction is the earliest clinically detectable stage of cardiovascular disease (which includes heart attacks, stroke, Peripheral Arterial Disease and many other diseases).

## ATHEROSCLEROSIS



What will happen if it turns out that I have vascular dysfunction?

Your physician will evaluate the overall state of your health and discuss with you the most appropriate treatment options to improve your vascular function. These will usually include lifestyle modification measures (e.g. diet, food supplements, exercising), strict control of risk factors (e.g. quitting smoking), and supplement or prescription drug treatment. In some cases you will need to undergo more frequent monitoring and/or further testing of the cardiovascular system.

**Remember - prevention is the best treatment!**