

Simon Goodall

THE FIVE MINUTE FACE LIFT WORKOUT FOR MEN

Video
Guides
Included!



*How Five Minutes of
Simple Exercises Once a
Day Could Make You
Look 10 Years Younger!*

The Five Minute Face Lift Workout

An Anti-Aging Guide for Men (Sample Edition)

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For more information about these contributors go to:

readmystuff.net/hypnosisdownloads

readmystuff.net/evitamins

animalaid.org

Introduction

Hello, my name is Simon and I am a freelance writer.



Writing articles for magazines and the Web has led me down some interesting lines of research but none have been so fascinating as the subject of health and fitness and how it can keep us guys looking and feeling younger for longer.

In the last few years it has become OK for men to care about how they look. Gay or straight, young or old, men all over the world want to look and feel good.

It's now macho to moisturize, ex-foliate, pluck, shave and pamper. The growth in sales of male cosmetics and the rapid spread of beauty salons for boys just goes to show that getting gorgeous is no longer the preserve of the opposite sex.

This book explores the many ways you can slow down and even reverse the signs of aging, through facial and body exercise, a change of diet or unleashing the infinite power of your subconscious mind.

No-one is ever going to completely beat Father Time, but if you integrate these anti-aging secrets into your life, you can give him a good run for his money.

The Five Minute Face Lift Workout

Go into any newsagent or magazine seller and you will see a wide selection of well-known fitness publications for men. The glossy covers show young guys with rippling abs and biceps and their pages will be packed full of conventional exercise regimes designed to strengthen and tone nearly every muscle in your body.

Without doubt these workout routines will keep your body strong, healthy and more resilient to disease, in fact, I've included my own 'fast fitness' exercise routine in this book because regular exercise is a vital anti-aging weapon.

While these magazines concentrate on the muscles in a man's body, very much less is said about another, neglected set of muscles that have a huge impact on how young or old you look and feel - the muscles in our face.

Yet, while the muscles in the body are exercised almost to obsession, those in the face are usually neglected and left to wither away. It is this deterioration in the tone and strength of the facial muscles that encourages the formation of wrinkles, sunken eyes, hollow cheeks, eye bags and a flabby neck.

Without toned muscles to support the skin, gravity sucks your features down, making you look drawn and tired. The corners of the mouth droop downwards giving you with a permanently sad expression.

You may think that because you use the muscles in your face every day to talk, eat and make expressions, this would be enough to keep them in good condition but this type of sporadic, uncoordinated movement is not enough to keep the facial muscles in their best condition.

We assume that this deterioration in our looks is just a natural part of the aging process but I disagree. Women have known for a long time that simple daily exercises that tone the major facial muscle groups can help to firm the contours of the face and prevent or reduce the visible signs of aging. Now it's your turn.

Just as with the muscles of the body, if you exercise the muscles in your face, you can stay looking fresher and younger for longer.

The idea of exercising the muscles of your face may seem a little strange but it can become a normal and natural part of your daily routine and it only need take 5 minutes a day.

No matter what your age you can look and feel better with facial exercise. If you are a young man, performing facial exercises will help you maintain that smooth, fresh, healthy look of youth. If you are more mature, a facial workout will help 'turn back the clock'.

Performed regularly, facial exercises can:

- Firm the forehead, reducing worry and frown lines;
- Reduce and prevent crows feet and bags around the eyes;
- Stop the downward turn of your mouth and thinning of the lips;
- Accentuate your cheekbones to give a more elegant tapered shape to the face;
- Reduce and prevent jowls and slack neck skin (turkey neck);
- Fill out the sides of the mouth to prevent hollow cheeks.

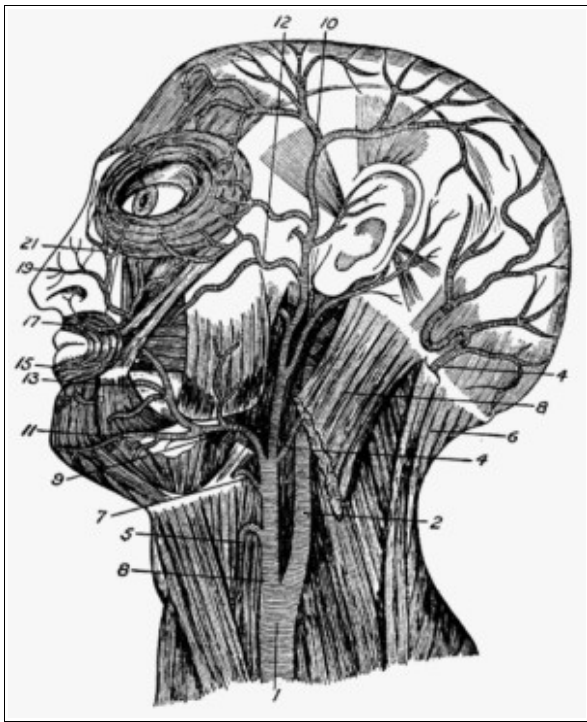
This step-by-step guide shows you easy-to-learn, simple exercises that will give you a natural, non-surgical facelift in the same time it takes you to shave and it's guaranteed to work for you, regardless of your age.

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The Muscles of the Face

There are sixteen major groups of muscles that influence how the face looks. The diagram below shows a simplified view of how the facial muscles are arranged on the skull and the legend on the next page gives the name of each muscle group.



Muscles of the face, jaw and neck.

1, longus colli; 2, rapezius; 3, sterno-hyoid; 4, sterno-mastoid; 5, erico-thyroid; 6, trapezius; 7, constrictor of pharynx; 8, sterno-mastoid; 9, digastric; 10, attrahens aurem; 11, mylohyoid; 12, masseter; 13, depressor of lower lip; 15, orbicularis oris; 17, levator of upper lip; 19, levator of angle of mouth; 21, orbicularis palpebrarum. Source: Joseph G. Richardson, Health and Longevity (New York, Home Health Society, 1912).

As you can see, muscles cover almost the entire face and head and therefore have a huge influence on your unique appearance.

The following exercises, if performed correctly and regularly, will tone and strengthen these major facial muscles, restoring their tone and strength.

Each exercise is clearly explained in words and pictures and you also have the option of watching a demonstration video on a private area of You Tube. The web address where you can view the videos is given after each exercise.

You will be exercising your muscles 'isometrically'. This means you will be tensing the muscles against counter pressure from your hands for a number of seconds and then relaxing.

At first it may seem very difficult to perform each exercise or to feel any effect. This is normal. Much like the muscles of your body, any exercise performed for the first time on muscles that have not been actively exercised for years will be a challenge.

Even holding the tension for a few seconds may seem impossible but don't give up! When you first work out the biceps on your arms it can be difficult to even lift the dumbbell off the ground, but the more you do it the stronger the arms muscles become and the easier it gets to lift the dumbbell. It's no different with the muscles in the face.

In the beginning, aim to hold the tension in each muscle for a slow count of 10. Do this every day for one or two months. As the muscles begin to tone and the exercise feels easier, double the tension hold to 20 seconds for another couple of months. When this becomes comfortable increase the hold to thirty seconds for each exercise.

The important thing is not to rush and expect instant results. Muscle toning takes time, dedication and patience but the rewards are worth the wait and the effort.

You don't have to perform all the exercises in one session. If there is a particular part of your face you wish to concentrate on that's fine or you can spread the exercises out over an entire day or week, but for the fastest results and a complete 'makeover' I suggest doing the entire workout on a daily basis.

Before you start make sure your hands are clean and dry so that you can hold the skin under your hands and fingers. If your hands or face are too greasy you may find it hard to create the resistance needed for your facial muscles to work against.

If you wash your face before the session, either use a non-drying facial cleanser that does not leave your skin feeling tight or moisturise after your wash with a light, easily absorbed non-greasy lotion or cream and give it time to absorb.

You want your skin to be dry enough so that your fingers and hands do not slip over the skin. You want to be able to hold the skin gently but firmly and work the muscles underneath against that hold.

The Exercises

Each exercise is clearly explained. Please follow the step by step instructions to make sure you perform each exercise correctly. It may be a good idea to practice each exercise in front of a mirror or web cam to check the position of your hands.

As you become more confident in performing each exercise you should be able to perform the exercises by feel alone but you can, of course, continue to use a mirror if you wish.

Okay, let's get started on your journey to looking younger.

Firming and Smoothing the Forehead

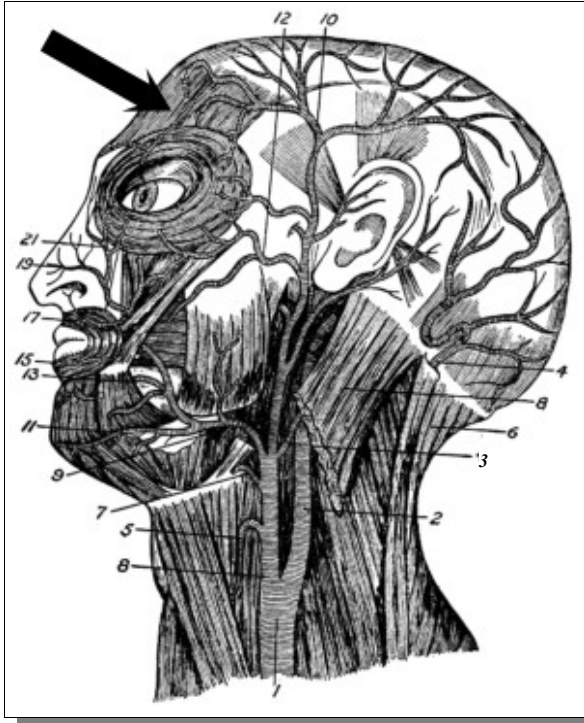
The forehead is covered by a thin sheet of muscle called the Occipital Frontalis. When you raise your eyebrows, this is the muscle you use. It is also connected to the muscles around the eyes. As we age, this muscle loses its tone and elasticity, encouraging both frown lines and drooping of the skin over the eyes.

By exercising this muscle, you help smooth and minimise frown lines, lift the eye brows into an elegant arch and prevent the drooping of the upper eye lid.

As the forehead muscle increases in tone, you should feel the tension across the front of your forehead when you perform this exercise.



Muscle location.



Muscle location.

Place both palms of the hands over the forehead, so that the fingers rest on the front of your head and scalp, and your thumbs touch your temples.

The lower part of your palms covers your eyebrows. Press your palms firmly against the forehead bone and gently pull the skin upwards and outwards.

See illustrations on the next page.



Use your palms to provide resistance.
Place your palms over your forehead.



Side view of exercise.

Now slowly pull your eye brows and forehead down, trying to close your eyes against the upper pressure of your palms. Try to move the entire sheath of muscle across your forehead down towards your nose.

Try not to frown or use only the eyebrows. Use your palms to keep your eyebrows gently separated by pressing outward as well as upward. You should feel tension across your forehead only. Hold the tension for a slow count of up to 30 seconds, then gently drop the forehead skin down to it's resting position, release the tension and take away your palms. Do this once a day.

Video Demonstration

If you would like to watch a demonstration video of this exercise, go to readmystuff.net/forehead.

The other exercises in the workout:

- **Exercise two - wave goodbye to droopy, tired-looking eye lids**
- **Exercise three - crows feet are a thing of the past**
- **Exercise four - unpack those eye bags - no knife needed**
- **Exercise five - hello new cheekbones**
- **Exercise six - hollow, sunken cheeks are a thing of the past**

- **Exercise seven - a strong mouth and lips to make you more kissable**
- **Exercise six - farewell flabby turkey neck**

[Click here to buy the complete edition now.](#)

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The Natural Plant Extracts You Must Use if You Want to Stay Looking Younger for Longer

Anti-Aging Skin Care for Men

If you have frown lines, crows feet or lines at the corner of your mouth you know how depressing it can be to watch your face getting older in the mirror every morning. Let's face it, we all want to look as young as possible for as long as possible but may not want to resort to the surgeon's knife or paralyzing face injections.

Whether you like it or not, you live in a very superficial society where looks and appearance have a huge effect on all parts of your life, from sex and relationships to employment and social acceptance.

If you are 40 or over and you do nothing now, things are only going to get worse. If you let your face slowly degenerate into a tired-looking, wrinkly man, one day you will suddenly realize you look like your dad!

As well as performing The Five Minute Face Lift Workout for Men every day, it is important to keep your facial skin moisturized with a good quality, vegetable based cream or lotion.

Adding certain essential oils and other plant extracts that have a reputation for their anti-aging effects will help to keep your skin looking smooth and fresh.

The next few pages will detail the essential oils I feel you need to include in your skin care routine simply because their anti-aging benefits have been observed over a long period of time.

Flick through any men's magazine and you will see dozens of full page, glossy advertisements for the latest 'wonder cream' for men. The marketing text will boast that the cream contains some new, miracle ingredient whose rejuvenating properties can be yours.

There are literally hundreds of skin problem-solving creams and lotions to choose from, all claiming to be the one you need to reduce wrinkles and look younger. How can you be sure that those magic ingredients will do what they promise?

One way is to opt for a product that contains ingredients that have been used for hundreds, even thousands of years to help keep skin young looking and healthy.

Even today, practitioners around the globe use the natural plant extracts you will read about in this chapter to minimise the formation of wrinkles and keep skin looking fresh and healthy. There are a number of plant oils that have been proven to deeply penetrate the skin and rejuvenate it from within.

These oils are not like the vegetable or mineral oils you find in shop-bought cosmetics. Their texture is so fine and light they look and feel more like water than oil and it is these bio-active liquids that are the essential ingredient in a branch of herbal medicine called Aromatherapy.

Aromatherapy is the therapeutic use of plant-based bio-active substances from flowers, trees, shrubs, leaves, stems, roots and fruits for psychological and physical well-being.

The History and Development of Aromatherapy

Although the word 'Aromatherapy' was only coined fairly recently, it has its origins in the most ancient of healing practices, for the plants from which we obtain essential oils have been used in one form or another since man first became aware that he could use plants to heal.

Aromatherapy is the use of plant oils for psychological and physical well-being. Essential oils are found in seeds, flowers, bark or leaves and it can take many pounds of plant material to make up just one tiny bottle 10 ml of concentrated oil.



Essential oil

The natural chemical composition of each essential oil differs according to the plant from which it is extracted and therefore the therapeutic benefits of each oil can also differ.

One thing all essential oils have in common is their ability to be readily absorbed by the skin. That's because their unique molecular structure allows them to pass through the cells that make up the outer, semi permeable layers of the skin and into the bloodstream and cells where they can have beneficial effects.

Here's an interesting experiment you might like to try to prove this to yourself. Garlic has been used medicinally for nearly 5000 years. Its unique anti-viral and anti-bacterial chemicals help treat high blood pressure, coughs, colds, acne and asthma.

Garlic oil also contains essential oils. Break open a capsule of the oil and massage it into your skin, somewhere on your body. Within a few hours you should be able to smell the garlic on your breath without ever having eaten it! That's because the oils have been absorbed through your skin and have made their way around your body to the respiratory system. Be careful - garlic oil has been known to irritate the skin in sensitive people.

Another thing all essential oils have in common is that they are to a lesser to greater extent, naturally anti-bacterial and antiseptic, so using a cream or lotion containing an essential oil will go some way to help keep spots and pimples at bay.

In the full version of this book you will learn:

- **How to use an ancient Egyptian mummification extract that has preserved the skin of Pharaohs for thousands of years to 'stop the clock' on your skin;**

- **A plant once used by the Romans that has been used for centuries to rejuvenate and refresh tired-looking skin. Your skin will look brighter and fresher. Destroys spots and calms razor burn too;**
- **Restore tone and elasticity, remove age spots, reduce wrinkles and improve the blood supply to the skin with this vegetable seed extract that nourishes the skin with an anti-aging vitamin.**

Don't buy another anti-aging cream until you've read how you can successfully soften lines and wrinkles naturally and get back the younger-looking, healthy and attractive skin you remember you had years ago.

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The Power of Anti-Aging Antioxidants

Diet plays an important role in keeping mind and body young and healthy and there is a lot you can do to slow down the natural aging of cells and ward off diseases commonly associated with advancing age.

A diet rich in antioxidants is a natural, simple way to keep your skin and body in the best possible condition but what exactly is an antioxidant?

Thousands of chemical reactions occur in our bodies every minute of every day. Without them our bodies would not be able to function properly. Many are the bi-product of breathing in of oxygen and the digestion of chemicals in our food and drink.

Whenever we are exposed to environmental pollution, drink alcohol, smoke, exercise, are exposed to the sun or take certain drugs, our bodies produce molecules called 'free radicals'. These are unstable molecules that carry a negative electrical charge in the form of a spare electron.

They try to rid themselves of this unwanted molecular 'baggage' by colliding with other molecules or they try to steal a positive charge from other molecules to neutralise their spare negative electron. This chemical offloading and stealing is known as oxidation.

An excess of these free radicals can start chain reactions that damage cells, proteins, fats and genetic material in our bodies. This damage has been linked to many health problems and diseases including hardening and furring up of the arteries, coronary heart disease, cataracts, arthritis, cancer and premature aging of the skin.

An antioxidant is a protective substance that helps to neutralise this damaging oxidation. They work by mopping up the negative charges on free radicals before they can trigger a damaging chain reaction. Antioxidants are found in varying amounts in foods such as vegetables, fruits, grain cereals, eggs, meat, legumes and nuts.

Although a normal diet high in antioxidants is good, experts agree that food alone cannot supply the optimum amounts needed to be effective – you would need to eat huge amounts of foods containing antioxidants for them to be effective and some antioxidants can be destroyed by storage and cooking.

Because the amount of antioxidants in any one food type can vary so much, if you are serious about maintaining your health and warding off age-related disease, taking supplements is well worth considering.

There follows a list of known antioxidants you should try to incorporate into your diet. You will find supplements for most of these age-fighters at your local health food shop or drug store. If you wish to purchase them over the Internet, which is usually cheaper and more convenient, go to the Web address given at the end of each section.

In the full version of this book you will learn:

- **How to reduce the risk of many cancers, including skin cancer;**
 - **How to protect yourself against many diseases such as cancer, arthritis, heart attack, infertility, stroke and emphysema;**
 - **How to half your risk of developing cataracts, macular degeneration, cataracts, night blindness and glaucoma;**
 - **How to lower your risk of heart disease, stroke and high blood pressure;**
 - **How to naturally protect yourself from gastric ulcers and tumors, parasites, colitis, gastritis, arthritis, rheumatism, diabetes, PMS, chronic fatigue syndrome, HIV, Alzheimer's disease and prostate conditions;**
 - **How to improve your memory and powers of recall;**
 - **How a simple change in your diet can eliminate osteoporosis, kidney stones, kidney disease, and many common allergies.**

[Click here to find out these health secrets now.](#)

Fancy Adding Extra Years to Your Lifespan?

The Best Foods to Eat and Not to Eat for Optimum Health

There is now a huge and growing body of evidence to show that a well-balanced 100% plant-based diet is the ideal vehicle for the promotion of human health. Based on whole grains, pulses, fruits, vegetables, seeds and nuts, it is these foods that provide all the essential nutrients – vitamins, minerals, essential fats, protein, starchy carbohydrate and fibre – that we must take into our bodies if we want not just to survive, but to thrive!

The Trouble With Too Much Protein

The problem with protein in the Western diet is actually more to do with eating too much than eating too little. Excessive protein consumption can lead to a number of serious health problems.

Studies show that vegan diets provide sufficient amounts of protein, automatically met by a balanced, varied diet including grains (e.g. rice) and pulses (e.g. beans).

Read the [full version](#) of this book to learn simple and easy ways to avoid:

- Osteoporosis
- Heart Disease And Stroke
- Cancer
- Diabetes
- Crohn's Disease
- Allergies

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Using Your Subconscious Mind to Live Longer and Look Younger

You would think that with the billions of dollars N.A.S.A. spends on launching probes and satellites into the farthest reaches of the universe that space, as Captain James T Kirk said, was the final frontier. I beg to differ. I suggest to you it is 'inner space', the human mind, than represents a greater enigma than the distant stars ever will.

Thanks to modern technology, our knowledge of the external has, much like the universe itself, expanded rapidly. We can be certain of the motions of the planets around far off suns and have discovered that an insubstantial 'dark matter' fills the heavens, yet the grey matter between our ears still remains somewhat of a mystery.

So what do we know? We know your mind is incredible and has been described as a biological computer more powerful than any electronic brain yet devised by man. Every man made thing we see around us, from the smallest ball bearing to gigantic Apollo space rockets, was first conceived in and then made reality by the human mind.

Although all our man-made achievements may seem impressive, it is generally accepted that we use only about 10% of the brain's ability, whilst the remaining 90% remains dormant and unused.

That part we have used to create our world demonstrates only a fraction of the human mind's capabilities. What we have discovered and achieved so far is only the tip of the proverbial iceberg.

Read the full version of this book to learn how to zap your mind with powerful anti-aging commands to look and feel younger with zero effort!:

- **How to set your unconscious mind to live longer guide yourself to live longer;**
 - **How to get a natural anti-aging attitude;**
 - **How to get a non-surgical face lift using hypnosis;**
 - **How to come to terms with the changes associated with hair loss and still feel confident and assured.**

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Fast Fitness

How to Get in Shape, Stay Active, and Start Living a Long and Healthy Life While Balancing Your Work, Home and Family Needs

It would be very easy to me to tell you that one of the best ways to combat aging is to do moderate exercise on a daily basis. Whether it is a brisk walk, cycling, swimming, jogging or working out at the gym, it is common knowledge that any physical activity that strengthens your muscles and raises the heart rate is going to keep you feeling and looking younger and more energetic.

But let's face it, it's a fast-paced, instant noodle, 'I want everything now society' we live in; we want everything quick, especially exercise.

That's the attraction of The Five Minute Face Lift Workout for Men. It can be slotted into your busy day easily and quickly. But what about the rest of your body?

Our lives are busy with work, family, children and commitments, and though the spirit may be willing, we just don't seem to find the time to make that trip to the gym and pound away on a treadmill for an hour, or plough up and down the swimming pool to clock up dozens of lengths.

If you have no time in your day. If you don't know the difference between a barbell and a cowbell, you can find a way to add simple, quick exercises to your daily regimens for a slimmer waistline, increased energy, and a happier life! It can be hard to get to the gym after a long day at work. Your family expects you back as soon as possible. You're pent up in a cubicle all day, never able to stretch. Or constantly leaving for business trips. Anyone who's ever been in your shoes knows it can be difficult to keep a regular workout routine. The truth is, you can get exercise without working out.

Fit exercise into your busy schedule? That's as absurd as saying that there are eight days in a week.

First, you've never exercised before or regularly played a sport. Second, you've never been into the fitness crowd and third, you're far too busy to even think about exercise. In other words, you're just not into it.

Of course your friends talk about it and rave about the latest fitness craze, but you've seen it too often, some of them are on the 'on-again-off-again' treadmill / stair master mania, and you wonder why they haven't shed the fat that they're desperately still trying to hide.

Seeing what your friends go through and not seeing any results, you cling to the notion that your total lack of interest is justified.

You're not the least bit inclined to engage in these circus-like contortions or do those mindless freestyle strokes in the water.

That would only encroach into your already busy schedule of juggling family, home and career. These three combined – husband/children/work are your exercise.

Before tackling the idea of fitting exercise into your busy schedule, it might be better if we start with the concept of self-assessment and then familiarize ourselves with the disease-prevention aspect of exercise.

Once you've accepted the fact that exercise is good for your health, then you can consider some of the ways you can include it into your life.

In this chapter in the [full version](#) of this book, you will learn:

- **A new way to look at how you treat and care for your body**
- **5 ways people end up looking older than they really are and how you can avoid it**
- **3 questions you must ask yourself to honestly judge how fit you are**
- **The secret behind "slowly but surely" and how it can save the day for people on the go**

- **5 reasons you'll never regret getting in shape**
- **The lowdown on HDL/LDL counts, your cholesterol, and the risks of being in the red zone**
- **If you're a woman, exercise can be one of your greatest weapons against osteoporosis**
- **How to prevent diabetes with exercise**
- **How being penny wise and pound foolish is a recipe for disaster.**
- **3 ways to manage your workout program like you would manage a project in your office**
- **The secret to keeping up with your exercise routine when you start to get bored**
- **An easy way for you to make the transition to workout king or queen**
- **How to fit exercise routines into your work day**
- **Keeping your blood flowing inside your cubicle**
- **How to use your children to stay in shape**
- **How a good set of "traveling shoes" can keep the constant flier in shape**

- **6 tips every traveler can use to stay in shape and keep your routine while away from home**
- **6 exercises to use whenever you find yourself stuck without a gym**
- **11 exercise tools you can take anywhere**
- **Warning! Not all exercise products do what they say! Read this and save your cash for something that does work**
- **How to use every exercise advantage possible while staying at hotels**
- **An easy way to motivate yourself to walk**
- **The secrets to eating for exercise success**
- **4 "fitness friendly" hotel chains you should be on the lookout for**
- **And more . . .**

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Using Sex to Live Longer

There are many studies that assert that having more sex and more frequent orgasms can increase male life expectancy by as much as 8 years and decrease the risk of death by heart attack and stroke by up to 50 percent, especially if the deed is done 3 times a week or more.

This could be because sex is a great form of cardiovascular exercise. It improves the circulation, increases the heart rate and encourages deep breathing, all of which improve the removal of waste products from the blood, which if left to circulate around your body, can cause illness.

Sex can also help you stay slim because it burns as many, if not more, calories in 30 minutes than yoga, walking, weight training or volleyball. On average, half an hour of sex burns about 150 calories, so making love just three times a week could burn as many calories in one year as would be consumed if you jogged 75 miles! Unless you are a real jogging enthusiast, the former sounds much more fun than the latter.

But you don't have to 'go all the way' to enjoy the calorie-burning benefits of intimacy, it turns out that just kissing your partner passionately i.e. using your tongue muscle, can not only burn a couple of calories a minute but also help tone up your facial muscles, so why not add 'making out' to your daily face lift workout routine.

But don't go thinking you can veg out on the sofa, drinking beer, eating potato chip, watching the game and then undo all that damage with a quick roll in the hay.

Whilst numerous research studies have shown that good sex can promote longevity and good health and help you look younger, your 'sexercise' routine should be combined with a more conventional form of exercise.

Read the [full version](#) of this book to find out how sex can::

- **Improve your memory;**
- **Lower your Risk of cancer;**
- **Eases your arthritis**
- **Builds muscle;**
- **Prevent you getting Alzheimer's Disease.**

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How to Naturally Re-Gain the Sex Drive and Performance of Your Youth

The introduction of anti-impotence drugs, and the world-wide media interest it has generated, has focused everyone's attention on the subject of male sexuality and libido.

Mistakenly hailed by some as a 'miracle cure', it must never be forgotten that drugs, whilst proven completely safe for the majority of users, may cause unwanted side effects.

A natural alternative, proven by use for many hundreds, even thousands of years, may possibly cost you less and prove to be as good as, if not better than, the famous synthetic version.

In this section you will find a concise introduction to many natural ingredients that help stimulate sexual desire, improve libido, treat impotence or generally boost energy and stamina.

If you are interested in knowing more about the subjects covered, there are web addresses in each section that will take you to a source of further information on the World Wide Web.

Vitamin B3/Niacin

Vitamin B3 comes in two varieties - niacin and niacinamide - and both have therapeutic uses.

When taken in large quantities both can produce side effects such as skin flushing, liver inflammation and headache.

Therefore, it is advisable to stick to the recommended doses or seek qualified medical advice if you wish to take larger doses.



Niacin

B3 is water soluble and can be found in dairy products, grain, nuts and dried fruit and has been shown to have an aphrodisiac effect chiefly by widening the blood vessels and improving blood flow to the penis. It also plays a part in the production of histamine, a chemical that is said to make sexual sensations during orgasm more intense.

A good brand of Vitamin B3 supplement can be purchased at readmystuff.net/niacin.

Read the full version of this book to find out:

- **The small tree that's your best natural alternative to Viagra;**
- **The powerful tree bark that multiplies the frequency of your erotic dreams and boosts sexual desire;**

- **The exotic vine that improves your virility, vitality and stamina;**
- **The shrub that can boost your circulation and increasing the sensitivity of your Penis for firmer and longer lasting erections and more pleasure;**
- **The amino acid that works like Viagra and encourages erections that are harder and bigger, last longer and occur more frequently;**
- **The Indian root proven to be an effective aphrodisiac that can improve your sexual performance and treat impotence;**
- **The bark from West Africa that helps you to stave off ejaculation and increase the duration of intercourse;**
- **The mineral that's vital to your sexual health;**
- **The Indian vine that could increase the levels of your Testosterone - the hormone vital to a healthy and vigorous sex life;**
- **The ancient Chinese weed considered to be the best aid to achieving erection and stimulating your libido;**
- **The South American potato-like plant that increase your energy levels, improve your fertility and act as an effective aphrodisiac.**

The Sex Muscle Workout for Men

A Man's Guide to Achieving His Full Sexual Potential

We have already learned that, without exercise, your facial muscles become slack and weak, and this neglect is a major contribution toward the deteriorating appearance of your face as you age.

There is another muscle that is also commonly overlooked when it comes to keeping your body in the best shape possible.

It's a muscle intimately connected with the amount of pleasure you enjoy when you orgasm and its deterioration plays a large part in the declining levels of ecstasy you experience as you age.

Taking the herbs mentioned in the previous chapter will go a long way to reversing this decline but I highly recommend combining any course of herbal supplements with The Sex Muscle Workout to maximize your chances of retaining a strong, vigorous and healthy sex life well into your autumn years.

Read on to find out how this very simple, straight-forward workout can turbo-charge your sex life.

Introduction

Woody Allen once said that "sex was the most fun he had had without laughing". What he may not have known was that by practising an easy-to-learn special 'sexercise' in his spare time, he and you could not only make sex a lot more fun but positively mind blowing.

All this can be achieved in as little as sex weeks using a deceptively easy-to-learn, simple and discreet technique. When you need to improve the performance of any part of our body, we exercise. The penis is no exception! This simple technique could help you grab back control.

Thousands of men have used this special exercise programme to drastically improve their sex lives. They now enjoy more powerful and pleasurable orgasms and so can you if you follow this programme and perform the exercises on a regular basis.

If you are one of those people who will run in the opposite direction at the mere thought of having to do exercise, don't worry. This 'work out' does not involve going to the gym, lifting weights, swimming lengths or pounding the streets. It's easy to do, simple to learn and can be done anywhere either sitting down or standing up, and no-one else will know you are doing it!

All will be revealed soon but first it would be a good idea to learn just a little bit about the male sexual organ and what happens during orgasm.

With this basic knowledge you'll more fully understand what you are doing, why you are doing it and how it will make your sex life that much more enjoyable.

Read the [full 186 page version of The Five Minute Face Lift Workout for Men](#) to learn how you can quickly and easily revolutionise your sex life by learning a sex secret that will give you maximum orgasmic pleasure in minimum time. This is special men-only information that is dramatically changing men's sex lives in an amazingly short time.

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