



January 2019

## **GAINSWAVE THE “GAME CHANGER”**

Catch us in Dave Asprey's New Book  
(Plus, win a free treatment!)

## **DIET + EXERCISE = BETTER SEX?**

FREE EBOOK INSIDE!  
**REIGNITE  
THE SPARK**  
GET ALL THE FACTS!

## **PTSD CAN LEAD TO ED?**

See why Veterans are prone & what  
one provider is doing to help.

## **Stock Your Fridge with These 3 SEXY FOODS**

[www.GAINSWave.com](http://www.GAINSWave.com)



# NEW YEAR, NEW YOU:

## HOW DIET & EXERCISE CAN BOOST YOUR SEX LIFE

Exercise and diet are widely known as universal tools on the path to wellness. They help you look your best, make you feel fantastic, and reduce the risk of health conditions. Add to that another possible area of improvement – your sex life.

### **The sexual benefits of exercise**

Research has demonstrated that exercise could be an alternative to the little blue pill for men seeking to improve sexual performance.

Greater blood flow, enhanced flexibility and stamina, and a general improvement in self-image are all positive effects from exercise that have an immediate impact on sexual satisfaction. These can also lead to an increase in testosterone production, particularly in men (but also in women). As with all things, moderation is key to capitalize on this hormone's miracle powers. Overdoing it in the gym or on the track can lower testosterone levels, but this concern is largely relegated to elite athletes.

### **Diet also plays a role in sexual health**

Keep your weight in check by limiting portion size and consuming only calories your body needs. Avoid too many saturated fats, excess sodium, and added sugars, as these can lead to diabetes, obesity, and high blood pressure, which in turn can cause erectile dysfunction in men as well as reduced vaginal blood flow and lower fertility in women. Elevated levels of LDL ("bad") cholesterol build up plaque in your arteries which can reduce blood flow and bring about heart disease. It's worth noting that certain blood pressure medications (beta blockers, water pills) can also cause erectile dysfunction.

Arginine (or L-arginine) is an amino acid found in almonds, walnuts, leafy greens, and fish that makes nitric oxide, which allows for healthy blood flow across all organs, above and below the belt. Zinc may have a positive effect on the body's testosterone levels as well as sperm production. Found in such foods as oysters, beans, nuts, and legumes, it also can impact folate levels, which are important for fertility.

### **Sex is exercise**

On a related note, a healthy sex routine can also help you burn calories, although not a whole lot of them. Young adults burn around three or four calories per minute while engaged in moderate sexual activity, similar to those expended while playing doubles tennis or walking.

A healthy exercise routine has much of the same requirements as a healthy sex life – consistency and commitment. Whether it's one, three, or five times a week at the gym, track, or yoga studio, pick what works for you and stick with it. When it starts to get too easy, turn up the heat.

[READ MORE](#)





## GAINSWAVE® THE “GAME CHANGER”

Check us out in Dave Asprey's new book, **Game Changers** (Tip - find us in Law #31!). Plus, keep an eye on Asprey's upcoming social media and podcasts for a GAINSWave® Giveaway! 5 winners will be chosen to receive **1 FREE GAINSWave Treatment!**

## This Year, Stock Your Fridge with These 3 Sexy Foods

Amp Up Your Sex Life!



Figs are full of fiber. Snack on these to avoid that uncomfortable bloating feeling.



Avocados quickly break down protein and provide immediate, long-lasting energy.



Strawberries remove "junk" from your blood vessels, which may increase much-needed blood flow throughout your entire body.



## Stay Tuned...

### January 9<sup>th</sup>

Doctors unite to discuss treatment on Dr. Michael Ruscio's upcoming podcast, January 9<sup>th</sup>. GAINSWave provider, Dr. Judson Brandeis joins the Amazon best-selling author to spread the word about all-natural ED treatments, and the incredible patient results he's seeing.



[LEARN MORE](#)

# PTSD Can Lead to ED



*Long-term chronic stress can lead to inflammation in the body which can then lead to degradation of the vessels which can lead to ED.*

Did you know veterans are prone to suffer from ED due to chronic stress, PTSD and physical wounds? Watch this clip on Sonoran Living to hear how provider, Dr. Dan Larke, is helping our vets overcome this issue.

[WATCH NOW](#)



## Free eBook!

It's time to reignite the spark and get all the facts about treatment you've been wondering. This eBook will show you:

- **What is GAINSWave®:** Take an in-depth look at what the treatment is, how it works, and what to expect.
- **How to Say Goodbye to Pills:** Explore the downsides of medication and why they're not the long-term solution for ED. See how GAINSWave® treats the root cause naturally.
- **Clinical Studies + Testimonials:** Check out the proven research that shows how effective shockwave therapy is at treating ED & read patient success stories.
- **Who Can Benefit:** Men with a medical issue aren't the only ones benefiting from treatment, younger men who want to optimize performance are also big fans.

[DOWNLOAD NOW](#)





# Discover the New Treatment VIAGRA® Doesn't Want You to Know About

If you're seeking to boost bedroom performance, GAINSWave® is the solution you've been looking for.

Men all over the country are optimizing erectile performance with this non-invasive, comfortable treatment. Stop popping pills and having to plan for intimacy.

Get the facts, read the research, and download our eBook today!

[GAINSWave.com/discover](http://GAINSWave.com/discover)

*"The revolutionary treatment uses soundwaves to restore erection quality and sexual performance beyond what Viagra or Cialis could imagine." – Men's Health*



Brand by

**VITALITY  
CONNECT**





GAINSWave is a drug- & surgery-free, non-invasive treatment for men to optimize sexual function and reverse the effects of Erectile Dysfunction (ED).

Treatment utilizes high frequency, low-intensity soundwaves to improve blood flow to the penis, remove micro-plaque, and stimulate the growth of new blood vessels.

- Enhances erections
- Improves sexual performance
- Increases sensation
- Treats ED & Peyronie's disease
- Exclusive patented methodology for treating ED

**FIND A PROVIDER**

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(602) 773-5752  
Phoenix, Scottsdale, Chandler, Mesa Arizona.

