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IF YOU DON'T USE IT, DO YOU LOSE IT?

What Really Happens
When You Stop Having Sex?

HELP, IS A CURVED PENIS NORMAL?

BOOST TESTOSTERONE NATURALLY

7 Tips to Get
Things Amped Up

DRESS TO IMPRESS YOUR MATE

Follow These Guidelines
to Bring Your A Game



>>> HELP, IS A CURVED PENIS NORMAL?

What Men Should Know About Peyronie's Disease



Although women certainly have their fair share of issues to deal with regarding their reproductive organs, men are arguably more susceptible to traumatic injury. And one troubling condition that can affect men intimately is Peyronie's disease.

Peyronie's is when a bend in the penis makes erections painful. It is estimated that as much as 9 percent of the male population has or has had the condition. And although it can occur at any age, the most common sufferers are middle-aged.

WHAT CAUSES PEYRONIE'S DISEASE?

Unfortunately, the exact cause and a definitive treatment for Peyronie's disease still aren't known. However, it is frequently brought on by some sort of trauma. When the penis heals, scar tissue called plaque – essentially a buildup of collagen – forms and alters the shape and function of the penis. This plaque accumulates in the thick membrane surrounding the erectile tissue. Generally the condition is brought about by things like:

- Frequent riding of a bike or horse
- A sports injury such as a ball or hockey puck to the groin
- Rigorous sex that causes soft tissue to break and the penis to bend. Yes, it's possible to literally "break" the penis during sex.

The most common signs and symptoms include:

- A curve in the penis, noticeable with or without an erection
- Hard lumps on the penis
- Shortening of the penis
- Painful erections or pain during intercourse
- Erectile dysfunction



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NATURAL WAYS TO BOOST TESTOSTERONE

Your testosterone is under attack. Fortunately, there are natural ways to defend it. Even before the aging process starts catching up with us, our bodies are bombarded by estrogen-mimicking compounds in our water, food, and ecosystem – and getting out of shape compounds the problem.

By twenty years-old, testosterone levels start their age-related decline and eventually, potentially contribute to ED and other issues. Prescription drugs, such as painkillers and statins, can further complicate testosterone production.

Fortunately, many men can slow or reverse the decline in testosterone without resorting to supplemental hormonal therapy.



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Manage your stress



Healthy fats



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Get the Inside Scoop with Ben Azadi

Health and fitness expert Ben Azadi, recently received his first GAINSWave treatment. Watch as he sits down with one of our providers to bring you everything you need to know.

WHAT REALLY HAPPENS WHEN YOU STOP HAVING SEX?

Sex is good for you. This may seem like an obvious statement, as sex makes you feel good (or at least it's supposed to), but there is much, much more to it than that. Sex actually has a big impact on our overall health. And while you probably don't have to be convinced to have more of it, this is what happens to your mind and body when you go without:



You may get sick more often

Our bodies produce something called immunoglobulin A (IgA), which is an antibody that helps ward off sickness. And according to a study conducted by researchers at Wilkes University, people who have sex one or two times a week get an increase in IgA of up to 30 percent.

Your anxiety levels go up

The brain releases chemicals during sex that make us feel good and more relaxed, including oxytocin and endorphins. Another study published in *Biological Psychology* found that people not having sex experienced higher levels of stress during an activity such as public speaking compared to someone who had sex at least one time over a period of two weeks. Even if you don't currently have a sexual partner, the good news is that masturbating can also cut down on stress.

There's an increased risk of erectile dysfunction

According to a study conducted in Finland, men ages 55 to 75 who don't have sex often are twice as likely to have erectile dysfunction as those who have sex at least once a week. The theory is that because the penis acts like a muscle, it needs to be used regularly to maintain its health and strength.

DRESS TO IMPRESS THAT SPECIAL SOMEONE

When dressing to impress a romantic interest, the smallest details can make a major impression on that special someone. After all, your appearance is a reflection of your confidence and personal style. Just a little planning and effort can help you showcase your best features and set the stage for long-term mutual attraction. Below are tips for dressing to impress that special someone.

1 Start by Planning in Advance

Waiting until 10 minutes before your date to pull your outfit together is a recipe for disaster – especially if you are dressing for a formal or semi-formal event. If your date is on Saturday night, begin planning your outfit several days in advance. This will give you time to tackle last minute pitfalls such as loose or missing buttons, lost accessories, or wrinkled clothing. You want to dress to impress, not scare them off.

2 Consider the Occasion Before Finalizing Your Outfit

Few things are more humiliating than arriving at an event to discover that you are underdressed. Here are some tips to help you avoid the embarrassment of arriving at a black-tie event in khakis and a golf shirt:

- If you are heading to a formal event, check the invitation to confirm any dress code requirements
- If you are trying a new restaurant, call in advance to find out what type of dress is recommended
- If your date has invited you to an event, don't be shy about asking your date about the dress code

3 Put Your Best Foot Forward

It is highly unlikely that your special someone will only check you out from the waist up. Making sure that your shoes are clean and in good condition is an important part of dressing to impress. Be sure that your shoes are tied if they have laces, or buckled if they feature a buckle. If you are dressing for a gala or special event, it is a good idea to have your shoes professionally shined, especially if they are dull or scuffed.

4 Go Easy on the Cologne and Scented Products

When you arrive to pick up your date, you want your special someone to notice you – not your overpowering cologne. This is especially important if you are in the early stages of a relationship and are unsure about whether your date has any breathing difficulties or aversions to certain smells.

5 Maintain Good Oral Hygiene

Bad breath is a major turnoff. Whether you are on your first date or your fiftieth, you should always remember to practice good oral hygiene. Here are some specific steps you can take to keep your breath clean and fresh for your significant other:

- Brush your teeth after every meal if possible
- Floss regularly as directed by your dentist
- Keep a stash of sugar-free breath mints in your pocket and in your car for use after dining
- Visit your dentist twice per year for cleaning and polishing

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GAINSWave®



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