

JUICING FOR YOUR MANHOOD

17 NATURAL ED ERADICATING JUICE RECIPES

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About the author



My name is Olivier Langlois and I'm not going to bore you with my story right now. All you need to know is that I have painstakingly taken the time to help men improve their erections, energy levels, and sex drive at any age using simple, all natural blended beverage formulas you can make right in your own home.

I believe that as a man it is both your right and responsibility to seize your own sexual power so that you gift both yourself and your special lady (or ladies) with incredible passion and pleasure.

So have fun, and enjoy your journey to discover how to turn your kitchen and your local grocery store into a veritable apothecary of man-enhancing power that will give you steamy sex life and incredible vitality well past the age where most men in our modern society have decided to "hang it up."

Olivier's 7 Rules For Producing Powerful and Potent Blended Beverages To Boost Masculinity

Before I started teaching 1000s of men around the world how to improve their masculinity I had my own problems with low energy, weight gain, weak erections and low sex drive.

I discovered that most of the standard advice to improve these areas throw out a bunch of information and tell you what to eat and what not to without really explaining anything or giving you proven formulas or recipes to go by.

My goal is to teach you the basics of how to improve your life with specially formulated blended beverages and give you a starting point.

Over time you'll need more advanced formulas and lifestyle guidance to take things to the next level... don't worry when you get there I'll be there to help you hit those goals.

But for right now I want to give you an outline for how to use this guide:

1. No need for precision. If I say 6 leaves of spinach and you put 7. It will be all right. Trust your guts. This is what being a real man is about.
2. Drink these beverages as fresh as possible. It should be consumed immediately after blending. Some nutrients will disappear from the formula if you store it in the refrigerator.
3. For best results consume at least one beverage **EVERY, SINGLE DAY.** Once or twice a week will not do it.
4. For the best results, combine juicing with exercise.
5. Drink a lot of water 2-3 liters. Preferably not from plastic bottles to avoid 1 of the virility vampires.
6. Improvement isn't enough. You must prevent degradation. This comes from the book [Man 2.0: Engineering the ALPHA](#) from John Romaniello. What this means is that we are attacking the testosterone issue on 2 fronts. First, we are using ingredients known to stimulate hormone production. Second, we are using ingredients known to eliminate toxins messing up with the hormonal system.
7. Spicing your vegetable juice as you see fit. I don't include any spices recipes and this is intended. Spicing is such a personal matter that it would be practically impossible to please everyone. You'll have to experiment and discover what spices make the beverages taste best.

Here are some ideas of what you can put in the formulas to spice them up: black pepper, [Himalayan salt](#), [celery seeds](#), [crunched cayenne pepper](#), Tabasco sauce, garlic, hot banana peppers, [curcumin](#) (the last one contains an antioxidant that can reduce the chemical estrogen-induced growth of cancer)

The 6 Erection 'Amplifiers' and the best food to eat to have these amplifiers inside you

The rule of the game to obtain a bigger, stronger and harder erection is to get the maximum amount of blood go inside your penis. Obviously, good life habits like regular physical exercise, an adequate amount of sleep, not smoking will all contribute to better erections and I strongly encourage you to adopt these good habits.

That being said, a major factor in improving blood flow in general and more specifically into your penis is through nutrition. So I have identified 6 Erection 'Amplifiers' and specifically crafted juice recipes packed with these Erection 'Amplifiers.' Drink regularly these juices and you will definitely notice a positive change in the quality and the frequency of your erections in **8 weeks or less**.

The most important lesson from this book that I want you to remember is that daily consumption of fruits and vegetables has a **wide range of health benefits that go way beyond erections** and what you are currently holding in your hands, will not only give you the **best erections of your life** but is also giving you the funnest, easiest, fastest and most exciting way to eat fruits and vegetables daily so that you can reap all the associated health benefits.

Final note, improved blood flow is also beneficial to female sexual experience, so please unless you want to awake a sexual monster in your female friends, keep these recipes for yourself...

Folate (Vitamin B9)



This vitamin is needed for the red blood cells production that transport oxygen to muscles. It is not just a vitamin for pregnant women. Lack of folate can lead to anemia. Researches have demonstrated that ingesting folate improves blood flow. Folate is known to produce nitric oxide (NO) in the body, which a key physiological component in bulk training that helps increase muscle mass and of course powerful erections.

Best food to get this amplifier: Asparagus, spinach, broccoli, cauliflower, parsley, beet, cabbage, celery

Vitamin E



Vitamin E protects LDL cholesterol (sometimes referred to as “bad” cholesterol) from free radical damage. Once damaged, the “oxidized LDL” can accumulate into blood vessel walls. It also helps widen blood vessels. It is also known to reduce prostate enlargement. A higher level of vitamin E is associated with lower risk of mild cognitive impairment.

Best food to get this amplifier: Sunflower seeds, almonds, spinach, avocado, peanuts, asparagus, kale, tomato, cranberries, raspberries, kiwifruit, carrots, broccoli, mango

Magnesium



Magnesium plays a major role in the properties of the cells forming blood vessels. It reduces inflammation of blood vessels, deters residues from adhering to the walls of the blood vessels and therefore improves the blood flow. Magnesium enhances the different form of learning and memory.

Best food to get this amplifier: Pumpkin seeds, spinach, kale, collard, broccoli rabe, broccoli, asparagus, watermelon, mango, pomegranate, radish, cabbage, celery

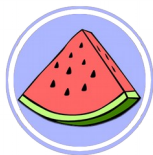
Vitamin C



Lack of Vitamin C can lead to atherosclerosis and the build-up of plaque in the blood vessels. It also eliminates the stress hormone the Cortisol and indirectly helps testosterone level. It also protects your precious nitrate oxides and your testosterone from being destroyed by free radicals.

Best food to get this amplifier: papaya, bell peppers, broccoli, brussels sprouts, strawberries, pineapple, oranges, kiwifruit, cantaloupe, cauliflower, pomegranate, goji berries, tomatoes, watermelon, spinach, asparagus, pear, blueberries, radish, cabbage, celery and mango

Nitric Oxide



Nitric Oxide (NO) is a potent vasodilator. This a well-known fact among bodybuilders who use a pre-workout supplement to increase their NO level. Arginine supplements used to be very popular for doing that but have been replaced by Citrulline supplements because Citrulline is more effective. It is worth mentioning that watermelon is a natural source of citrulline which has earned the reputation to be a natural viagra. Viagra also works by interacting with NO. I have yet to find it in a grocery but know that the rarer yellow watermelon contains 3 times more citrulline than the regular red watermelon. This comes however with the tradeoff that it has less lycopene (a potent antioxidant) than the regular watermelon. NO is not found in food only elements used for or assisting its production.

Best food to get this amplifier: beet, cacao, pomegranate, cranberries, garlic, honey, kale, onion, spinach, red and yellow watermelon, resveratrol (See in next page what resveratrol is...)

Spices, Herbs and roots



There are still many unexplained mysteries out there. Some food does not fit into any of the first five amplifiers yet we know that they help improving blood flow. Many very important discoveries have been made by mistake yet they have resulted in improving the life of many people. Viagra has been invented by accident. Its primary purpose was to relieve chest pain. It failed in doing that but the secondary side effect was startling. So accept that we might don't know why specific food has certain properties but reap their benefits by consuming them.

Best food to get this amplifier: [Crush cayenne pepper](#), fresh ginger, [turmeric \(curcumin\)](#), [maca](#), cacao

One final note before going to the fun stuff. If there is only one thing that you should remember from this book it is this: **Watermelon is your best new friend and spinach contains all the amplifiers.**

So hopefully, from now on, spinach and watermelon should be in your grocery cart every week among other healthy food (I really like pomegranates also for several reasons...).

Also, interestingly enough, I have no idea if we can conclude anything on this observation, but I can't help to notice that all these Erection Amplifiers are also beneficial for cognitive functions...

Resveratrol is a powerful antioxidant found in grapes, blueberries and raspberries. You can also get resveratrol from cacao too. This possibly explains in part why chocolate is aphrodisiac.

Recommended blenders

Any regular blender

You can get the job done with any regular blender. You are going to miss all the juice specific features of specialized blenders but it will allow you to do some experiments with juicing before investing further into this healthy practice.

Nutri Ninja



This is the blender that I have. It is a very inexpensive juice blender and it does the job. It is a low-risk low investment to get you started in juicing. My favorite feature is its pulsing technology.

Vitamix



This is a higher end blender. The juice texture is going to be smoother than with the Nutri Ninja. For instance, if you do juices containing pomegranate, with the Nutri Ninja, the pomegranate seeds will still be in the juice whereas with the Vitamix, the seeds will be fully grinded.

Juice extractors



High-quality juicers are expensive. The resulting beverage will be crystal clear which is an interesting result but this wastes a lot of the power of the ingredients.

We aren't making boring "fruit and vegetable juice" here. Let's leave that to the hipsters and yoga moms. We're going to make powerful blended beverage formulas that will give you powerful results.

Vitamins essential primer

Except for vitamin C whose excess get naturally eliminated, other vitamins excess get stored into fat and this can become toxic. There are known cases for people dying from liver damage after drinking carrot juice from 1 kilo of carrots weekly for several months. Normal consumption is fine but I want you to be aware of the risk so you do not go crazy extreme with your vegetable consumption. Google Hypervitaminosis to learn more about that.

The same is true with some minerals. For instance, zinc at a high dosage can be toxic. Take into account that with healthy nutrition, you should get enough zinc. What I do with the Zinc supplement, since sperm contains a lot of zinc, I'll take a zinc supplement shortly after ejaculating.

Finally, eggs are an excellent source of vitamin D which is a great vitamin for testosterone production. It is a good thing to integrate eggs in your nutrition but make sure that you do not overeat of them neither as they contain cholesterol. If you want to stay on the safe side, I would recommend limiting your egg consumption to 4-5 per week.

Bottom line, it is much harder to have a vitamin overdose without using supplements (be careful!) and just getting the vitamins from natural foods but it is possible to overdo it so keep your consumption of these formulas to 1-2 per day.

Notice: All recipes have been tested with the [Nutri Ninja blender](#)

Directions

Unless indicated otherwise, directions to prepare the juices are always the same brain-dead simple steps. Hence there is no point repeating them for all recipes. Instead, I am going to present these simple steps here once and it will then be out of the way and the real fun will begin...

1. place all the ingredients into the [blender](#)
2. Add water until it reaches 3/4 of the cup
3. mix in your [blender](#) for 30 seconds



Recipe #1: Big hard boner fruit juice

Prep time: 12 mins

ingredients

1 cup of watermelon



12 blueberries



2 teaspoons of coconut oil

1g of fresh ginger (1 thin slice)



12 raspberries



½ avocado



The main ingredient here is the watermelon which is a natural source of citrulline. Bodybuilders are using citrulline supplements to make sure that they have an optimal blood flow during their workout. The berries provide vitamin C and antioxidants.

The blueberries, the watermelon, the avocado and the ginger eliminates xenoestrogens.



Also note that mixing the avocado with the watermelon, while being an unintuitive mix, is excellent as the avocado will boost the lycopene absorption from the watermelon. The avocado will also bring a delightfully creamy texture to the juice. Lycopene is known for reducing prostate cancer risks.



Recipe #2: Big hard boner green juice

Prep time: 10 mins

ingredients

3 asparagus	   	½ cucumber	
2 sticks of celery	  	½ green pepper	
1g of fresh ginger (1 thin slice)			

The asparagus is a fantastic natural source of vitamin B which will contribute to blood sugar regulation which will make your blood more efficient in transporting the nutrient to your big muscle. Here is a big fat warning. The raw asparagus has a very strong taste. Put more than 3 in the recipe at your own risk...

Asparagus and fresh gingers eliminate xenoestrogens. Less estrogen means more testosterone and this will also positively contribute to strong erections.



Recipe #3: Ginger pear

Prep time: 6 mins

ingredients

5g of fresh ginger (5 thin slices)



1 pear



6 red grapes



Ginger is exceptionally aphrodisiac according to the Japanese that use a lot of ginger in their plates. The pear contains some vitamin B which contributes to testosterone production.

The red grape, the pear and the fresh ginger contain a lot of antioxidants helping the body to eliminate toxins.

Directions

Prepare the juice as usual and strain the juice with a strainer if a clear juice is desired.



Recipe #4: Orgasm enhancing vegetable juice

Prep time: 8 mins

ingredients

10 leaves of spinach



3 asparagus



½ [avocado](#)



100g of broccoli



100g of cucumber



½ tomato



The broccoli, the spinach and the asparagus contain folate. Folate increases libido, sexual intensity and pleasure by generating nitric oxides which will help blood flow.

The addition of the tomato is to improve the texture the taste and also is an excellent antioxidants source, principally lycopene, that when combined with the [avocado](#) ensure a maximal antioxidants absorption. Lycopene is known to prevent prostate cancer.

Spinach, broccoli and [avocado](#) eliminates estrogenic toxins.



Recipe #5: The NitriXellerator

Prep time: 8 mins

ingredients

1 cup of watermelon



1 lime



1g of fresh ginger (1 thin slice)



On top of being delicious and refreshing, the watermelon will increase your NO while the ginger improves the libido. This is an explosive mix, literally!

Watermelon, lime and the fresh ginger eliminate xenoestrogens. Less estrogen means more testosterone and this will also undoubtedly contribute to strong erections.

The lime contains a little bit of [folate](#) which contributes into producing NO.

Directions

Prepare the juice as usual and use a strainer to filter the juice. Put back the filtered juice in the blender with 5-6 ice cubes and blend again.



Recipe #6: The ultimate strawberry banana smoothy

Prep time: 8 mins

ingredients

1-2 eggs (ideally organic pastured)

6 strawberries

1 teaspoon of [maca](#)

2 spoons of almond butter



1 banana

2 spoons of cacao

1 cup of milk



The potassium contained in the banana is a nutrient for muscle health and strong muscles are essential for more intense contractions during orgasms. It also contains a significant amount of vitamin B6 works to suppress the synthesis of estrogen in the body, which helps testosterone levels rise.

The [maca](#) and the cacao are known aphrodisiac powders. Almonds which are an excellent source of protein also eliminate estrogenic toxins. Eggs help to suppress isoflavones.

Egg and the milk a source of vitamin D. Vitamin D plays a vital role in testosterone production. The other excellent source of vitamin D is fish but I haven't feel daring enough yet to try doing a fish juice...



Recipe #7: Fruit prostate defense

Prep time: 8 mins

ingredients

1 pomegranate



6 strawberries



½ mango



12 cranberries



½ [avocado](#)

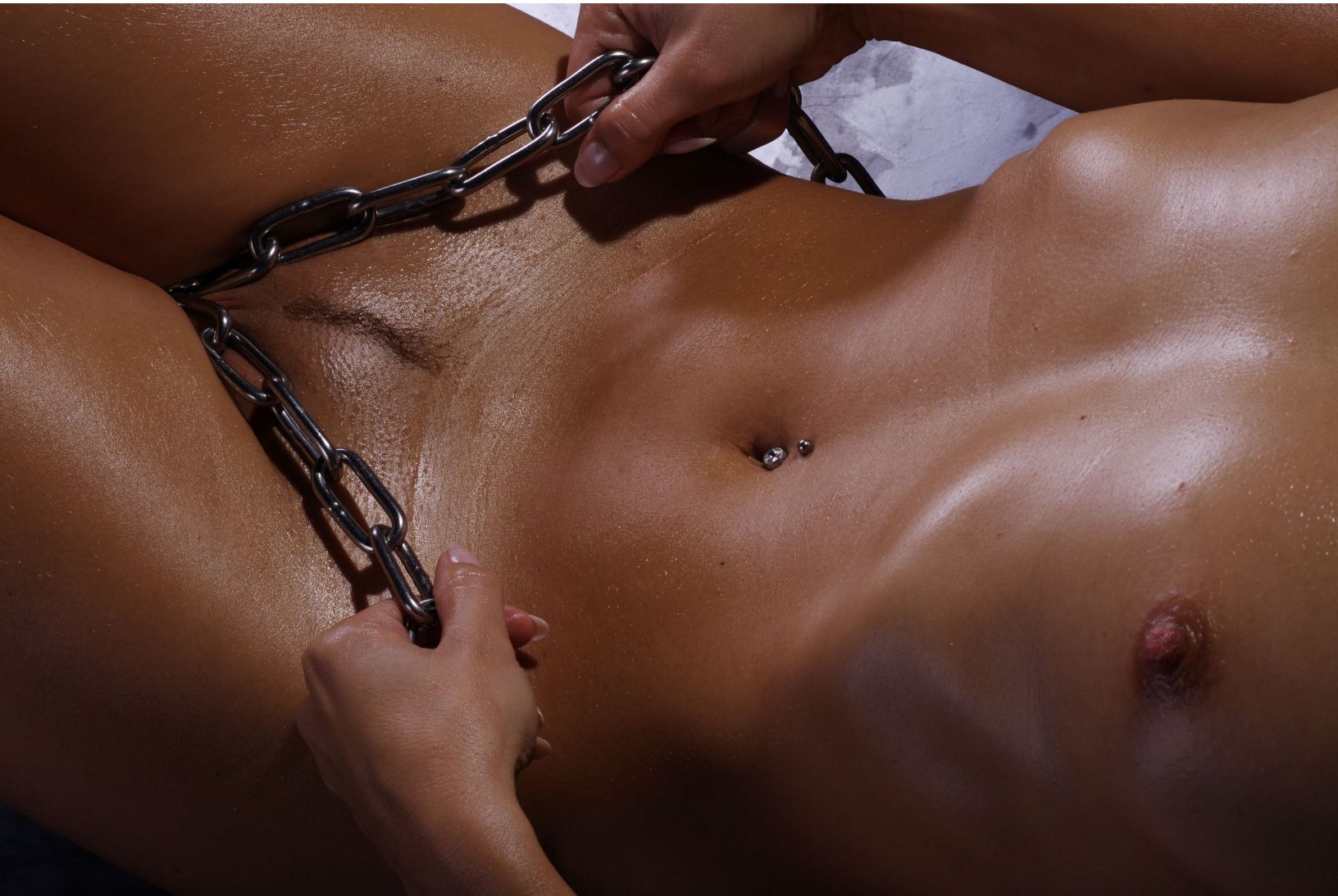


Vitamin E contained in the cranberries, the [avocado](#) and the mango contribute to reducing prostate enlargement. Also, cranberries are known to possess antioxidants protecting against prostate cancer.

This juice contains a lot of vitamin C which decrease the stress hormone cortisol and indirectly helps testosterone level. The [avocado](#) and the pomegranate eliminate [xenoestrogens](#). Less estrogen means more testosterone and this will also positively contribute to strong erections.

The pomegranate, the [avocado](#) and ginger are known food that helps to produce testosterone but the benefit of this juice does not stop there.

This recipe introduces the mango. The mango is a wonderful fruit for male sexual health. It contains 6 of the 8 vitamins from the vitamin B complex which are helping testosterone production. Vitamins and minerals are having a positive impact on blood flow and finally, it also has minerals playing a role in sperm production such as zinc and manganese. Benefits of the mango on sexual health are long known as it is mentioned in the Kama Sutra.



Recipe #8: Watermelon surprise

Prep time: 6 mins

ingredients

¼ of pear



2 cup of watermelon



2 leaves of basil

½ [avocado](#)



The main ingredient here is the watermelon which is a natural source of citrulline. Bodybuilders are using citrulline supplements to make sure that they have an optimal blood flow during their workout.

The addition of pear is for its fantastic taste but also for the incredible quantity and variety of antioxidants. [Avocado](#) helps the testosterone production and mixed with the watermelon, it is going to boost the watermelon lycopene.

The ingredients of this juice eliminate xenoestrogens. Less estrogen means more testosterone and this will also undoubtedly contribute to strong erections.



Recipe #9: The batman juice

Prep time: 6 mins

ingredients

1 small beet



1 carrot



30 blueberries



The juice name comes from the color of the resulting juice.

I do not like beet taste but they are good us, so I continually invent new recipes to help me enjoying eating them. This one is actually very fun. If you put enough blueberries, it is to sweeten the juice.

The ingredients of this juice eliminate xenoestrogens. Less estrogen means more testosterone and this will also positively contribute to strong erections.



Recipe #10: The New Zealand green juice

Prep time: 6 mins

ingredients

1 stick of celery



10 leaves of spinach

250 g ice

1 kiwifruit



1 leaf of kale

This the infamous green juice recipe from New Zealand, country of the strongest men in the world.

Also, did you know that there is more vitamin C in a kiwi than in an orange? Amazing isn't it? That is how insane the power of New Zealand fruits is!

The kale and the spinach eliminate xenoestrogens. Less estrogen means more testosterone and this will also undoubtedly contribute to strong erections.



Recipe #11: Crazy monk tea

Prep time: 6 mins

ingredients

400 mL of brewed green tea



½ banana

250 g ice

20 goji berries



20 blueberries



Ancestral Viking monks were drinking this tea before spring solstice celebration. The ceremony was meant to symbolize procreation and creativity.

Without being aware of it, the Viking monks were drinking this fantastic virility vampire slayer and drew immense power out of it. Viking monks were highly respected among their tribe so can you after having this juice.

Amazingly effective against the excitotoxins.



Recipe #12: The green giant

Prep time: 6 mins

ingredients

1/3 cup of Parsley



3 Asparagus



1 slice of onion



1g of fresh ginger (1 thin slice)



10 Spinach leaves



½ tomato



garlic



The idea behind this juice is to mix vitamin C rich ingredients (tomato, asparagus and spinach) with garlic. Scientific researchers have found that combining the 2 together were doubling NO production for better erections.

Also, the onion has a testosterone boosting effect. More testosterone means better erections.

You could also try orange juice with garlic or maybe not...stick with the green giant juice.



Recipe #13: The fantastic four

Prep time: 6 mins

ingredients

1 leaf of kale



½ pomegranate



2 kiwifruits



12 blueberries



The idea behind this juice is to mix vitamin C rich ingredients (kiwifruit, pomegranate, blueberries) with vitamin E rich ingredients (kale, kiwifruit). The vitamin C protects and enhance vitamin E potency.



Recipe #14: The Iron man

Prep time: 6 mins

ingredients

100g of cucumber



100 g of broccoli



1 slice of beet

10 Spinach leaves



½ tomato



1 pinch of [curcumin](#)



Iron is essential to transport oxygen in the blood up to the muscles. It also supports energy production. Lack of iron can produce generalized fatigue.

This juice is rich in iron on top of being full of erection amplifiers.



Recipe #15: Spicy apple marvel

Prep time: 6 mins

ingredients

2 apples



2g of fresh ginger (2 thin slices)



250 g ice

¼ lemon



1 pinch of [crushed cayenne pepper](#)



1 leaf of kale






This delicious juice has been invented in the Mediterranean region which is known for its very healthy diet. The mix of apple, ginger, lemon and the spicy cayenne pepper make this juice a delicious and memorable experience.



Recipe #16: The Pump Booster

Prep time: 6 mins

ingredients

1/2 large carrot 
1/2 cucumber 
½ [avocado](#) 

1/2 lemon 
1 large stalk of broccoli    

It is the second recipe with a delicious carrot. The carrot, the broccoli and the avocado are an excellent source of vitamin B6.

Vitamin B6 plays several crucial roles. First, it plays a key role in producing 3 neurotransmitters GABA, dopamine and serotonin and dopamine stimulates testosterone synthesis. Whole foods rich in B6 also makes good sense for maintaining ongoing energy levels. Vitamin B6 also supports the liver in its detoxification task.



Recipe #17: The Cantaloupe crush

Prep time: 5 mins

ingredients

½ cantaloupe



1g of fresh ginger (1 thin slice)



½ [avocado](#)



Hey, it is the last recipe already. Beside containing erection amplifiers, the cantaloupe is an excellent source of retinoids and the [avocado](#) helps their absorption. Cantaloupe and [avocado](#) are both known food to help increase testosterone.

What's next?

Now, that you have been through all the recipes, you do not need any learning wheels anymore. You can start experimenting by inventing your own juices. You have started to develop your instinct on what food mix well other ingredients. You start knowing which food is beneficial for improving your erections.

Here is how what I am doing and you are encouraged to follow my example. I drink 2 juices per day. 1 fruit juice and 1 vegetable juice. I take the vegetable juice at the end of the afternoon or during dinner. I take the fruit juice as a breakfast or if it is during a workout day, immediately after the workout with a scoop of protein supplement powder. Since I work out about 5 days a week, it is quite rare that I take the juice at breakfast...

Here is the #1 thing that I need you to do. They say that to integrate a new healthy habit fully, you need to do it consistently for at least 3 weeks. In your case, it shouldn't be very hard as you will start seeing a steady improvement in your overall energy level and your sex drive and this improvement will motivate you to keep going. You need to commit to juice daily for at least a month...

Next, keep reading the fabulous advice and updates that I will be sending by email, you will learn more advanced health tips targeted explicitly to male health.

Finally, juicing is the most natural method to improve your erections. You can, however, use herbs and supplements for an amazing and stunning result. Some of these things are just as powerful as a nuclear bomb for your erections. Some may consider this very efficient shortcut as cheating and some may prefer to keep with standard juicing but for those who are really in a hurry to see results, this is the way to go and I urge you to take a look at my supplement guide.

Here is a small warning for people considering the supplement option. Know that you could feel 20 years younger literally overnight. That sounds awesome but be warned that your urge to have sex might be uncontrollable. So I suggest you consider that eventuality and plan accordingly to not end up in spontaneous, crazy and wild situations...

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