



Special Report Reveals...

"A Deceptively Simple 4-Step Plan to Quickly & Easily Unleash Your Hidden Sexual Powers"

Brought to you by Alex Rocklane

WARNING: *Don't try anything mentioned in this report unless you understand and fully-accept the concept of self-responsibility and understand and fully-accept that society, your parents, religion, the business-world, me (especially me!), the Internet, etc., are not to blame if you screw up with this (or anything else, for that matter!) - you are! This isn't medical advice! Always consult your Doctor!*

It never ceases to amaze me.

Having a healthy body is the **most basic requirement** for attracting the opposite sex. It's drummed into us all from childhood to stay fit and healthy... but it's absolutely astonishing how few men actually do look after themselves.

They puff-and-wheeze about with beer-bellies wobbling like big fat marshmallows and expect women to fall at their feet!

Maybe its ignorance or maybe they're just plain lazy – the reasons don't matter; only the results - if you don't have even a basic standard of good health, you're putting yourself in an early grave... never mind **destroying** your ability to attract women!

There's Nothing More Sexy Than A Strong, Fit, Healthy Body!

There are just four **basic** things that determine how fit, strong, and healthy your body will be and they're all revealed right here in this **simple, no-nonsense, no-bull, rock-solid** report that you can understand, use, and benefit from right now!

It avoids the usual hyped up methods of increasing sexual health, power and ability and gives a laser-beam focus on what really matters.

And it's so damn simple you might be tempted to dismiss it out of hand!

But don't!

It might be common sense, "everybody knows" kinda stuff. But it produces benefits - real permanent benefits that are hardly ever explained fully by anyone. These are infinitely superior to anything that can be brought on by drugs, medications, crackpot diets, and snake oil solutions!

All you have to do is actually apply it...

Discover The Outstanding "Secret" Benefits Of Actually Following Your Doctors Advice!

I'm sure your Doctor has often told you to eat more greens, get more exercise, blah, blah, blah..... and when you leave his office, you go for a big juicy hamburger, fries, and a shake!

If your Doctor ever actually bothered to tell you why you should do those things, you'd be both amazed at the fantastic benefits that will accrue to you and completely horrified at how your current lifestyle is depriving you of an incredible potential to be a dynamo of sexual health and power!

Secret 1: Eating Right

The food you put into your mouth is the **biggest** factor in determining your sexual performance.

But don't worry! - I'm not going to complicate things with talk of calories and carbohydrates and all the other food-related things everyone talks about but never **really** know what they mean.

I'm going to make it real simple – in order to eat right, you need only understand the following statement:

The human body evolved over millions of years, breathing, eating, and drinking what it found in nature as it was found in nature. Evolution has designed our bodies to survive best on what food was available in nature – what was available was fresh, raw, and unprepared.

Not quite what you were expecting, was it?

Just think about it though – how long have humans had cooked food and cultivated fields and processed TV-dinners and cooking recipes and all the things associated with modern eating habits? Maybe a few thousand years? (Actually, only a few decades if you're talking about TV-dinners!)

Right... now what did they eat for the millions of years before that?

Exactly!... food that was fresh, raw, and unprepared. This is what our bodies evolved over those millions of years to **thrive** on!

Okay, if you haven't rejected what I've just stated above in the same knee-jerk way that many people respond to information that doesn't fit into their world view, you're probably wondering what kind of diet plan or recommendations you should follow.

Right?

Well, actually, I'm not going to tell you!

Not because I'm trying to keep it secret or anything like that. It's just that giving a set diet plan would be a waste of time because you only have **two** things to do...

***Cut – Drastically! – Your Consumption
Of Cooked & Processed Food!***

And just so you're clear: this includes refined **sugar**, recreational **drugs**, **alcohol**, **caffeine**, and **nicotine**!

And...

***Eat As Much RAW
Food As You Can!***

*(Some “raw-foodists” eat raw meat as well as raw fruit and vegetation. **DO NOT** eat raw meat unless you absolutely know what you are doing and follow correct medical advice!)*

Many people who have switched to a totally raw-food diet have reported some amazing benefits. These include:

- **Less sweating, seborrhoea, and greasy hair!**
- Some **reversal of baldness and darkening of greying hair!**
- **Minimal body odours (armpits, feet, genitals, faeces, etc.)!**
- Hands and feet no longer “clammy”!
- **No chilliness**, especially in the hands or feet!
- **Dramatic improvements in skin conditions!** - **wrinkles and acne vanish**, while corns, chilblains, calluses, and other unsightly growths just fade away into oblivion!
- **Excess fat melted off the body** and muscles appear **well-defined!**
- Better **able to withstand** long, drawn-out **exertion**, tendency to be **less** out of breath, and **better able to hold one's breath**.
- Less **nervousness, stress, anxiety, irritability**, and even **shyness!**

- **Improved concentration, mental speed, memory, reflexes, intuition, and creativity!**

Also, in keeping with the focus of this report, the following effects are also **readily** apparent:

- Sex drive goes **through the roof!**
- **Iron-hard, long lasting** erections! (even for older men!)
- Very **high quality** semen - an enormously high sperm count!
- Greatly increased **volume** of ejaculation (*Cum like a porn star*)!

All that from just following those two little lines of advice!

*And most people start to see amazing results after **as little as 14 days!***

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"How To Live The Aloha Joy Raw Food Diet for Awesome Health & Success"

If you want the vibrant glowing health and extra energy that comes from a raw and living food diet, the satisfaction and joy that comes from eating pure light-filled food, and if you want the increased focus and success that this diet creates... then this might be the most important health information you'll ever read.

Wouldn't it be amazing to feel the abundant vitality of a child again?

[Click here For More Information](#)

If you want more detailed information, there are **mountains** of **free** resources available all across the Web.

Start by checking out some of the following:

- www.RawPaleoDiet.org - **The Raw Palaeolithic Diet Website:** a comprehensive resource of information, articles, and links on largely-raw traditional diets which include raw animal products along with raw plant (vegetation) products.
- www.RawTimes.com - **The All Raw Times:** yet more information, articles, recipes, and contacts related to raw food diets.

- www.LivingNutrition.com - **Living Nutrition Magazine**: a premier health periodical, dedicated to teaching health seekers how to eat their natural diet of live raw fruits and vegetables, self-heal and build superb health the natural way.

There are lots of other sites too. Try using the search words “raw food diet” or something similar in your favourite search engine and see what you come up with!

Now, time to move on...

Secret 2: Drinking Lots of PURE Water

There’s no round-about way of putting this so I’ll be perfectly blunt:

***You Must Drink Lots Of
PURE Water Every Single Day
For The Rest Of Your Life!***

Did you know that **more** than 75% of your body is nothing but water?

It’s true.

That’s why water is so important – it is **directly** involved in most, if not all, of the activities that your body performs to stay healthy and alive.

You probably wouldn’t live much more than 10 days without it. To maintain good health, you must drink at least **eight** glasses of pure water **every day**!

Notice how I’m saying **pure** water?

Any old water will keep you alive as long as it is reasonably free of contamination and micro-organisms. **However, to see real benefits, you must drink pure water –there must be nothing in it!**

Have you ever seen those bottled waters that say, “Drink this because it has lots of minerals in it!”?

Avoid them!

Does your tap-water have fluoride and chlorine and God-only-knows-what in it?

Avoid that too, if you can!

Why is it so important that the water you drink be pure?

Well, some people hold belief that the essential minerals their body needs are derived from the water they drink. While it is true that you do need minerals, the source for these is the **food you eat** – **not in the water you drink!**

Your body is able to use few, if any, of the minerals dissolved in water. These minerals could actually **hinder** water from carrying out its natural functions of keeping your body chemistry **regulated** and **functioning** properly.

Of all the various types of water such as rain, snow-melt, hard, soft, de-ionized, boiled, and distilled – **only distilled water is pure and virtually free of all contaminants!**

As a result, distilled water has:

- no **taste**.
- no **colour**.
- no **odour**.
- no **bacteria**.
- no **heavy metals**.
- no **acids**.
- no **organic materials**.
- no **toxic chemicals**.
- no **poisons**.

Distilled water enters your body clean and pure and free to absorb and wash away accumulated poisons and toxins and carry out its other vital functions.

***You Can Make Distilled Water
Yourself With A Low-Cost
Home Distiller!***

If you go to any place that sells household appliances, you should find a variety of home distillers available. *But be warned!* – prices can vary considerably and you do get what you pay for in terms of reliability and life-span. Buy the best quality you can afford.

I promise you won't regret it one bit!

Here's why...

People who regularly drink a lot of pure water have reported:

- All those annoying aches and pains **simply disappear** – without drugs, homeopathy, or meditation!
- Excess weight **disappears**.
- **Skin becomes very soft, supple, and youthful.**
- **“Crows-feet” disappear from the face!**

You'll notice than some of the above tie-in with reported results in the diet section above. I have personally found that **combining** the two produces much more

dramatic results that just changing your diet or just drinking distilled water. Now, you might be thinking: “*This is all great for my general **health**, but what is it going to do for my **sex life**!?*”

You mean apart from looking extremely healthy and glowing with youthful vigour!?

Okay, well... remember the benefits achieved with the change of diet mentioned in the above section? (**Increased** sex drive, **stronger** and **longer lasting** erections, and much **improved quality, volume, and flavour** of semen.)

They increase even more!

That’s right; you’ll experience a **massive** acceleration of these effects.

Take this rather silly analogy:

Right now, think of yourself as being a little airplane chugging along with a propeller. Changing your diet as described in the previous section is like adding a jet engine.

But using distilled water too is like turning on the afterburners!

Whooooooooooooooooosh!!!

Again, time to move on...

Secret 3: Getting Enough “Exercise”

This section is really simple indeed. You probably already know this information. Or, at least, you should know it!

If you’re trying to make yourself attractive to the opposite sex (and keep your health while you’re at it!), you **must** spend time exercising your body to keep it in shape.

You Can’t Expect To Attract Desired Attention If You’re A Big Fatty Who Sits On Your Ass All Day, Every Day!

Don’t bother with gyms and weights and treadmills and aerobics classes.

You won’t stick with them anyway, so you’ll just be wasting your time and money.

Becoming and staying fit should not be an expensive chore.

All you have to do is spend time a few days each week doing some physical activity you enjoy.

It could be as simple as going for a brisk walk.

Or going swimming.

Or, better still, joining a dance class (Women love men who can dance properly!)

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Even if You Have Less-than Average Genetics... Even If You've Never Succeeded at Losing Weight Before... **Even If You Have Stubborn Fat Deposits That Don't Seem To Budge...**

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It really doesn't matter what activity you choose to do. **The point is - actually do it!**

Get up off your ass and just do it!

No excuses, no ifs-and-buts, - just lift yourself out of your chair and do something – ***do anything!***

Time to move on again...

**Secret 4:
Sleeeeeeeep!**

This one really is a no-brainer.

If you're one of those people who thinks it's a good idea to go to work all day and then stay out partying all night with only an hour or two of sleep in between, then you need to pay close attention to this:

Get more sleep!

Sleep allows your body and mind to rest and repair after the day. Simple as that! If you're not getting enough of it, you're storing up trouble.

It is recommended that adults have eight hours of sleep a night.

This may not be necessary!

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Getting fewer hours of better quality sleep is more beneficial than 8 hours of poor disturbed sleep!

For a variety of reasons, you might not be able to stick to a rigid sleep schedule but, for your own sake, do try!

After all, what's so attractive about someone walking around like a **dazed zombie** with **big black bags** under their eyes?

Enough said!

Bonus Article:

How One Simple Action Can Improve Your Life More Than Anything Else!

The following bonus article was adapted from instructions obtained from Gary Halbert, a world-famous copywriter.

If you asked him, he would probably deny it but these simple directions contain an extraordinary psychological secret that contributed to his - and many other peoples' - success.

Here it is...

There is one single thing that you can do, starting tomorrow, to improve your life more than anything else.

It's not difficult to remember.

It's not difficult to do - that is, if you follow it.

It doesn't require any special clothing.

It doesn't require any special equipment.

Here it is...

***As Soon As You Wake Up In The Morning...
Get Yourself Out Of Your House!***

When you first open your eyes, note the time. You'll probably then want to use the bathroom, brush your teeth and use a warm wash-cloth to scrub the sleep out of your face.

Dress yourself. Drink a glass of water. Put on a pair of walking shoes. Get out the door.

Look at your watch and note the time.

Now... **Start Walking... After 15 minutes, Turn Around And Walk Back Home!**

That's it.

Do this every day, whether you're at home or away.

This is NOT aerobic exercise. Don't worry about getting your heart rate up.

When you get back, shower, shave, and put on some fresh clothes.

Have a contest with yourself to see how quickly you can get the regime down. The part where get up, use the bathroom, brush your teeth, use a warm wash-cloth to scrub the sleep out of your face, dress including the walking shoes and get out the door.

Now, look at your watch and start walking.

This is the way...

**You Should Start Your Day
...BEFORE...You Start Your Day!**

Do it every day for seven weeks.

This simple process will change your whole physical and mental being for the better.

It's always the simple stuff that **really** changes you.

I don't exactly know why... but... **I guarantee it to be true!**

Arguably, the greatest discovery of this century was that of atomic energy which could be expressed by Einstein's Theory of Relativity... which was simply... $E = mc^2$.

How much are those simple letters " $E = mc^2$ " worth?

Although they only take up perhaps one inch of space on one line of paper, those simple letters are worth untold trillions of dollars.

If you come across a safe which has ten million dollars locked inside of it... and... you are told a simple 10-digit combination is necessary to open that safe... how valuable to you are those simple ten digits?

The point I'm making is this: there are **many** people who judge the worth or the value of information by the volume or the weight of how that information was delivered to them.

Many people think a 300-page hard cover book filled with nothing but gibberish is worth many times more than a 50-page paperback filled with hard-hitting data and advice; data and advice so valuable, it literally changes their lives.

Or a three page article, for that matter...

The "presentation" of the information doesn't matter... the information itself is what's vital. Stripped down of all the mumbo-jumbo, you've got it now. You've got "the secret".

Recommended Resources To Dramatically Improve Your Sex-Life...

ADVERTISEMENT

"A Simple, Dirt-Cheap Remedy That ANNIHILATES Bad Breath In 3 Days... Using Just 2 Common Household Ingredients From Your Kitchen!"

I'll get straight to the point here: If you have bad breath (even just "a little bit"), nobody is going to want to get close to you, never mind kiss you! **This step-by-step report shows you how to get rid of it quickly and easily using just a few common, household ingredients.** It's deceptively simple but it works because it shows how to remove the **cause** of bad breath rather than just covering it up with all those mouthwashes and breath mints you've tried before.

www.TheBadBreathReport.com

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"How To Completely Stop & Even Reverse Hair Loss... Even If You're Genetically Predisposed To Baldness!"

Look, despite what you might have been told, the vast majority of women do **NOT** find baldness attractive! Sometimes, it's quite the opposite – they steer well clear of "baldies". So anything you can do to slow down, stop, and hopefully reverse hair-loss will be of **major benefit** to you.

Unfortunately, hair loss products are a dime-a-dozen and the simple fact is – the vast **majority** of them are **absolute rubbish**. I've researched a lot of them and Jonathon Phillips's "*Hair Loss No More*" is **simply outstanding!**

He's been researching the field for over 25 years and presents his powerful **STEP-BY-STEP HAIR POWER REGIMENT™** in which he reveals all the underlying factors involved and how you can use that information to **stop** and **even dramatically reverse** hair-loss, even if you are **genetically predisposed** to the condition!

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"Uncover The Secrets... You Can Look Younger, More Vibrant, And SEXY Simply By Eating Delicious Foods Found In Your Local Market!"

Your dry, unhealthy-looking skin will be wiped out, ugly wrinkles and black eye bags will disappear naturally, lose weight to fit in shape, and you'll look younger, more vibrant and SEXY -- without the high cost of cosmetics and plastic surgery.

What you need to do is just pick and eat the right food you can buy at your regular grocery stores and market. With step by step, food by food instruction - it's that easy.

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