

A photograph of a man and a woman in a shower. The man is shirtless and has his arms around the woman. The woman is wearing a black bikini top and has her head tilted back. The background is a blue-tinted shower curtain.

GABRIELLE
MOORE
Better Sex. Better Life.

Lasting Longer

*A PROVEN SOLUTION THAT
BOOSTS YOUR SEXUAL STAMINA*

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What does your hormonal profile look like? Most of us have no idea what's going on inside our bodies, and even the best doctors have a hard time capture the nuances of such a complex, symbiotic system with the basic, one-second glimpses into our chemical makeup that they can garner from blood profiles and other tests. How can you tell if your testosterone needs a boost?

Do you struggle with libido or arousal? Are erections hard to come by or fleeting when they do? Are you tired, stressed, anxious, exhausted, depressed, not sleeping enough, sleeping too much, overweight, malnourished, addicted to coffee, unhappy, out of shape or suffering from health problems associated with obesity or lifestyle management? If you answered yes to even one of these questions, it is likely that there is something out of whack in your adrenal glands, and that your precious man-juice mojo is starting to run thin.



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TESTOSTERONE, CORTISOL AND ADRENALS! OH MY!

Testosterone in adult males is primarily responsible for both preserving a healthy libido and providing the strength and staying power you need to maintain a lasting erection. Your daily lifestyle has meaningful and long-lasting effects on your body's ability to produce and maintain adequate levels of this sex hormone, so if you find yourself struggling with your own libido, or having difficulty maintaining an erection, or even if you just want a bit of an energy boost, the six key areas of lifestyle change and development which I've outlined below can completely overhaul your sex hormone profile. Within as little as a few weeks, you can make yourself a brand new man!

Testosterone, like estrogen and progesterone, is a sex hormone. All humans have the capacity to produce all of these chemicals, but men produce testosterone in abundance, and women rely primarily on estrogen and progesterone for regulation of their cycles. While most testosterone is created by the sex glands (for you, that would be the testicles), the adrenal glands are responsible for regulation of the many hormone chemicals that are at play in the body at any given time, including some that can drastically effect your testosterone levels and its ability to do its job.

Testosterone's main "antagonist" is another hormone called **cortisol**, which is responsible for our "fight or flight" response system. When cortisol levels are high, testosterone levels suffer. When testosterone levels are healthy, cortisol is diminished and stress is reduced! Cortisol is the hormone that wakes you up in the morning at around the same time each day (if it is in balance) and can trigger your body to crave sweet things in preparation for stressful "fight or flight" times ahead. Drinking coffee throughout the day increases your levels of adrenaline and cortisol, making your body dependant on external substances to initiate the hormone response. If you find yourself shooting up wide awake in the middle of the night, your cortisol response has decided for some reason that you need

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to be out of bed. This could be due to overuse of caffeine, or too many carbs before bed, causing an insulin spike and subsequent crash.

When your body is producing a constant stream of cortisol, insulin, and testosterone, just trying to keep up with its own secretions, you can develop what is known as **adrenal fatigue**, the shutdown of vital mechanisms in the body such as immunity, digestion, endocrine function, sexual arousal, personal energy, etc. In adrenal fatigue your body is fighting just to survive! Don't you and your lover deserve better than mere survival? Take these six steps into account and change your lifestyle for the better... *today*.

1. DIET:

You are what you eat. This isn't a philosophy; it is the basic chemistry of your body. The cells that make up your being are built from the things you put inside your body. You could have obviously signs of ill health, like diabetes, obesity, high cholesterol, high blood pressure, etc. Or you could be suffering from the less obvious conditions of metabolic syndrome and functional malnutrition. But if you have been following a "Standard American Diet" (SAD) then it is likely you are suffering from several or all of these conditions, any of which can completely destroy the libido and sexual performance of even the most well-meaning of men.

YOUR CARBOHYDRATE SOURCES SHOULD BE PRIMARILY VEGETABLES, WITH SOME FRUIT AND DAIRY IF YOU CHOOSE. EAT AS WIDE A VARIETY OF RIPE, NATURAL AND PREFERABLY ORGANIC, LOCAL VEGETABLES AND FRUITS AS POSSIBLE.

Your food should be as whole and natural as possible, with most of your plate full of non-starchy vegetables, and most of your calories coming from healthy fat, like avocados, olives, nuts, and grass-fed or pastured animals. Avoid any animal products from grain-fed factory farms, even if they claim to be "organic" or "free range". Your carbohy-

drate sources should be primarily vegetables, with some fruit and dairy if you choose. Eat as wide a variety of ripe, natural and preferably organic, local vegetables and fruits as possible. Try to get at least three servings each of leafy greens like lettuce, chard or kale; sulfur-rich veggies like brassicas (broccoli, cauliflower, Brussels sprouts) or onions and garlic; and colorful fruits and veggies like sweet peppers, berries, and roots like carrots and beets. This in and of itself adds up to three full plates of food! Add in your sources of protein and fat, and you are bound to be full, without any need for snacks.

Of course, we all enjoy our little indulgences: whipping cream on our berries, yogurt with nuts and honey, apples with cheese or almond butter. Don't shy away from healthy foods that you love, but don't make them your main staple either. Keep in mind that you may only

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"love" a certain food because your body has become addicted to the chemical response it provokes.

If you have been eating a traditional North American diet for the past several decades, you are likely suffering unknowingly from *metabolic syndrome*, a devastating disorder even if you have yet to see the symptoms in diabetes, weight gain or muscle atrophy. Your cortisol levels are likely quite high and your stress levels through the roof. Limiting your intake of insulin-inspiring foods (grains, sugars, fruits and starchy vegetables) helps to repair metabolic syndrome and teaches your body to burn fat, rather than sugar, as its primary fuel. Dozens of diseases can be controlled or even cured through these simple dietary lifestyle changes!

This kind of diet is often referred to as "primitive" and is based largely on evolution, focusing on the types of foods that were available in abundance to ancient humans as they existed in hunter-gatherer tribes, before agriculture became widely used and accepted. Even in non-industrial agricultural societies, people knew (and still know today) that certain foods, in particular grains and legumes, are not fit for human consumption without proper preparation. Both grains and legumes have been shown to cause inflammation in the body along with a severe insulin response, due to toxins meant to preserve the proteins and starches in the seed for cultivation. Without proper preparations methods, pulses and seeds from grasses (wheat, oats, corn, soy, dried peas and beans, etc.) should be avoided as much as possible. When eaten, they should be prepared properly first by fermenting, sprouting, or "nixtamalizing" them in a basic solution to leech out the toxic components and free up the proteins for digestion.

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Cortisol is intricately linked to your insulin response system, so limiting the spikes and dips in insulin and blood sugar throughout the day not only improve your cortisol response, but also your testosterone levels! If a permanent change to your eating habits can really improve your sex life, why

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wouldn't you try it? Still need some encouragement? Guess what else, besides incredibly good health, hunter-gatherers also boast? Incredibly active sex lives!

2. EXERCISE:

We often place exercise at the top of the health pyramid, even though food should be on top. Living an active lifestyle is good for the body, but it won't make up for a crappy diet, so don't spend your entire life playing catch up with exercise. Don't go overboard with chronic cardio, which is just going to exhaust your overworked adrenal glands even further. Instead, opt for short bursts of "run for your life"-intensity activity a few times a month, and regular weekly sessions that test your strength.

The idea is to work your muscle up to exhaustion in as few moves as possible. That feeling of being totally spent that comes after an incredibly intense sexual experience can be found in your workouts as well. Even better, you can actually learn to combine the two! In another Erotic Encounter coming up very soon, I'll give you the perfect workout positions for increasing your sexual prowess, physical strength, overall arousal and relationship intimacy.

For now, just start paying more attention to how your body moves and works. Try out some minimalist shoes that get you walking like your ancestors on the balls of your feet. Practice the "third world squat" instead of bending at the waist or leaning on something to rest. Get a standing desk for your computer at work, or build one yourself. Climb a tree! Chase your kids around the yard! Chase your wife around the house! **Play, laugh and have fun.** Whatever it is you do to get your endorphins pumping, do it every day. You will find yourself happier, healthier, and your adrenals will begin to repair themselves in no time!

3. STRESS:

Nothing good can come from chronic stress. Our bodies are designed to respond to stress well, by increasing adrenal function so that we can fight, or run, or otherwise change our bodies to survive and thrive in new and strange environments. But our bodies aren't meant to endure endless days of stress in

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the office, sitting in an uncomfortable chair, staring at a computer screen under fluorescent lights, or toiling away at menial labor so someone else can get rich. Our bodies are meant to change, to adapt, and to become different and better! Mitigating stress is about making it easier for your body to do these things.

Forget about your erection. Just stop thinking about it. Don't think about orgasm. Your body will do what it does best when its environment allows for it! Focus on the environment. First you need to manage your expectations, of yourself and your lover. It is wonderful to have ambition and be goal-oriented, but not if those goals are unrealistic and serve to send you spiraling into a swirling sea of stress. Don't overpromise, don't expect instant results! Be kind and gentle with yourself and with your partner. Take your time. Slow down.

Start by rewriting your personal narrative. Every time you experience something stressful and catch yourself in negative self talk (i.e. "I'm a terrible lover" or "My sex life sucks because I can't perform!") step back from these judgments and take a deep breath. Retell the story, but in a positive light. What good has come from your lack of libido or staying power? It might be hard to come up with something that works for you, but think about it for a while. Perhaps if libido and long-lasting erections came to you naturally, you would not be taking the time and making the effort to learn more about your wife's pleasure, instead focusing solely on your own in-and-out performance. Maybe this sign from your body that something isn't quite right is just the ticket to get you into better health, so you might live a longer, happier and more fulfilling life than you otherwise would have. Perhaps, like me, learning how to control your body and engage your mind in your sexual activities will lead you to giving this gift of knowledge to someone else down the road.

PERHAPS, LIKE ME, LEARNING HOW TO CONTROL YOUR BODY AND ENGAGE YOUR MIND IN YOUR SEXUAL ACTIVITIES WILL LEAD YOU TO GIVING THIS GIFT OF KNOWLEDGE TO SOMEONE ELSE DOWN THE ROAD.



When you can embrace your life as it is now and accept yourself and your circumstances, the future opens up wide! You can do anything, so long as you take the time and invest the energy in making it happen. Work at it a little bit every day. Take time to stop, relax, reflect and restore your personal energy. Whether you use prayer, meditation, song and dance,

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cooking, walking in nature, talking quietly with your lover, journaling or poetry, find something that soothes your soul without the need to supplement with "comfort foods" and intoxicants. Do *something*, and do it regularly enough that it becomes second nature, a healthy habit.

Your homework this week is to enjoy the time you and your lover spend together. No stress, no worry, no concern. Just love each other! Spend time cuddling and enjoying each other's company. Go outside and enjoy the fresh air on a long hike or a walk by the water. Turn off the TV, the cell phone and the computer screen. Light a few candles for dinner and enjoy the quiet solitude of darkness as you slip into bed together at night.

4. SLEEP:

Sleep is an incredibly important and unbelievably neglected aspect of our daily lives. What words would you use to describe your typical sleep? How much do you actually know about sleep cycles and our evolutionary past? Do you often remember your dreams?

IN THE PAST, OUR ANCESTORS WOULD WAKE, PRAY, MEDITATE, SMOKE, CONVERSE QUIETLY WITH FRIENDS AND NEIGHBORS, SHARE A NIGHTCAP, AND MOST IMPORTANTLY THEY WOULD CUDDLE AND MAKE LOVE.

The phenomenon of one long sleep per day is a fairly recent invention in human history. In fact for most of our ancient past, humans primarily slept **biphasically**. If you find yourself racked with insomnia, perhaps it is your body telling you to get up and move around. In the past, our ancestors would wake, pray, meditate, smoke, converse quietly with friends and

neighbors, share a nightcap, and most importantly they would cuddle and make love.

Try sleeping in two distinct chunks with a light waking hour or two in between. The average human sleep cycle is approximately 90 minutes, so people find that 3 hours and 4.5 hours make good lengths for night-time sleeping, with a 1-3 hour break in the middle for socializing and romance. If you live somewhere hot, you may already sleep biphasically with a nap in the afternoon! If you love naps, this is science telling you that it is okay to lie down in the afternoon. Try sleeping for 90 minutes in the heat of the day, then going to bed a bit later after spending some time with your lover. You may find that the rest in the afternoon picks you up after work and gives you all the energy you need to get things done around the house, enjoy a full meal with your family, and some left over to get off the couch and enjoy some activity with your wife!

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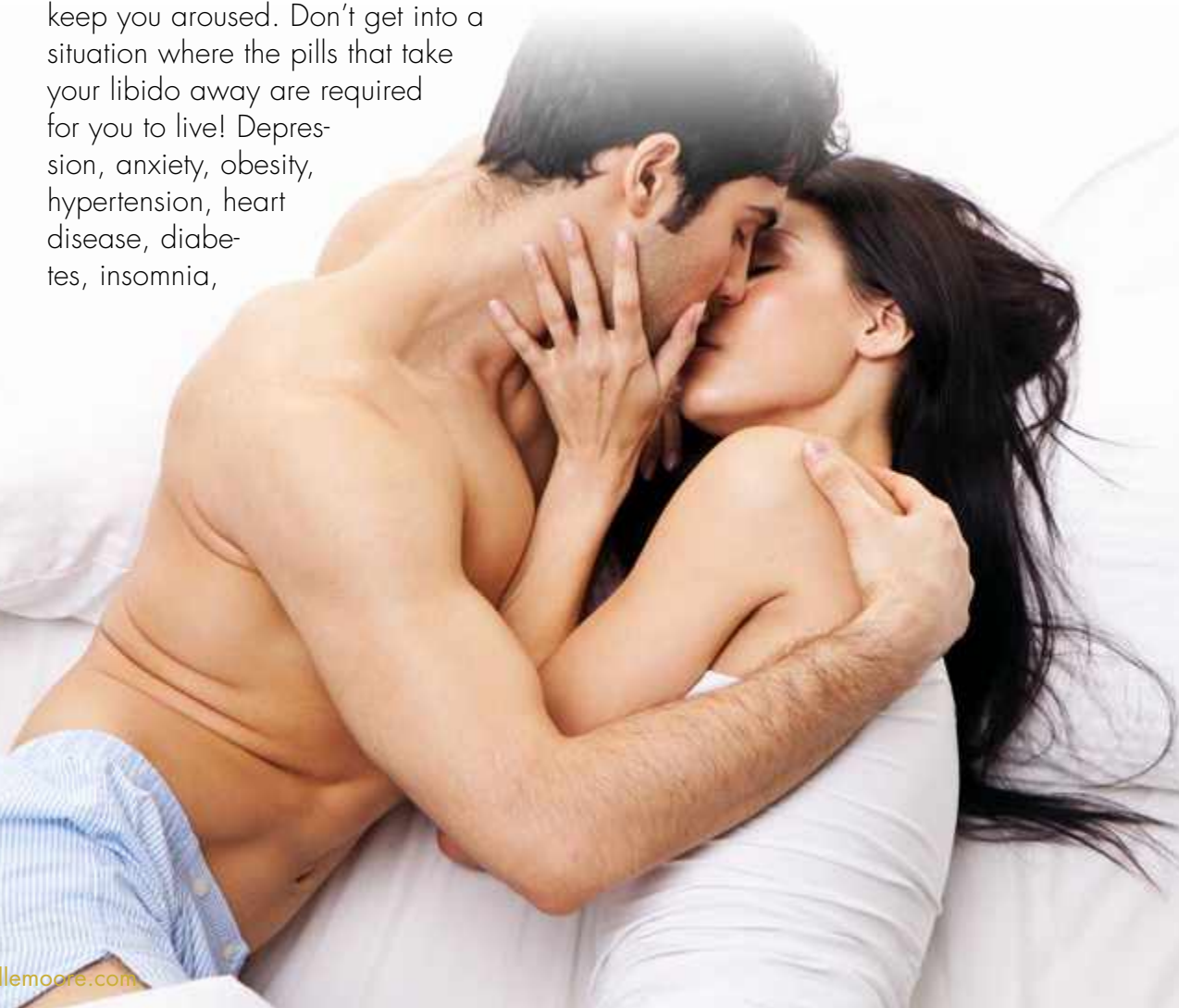


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5. MEDICATION:

Prescription, over the counter, or herbal remedies - your medication can have real and lasting effects on your health, your libido and your sexual function. Be sure to monitor your medication very carefully as you begin to make dietary changes. Chemicals designed to "manage" insulin, blood pressure, cholesterol, etc. can become unnecessary as you make significant changes to your lifestyle, so you should test regularly and consult a medical professional to help you get off the medication when you are ready. Do not stop them cold-turkey without medical supervision and be sure you know what interactions could occur if you decide to try herbs or other supplements.

Your doctor may find it hard to believe that your lifestyle can have such drastic changes on your health, but don't be dissuaded. Keep up the good work and change your life for the better! Don't learn to rely on pills to keep you aroused. Don't get into a situation where the pills that take your libido away are required for you to live! Depression, anxiety, obesity, hypertension, heart disease, diabetes, insomnia,



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stress and poor sexual function can all be managed with a natural, healthy approach to life and love.

6. CHEMICALS:

The chemicals in your medication aren't the only ones you are ingesting. In fact, they are insidious. They are in everything and nearly impossible to avoid. Why try? Xenoestrogens, the most prolific of toxic chemical types, mimic natural estrogen in the body. They cling to fat cells and make them insoluble (very difficult to break down and burn off), they cause reproductive and sexual dysfunction in men and women, and make for abnormal growth in children. They can cause tumors and painful menstruation, not to mention the weight gain and libido loss that often precedes a loss of erection or ejaculatory control.

You can avoid xenoestrogens by paying attention to not just your food sources, but everything in your home. These chemicals are in plastics, pesticides, fragrances, cleaners, hormonal birth control, water bottles, sex toys, cosmetics, body products, candles, kitchenware... they are everywhere, literally. They are even in our drinking water. Pay attention to ingredients. Buy your sex toys and other personal products in materials like wood, ceramic, metal, glass, and silicone. Filter your water and make your own body products. Buy lubricants, cleaners and cosmetics from reliable, eco-friendly companies devoted to providing you with quality products. Put anything that comes with a "new plastic smell" right back in the box and on the shelf.

There are other chemicals we come into contact with day-to-day that can have positive or negative effects on our health. Alcohol, recreational drugs and aphrodisiacs have been used for thousands of years to help with certain conditions, to

**PAY ATTENTION TO INGREDIENTS.
BUY YOUR SEX TOYS AND OTHER
PERSONAL PRODUCTS IN MATERIALS
LIKE WOOD, CERAMIC, METAL,
GLASS, AND SILICONE.**



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increase sexual desire and arousal, and to combat other problems that arise from stress. Don't get into the habit of relying on these things all the time, but don't feel it is necessary to give up everything that you enjoy just to be the picture of health. They say that alcohol improves the desire, but not the performance. Certain plants and chemical drugs have been known to increase potency for the short-term, but have other long-lasting side effects.

RESPECT

Your body is deserving of respect. Your body is deserving of love. If you don't care for your body so that it can live up to its genetic potential, why should it give you the gift of joyful, beautiful, orgasmic sex with a beautiful woman?

It can be easy to put our bodies last, after work, school, kids, a household, friends, family, and all the demands that playing these roles brings along. But the ultimate test of any man is if he can care for himself and his own wellbeing while still meeting all these demands. You deserve to be healthy and happy. Your wife deserves to have a husband who is healthy and happy! Show your respect for her and for your union by ensuring that you'll be around for a long time still, and able to out-perform even the best of the younger generation! With a little care and conscientious living, it can be done.



There you have it, honey... another *Erotic Encounter*!

Give this a moment to sink in, because **I WANT YOU** to promise me that you will enjoy this *Erotic Encounter* with your loved one **TONIGHT**.

Not tomorrow darling ... not next week. It has to be **TONIGHT**. If you let this invaluable information slip into your subconscious, it may never rise back to the surface.

But don't worry. Your homework is going to be fun! How often do you get to learn something that sounds so *sexy*? Let your passion free and make a date to practice the new erotic arts I've shared with you.

And remember, if you want to learn more advanced techniques about increasing her libido, go ahead and download "*Lloyd Lester's Ejaculation Mastery Program*" program. You will get a 70% discount today, just for being my "*Erotic Encounters*" member.

Just click the button at the bottom of this website or go to www.GabrielleMoore.com/ejaculationmastery to download your copy now.

Enjoy your *Erotic Encounter* honey, and stay tuned, because next week's adventure will be even hotter.

Until then, live with **LOVE** and **PASSION** in your heart and body... always.

Sensually yours,
Gabrielle Moore

