

Week 4 Action Plan

1. Read the Week 4 discussion
2. Plan a time to walk every day over the next 7 days. Use the form at the end of this chapter. Write in every hour that you must sleep, work, walk. Then make the rest of life fit in the time left over. Do this form every week for the next 6-weeks. Consider doing it for the rest of your life. Even if you have an electronic method of keeping your schedule, do this paper form every Sunday and look at every hour of the week on paper.
3. Post the form where family can see and keep a copy with you all the time.
4. Read the classic by Paul Bragg, *The Miracle of Fasting*.
5. Go to my website, www.TempleRepair.com, for more tips on fasting.

Week 4 Discussion

As a child, I once did a science project in our basement where I bread “Siamese Fighting Fish.” If you just buy a male and a female Siamese Fighting Fish and drop them in an aquarium, they do not breed. The usual fish food and confined environment do not cause the male to initiate sex. In order to promote breeding—to increase the fish’s libido—I provided a larger aquarium and fed the male fish live mosquito larvae and brine shrimp for a week before introducing the female to him.

Good health improves sexual functioning in fish and in people.

To achieve an erection whenever you want (the “anytime” part of this book) for the rest of your life, you must **work daily** to improve your overall health.

Good health is not a place to which you walk and then park. Good health is more like a motorized treadmill. If you stand still, you will fly off the back end. To stay on the treadmill of good health, you do daily health practices.

Exactly what you need to do to keep from being thrown from the moving platform of good health puzzles researchers and physicians around the world. But even though many questions go unanswered, good research exists. You can take a few simple guidelines, apply the 80/20 rule, and come up with a plan to maintain and improve health.

Paying attention to good health gives the base for good sex and paying attention in the simple way I will teach you will greatly amplify the effect of the other sex transmutation techniques.

Consider the alternative: trying to have good sex with poor health. Thankfully, almost anyone can improve his or her health at any age. Improving your health in the way I will teach you will also increase your libido. Being sexually active, increased libido, and firmness of erection are side effects of excellent health.

For an effective and pointed strategy for improved health in a way that specifically increases the sexual libido so that you can have sex anytime, try my “1, 3, 5” plan. With this plan, you fast one day per week, walk 3 miles a day, read 5 chapters of scripture per day, and eat five servings of fruits or vegetables per day.

This plan will do more to increase your libido than any other general health improvement plan. As a good side effect, following this routine will allow most people to achieve their perfect weight.

One fast per week

The metabolic effects of fasting are not fully known but the effect on the libido is dramatic with a good boost following a 24 hour fast. Toward the end of a 24-hour fast, you may see a decrease in libido but then the libido will skyrocket when you break your fast.

If this surge in libido is stored rather than used in ejaculation, it will carry over to greater ability. When I say, “stored” I do not mean to not have sex; I mean to avoid ejaculation except as allowed by your cycle as taught in Chapter 3.

The most convenient way to fast extends from supper one day to supper the following day with nothing to eat (eating the evening meal, then not eating again until you eat the evening meal the next day at the same time). Doing this gives you a growth hormone boost that helps both with libido and firmness of erection.

Most overweight people eat 80% of their calories in the evening anyway—so this way of fasting may not seem like much of a change (simply skipping breakfast and lunch and all snacks). But for the full 24hr fast, start at a specific time and consume nothing with calories for a

full 24hrs. Most Americans eat many calories between supper and bedtime. This will not happen during the first few hours of your fast and you also lose any calories from small snacks during the next day.

If you then break your fast carefully with a normal sized supper—you lose a significant number of calories. But even if you make up for the fast with more food intake over the following 12 hours after the fast, you will exercise your metabolism with the fast in a way that promotes better health and increased libido.

If you already weigh your ideal weight, then you may want to space the fast out to once a month instead of once a week.

Fasting Tips

- Remind yourself that ***your planned discomfort makes you healthy so that you avoid the discomfort of poor health. Trying to live a completely pain free life leads to the pain of disease.*** Do every day a little something that you'd rather not do.
- If you do not want to go completely without food for 24 hours, then you try a modified fast where you drink nothing but very dilute orange juice for 24 hours.
- Do not change the amount of caffeine that you consume, just get the caffeine from a non-caloric source.
- You will experience discomfort during your fast. If possible schedule the last on a day when you can rest if you feel the need.
- You may feel irritable during the fast. So try and schedule on a day where you can be alone and not offend someone if you do not act in a kind way.
- For headache, try a hot shower or take a couple of acetaminophen.
- If you feel hungry, during a full glass of room temperature water, brush your teeth, and go for a short walk (1/2 mile to 2 miles...walk until the hunger passes).
- For full effect, make sure you fast for a full 24 hours.

Three miles per day

Even though the proven benefits of exercise now outnumber any drug on the market, most Americans still do not provide their bodies with enough exercise. Two separate studies showed that ***walking around 25 miles per week cuts your risk of dying from any cause in half.*** If there were a pill that did that, it would sell for \$50 a day and send someone's stock to the top. But, walking is free, so no beautiful female saleswomen call on my office to convince me to prescribe it (as they do with cholesterol drugs which are less effective than exercise in preventing heart attack).

So, you don't see as much on television about walking as you do about cholesterol medication or erection drugs. But, being aerobically out of shape is a proven cause of impotence. Using walking or jogging as the base exercise of your fitness program will give you the optimum boost in libido (more than biking or weight lifting or tennis or golf).

I can't explain yet why walking or jogging results in a better effect than other exercises but I've found it to be so and all of my patients have as well. I hope to explore the reasons for this superiority in libido boost with walking or jogging compared with weight lifting or tennis or swimming or biking; for now, just try the plan and prove the plan to work in your own body. You can still do the other activities but don't do them to the exclusion of walking.

The 3 miles of day of walking is usually enough to change your metabolism through a variety of hormonal changes. You get beneficial changes in growth hormone, serotonin,

dopamine, thyroid hormone, cortisol, and adrenaline. All of these hormones, when optimized, change your appearance as well as your interest in sex. You also see an improvement in circulation and increased firmness of erection. I suspect that walking makes the veins and arteries more reactive to the hormones that cause erection. All of these effects only take place when we go over 15 miles per week and, for most, the effects do not become significant until we reach 20 to 25 miles per week.

I've worked as a personal trainer; I've talked with thousands of patients about their exercise; and, I've watched the effects on my own body. I've lifted weight extensively, done marathons and triathlons and can tell a much greater improvement in sexual libido when going a distance on foot compared with other forms of exercise (like bike riding and swimming). Walking or jogging also works better for weight loss than swimming or biking or lifting weights.

One exercise I highly recommend that you avoid is long distance biking. Where the seat hits your prostate and inner thigh you have nerves that can be damaged by long distance biking. The medical literature documents well impotence from biking. I highly recommend that you pay attention to the danger and avoid biking as a regular exercise. If you're already an avid biker and have padded shorts and the proper seat are doing fine, then all right, you can make a case for not giving up the bike. But it still makes me nervous about the long-term effects on your libido and erectile function. Be very sure you have a seat that does not cause damage.

Five Fruits or Vegetables

Five fruits or vegetables act as an appetite suppressant without supplying a lot of calories. In other words, in order to "eat less," you define eat less as eat less calories—not eat less volume of food. It's the fewer calories that lead to weight loss. If you eat 5 servings of any fruit or vegetable every day, you will consume only 700 calories even if you choose corn as the vegetable (a higher calorie vegetable).

One piece of chocolate cake or one muffin has 750 calories, so even a higher calorie vegetable like corn will kill your appetite and act as a diet food by giving you far more volume of food for the same number of calories as a much more calorie dense food.

One serving is 1 cup or 1 medium piece of fruit. For salad, 3 cups equals 1 serving. For beans, 1/2 cup equals 1 serving.

If you don't like vegetables, then eat all fruit. Don't worry about fruit having too many calories. The average banana (a fairly high calorie fruit) contains only about 80 calories. I can eat one piece of cake (for 750 calories). But, I would struggle to eat 8 bananas (what it would take to consume the same number of calories as the cake).

In other words, you will greatly decrease your appetite when you eat fruits or vegetables without increasing the number of calories.

Yes, you can eat potatoes but avoid potato chips and fries and eat baked potatoes instead.

You will also decrease your risk of cancer if you eat 5 or more servings of vegetables or fruits.

Five Chapters of Scripture per Day

The other part of the "5," in the 1,3, 5 Plan is to read 5 chapters of scripture per day.

As William Osler said in his address to a graduating class of Johns Hopkins, 10 to 15 minutes per day with the Holy Bible will put you in contact with great minds of the ages. For help with understanding the Bible, I recommend that you read C.S. Lewis's *Mere Christianity* and that

you keep on hand the *Haley's Bible Handbook*. I cannot explain the magic of The Holy Bible, but many minds greater than mine have testified to its power.

If you read the Sutras, or the Koran, or the laws of Moses, then read those. But, if your reading of scripture teaches anything other than “love” then find another teacher or another scripture.

“God is Love.” If your scripture teaches something else, or if your reading of your scripture leads to something else, then your life and your health is headed for a crash.

A book that promotes marriage and continence may seem out of place in a discussion of how to have erection any time for as long as you want. But it's not. You are building a libido and sexual technique that is the equivalent of a powerful racing car. If you don't learn the rules and skills of driving that car and how sex relates to the spirit by studying that relationship, you could crash the car into depression and loss of desire or enjoyment of sex. I say this knowing that you may not take my advice and just run right out with your new racing car and go as fast as you can with as many women as you can. If you do that, remember to come back here and take this advice when you reach despair.

The Kama Sutra, though known for it's advice on better sex technique, actually had statement in its end that may surprise you:

“A shrewd man, expert in one thing and another, considering both ethics and his own material interests, must not be a sensualist thirsty for sex, but establish a stable marriage.”

I also would like for you to read the books *No More Mr. Nice Guy* and *Wild at Heart* to learn more about how to use your new sex drive.

Remember, you're learning to generate a very powerful force, please make an effort to continue throughout your life to become better and better at transmuting this force into constructive and uplifting practices both in and out of bed. Following the 1,3, 5 Plan, including this part concerning the scriptures, is critical in helping you transmute some of the sexual energy into better mental, physical, and spiritual health. But more importantly, the development of ***the peacefulness of scripture reading will have profound effects on your thoughts and on your metabolism that will enhance your sex drive. God is the source of all energy—even sex energy*** and your growing closer to God will feed your sex energy as well as your soul.

The next page provides a form on which to schedule the 1,3,5 Plan. If you do not schedule the activities discussed, you will probably allow more urgent but less important activities displace this plans to rule your day. Just for 6 weeks, try using this page (along with whatever other system you might use for more detailed scheduling).

Schedule the ***1-3-5 Plan***, sleep, work, and family. Write your schedule on the form.

Then, post your week's must-do schedule where your family can see it. They will be able to see from the picture what a small part of the total week is actually consumed by the Plan. Point this out to all who would pull you away and expect to need to defend this plan from your own time wasting activities as well as from interruptions from those who love you most.

Remember you can offer the most when you nurture and protect your health and strength