

"The Prostate  
Healing Food

**That Is So  
Sexually Potent**

Priests Were  
Forbidden  
To Eat It"

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If you want a cheap, fast and easy way to help relieve your prostate problems... while giving your sex drive a “power boost” at the same time... then here’s how certain ancient cultures did it thousands of years ago.

And why you can do the same thing today with the information in this report.

Here's the story:

A couple years ago, while doing research on ways to fix my prostate problems, I found a fascinating article on MSNBC.com about a food certain ancient cultures used to increase their sex drives (that people "in the know" still use today). This food was considered to be so sexually potent, that ancient Egyptian priests (who were commanded to be celibate) were...

**Forbidden To Eat It  
In Case The Temptation For Sex  
Became Too Great!**

What was this special food?

Believe it or not... an ordinary onion.

Turns out onions not only turn on peoples’ tears... but also their sex drives, too.

Interesting, isn't it?

But, what is also interesting about this food for guys is that it can also help your prostate. In fact, some studies suggest regularly eating onions may help prevent prostate cancer, and also...

**Shrink Your  
Prostate, Too.**

Proof?

A few years ago, the publication “Urology” (2007;70:672–6) showed a study that compared the diets of 1,369 men with and 1,451 men without BPH (“benign prostate hyperplasia” -- i.e. enlarged prostate). The guys who consumed onions four or more times per week had a 59% lower BPH risk than men who never ate onions.

More:

There is also an old folk remedy that calls for using raw onion juice to help relieve prostatitis symptoms (an infection in your prostate -- very painful). This may or may not help everyone who tries it, of course. There is no “one size fits all” solution to prostate problems, unfortunately. But I recently received a comment from someone who read this report who blended an onion and drank the liquid. He said he went to the washroom and immediately all pressure and pain ceased. He started passing urine more freely than he could remember doing in a while. And he added “urinating is like the sound of music to my ears again”.

In addition to onions, here are a couple more “oldie but goodie” tips:

The first is what’s called “kegel exercises.”

Kegels are probably...

**The Easiest “Exercises”  
You Can Possibly Do.**

In fact, you can do them anywhere.

You can do them while you’re laying in bed... while you’re stuck in traffic... watching TV and even while you’re reading this report!

Here’s what you do:

Next time you go to the bathroom and start urinating, purposely stop your stream. That “muscle” you use to start and stop your stream is what you want to exercise. Just squeeze and release it for 3 sets of 25 “reps” throughout the day (you don’t have to actually urinate to do this).

This is a great way to prevent (and relieve) prostate problems.

Plus, like onions, it’s also great for your sex drive, too.

Another easy tip...

**Stand Up!**

By that I mean, don’t sit down for long periods of time.

This may come as a shock, but if you are dealing with prostate problem symptoms, it may just be too much tension and pressure in your pelvis from sitting down all day. It’s no coincidence that prostate problems have been on the rise alongside the increase in men who sit down all day for a living (i.e. at desk jobs, truck driving, etc). What I do is use a kitchen timer. I set it for 33 minutes and when it rings, I turn it off and force myself to get up.

This may or may not be the case with your prostate symptoms.

But, it is something to consider.

And it is one reason sales for special seat cushions designed to put less pressure on your prostate are going through the roof these days.)

Anyway, what’s the bottom line?

You should always check with your physician before taking health advice, of course. But if you want to relieve your prostate problems (or help prevent future prostate problems)... and “rev up” your sex drive at the same time... try eating onions at least 4 times per week, doing kegels throughout the day, and not sitting for long periods of time without standing and stretching.

Yes, these tips are simple.

And no, they are not “exotic.”

But they may just help relieve your prostate problems in a cheap, fast and effective way.

To Your Good Health,

*Radu Belasco*

Radu Belasco

**P.S.** Don't like eating onions?

That's okay, because there is another food (that is both delicious and found in your local grocery store year-round) that may also shrink your prostate quickly and safely. I stumbled onto this secret food almost by accident. But it's just as effective (maybe even MORE so) for fighting prostate problem symptoms than onions. And when I started eating it...

- My urination became more regular (with more "emptying" of the bladder)
- The chronically dry skin on my forehead and eyelids started moistening and clearing up (I used to have to use lotion every day, now I no longer do)
- I started having regular daily bowel movements (like clockwork)
- And, best of all...

**My Sex Drive  
Shot Through The Roof!**

(Health experts don't call this food "natural Viagra" for nothing...)

Anyway, to learn what this food is, as well as some other simple (and extremely effective) ways to help relieve your prostate problems, check out:

[www.ProstateProblemsFixed.com/ebook](http://www.ProstateProblemsFixed.com/ebook)

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