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Super Potency at Any Age

Edwin Flatto

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Super Potency at Any Age

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Super Potency at Any Age Edwin Flatto
Many men find their natural virility wanes at certain times, sometimes with damaging effects on their relationships and self-esteem. Edwin Flatto explains that, far from being an inevitable consequence of age, a lack of potency may be caused by the way we live our lives: stress, a poor diet, alcohol, smoking and medication can all effect virility, yet they are all things that are within our power to change. In layman's language and with illustrations, this guide reveals the super-potency diet, how to prevent or treat prostrate disease and infertility, the pros and cons of mechanical devices, how to regain potency without aphrodisiacs, the psychological factor, how your partner can help, exercise techniques for men and women and the power of a positive attitude.

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