



**Crystal Star™**  
whole herbs for the whole person™



# Sexuality for Men Kit

## NUTRITION PLAN

### Congratulations!

You've decided to commit to a natural sexuality enhancing program! Yes, it takes a commitment because you will be changing your lifestyle for a period of time. I understand that challenge, and I have created a special kit to help. Each custom kit contains items that I recommend specifically to enhance your health, along with my detailed Guide to Sexuality booklet. Keep the book handy during your program, because it has important information about how to get the best results from your program.

Good luck on this health adventure. A safe, gentle nutrition program can keep your body functioning at peak levels. You'll look better and feel better!

### The Sexuality for Men Kit includes:

- **Guide to Sexuality booklet**
- **Men's Healthy Libido™ capsules (60 capsules, a 15 day supply)**
- **Male Performance™ capsules (60 capsules, a 30 day supply)**
- **Ginkgo biloba extract (1 oz., a 2 week supply)**
- **Healthy Prostate™ gel roll on (2 fl. oz, a 30 day supply)**
- **Free Nutrition Program**

### Information about the Sexuality for Men Kit and how to use the products:

**Men's Healthy Libido™ caps:** Increases sexual energy and desire for men, at any age. Nourishes and tones male sex glands for enhanced sexual stamina. Enhances hormone production, restores lost sex drive and helps boost low sperm count. Directions: Take 2 daily, morning and afternoon before a big night or weekend.

**Male Performance™ caps:** A potent blend of male specific herbs that nourish the entire male system. Helps increase sensation, energy, and blood supply to support and strengthen the male reproductive system. Directions: Take 1 capsule, morning and afternoon as desired.

**Ginkgo Biloba extract:** A potent extract which helps to increase peripheral blood flow. Helps overcome sluggish brain activity. Directions: Take 10 - 15 drops under the tongue 2 - 3 times daily or as needed. Shake well before using.

**Healthy Prostate™ gel roll on:** Experience relief, enhance circulation. Flushes sediment and congestive residues. Soothes prostate inflammation with EFA's. Directions: Apply to inner thighs, abdomen and groin twice daily. Massage into skin. Improved diet and exercise are cornerstones for optimum results with this product.

### The Libido Diet for Men

*Use this diet in conjunction with the Sexuality For Men Kit for optimum results:*

#### Start off with a 24-hour detox.

Drink a quart of V-8 juice or Knudsen's VERY VEGGIE juice throughout the day. Drink at least 6 glasses during the 16 waking hours. (Alternate the juice with 8-oz. glasses of water, broth and herbal teas.) Have 1 to 2 fresh apples if desired.

Throughout your program, take your supplements, Men's Healthy Libido, Male Performance, Ginkgo biloba, and Healthy Prostate gel at breakfast and lunchtime.

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[click here to order the Sexuality for Men Kit now](#)

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## Pointers for best results for your Libido Diet after your Twenty-four Hour Cleanse:

Focus on chlorophyll-rich foods (leafy greens, sea greens) and juices (super green foods like chlorella, barley grass or spirulina). Chlorophyll is the most powerful cleansing agent in nature.

Use a zinc-rich spirulina protein drink to boost your energy and cleanse your body of gland-clogging toxins.

Make sure you have one meal a day with plenty of vegetable protein. Protein deficiency is often implicated in low male potency. You have a lot of good choices. My favorite protein sources for men are black beans and rice (highly absorbable, full of B-vitamins, alkalizing for a too-acid system); steamed vegetables like broccoli, cauliflower, kale and chard (lower cholesterol deposits); sprouts (full of enzymes); nuts and seeds (rich in zinc); seafoods of all kinds (heart-protecting); and turkey (low-fat, stress-reducing).

Have one large, fresh green salad each day, with plenty of lettuce, cucumber, carrots and tomatoes. Use 2 tbsp. of a fresh tomato dressing. Greens keep your insides swept clean; and tomatoes are known for their prostate-protecting lycopene.

Add fava beans to your diet. Fava beans have high concentrations of L-Dopa. Dopamine is intimately associated with sex drive in men. One 16 oz. can is almost a prescription dose.

Have a zinc-rich meal every day. Promise yourself some food from the sea every day. Fish and seafoods also provide essential fatty acids to protect your heart and improve circulation. Or have 2 handfuls of pumpkin or sunflower seeds or nuts; or a cup of peas or beans. If you like liver, it's rich in zinc. If you like toasted wheat germ, sprinkle a tablespoonful on your cereal, salad or a soup for more zinc.

The foods a man avoids are as important as the foods he eats. Many men tend to overeat fried, fatty foods. Some experts think the tendency stems from a man's large needs for energy and strength. Fat may be a source of energy, but fried fatty foods make sex less likely—and less enjoyable. Tests show that a man's testosterone levels drop precipitously after a high fat meal. When testosterone is low, both a man's interest in sex and his sensory nerve response are reduced.

Fatty meals, particularly hard, saturated fats in meats and dairy or trans fatty acids from fried foods, are difficult to digest and contribute to clogged arteries. This hampers blood flow to the brain... and a man's sex organs. However, not all fats are bad. Essential fatty acids are a key to a man's sexual health. Fats are the material from which the body produces hormones. Best sources of fatty acids: seafoods, sesame seeds; almonds; sea greens; bee pollen; royal jelly; cantaloupe; spinach; watercress; rice.

Avoid red meats, too. Two main reasons: Red meat animals, like cattle and hogs, are often injected with estrogens. Prepared meats, like luncheon meats, contain nitrates that can reduce libido.

Drink 8 to 10 glasses of water a day to hydrate, and flush wastes and toxins from all cells.

If you dedicate yourself to this program I'm sure you will be pleased with the results. Everyone is different, so the directions I've outlined are guidelines. Go at your own pace if you like, checking your results as you go.

To learn more about my whole herb nutrition kits, please visit my website, [healthyhealing.com](http://healthyhealing.com), call 800-736-6015, or refer to your Guide to Healthy Sexuality booklet.

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