

THE TOP FOODS AND EXERCISES FOR IMPROVED INTIMATE PERFORMANCE

PUREHEALTH®
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The Top Food and Exercises for Improved Intimate Performance

by

PUREHEALTH®
RESEARCH

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Introduction

Your body is a complicated machine. Intimate performance can be impacted by several different factors, but food and exercise play a huge role in many areas of your health. Certain foods can improve sexual performance while others may disrupt or derail it. In the same way, some exercises will be more effective at improving your stamina and vigor for better intimate performance naturally.

In this eBook, we'll discuss which foods are which—the good, the bad, and the must-haves for instant passion. You will also discover the top exercises to help you improve your stamina and deliver more passionate, powerful intimate encounters. Plus, you can do it all with simple changes. There's no need to completely overhaul your lifestyle.

Let's start by exploring the foods connected to sexual performance (or the lack thereof) and all the potential benefits and difficulties they entail.



CHAPTER 1 – FOODS TO IMPROVE INTIMATE PERFORMANCE

To begin on a positive note, several foods may help support healthy sexual function and improve your intimate performance. Studies have been done on plenty of different food items and their ingredients in an attempt to figure out exactly how these foods work and why, but the fact that they do work is what matters.
For starters, those who have a healthy diet and avoid fast foods or processed foods as much as possible will already have a leg up on those who are eating out a lot or consuming an excessive amount of processed, refined, chemically-altered foods.
With that in mind, let's look at the best foods to help you improve your intimate performance.

Oysters (and Other Zinc-Heavy Foods)

Oysters are one of the most well-known aphrodisiacs. But did you know that a single serving of oysters can provide as much as 673% of the daily amount of zinc that the average person needs in a day? If oysters aren't your thing, try crab or lobster, which also have loads of zinc and can help boost your performance.
As a bonus, zinc is also a great supplement for your immune system.

Pork, Chicken, and Beef

For those who aren't fans of seafood, you can get a lot of zinc from land animals. Beef, chicken, and pork all contain plenty of zinc, as well as L-arginine and carnitine, amino acids that are essential to your body's function. Remember, moderation is key because red meat in excess can cause issues for the heart and cardiovascular system.
Vegetarians can find these nutrients in milk, cheese, and whole grains.

Nuts and Seeds

Nuts and seeds are great sources of nutrients, and a much healthier alternative to candy, chips, and other junk food. Walnuts are full of omega-3s, which are good for heart health, and they've got plenty of zinc, as do cashews and almonds. Pumpkin seeds, sunflower seeds, pecans, hazelnuts, and even peanuts can all offer health support, including for that intimate performance you've been trying to improve.



Beets



Beets might not be for everyone, but they have a host of health benefits, including the potential to boost your intimate performance. They are full of antioxidants and vitamins and dietary nitrates, which help improve blood flow by expanding the blood vessels. Some athletes even use nitrates in their diet to help boost their performance, and research suggests that it can even help manage blood pressure in some cases based on its ability to improve blood flow. Translate that blood flow and stamina to the bedroom, and you'll be ready to show your partner a great time.

A Short List of Other Options

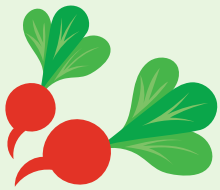
To end this chapter, below is a brief list of other foods that could help improve your performance in the bedroom (and elsewhere in your life). These foods are all rich in flavonoids, zinc, nitrates, omega-3 fatty acids, amino acids, lycopene, and other nutrients that can reduce the risk of ED and promote healthy levels of intimate performance.



Spinach and other greens



Oat Meal



Radishes



Avocado



Berries



Tomatoes



Citrus Fruits



Carrots



Apples & Bannanas



Salmon

As you can see, you've got a lot of options when you want to make healthy changes that can also boost your performance.

CHAPTER 2 – FOODS THAT CAN NEGATIVELY AFFECT PERFORMANCE

Now that we've covered the foods that you should be eating, you should also be mindful of certain foods (or types of food) to avoid. Typically, these will be foods that have been processed or chemically modified in some way. All of those additives and processing steps can change foods and add elements that negatively affect performance and overall health.

In this chapter, we'll cover the biggest offenders, and then close with another list, this time of some important foods to avoid if you're trying to perform at your best in the bedroom (or anywhere else in your life, for that matter).

First up, let's talk about the food world's most-loathed four-letter word: fats—specifically the saturated kind.



Saturated Fats

Saturated fats are terrible for your body in general. They lead to clogs in your arteries and can restrict blood flow as they build up over time. They also get stored in the worst places throughout the body when they don't become plaque buildup, adding to that spare tire and making it downright tiring to try to perform at your best in the bedroom.
Polyunsaturated fats can also reduce testosterone (think vegetable oil), so men should avoid them at all costs. You can reduce a lot of the bad fats by doing two things:

Eating fewer processed foods and more fresh foods
Cooking at home instead of eating out regularly

Even a "healthy" meal at a restaurant is going to be full of unnecessary fats, sugars, and other ingredients to improve its taste and overall appeal.



Soy

Soy is filled with estrogen, so for men, it's a definite "no" lister if intimate performance is in question. If your estrogen levels go up, your testosterone levels go down. Less testosterone means lower libido, reduced stamina, and even difficulty or an inability to perform.

This could include soy milk and other soy-based products, so vegans and vegetarians are warned to be especially mindful here. Try to find alternatives or cut the items out completely.



Sodium

Sodium is the leading cause of high blood pressure. It's also terrible for other bodily systems in excess amounts. If you're eating a lot of those processed foods or living on a drive-thru diet, you're probably consuming two to three times the amount of sodium your body actually needs in a day, if not more.

Take McDonald's, for example—you stop here because it's what the kids will eat, but you grab a salad.

The side salad is your only safe bet, at just 10mg of sodium.

The Caesar kicks it up to 180mg, and if you add chicken, 840mg.

Some of their salads (namely the ones with bacon) hover around the 1000mg mark.

And that's **without dressing.**

The recommended average daily intake of sodium for an adult? Less than 2,300mg. So, if you get a chicken Caesar salad with Caesar dressing, that's 1,340mg in one meal (adding 500mg for the dressing)—and that's eating "healthy" for fast food.

You get the point—cut the sodium where it counts.



Refined Sugar

Natural sugars are those found in fruits, vegetables, and other organically occurring foods. Refined sugar is the stuff that they add to processed foods and drinks, like soda and fruit drinks. Refined sugar requires insulin to process, so it can also affect blood sugar and those who suffer from diabetes. Moreover, the insulin production and processing of these foods can reduce testosterone levels in men, which can lead to performance issues with long-term consumption.

Sports Drinks

Unless you're an active athlete or a fitness buff that's always in need of replacing lost electrolytes, most doctors agree that sports drinks are not a healthy choice. When you drink them regularly, you're simply increasing the sugars, sodium, and processed ingredients in your diet, all of which can have an impact on your performance and libido.



Other Foods That Can Hamper Performance

In addition to the items above, there are plenty of other consumables that could negatively impact your intimate performance.

- Fried foods (high in saturated fats)
- Mint
- Licorice root
- Eggs
- Flaxseeds
- All-purpose flour
- Bottled water
- Canned soup
- Cheese
- Sodas (diet or regular)

It's important to note, again, that some foods that may help men boost performance could affect women negatively, and vice versa. Do your homework to figure out what foods should be on your "yes" and "no" lists.



CHAPTER 3 – PERFORMANCE-BOOSTING CARDIO

As much as diet can impact your performance, so can your exercise routine and overall fitness level. People who are out of shape or who don't exercise regularly will usually find that they have less stamina in the bedroom, lower libido, and perhaps even trouble performing.

Cardio is a great way to give your body the boost it needs for intimate performance, and as a bonus, it will improve your overall health and other areas of your life.

Walking

If you're a sedentary person, walking is better than nothing. However, if you're just walking, it may take some time for you to build up your cardio capacity and your performance in the bedroom. Those who have a limited capacity to exercise, however, will find that this is better than nothing.

You should try to walk a mile a day, or more, to help improve your health, your breathing, and your performance.



Running

For faster results, try running. It will be more difficult to get into if you're just starting out, but the outcomes will be much more rewarding than if you were just walking. Even if you're not into running outdoors, you can join a gym and hit the treadmill for 45 to 60 minutes a day.

Need something lower impact? Consider using an elliptical machine—you get the cardio that comes from running without the impact on your joints, plus the added flexibility and muscle toning for your legs.

Swimming

Swimming is a great choice for cardio which also has some strength training. It takes strength to swim against the current of water, even in a man-made pool with no real "current" to speak of. It's also low-impact, which makes it great for people who have joint issues or need something that won't cause them down the road. Or if you're just not into running or other gym machines, this could be a fun way to get in shape.

As a bonus, you can also practice holding your breath when you swim, which can help you improve your breathing and steady your breaths during intimate encounters so that you can go longer and enjoy more.



Yoga

Although this can technically be classified as strength training and cardio, we're putting it here because it's more about focusing on breathing and intentional movements. Yoga also has several mental benefits, so if your performance issues are related to stress or other mental blocks at all, this can help clear that up, too.
Yoga is great for the body. It strengthens the core, increases flexibility, and helps you become more aware of your body and how it moves and functions. This means you can use it more effectively, which in this case, leads to increased intimate performance.

Once you've got a good cardio routine down, it's time to add in strength training to boost that stamina, too.



CHAPTER 4 – STRENGTH TRAINING FOR INCREASED STAMINA

Stamina doesn't just come from better lung capacity and improved cardio function. You also need to build your strength and make sure that your core is solid so that you can last longer and enjoy more fun in the bedroom without having to take a break or throw in the towel before you're really ready to call it quits.
The most important areas to focus on include those listed below.



Abdominal Muscles

Having a strong core makes stamina, coordination, and performance easier all around. You also use a fair amount of abdominal muscles in most intimate encounters, so they're helpful to have if you want to enjoy your time for as long as possible. Don't worry about a six-pack—just get the muscles working and keep working them to enhance your performance.
Sit-ups, planks, and other ab exercises are all good choices here.

Biceps and Triceps

Stronger arms mean that you can lift, pull, and push more weight. It also helps build up the power of your shoulders and upper body. You can find a lot of different exercises to highlight these muscles, including:

- Bicep curls
- Chin-ups
- Triceps pull-downs or push-downs



Lower Back

Lower back muscles are also essential to performance in all areas of life, including the bedroom. When your lower back is strong, it offers support and stability for your spine and provides strength for your core, as well. Bridges and Superman extensions are good exercises to build up your lower back muscles, but be careful not to push too hard or you could hurt yourself.

Pelvic Floor

The pelvic floor is what controls everything in this department, so naturally, you want it to be as strong as possible. There are plenty of muscles you can build up in the pelvic region with squats, Kegels, bridges, and other exercises.



Glutes, Quads, and Hamstrings

By now you're thinking that we've covered most of the body, and you're right—intimate encounters are a full-body experience and the stronger yours is, the longer it will last. When it comes to your legs, the glutes, quads, and hamstrings need some attention.

Glutes help with balance and hip mobility. **Quads and hamstrings** help power the knees and hips. Together, they provide the lower body strength you need to last longer and go harder in any performance. You can build these muscles with lunges, squats, leg presses, and step-ups.

In addition to increasing your stamina, exercise can also help improve your flexibility, which can make for more interesting encounters and fun experiences if you like to mix things up or try different positions.



CHAPTER 5 – CONSIDER ELIMINATING ALCOHOL AND OTHER VICES

It would do no good to write a book about treating your body better to improve performance if we didn't talk about all the things you are putting into it. Alcohol, tobacco (and nicotine), and all manner of recreational drug use can impact your sexual performance in a multitude of ways. Of course, there are dozens of other reasons to avoid these substances, as well, but in this case, it's all about improving your stamina and satisfaction in the bedroom.



Alcohol

Alcohol is a depressant. While it does lower inhibitions and make people more overtly passionate and sexual, it can also lead to all manner of issues with performance. Many of you readers are likely familiar with the more vulgar term for alcohol-induced sexual dysfunction in men—if you drink too much, the blood vessels can't do what they do. This is why some men struggle to perform at all after consuming alcohol. If you want to have a drink or two with dinner or while you're enjoying the hot tub, that shouldn't be an issue. Drinking in excess or long-term chronic drinking are usually the areas where the problems lie.

Tobacco and Nicotine

Smoking reduces circulation and blood flow, and studies have shown that it can cause a 50% increase in the likelihood of ED and other performance issues. The chemicals and carcinogens in cigarettes and other tobacco products are also dangerous to the rest of your body. Smoking reduces your lung capacity, too, and can make it hard to enjoy intimate encounters without having to stop to catch your breath.

And for those who think vaping is the answer, think again. Vaping also constricts blood vessels because it contains nicotine. Quit now, for your performance and your overall health.



Recreational Drugs

In addition to the myriad of reasons that you should avoid recreational drugs, a hindered sexual performance is high on the list. Although some recreational substances are purported to enhance intimate encounters, there's no guarantee that you'll get that outcome. More importantly, the negative effects of these substances are usually worse than the benefits and can lead to long-term sexual dysfunction and performance issues.

In addition to drug use, addiction itself can affect intimate performance and sexual function, so those who are dealing with a drug addiction will need to find help with recovery if they want to maximize their encounters.

What About Cannabis?

As more states legalize marijuana for recreational use, a lot of people are enjoying a new form of relaxation. While some strains of cannabis can increase feelings of pleasure, induce sexual arousal, and even help you unwind and relax so that you can be present, there is always too much of a good thing.

It's best to be mindful of cannabis consumption concerning your intimate performance so that you can prevent any issues from occurring. If you are a medical marijuana patient or live in a state where recreational use is legal, just remember the adage: all good things in moderation.



Conclusion

There you have it—everything you need to know to start improving your intimate performance by changing your diet and exercise habits (and kicking those vices once and for all). You can also check into other foods, vitamins, and supplements that may assist in your efforts, but be sure to consult with your doctor before taking any kind of supplements to be sure that it's a safe choice for you.

Focus on eating smarter and keeping your body in peak condition with the exercises discussed in the chapters above, and you'll be on your way to more satisfying, passionate encounters in no time at all. If you've got this aspect of performance down but are still struggling with your mentality



Resources

https://www.healthline.com/health/7-foods-enhance-your-sex-life#oysters
https://www.healthline.com/health/healthy-sex/how-to-increase-sex-stamina
https://www.singlecare.com/blog/erectile-dysfunction-diet/
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https://www.medicalnewstoday.com/articles/323918
https://www.cdc.gov/heartdisease/sodium.htm
https://www.nutrition-charts.com/mcdonalds-nutrition-facts/

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