

THE TRUTH ABOUT ED



**HOW TO TREAT THE ROOT CAUSE OF
ERECTILE DYSFUNCTION IN DAYS**

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Mission

This book is dedicated to the health, well-being and longevity of all, as all is one.

To achieve this, we must all open our minds to learning from nature, practitioners of functional medicine, and natural healing around the world.

We are our own best doctors. Why do I believe this? Because with education and support, many of the chronic health conditions that are brought about by modern day living and lifestyles can be eliminated.

History has proven we cannot cure what ails us by blindly following the profit-driven therapies of the conventional medical establishment. Otherwise, we'd all be healthy. Sadly, the opposite is true.

Remember, the top priority for the pharmaceutical companies and their medical allies is to deliver shareholder value and profit. Pharma companies are among the most profitable business sectors in the world.

Ask yourself – what is in it for this industry to cure you? If the disease is cured, then what happens to those shareholder profits?

Because of this inherent, money driven conflict, conventional medicine will never cure anything.

That's why we are committed to going above and beyond and ensuring that you have access to the information and tools you need to lose weight and gain better health, naturally.

Understanding how your body works and how to apply new and innovative natural healing methods is the backbone of what is called functional or integral medicine, and it is the key to your ability to heal from within and live the life you desire. And we're here to help.

As such, some of the royalties from the sale of this book are being used to help fund the mission of educating people about natural / functional health care and exposing corporate and government corruption.

The Cardio Defend Program is designed to give you the information you need to not only improve your heart but to take charge of your overall health.

Once you've gotten into the best shape of your life using these methods, I ask you to join my mission by sharing your positive experience with friends and family, so they know there is another path to vibrant health.

Tom Bradford

The Fine Print

There's always a legal disclaimer when we discuss health and wellness, isn't there? We live in a world where everyone is intent on protecting themselves whenever they provide information or opinions. This is especially true when it comes to the subject of health and wellness. I hate having to do this, but it is a necessity, so here goes:

The information provided in this book is for educational purposes only so that you can make better and smarter decisions about your health and wellness.

I am not a doctor, but I am sharing my story and all of the scientific and alternative information I have accessed to help you learn from my experience and make changes in your own life if this resonates with you. I am not permitted to diagnose diseases or conditions. For the diagnosis or treatment of any ailment, please consult a licensed physician or whatever medical practitioner you may prefer.

I am sharing information based on my personal experience and the opinions and conclusions included are mine and mine alone. You and others may or may not agree with them but know that I have done my best to impart information that will educate you and allow you to form your own opinion.

If you should choose to act on any of the information included in this book, please be aware that you do so at your own risk. And that any results may be relative to your own state of fitness and health (physical, mental and emotional) and the awareness, care and attention with which you conduct yourself while participating in the activities or suggestions.

Phew! That wasn't so bad, right?

Ok, so now let's dive in and start discovering!

PART 1
ED DECEPTION

Chapter

1

Introduction

Welcome to the Truth About ED.

You have finally found the solution you've been looking for.

No longer will you have to feel embarrassed or suffer any more than you have. I don't want you to sit on the couch, watching TV, just to avoid the bedroom. I don't want you to live in fear that your partner will leave you for someone else.

Erectile dysfunction can be completely and easily reversed!

I'm sure you've been told that erectile dysfunction (ED) is just a part of life, that there's no cure, and that the symptoms can be managed with treatments and prescription drugs. But this is a lie, and I'm here to share with you the truth.

I'm an average guy named Tom Bradford who had a worse than average wake up call. For 22 years I was married to a wonderful woman named Denise. And for those 22 years, we were happy, we had lots of sex. It's how we connected with each other and how we worked as a couple.



But then things changed. I was 47 and suddenly I was having trouble getting hard. Well, I say that it was sudden but it really wasn't. It started slowly – my erections just started to lose their oomph.

But there's one day I'll never forget, I remember it so clearly. Denise and I got down to get busy and I couldn't get hard. Not even for a second, not at all... nothing.

So here I was, fully turned on by my beautiful wife, but nothing was happening in my pants. When we tried again the next night, the same thing happened.

I can't even begin to explain how awful this felt. Kind of like having my insides pushed through a meat grinder or Magic Bullet.

I know Denise loved me, but she had needs. I felt completely disabled, but I vowed to reverse this problem for my marriage. And myself, as a man.

First stop, to my doctor, to have the conversation that no man wants to have. He walked me through the options, Viagra, Cialis, maybe a pump, even a suppository. And a penile implant if none of those things worked.

All of these solutions seemed crazy to me. Drugs with side effects, a suppository that I could stick up my urethra before sex. A pump! I mean, none of these treatment options deal with the actual cause of ED, they just seemed like band aids.

Plus, they were mood killers and the effects were just strange. I didn't want a Franken-penis that had been inflated by something I stuck into my urethra! I wanted my old damn penis, my old damn sex drive. The sex that I had been having with my beautiful wife.

I told my doctor no thanks and walked out of his office. I didn't know where I was going to go next but I knew I had to get out of there. Those treatments weren't for me. I decided to start some research, to try to figure out what to do.

I started looking for any information that I could lay my eyes on. First, on the internet. I learned all about the medical conspiracy that is keeping us sick. And what is a symptom aside from a symptom of a larger problem.

And then I started to connect the dots. I learned what the real cause of ED is, and believe me, it was a surprise to me.

I tried it all, all the special diets, all the wacky herbs.

And with a little trial and error, I discovered how to get that bulging monster back into my pants. When this happened, I called Denise, and well, I don't need to tell you what happened next.

I want to share with you the miracle that has saved my marriage and changed my life. What started small and by word-of-mouth has evolved into a life-changing program that has helped thousands of men.

So keep reading, and I'll show you the real cause of ED (it's not what you think). I'll also show you how to get rid of ED for good and get your sex life back. Really, all it takes is deciding here and now that you are ready. It's so simple, it's stupid.

Read this book and try the program. I know you'll love it. And if, for any reason, you are not 100% satisfied in the next 180 days, email my support team and they will gladly refund your money.

My team and I are always here to help you. Email us at any time with questions, concerns or testimonials, to support@GetBoostaro.com

You have been living with embarrassment and low self-confidence for too long. It's about time the world knew the real way to treat ED. You have everything to gain and nothing to lose. So what are you waiting for? It worked for Denise and me, and it will work for you.

Let's get you the satisfying sex life that you deserve!

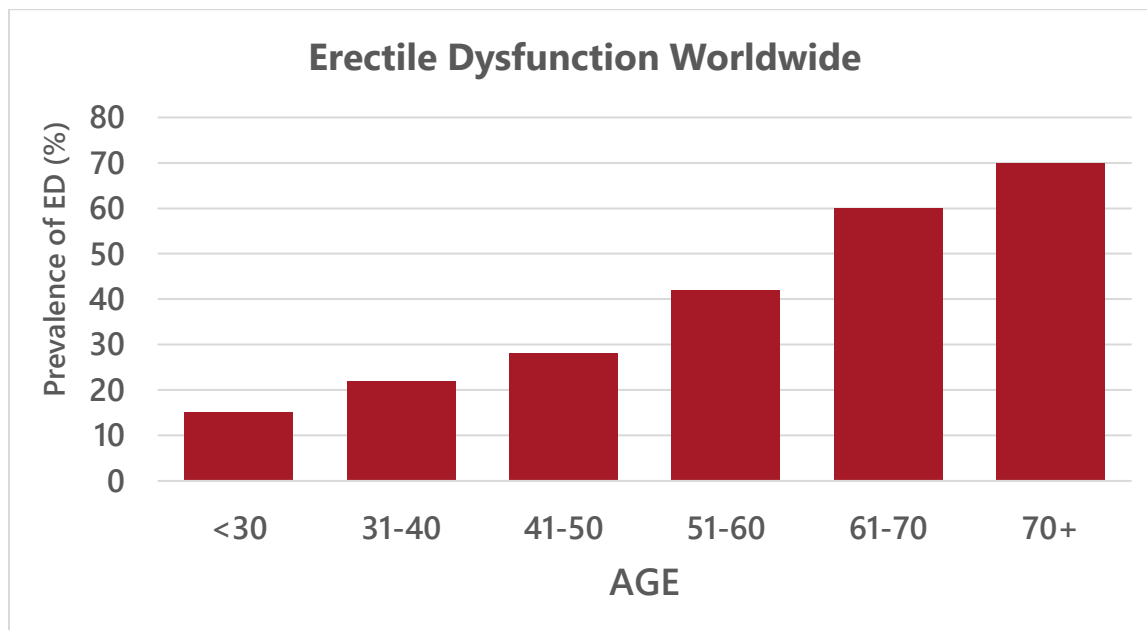
Chapter 2

ED: A Growing Problem

ED is a growing problem in the world. In the United States alone, approximately 30 million men suffer from ED. To put this in perspective, this is the same number of Americans (both men and women) living with diabetes!

ED usually begins to affect men in their 40's but it can also affect younger men. Around 5% of men between the ages of 20 and 40 suffer from some form of ED.

And the problem only increases as we age. At 50, 25% of men have some form of EDⁱ. By 70 years of age, ED affects 70% of menⁱⁱ.



What Is Erectile Dysfunction?

Erectile Dysfunction or ED for short, is a condition where a man is unable to achieve or sustain an erection for sexual intercourse. ED is also known as impotence. ED is not to be confused with low libido – low libido means that you have less of a desire to have sex even though you're able to have erections. ED happens when there is desire for sex but you have difficulty getting an erection. Sometimes ED and low libido can happen at the same time.

It's one of the most embarrassing things that can happen to a man. Ever. Whether this has happened to you a handful of times, or every time you try to have sex, any form of ED can start to cause "performance anxiety".

When this happens, the mere thought of sex becomes terrifying. It's terrible to think of being unable to "perform" and letting our partner down.

Look, as men, we tend to think a lot about what's happening in our pants. We think so much about our penises that we even make decisions with them! What's happening in our pants is so tied to our self-image that any form of ED can start to affect us psychologically.

Types Of ED

It is important to know the reasons behind your ED, here are the 3 types of ED:

- **Physical Impotence**

The most common type of ED is physical impotence. This means there is a physical underlying cause. This may be physical damage to your organs, disease or other imbalances within the body. We'll get to the specific causes a little further in the book.

- **Psychogenic Impotence**

The next most common type of ED is Psychogenic Impotence. Some men are unable to achieve erections during sex, although they have them while they are sleeping. This is called psychogenic impotence, meaning that there may be psychological factors impacting your ability to have an erection with your partner. This may be caused by a chemical imbalance, performance anxiety, an unhappy relationship or general stress. Nighttime penile monitoring will tell your doctor whether you have psychogenic impotence.

- **Priapism**

The last type is called Priapism. It's a persistent, usually painful erection that lasts for more than 4 hours and occurs without sexual stimulations. The condition develops when blood in the penis becomes trapped and unable to drain. If the condition is not treated immediately, it can lead to scarring and permanent erectile dysfunction. Luckily, this type is very rare.

Diagnosing ED

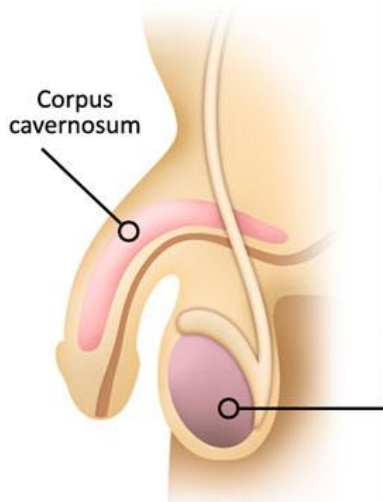
Again, in order to get a full diagnosis of ED, your doctor will give you a physical exam to figure out what is causing your ED. They may perform some of the following tests:

- Blood test to measure levels of testosterone and other hormones
- Psychological evaluation
- Nighttime penile monitoring

As you'll learn later in this book, ED is often a warning sign of a more serious medical condition. Left untreated, it may lead to heart disease, strokes and even cancer. But don't worry, once you know the true cause you'll know how to reverse ED and all of the other complications.

Now that you know the types of ED, I want to talk about how arousal and erections work.

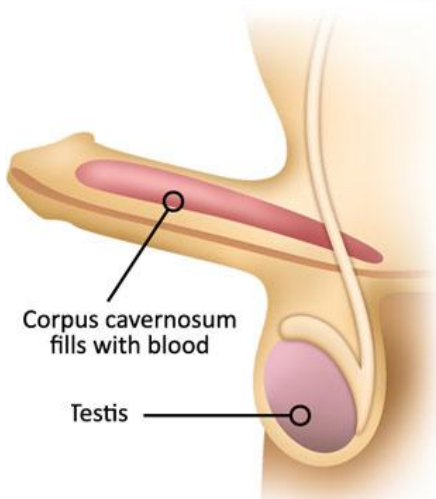
FLACCID PENIS



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ERECT PENIS



ERECT



How Erections Works

Arousal begins in the brain. Seeing someone who you find attractive, having a dream, even just thinking about your partner will cause nerves in your brain to send chemical messages to nerves in your penis via a chemical called Nitric Oxideⁱⁱⁱ.

There are also other chemicals called hormones at play. Hormones are chemical messengers that help your body's cells communicate. Experts still haven't figured out the exact role of hormones in arousal, but the one to remember is *testosterone*.

This is the primary male sex hormone, which is made in the testes. Testosterone is the hormone that causes us to grow from boys to men. It peaks in our 20s and gradually declines as we age.

Healthy blood supply is necessary for erections. Through a complex interplay of hormones, the blood vessels in the penis are told to relax so that blood can flow in. Once the blood flows in, it gets trapped in spongy areas of erectile tissue called the *corpus cavernosum*. This causes your penis to expand into an erection and you know what happens next...

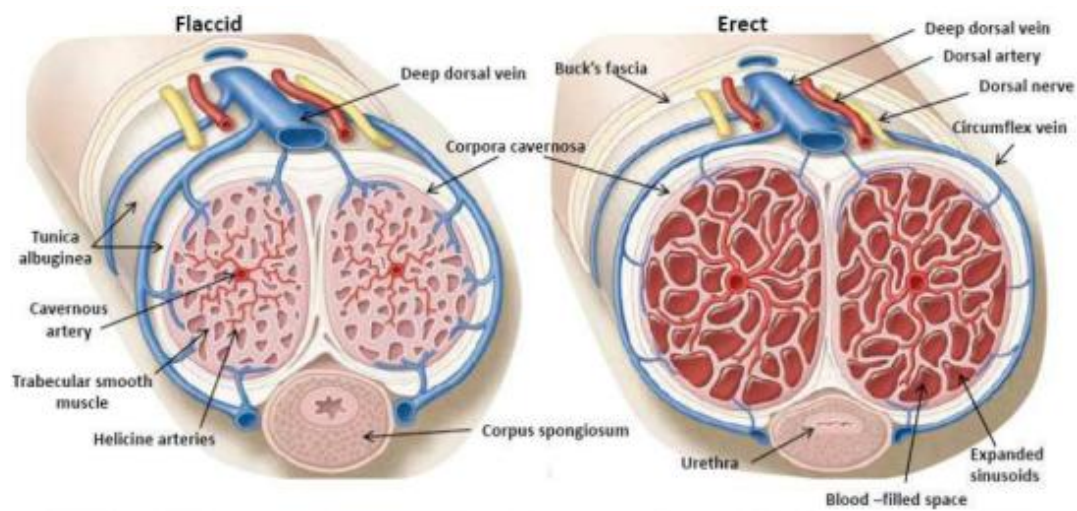
Erections And The Brain

A lot of what happens in the brain impacts erections. Erections are managed by our nervous system. The nervous system is deeply affected by psychological factors including stress, anxiety and fear.

When you're stressed, your body thinks you're in risk and moves all blood and energy to our arms and legs so we can run away from danger!

Imagine being a cave man that is being chased by a sabre-toothed tiger. Because all the energy and blood is being directed to the arms and legs, other bodily functions that are less important to survival will shut down. Yes, this includes sex and erections.

So when you're happy and relaxed, it's easier to get an erection. When you're anxious and stressed, it can be hard to get an erection.



Any form of stress, whether it is due to your job, money or even relationship difficulties can contribute to ED. Even if stress isn't the main cause of your ED, any stress or worry that you can't please your partner will further contribute to ED. Here are some causes of stress and anxiety that can worsen ED:

- Anger or tension between you and your partner
- Work, money or family stress

- Depression
- A history of ED

In many cases, simply acknowledging what your stressors are can help to decrease stress and anxiety. We'll go into more detail on this later.

In addition to psychological factors, let's cover the current ideas on what causes physical impotence.

Mainstream Theories On Erectile Dysfunction

I don't want to spend too much time on conventional theories. After all, if they were right, there wouldn't be an epidemic of men unable to achieve erections. So, for now, I'll quickly go over the top 3 theories.

1. Low Testosterone

The medical industry says that ED is due to low testosterone. They go on and on about how testosterone peaks in our 20s and gradually declines as we age.

The problem is, when they've done studies with testosterone supplements, men didn't show improvement in erections when compared to a placebo. So even though the mainstream medical establishment keeps pushing this theory, it's clear this isn't the root cause.

2. Lifestyle Factors

Mainstream medicine says that ED is due to some lifestyle factors. At least they're partially right. Two very common lifestyle causes of ED are drinking alcohol and smoking.

Alcohol use can cause both short term and long term ED. In the short term, alcohol causes what was known in Shakespearian times as "brewer's droop." In

the long term, frequent alcohol use can lead to testicular shrinkage. In addition to making it hard to achieve an erection, alcohol also stresses out the liver and leads to hormone imbalance.

Cigarette smoke can decrease circulation, leading to ED in the short and long term. Even smoking just two cigarettes can inhibit erections^{iv}!

But this doesn't explain all cases and many men that smoke or drink have no trouble with their erections.

3. Aging

In a study of sexual health among older American adults, it was found that sexual activity declines with age.^v ED increases as we age.

This is a fact. But age is NOT the cause.

What if I told you that as men, we're actually capable of having satisfying sexual relationships well into our 90s.

Sure, as we age, we may find that we can't have as many erections as we used to. We may find that it takes longer to achieve climax. The volume and force of ejaculate gets smaller and lighter. We may find that we can't have sex as often as we could when we were younger.

But you know what? As we age, we have better control over orgasms. We can have sex for longer. And we actually make better partners.^{vi}

In the next chapter you'll learn how the medical industry has it all wrong. They never fix the real root cause (which you're about to discover). They only mask the symptoms.

Later in this book, we'll go into the real cause of erectile dysfunction and how you can prevent and even reverse it quickly and easily!

So let's get going and get you on the road to having all the sex you are meant to have.

Chapter 3

The Big Pharma Conspiracy

The Search For The Cure

Just think about this for a second. How many thousands of dollars have you spent on doctors, prescription drugs and insurance? After all that money, what did you get? Are you beaming with health or are you still frustrated?

Last year, in the United States alone, \$2.8 trillion was spent on health care. More than any other country. And yet, our rates of cancer, heart disease, diabetes, dementia, autism and almost all diseases are some of the highest in the world. How could we be spending so much on health care and research and still have the highest level of disease?

In fact, the health and pharmaceutical industry hasn't cured anything since 1950. Think about that. How many billions, even trillions, have gone into research for cures? How many charities exist, collecting money to search for a cure? After all that time and money, nothing has been cured in 65 years? How can that be? If you don't believe me, look it up. Try to find diseases that have been cured.

Yes, you go to the doctors and they tell you to have "this" or have "that" – take some of this medicine and you'll feel better. But do you really feel better?

Most pharmaceutical drugs don't even attempt to fix the root cause, they just cover the symptoms. It's like owning a car and seeing the engine repair light come on. And

instead of repairing the engine, you just break the engine warning light. No more warning light, but how much longer will your car work before it breaks down?

And you have to deal with the dangerous side effects, including death. Just look at the warning label of most prescription drugs and ask yourself, is it really worth all these side effects if it's not even treating the root cause?

There's no bigger money maker than big pharma and the problem is that they don't want you to be cured! Sick customers are good customers. Erectile dysfunction is a big business – if you want to have sex, you have to buy drugs from them... forever!

Erectile Dysfunction Fraud

The erectile dysfunction drugs market is big business. Think about this, the leading blue pill for men rakes in \$1.2 billion in sales each year. The amount of money we're spending on drugs and treatments for erectile dysfunction is continually rising, with no end in sight.



By 2019, the worldwide erectile dysfunction drugs market is expected to reach \$3.4 billion in yearly sales^{vii}. That means that men around the world are spending a total of \$3.4 billion each year on drugs to treat ED. Drugs like Viagra, Cialis and Levitra.

The companies who manufacture these pills spend hundreds of millions of dollars each year, advertising directly to you! They know that you'll see their ads and march directly to your doctor for a prescription.

And these pills are expensive. Online, one 50 mg tablet of Viagra can cost up to \$24. But it's not just money. There's also the terrible and dangerous side effects..

Drug Side Effects

Erectile dysfunction drugs, such as Viagra, Levitra and Cialis belong to a class of medications called *phosphodiesterase (PDE) inhibitors*. Remember when I explained how Nitric Oxide helps erections?

Well, PDE drugs work by allowing Nitric Oxide to relax and expand

the blood vessels to your penis while compressing the veins that carry blood out of the penis. So lots of blood rushes into your penis and takes a long time to rush out.

But the problem is that these drugs don't act on the *root cause* of ED, they just mask the symptoms by giving you big erections.

And these drugs aren't 100% safe. If you have uncontrolled diabetes, past stroke history, or low blood pressure you can't even take them. But even if your doctor gives the green light to take these drugs, you're still not in the clear. Look at what these drugs can do to your body.

Here are some side effects^{viii}:



Aches and pains	Bloody nose	Bloody urine
Convulsions	Diarrhea	Confusion
Deafness and other hearing problems	Difficulty breathing	Heart problems and chest pains
Rectal bleeding	Ringing in the ears (tinnitus)	Sexual problems, including failure to reach orgasm
Skin lesions and paleness	Sneezing	Sores in the mouth and on the lips
Stomach discomfort	Trouble sleeping	Nausea
Anxiety	Vision problems, including sudden vision loss	4 hour erections
Stroke	Heart Attack	Even death!

So now you've got this big erection with all of these side effects. And most are downright scary! To top it off, some partners complain that these longer lasting erections just aren't as exciting. Medicine isn't supposed to create more problems than it solves.

Let's review some of the other treatments for ED.

Other Treatments

Vacuum Devices

Vacuum devices help to pump more blood into erectile tissue. Here's how they work: the vacuum chamber gets placed over your penis. It gets held in place by a tight elastic band that helps to create an airtight seal. That sounds uncomfortable, doesn't it? Then, a vacuum gets created in the chamber. The vacuum suction and the band actually draw and trap the blood in your penis. The band helps to trap the blood in your penis to make it hard. It's not even a real erection.

These devices can be hard to use and uncomfortable. And, because it's not a real erection, it can be hard to ejaculate. Not to mention affecting spontaneity and the mood. And, to top it off, these devices can cost up to \$500. Your hard earned money being spent on something that doesn't even make sex enjoyable!

Penile Implant Surgery

Plastic surgery is considered a last case scenario to treat ED^{ix}. If ED drugs aren't working for you, or their side effects are too much for you, your doctor may recommend penile implant surgery. There are two types of implants: semi-rigid/malleable and inflatable.

- Semi-rigid/malleable – this type of implant places rods in the shaft of your penis. Your penis will always be semi-rigid and will just need to get lifted into place when you want to have sex. The downside: it will always look like you are semi-hard. Yes, even when you're wearing pants.



- Inflatable – the prosthesis has two to three pieces, a reservoir and a hydraulic pump. Each time you want to have an erection, you must press on the pump. The downside: you have a hydraulic pump surgically implanted in your penis. This surgery is also very expensive. If you're lucky enough to have insurance coverage, the cost of penile implant surgery could be less. If you don't have insurance, you can expect to pay up to \$20,000. The downside to any surgery is the chance of complications. Some surgeries can lead to very serious medical complications, including infection, erosions and even permanent damage to erectile tissue.

ED is a big business and companies are making a killing off of your suffering. You're spending hundreds of dollars on pills, putting uncomfortable pumps over your penis and even going so far as to surgically implant hydraulic devices into your penis! And none of these treatments are dealing with the actual cause of your ED!

In the next chapter, I'll show you why you don't need to do any of these things. I'll show you how to put an end to this suffering and free yourself from the anxiety of ED and get you on the road to having all the sex you are meant to have.

Chapter 4

True Cause Of Erectile Dysfunction

In the last chapter, we learned that so called “treatments” of ED have their own side effects and complications. Worst of all, they don’t even deal with the root cause of ED!

Untreated, ED will cause sexual frustration, low self-esteem and an unhappy partner. If that’s not bad enough, ED is usually a warning sign of something more serious. Conditions that none of the conventional treatments will solve.

The human body is one of the most complicated and incredible things in the entire universe. It’s so complex that we may never fully understand how it works. So nothing that you can take is going to cure your ED. The only way to cure ED is to give the body what it needs so it can cure itself.

So what can we do to prevent or reverse ED? Well, before we get into the solution, let’s look at the true cause of ED.

Now, it’s likely you’ve never heard this stuff before. It’s eye opening and controversial. But I guarantee you, it’s backed up by hard science. In fact, the “cure” was discovered by two, separate, noble prize winning researchers.

It’s a shame that more men don’t know about this, but the pharmaceutical industry has worked day and night to keep this information hidden.

I've done my best to simplify this information. But just because it isn't filled with medical jargon doesn't mean it's not powerful. So read it carefully. What you will learn in the next few pages will change your life.

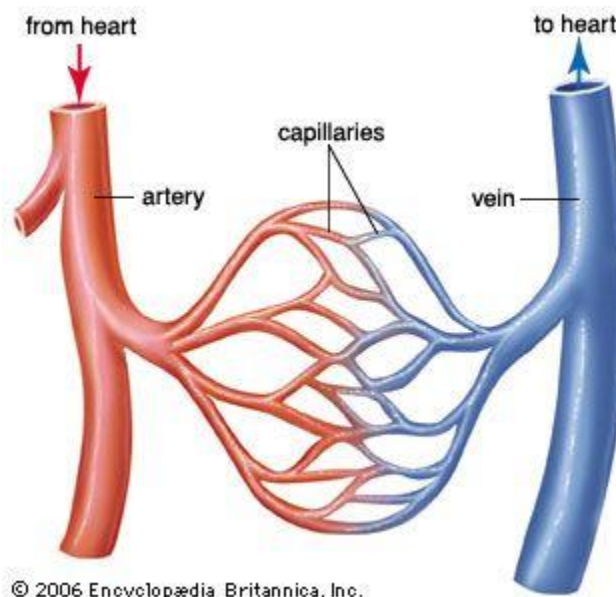
3 Main Causes Of Erectile Dysfunction

There are 3 main causes of ED and once you know them, they are easy to fix. Here they are:

1. Damaged Arteries, Veins & Capillaries

We've all heard about the heart and the circulatory system. They are the body's lifeline, delivering blood to the body's tissues. And when everything is working properly, all your cells get the full amount of blood and the right nutrients.

The circulatory system is basically a pump (your heart) and a series of vessels that the blood runs through. These are called the arteries, veins and capillaries.

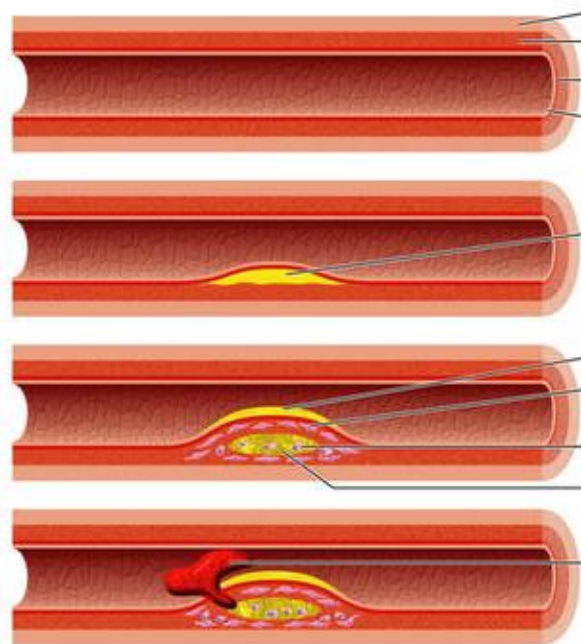


The arteries are the vessels that supply fresh blood full of oxygen and nutrients to the cells. The veins are the blue vessels you can see under your skin. These return the blood back to your heart. The reason they are blue is because this blood is devoid of oxygen, and that's what gives blood its red color.

Finally there are capillaries. These are the finest vessels that get blood to and from every nook and cranny.

Problems start when the arteries, veins and capillaries get clogged. Most doctors don't know the real reason this happens but you're about to find out. And this won't just help get your erections back, it will also prevent and reverse heart disease.

The real reason your circulatory system gets clogged is because the walls of the vessels get damaged.



When the blood vessel wall gets damaged, your body produces cholesterol to patch up the damaged area. Just like you would use plaster to fix a hole in the wall. Over time, your body adds more and more cholesterol to make sure the blood vessels doesn't tear.

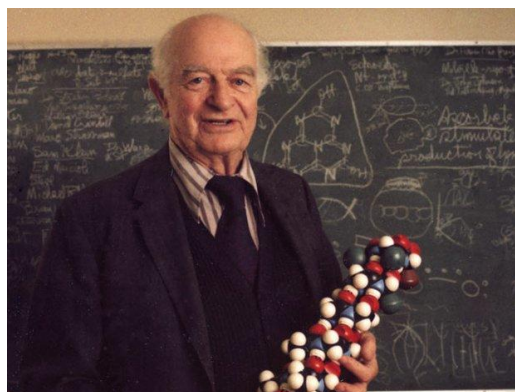
The narrowing of arteries restricts blood flow to the penis making it hard to get and maintain a healthy erection. But this is really just a warning sign of something more serious.

If the blood vessels are blocked completely, the result is a heart attack or stroke. So high cholesterol isn't from eating a high fat diet, your body is actually creating the cholesterol. This is necessary only when your circulatory system is weak and needs constant patching.

Discovery #1

But what causes your blood vessels to weaken. Here I'll have to share some history with you and a discovery by one of the greatest scientists that ever lived. In fact, he holds 48 honorary Ph.D.'s and is the worlds only 2 time unshared Nobel Prize laureate.

His name is Linus Pauling and along with his Colleague Mattias Rath, they discovered the true cause of heart disease in 1989. The cause... vitamin C deficiency.



Linus Pauling
(Only 2 time winner of the Nobel Prize)



You see, Vitamin C is very important to keep the blood vessels strong. And when you don't get enough through your diet (I'll get to this later), your blood vessels start to weaken and your body needs to make cholesterol to patch things up.

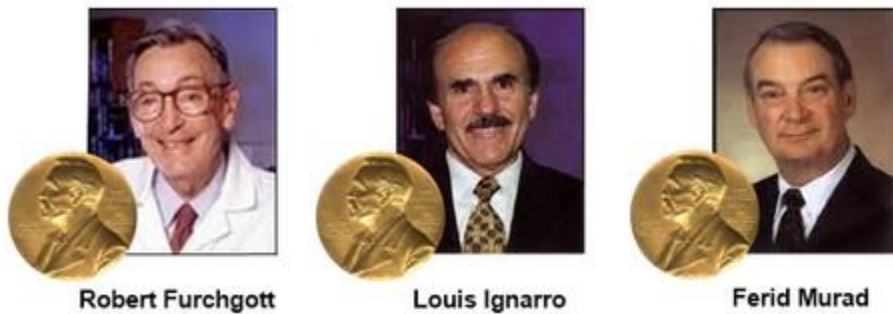
The Pauling/Rath unified (vitamin C) theory of cardiovascular disease constitutes one of the great potential breakthroughs of modern science. Their remarkable theory has

apparently gone unnoticed by the pharmaceutical industry, the medical profession and the media.

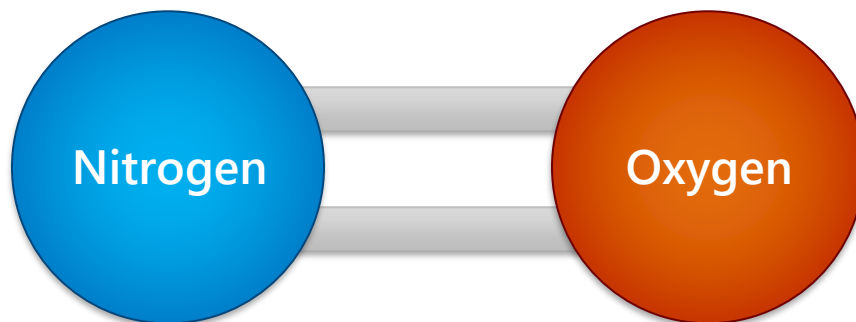
We'll get to the specifics of what you have to take to prevent and even dissolve arterial blockages.

Discovery #2

The next major breakthrough was discovered by a doctor named Louis Ignarro. In 1998 he and two other researchers were rewarded the noble prize for discovering the signaling properties of Nitric Oxide in the body.



Nitric Oxide (shown below) is a gas responsible for expanding blood vessels and making delivery of blood to the vessels much easier. The gas is produced by your body, but men who suffer from diabetes, high cholesterol or erectile dysfunction tend to produce too little of it.

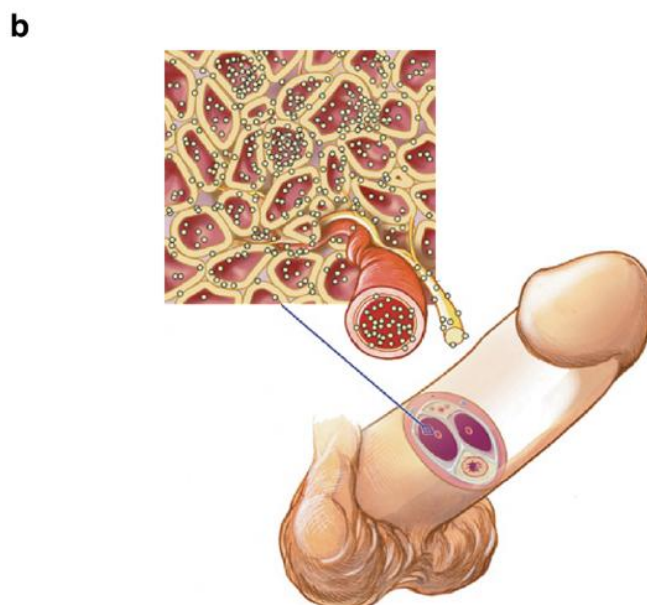
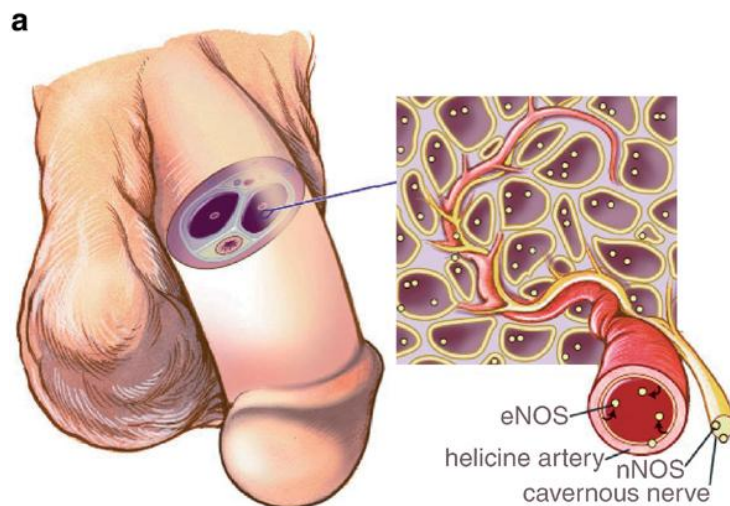


Nitric Oxide Molecule

As a result, smooth muscle relaxation cannot take place, impeding blood flow to the spongy tissue of the penis.

In figure A below, you'll see that in a normal flaccid penis, there are small amounts of Nitric Oxide present.

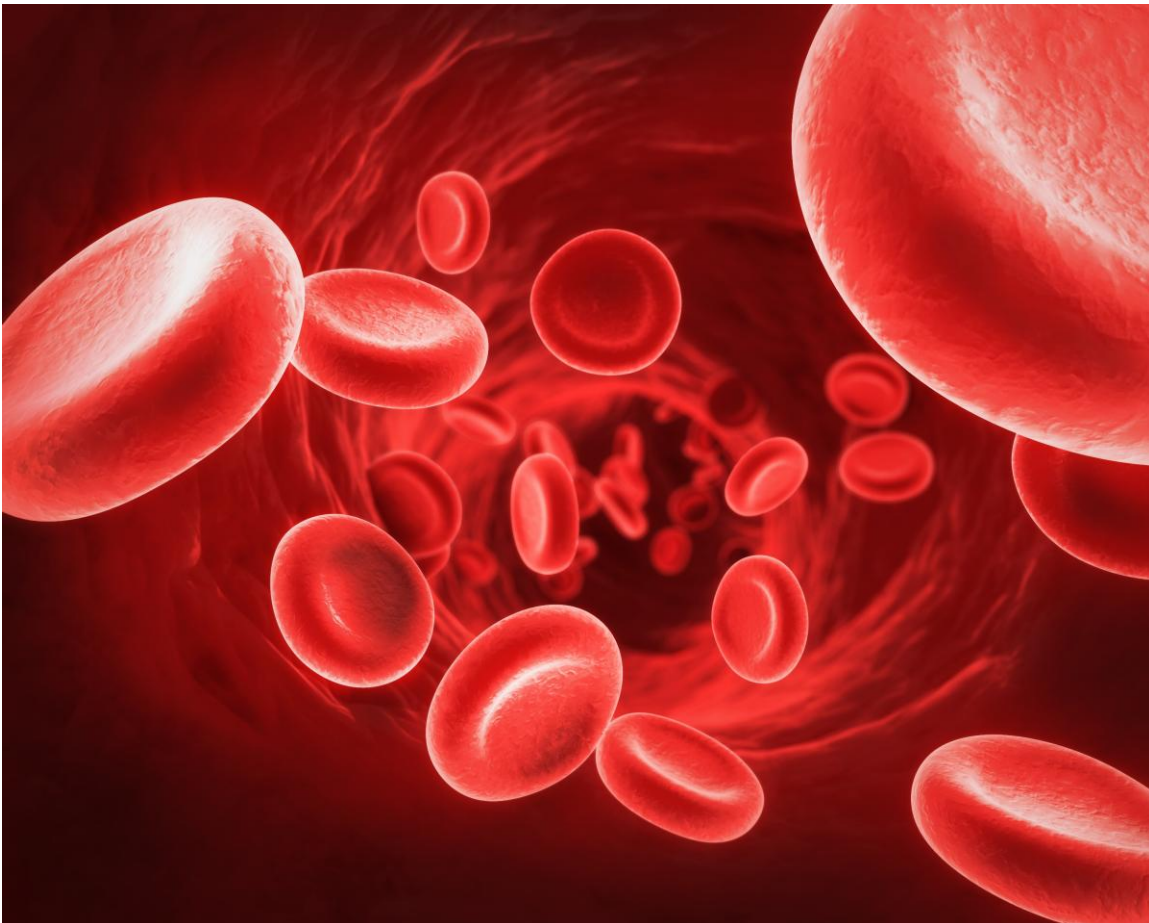
When you get aroused, your body produces a large amount of Nitric Oxide (Figure B) which makes blood flow into the penis to cause an erection. So if you don't produce enough Nitric Oxide, you'll have erectile dysfunction.



Many studies have shown Nitric Oxide to perform far better than pharmaceutical drugs such as Viagra. I'll explain how to easily increase the Nitric Oxide levels in your body, but for now, let's learn about the next issue.

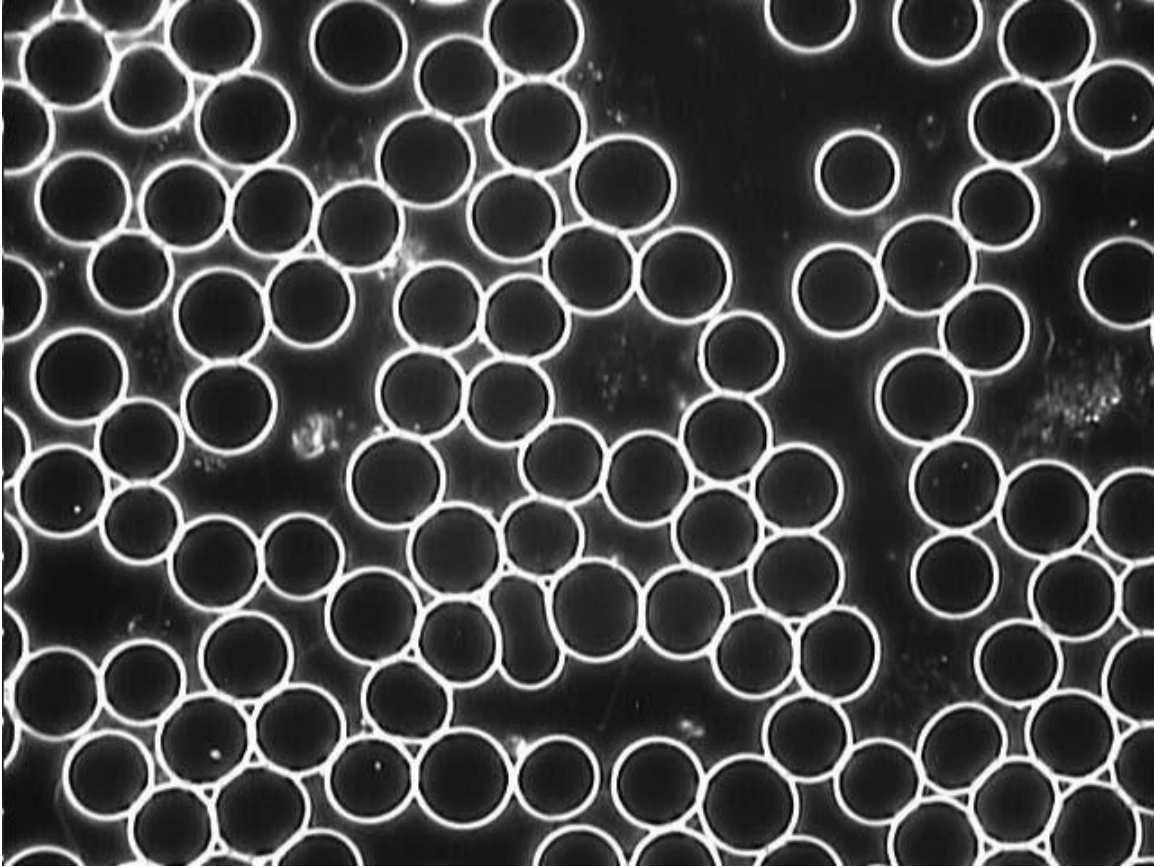
2. Unhealthy Blood

Your body is basically made up of trillions of cells that all perform a specific function. Each one of these cells needs fresh oxygen and other nutrients to stay alive. Since most of the cells are in a fixed position, they rely on blood to provide their nourishment.



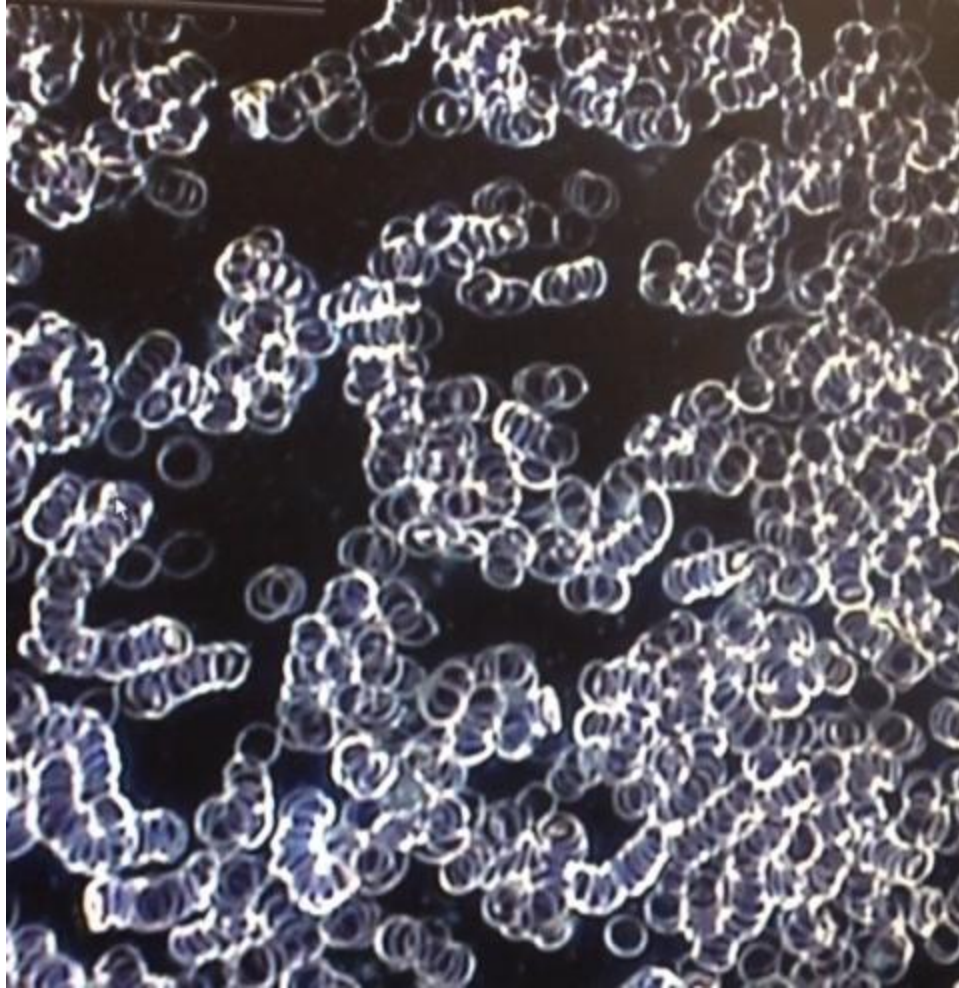
Your blood is made of fluids (mostly water) and blood cells. Each of these cells can hold oxygen or other nutrients to deliver them throughout the body.

When your blood is healthy, it flows freely. The best way to see this in action is by using a Darkfield microscope. This allows us to see live blood. The image below is a picture of healthy blood.



You can see how all the cells are uniformly shaped, they don't clump together and are free of any debris within the cells. When your blood is healthy like the picture above, you won't have ED.

The problem starts when you blood becomes unhealthy. The red blood cells start to stick together. This makes it really hard for them to get through the small spaces within the penis.



This is exactly what the medical industry doesn't want you to know because not only is this a major factor in ED, it's a major factor in all diseases. If your blood isn't working properly, it causes problems to all parts of your body.

But how does this happen? Well, there are a few reasons. These include:

- Negative thoughts and stress
- Poor Diet
- Environmental Toxins
- Infections
- E-Smog (Electromagnetic radiation e.g. cell phones)

Understanding how all these factors affect your blood is beyond the scope of this book. But don't worry, in section 2, I'll show you the simple steps you'll need to take to restore your blood to its healthy state.

3. Mind/Body Connection

I should mention that there is one other factor that plays into ED and that has to do with your mind.

They say that wherever the mind goes, the body follows. And we know that a lot of what happens in the brain impacts erections. Here's a look at some common emotional states and their effect on your health:

- Depression can lower your libido, also known as your sex drive. It can also cause problems gaining an erection. And, as I explained in Chapter 2, many of the drugs used to treat depression can cause symptoms of ED!
- Stress can cause a spike in the body's stress hormones cortisol and adrenaline. This can lead to hormone imbalances, which can impact your testosterone and even thyroid. Both of these imbalances can lead to lower libido and even "performance anxiety." Stress hormones can also create inflammation throughout the body, which as we know, can lead to ED.
- Excessive worrying can increase your risk of heart disease. While worrying and some anxiety can help us solve some of the problems within our control, excessive worrying can actually cause physical problems. Remember when I said that erections are governed by the autonomic nervous system? Yes, it's the one that's affected by stress, anxiety and fear.

- Relationship problems can cause you to lose interest in sex.

So now you know the true cause of ED. These 3 factors are the real reason you've been having erectile dysfunction. This might sound a bit overwhelming. But don't worry, I'm going to show you how to change a few simple things to repair your blood vessels, revitalize your blood, and heal your mind so you never have an erection problem again!

PART 2
ED MIRACLE

FOLLOW THESE 3 SIMPLE STEPS:



Optimize Your Diet

I'll show you how to optimize your diet so you're eating all the right foods and avoiding the wrong ones. The diet is simple and doesn't make drastic alterations to your lifestyle.

We've broken down the diet into easy-to-understand guidelines so you can't go wrong.



Revitalize Your Blood

I'll show you how to use the powerful Boostaro Shake to clear out your blood and strengthen your arteries.

You'll get a complete list of ingredients and step-by-step instructions to make this revolutionary drink.



Visualize Healing

Finally, we'll show you how to use your mind to create changes at the cellular level. We all know our minds are powerful things, but did you know that just thinking and believing healthy thoughts can help heal your body?

This "natural healing power" uses visualization to program your mind to heal your body. You will progressively feel better and better as you watch your blood, circulation and erections return to better than normal.

IMPORTANT!

DO NOT STOP TAKING YOUR MEDICATION.

**WORK WITH YOUR DOCTOR TO ADJUST THE DOSAGE OF
YOUR MEDICATION OVER TIME.**

If you are currently taking any medication(s), do not stop taking it. It is dangerous to stop taking your medication or reduce your dosage. It is important to work with your doctor to adjust the dosage of your medication over time.

Before beginning any new treatment, it's a good idea to know what you're working with.

I always recommend that you visit your doctor to get a clean bill of health before you start any program. I recommend basic blood work to look for anything serious. Ask for the following tests:

- A blood test to check your cholesterol (above 200 mg/dl indicates a problem)
- Lipoprotein (a), homocysteine and fibrinogen (test your circulation and arteries)
- Exercise stress test

This will also give you a baseline so you can see that the Boostaro program is working.

In addition, now is a great time to take stock of all the things that could be stressing you out at home. Write them down. Think of ways in which you can reduce that stress in your life.

And finally, talk to your partner. Tell them that you are starting a new diet and ask for their support.

Done? Great! Now it's time to get started!

Chapter 6

Optimize Your Diet

As you'll soon realize, our modern diet is so far from what humans were meant to eat. I'm surprised that there's not more sickness in the world. Thank God for our miraculous bodies which can deal with the punishment that we cause to ourselves through improper eating.

In this chapter I'll explain how these dietary changes have caused an epidemic of erectile dysfunction and exactly what you need to eat to reverse it for good.

Our Natural Diet

Many, many years ago, our ancestors lived a very different life. And although our digestive systems haven't evolved much since then, our diets have changed tremendously.

There are basically two types of diets that humans thrive on and the Standard American Diet (SAD) is nothing like either of them.

For the purpose of this book I'm going to focus on the one that's easiest to follow with our modern lifestyle. If you suffer from serious disease, I strongly recommend you check out our Revitalize Program that covers the other more cleansing diet. You can get it [here](#).

It's a lot more difficult to follow and only recommend it to people suffering major illness. For most people who suffer with ED, the diet I will show you here will be more than enough to reverse your symptoms and its super simple to follow.

Focusing On Whole Foods

Eating more whole foods is your best bet for improving health and preventing disease. The human body runs most efficiently on food that is in its natural form, or very close to it.

Whole foods like vegetables, fruits, nuts, and legumes -- retain their fiber as well as the whole portfolio of beneficial phytochemicals, live enzymes and other essential nutrients that are often removed in processed foods.

Processed foods on the other hand, aren't even recognized as food to the body. In fact, when you eat them, your body does everything it can to eliminate them because they're so toxic.

Processed foods are loaded with chemicals that interfere with normal body functions including your erections. Eating processed food over a long enough time cause major illness such as cancer. These chemicals have no place in the body and you need to avoid them at all cost.

In the ED Diet, you will focus on REAL FOOD. Fresh fruits, fresh vegetables, and high quality meats. We'll skip dairy and most grains, which for the most part have no business in our diets. Don't worry, I'll give you a specific list later in the chapter so you don't mess up.

Fresh Fruits & Vegetables

Fruits and vegetables are the most important food for our health. They are packed with nutrients, enzymes and life force your body craves. In the ED diet you will be eating a lot of vegetables with meals and a lot of fruits for snacks. (Fruit is best eaten alone)

It's best to buy organic, but if it's too expensive in your area, just make sure to thoroughly wash them before hand to remove all the pesticides.

It's also important to eat them raw, but I'll get to that later in the chapter.

Healthy Meats

The way animals are raised has changed tremendously in the last 50 years. Back then, animals were raised on small farms and ate the food God intended for them. Cows roamed large fields and ate their natural food – grass. They were healthy, strong and very lean on fat. Not only that, their fat was much different than it is today.

Grass fed cows have fat in a 3:1 ratio of omega-6 to 3. Today's commercial farmed cattle have a ratio of 20:1. Why is this important? Omega-6 fats are fats that coat your cells and create inflammation in your body and hurt your blood. But omega-3 fats are free flowing and clear the blood of its stickiness.

Plus, since commercially farmed animals are cooped up in a cage and eat unnatural food, they're all sick. So the farmers inject them with a constant stream of antibiotics. Not to mention the growth hormones they use to make them bigger and fatter, which is faster for profits. All of this leads to health problems. When you eat meat, pick grass-fed or cage-free organic meats when possible.

The same goes for seafood. Farm raised fish are toxic, so choose ocean caught when possible.

Good meats can be expensive, so instead of buying them from the grocery store, find a local farmer and buy direct. You'll be surprised at how cheaply you can get high quality, healthy meat when you skip the middle man.

What About Grains?

The same is true of grains. The problem with grains is that our bodies have difficulty digesting them. Our digestive systems weren't actually designed to eat them! In fact, we only started eating them about 10,000 years ago according to researchers. On top of that, the grains we eat today are far worse than what our ancestors ate. By the time we eat them, most grains have been...

- Stripped of most of their nutrients
- Sprayed with toxic pesticides
- Surrounded by fertilizer made primarily out of crude oil and since crops cannot utilize these synthetic minerals properly, much of our crops are nutrient deficient like the soil
- Irradiated which kills any remaining life in them, essentially making them dead food
- Some crops such as corn are grown from heavily genetically modified seeds, which have been linked to numerous health issues

And that's not all. Once they're harvested, instead of using stone mills like they used to, they use high speed metal presses that grind everything into a fine powder. This flour causes our blood sugar to spike really quickly and actually depletes our body of nutrients. By the time grains have been through all this processing, they have up to 90% less nutrients.

I know some people love their grains, so even though its best to avoid them, I've include a few I believe are the least processed.

Don't We Need Dairy For Our Bones?

Absolutely NOT. In fact, milk is one of the worst things that people can drink. The milk myth has spread around the world based on the flawed belief that this calcium-rich drink is essential to support good overall health and bone health. The confusion about milk's benefits stems from the fact that it contains calcium – around 300 mg per cup.

But many scientific studies have shown an assortment of detrimental health effects directly linked to milk consumption. And the most surprising link is that not only do we barely absorb the calcium in cow's milk (especially if pasteurized), but to make matters worse, it actually increases calcium loss from the bones. What an irony this is!

Knowing this, you'll understand why statistics show that countries with the lowest consumption of dairy products also have the lowest osteoporosis and fracture incidence rates.

But the sad truth is that most mainstream health practitioners ignore these proven facts. And they continue teaching children that you need milk for strong bones. Something the dairy industry has spent millions of dollars lobbying to congress.

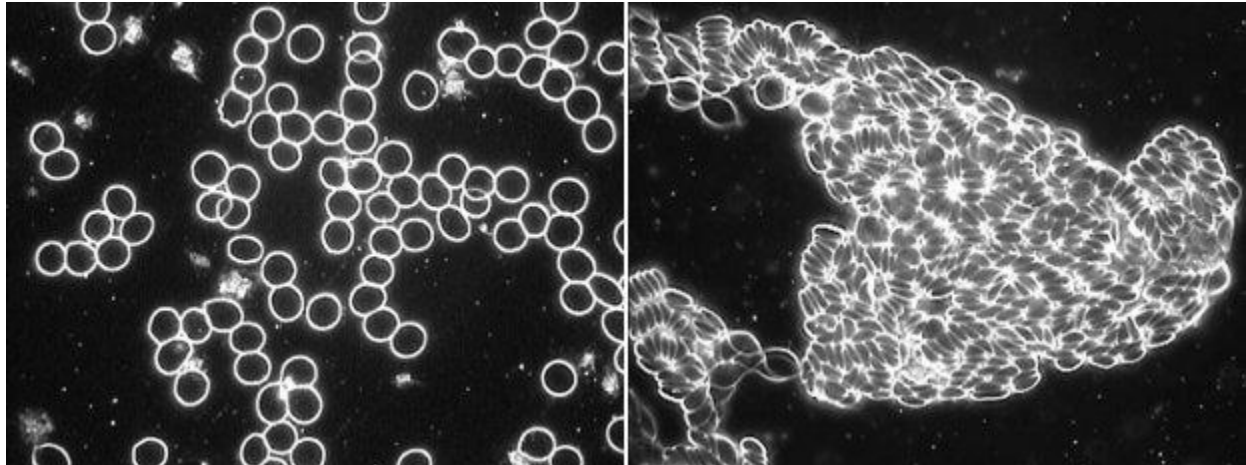
While on the ED Diet, we recommend that you stay away from dairy altogether. Instead, try unsweetened hemp milk or almond milk. These great options are available at most supermarkets and health food stores.

Alkaline Foods

It's very important that you get large amounts of fresh, raw vegetables in your diet every day and here's why.

Earlier, I showed you some pictures of live blood viewed under a Darkfield microscope. The blood on the left is strong, healthy blood. The blood cells are separated and strong

so they can get through narrow spaces and keep the body oxygenated. On the right you see unhealthy blood. It's all clumped together making it hard to pass through your capillaries to have healthy erections.

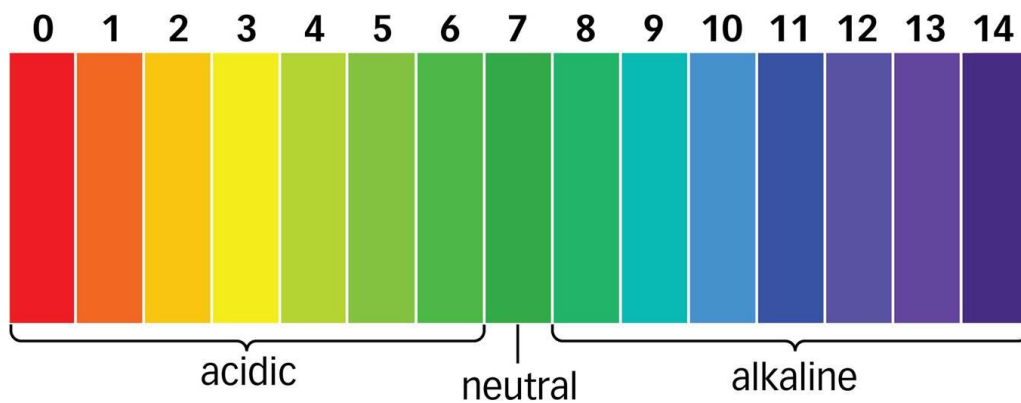


Good Blood

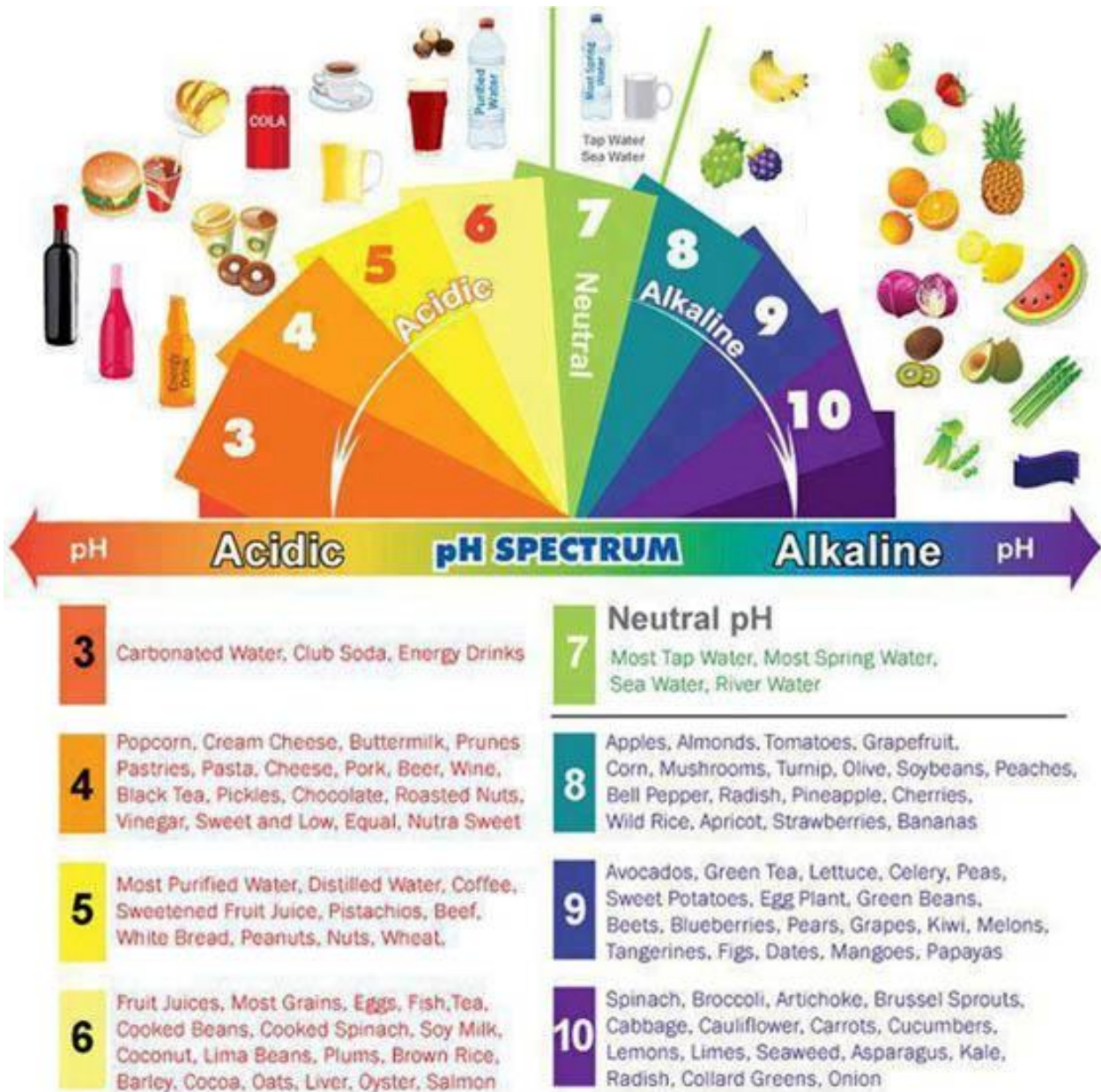
Bad Blood

But what causes your blood to stick together? Here I'll explain the importance of something called pH.

What we call pH is short for the potential of hydrogen. It is a measure of the acidity or alkalinity of our body's fluids and tissues. It is measured on a scale from 0 to 14. The more acidic a solution is, the lower its pH. The more alkaline, the higher the number is.



When your body is too acidic, your blood starts to clump together causing all sorts of problems including erectile dysfunction. The good thing is that it's easy to fix. You just need to adjust your diet to include more foods that are alkaline and less foods that are acidic. You can see where food fits into the pH scale in the diagram below.



This is why it's so important to follow the ED Diet. But don't worry, it's easy and delicious to follow.

The ED Diet 3 Basic Rules

The ED Diet has been designed to reverse your ED. It's important to follow the diet, as we are trying to enrich your body with the nourishment it needs to improve circulation and eliminate ED. Here are a few simple guidelines.

1. Hydration

This is critical. You need to have adequate water to thin the blood and keep things moving. Most people are chronically dehydrated. Without drinking enough water you can forget about fixing your problems with ED.

And I mean water, not pop, or juice or coffee. Pure, filtered water. There are two exceptions, green vegetable juice and juice used to take the ED Miracle Shake.

How much water should you drink? We recommend drinking one liter for every 50 lbs of body weight a day. (Example: 200 lbs man would need to drink 4 liters per day)

Weight (in pounds)

Divide by 50

= Number of Liters/day

This might sound like a lot, but it's what your body wants. When you're chronically dehydrated, you lose your sense of thirst. As you start drinking more, you'll notice you actually start getting thirstier. This is normal. You'll also be going to the bathroom a lot more often until your body adjusts. This is exactly what we want, all the toxins flushing out. Now on to what you should eat.

2. What To Eat

These are the foods you can eat. Eat as much as you want, you don't have to count calories. Just make sure you follow the 80/20 principle and you eat fruits on their own.

FOODS YOU CAN EAT

All Vegetables	All Fruits	All Meat, Seafood & Eggs
Fats (Flax Oil, Hemp Oil, Avocado, Olive Oil)	Grains (Spelt, Organic Corn, Oatmeal, Quinoa, Rice)	Nuts (All Nuts except peanuts)

FOODS TO AVOID

NO DAIRY: No Cheese, Cream, Milk, Yogurt, Ice Cream etc.

NO PROCESSED GRAINS: No Pasta, Bread, Cereals Etc

NO PROCESSED MEATS: No Hot Dogs, Sausages, Lunch Meats

NO BAD FATS: No Margarine, Corn Oil, Vegetable Oil, Sunflower Oil, Nothing Deep-Fried, Store Bought Salad Dressing

NO PROCESSED DRINKS: No Pop, Coffee, Tea, Beers, Hard Liquor, Fruit Juices

NO JUNK FOOD: No Chips, Sweets, Chocolate, Granola Bars Microwave Meals, Instant Meals Etc.

NO REFINED SWEETENERS: No White Sugar, No Corn Syrup, No Cane Juice, NO Artificial Sweeteners

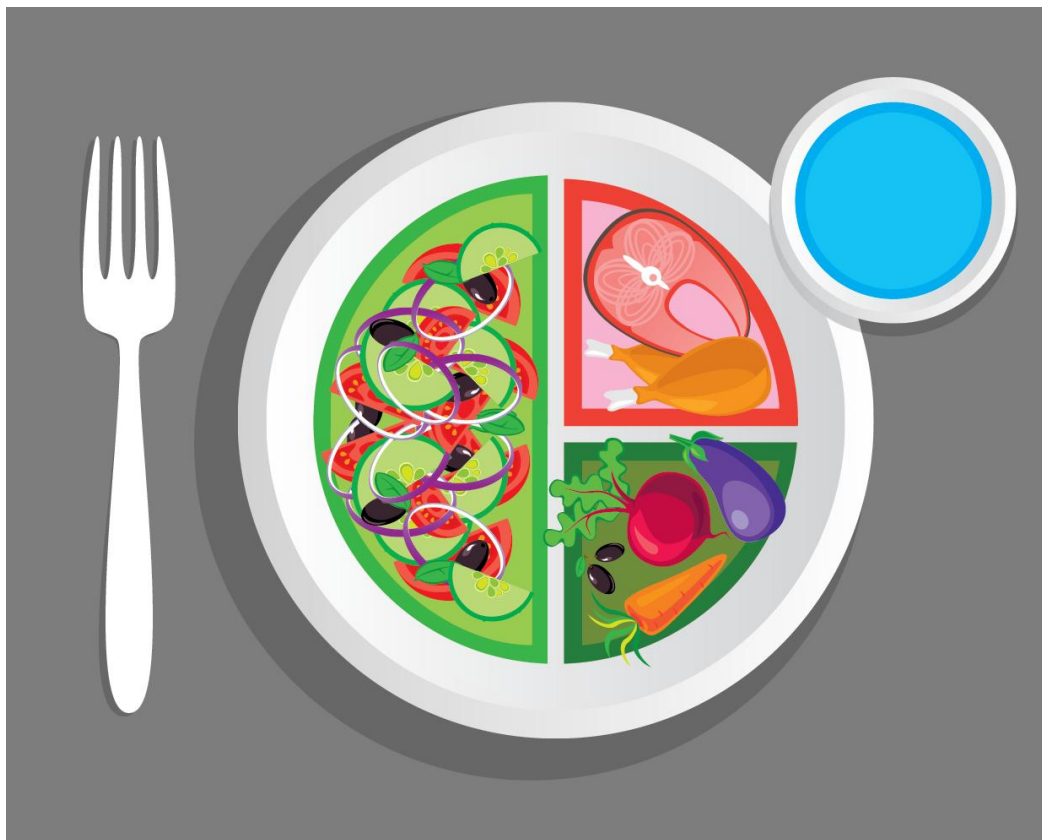
NO FAST FOOD: No Fast Food Chain, Best To Avoid Restaurants Altogether

Remember, avoid these foods at ALL times while on the ED Diet because they contain foods that cause circulation problems. This isn't an exhaustive list, its best to focus on the foods you can eat. This is just for reference.

3. 80/20 Principle

This is critical. You need to make sure your diet is mostly alkaline foods. This will make your blood less sticky. Remember fruits and vegetables are the main foods that are alkaline. So you can eat as much of them as you want.

When you do eat other foods, make sure you stick to the 80/20 ratio. That means your meals should look something like the plate below. As long as 80% of your plate is vegetables (preferably raw), it doesn't matter what's in the 20% as long as it's in the allowed list.



Sample Meal Plan

Breakfast

Here are a few options for snacks:

- Fruit Salad (Eaten on its own, any combination of fruits)
- Fruit smoothie
- Eggs and a big salad
- Bowl of oatmeal with some raw veggies
- Vegetable soup with a big salad

Snacks

Here are a few options for snacks:

- Fresh fruit (Eaten on its own, any combination of fruits)
- Raw vegetables with some hummus
- A handful of nuts

Lunch/Dinner

Lunch and dinner are easy. Just make sure you're eating a lot of vegetables. Remember the 80/20 principle. Here's some ideas:

- Corn tortilla wrap filled with veggies and a big salad on the side
- Rice and beans with a big salad
- Fish with a big salad
- Chicken with a big salad
- Baked potatoes with a big salad

There are a lot of options for meals. Check out the recipe section at the end of the book for more ideas.

IMPORTANT: Make sure you are drinking plenty of water throughout the day to stay hydrated.

Following this simple meal plan will go a long way to restoring your circulatory system, improving your blood and eliminating ED forever!

Chapter 7

Revitalize Your Blood

As you learned in the previous chapter, eating a natural diet is key to clear your cardiovascular system and put you on the road to being ED free. To enhance this effect and fix your blood, we need to use the power of some essential nutrients.

My research team and I have spent countless hours testing formulas. What we discovered is nothing short of revolutionary. Most of these ingredients can be found at your local health food store. If you have trouble finding any of these locally, they are readily found for purchase on the Internet.

Let's look at the individual ingredients of our formula to understand its true potential.

Ingredients

1. Vitamin C

Vitamin C is a miracle vitamin. As you learned earlier, humans can't produce their own Vitamin C. Our true diet was mostly fruits which are high in Vitamin C. And since we no longer eat the right way, we need to supplement this.

Vitamin C helps to strengthen our arteries and prevents them from tearing. Damaged blood vessels leads to cholesterol build-up that blocks our arteries. By supplementing with this key vitamin, we can reverse this build-up and clear our arteries for maximum blood flow.

And best yet, Vitamin C increases Nitric Oxide – you may recall that this is the chemical that is responsible for blood flow to the penis in erections.

2. L-Lysine

L-Lysine is an Lp(a) binding inhibitor, meaning at sufficient dosage it can reverse the plaster cast build-up (cholesterol plaques) you already have. Lp(a) is the sticky form of LDL cholesterol that Pauling/Rath identified as the primary risk factor.

3. L-Proline

L-Proline is another important amino-acid that reverses plaster cast build-up on your arteries. This was recently discovered by researchers at the University of Chicago.

4. L-Citrulline

L-Citrulline works similarly to L-Arginine, but in a slightly different way. In some cases, L-Arginine supplementation is hampered by extensive pre-systemic metabolism. This basically means that the body doesn't allow it to be absorbed into the bloodstream.

In contrast, L-Citrulline escapes this metabolism and is eventually converted to L-Arginine in the bloodstream. We've added this to produce the highest levels of Nitric Oxide possible.

5. Pine Bark Extract

Helps to relax the lining of arteries^x and improve blood flow. Pine Bark Extract also helps to combat any free radicals that damage Nitric Oxide.

Research

All of these ingredients have been clinically tested and proven in double blind studies. They are the result of decades of research and the two main theories have been discovered by doctors who've received Noble Prizes for their discoveries.

"...we can reverse cardiovascular damage with Nitric Oxide."



Dr. Louis J. Ignarro
Nobel Prize in medicine for his discovery of the importance of nitric oxide to the cardiovascular system.



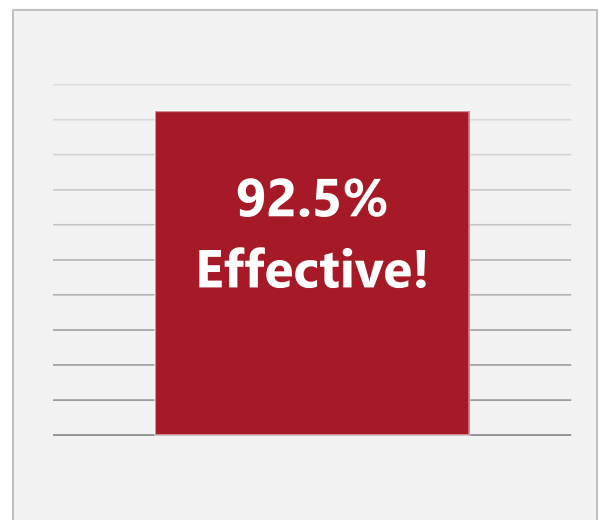
Two time Nobel Prize winner Dr. Linus Pauling declared, "Nearly all disease can be traced to a nutritional deficiency".



This is the real deal. It's been thoroughly tested for safety and effectiveness in thousands upon thousands of patients.

This stuff works. In fact, when just 2 of the ingredients listed above were used in a study, **92.5% of men experienced normal erections within 3 months!**

If you're the type of person who likes to dig into research, here are just a few of the papers and studies that lead to the discovery of the Boostaro



[Unified Theory Of Human Cardiovascular Disease](#)

[Atherosclerosis Caused By Chronic Vitamin Deficiency](#)

[Nitric Oxide: A Unique Signaling Molecule In Vascular Biology](#)

[Oral L-Citrulline Supplementation Improves Erection Hardness](#)

In addition, we've referenced all our research at the end of this book

How The Boostaro Shake Works

The Boostaro shake takes over 3 decades of research from some of the brightest minds and combines them into a powerful, delicious tasting shake.

It works synergistically at 3 levels to provide instant relief as well as healing the underlying problem that caused the disease in the first place. This is a little simplistic, but basically this is how it works:

1

First, for instant results, L-Arginine, L- Citrulline, and Pine Bark Extract work together to produce large amounts of Nitric Oxide in the bloodstream. This is identical to how Viagra works, but without the side effects. This is what makes the Boostaro Shake work so quickly.

2

Next, L-Lysine and L-Proline work together to clear out any existing cholesterol plaque blocking your arteries. This can take some time depending on how clogged your arteries are. That's why we recommend taking the Boostaro shake for at least 3 months. In addition, the mixture alkalizes the blood, preventing your red blood cells from sticking together. Over time, this makes it much easier for your blood to flow into the penis and create strong erections.

3

Finally, high dose Vitamin C strengthens your artery walls which caused the problem in the first place. Again it can take some time for your body to repair the damage caused from years of deficiencies, so take the Boostaro Shake for at least 3 months. Ideally, you would continue taking the supplements for a year or more to clear out all the arteries and significantly reduce your risk for heart disease or stroke.

NEW! (By Customer Demand)

If you don't have time to source all these ingredients and want to save some money, we've packaged all the ingredients into one convenient supplement.

This ED breakthrough is available now, but we are having problems keeping up with demand, so order while you still can.

FOR A LIMITED TIME: New customers of Boostaro get special pricing by clicking the link below.

[Click Here For Special Discount Pricing](#)

Directions:

Add all ingredients into a 16oz glass of your favorite juice or water and mix with a spoon. Drink it immediately.

Take the shake 2x per day. Once before breakfast and once before dinner. The best time to take it is **30 minutes before a meal.**

Ideally, you should continue taking the shake everyday even after your problems with ED are gone. That way you will continue cleaning your arteries and avoid any serious health issues in the future.

Chapter 8

Avoid Toxins

We don't tend to think of our environment as something that causes us to have health problems, but it does.

Environmental factors such as toxins contribute to the current ED epidemic. These toxins cause all sorts of health problems and they're in everything. And in today's modern society, it's next to impossible to avoid all of them.

Toxins and ED

Each year, the toxic burden in our air, food and water (and therefore our bodies) grows higher than ever before. Companies manufacture 6.5 trillion pounds of 9,000 different chemicals each year. And the same companies release over 7 billion pounds of 650+ different pollutants into the atmosphere and water.

An increasing amount of evidence has linked exposure to toxins with erectile dysfunction. There are several mechanisms involved. Environmental toxins:

- Disrupt mitochondrial function
- Cause oxidative stress
- Promote inflammation
- Alter hormones
- Alter thyroid metabolism
- Impair appetite regulation

There are probably other mechanisms that we don't yet understand. But the ones I listed above are certainly enough to explain the link between toxins and ED.

The most obvious first step is to remove all food toxins from your diet. This means ditching processed and refined foods, industrial seed oils, high fructose corn syrup, as well as anything you can't pronounce.

The second step is to take steps to reduce your exposure to chemicals at home. This means choosing non-toxic household cleaners.

When you reduce your exposure to these chemicals and eat the ED Diet, you'll restore your body's natural capacity to be ED Free!

Here's what to avoid:

1. Smoking

There are more than 600 ingredients in a cigarette.

When burned, tobacco smoke contains more than 7000 chemicals. Many of these chemicals are poisonous and at least 69 of them are known to cause cancer^{xi}.

Smoking actually damages the feedback mechanism in the liver that controls the amount of cholesterol made by the body^{xii}, leading the body to create even more cholesterol. This can contribute to unhealthy blood.



Even if you don't smoke, you can be exposed to the chemicals in cigarette smoke. In fact, some chemicals in secondhand smoke have been found in even higher concentrations^{xiii}.

The best option is to quit smoking altogether and avoid secondhand smoke whenever possible. Your body and your family will thank you.

2. Toxic Food

Processed foods are loaded with additives, preservatives, artificial sweeteners, flavors and trans-fats that are toxic to your body.

Most meat that we buy at the grocery store is high in toxins as most farm animals eat toxic food that accumulates toxins in their bodies. Naturally raised and organic meat is less inflammatory to the body, as the animals are fed a more natural diet and have higher levels of anti-inflammatory omega-3 fatty acids.

Even fruits and vegetables can be covered in chemicals, such as hormone-disrupting pesticides. Choose fresh, organic produce, preferably from a local farmer.

Another major factor is not eating enough fruits and vegetables, the foods we were meant to eat. Eating too much meat, dairy and grains taxes the body and leads to inflammation.

Lastly, avoid anything that is GMO or Genetically Modified Food. Think about this, every study funded by the companies that produce GMO food say it's totally safe, but every study that is independently funded says that GMOs are extremely toxic. You decide.

3. Refined Sugar

When they say sugar is everywhere, it's because it is. Sugar is one of the main ingredients in your fruit juices, soft drinks and sports drinks, and is even hidden in nearly every junk and convenience food, including luncheon meats and prepared sauces and condiments.

Refined sugar is like poison to your body. It increases inflammation and slows down the healing process. Not to mention that the calories in sugar are essentially "empty."

It's important to read food labels very carefully. If the label says glucose, sucrose, maltose, lactose, fructose, corn syrup or white grape juice concentrate, extra sugar has been added.

If you want something sweet, eat a piece of fruit. And get in the habit of using natural sweeteners, such as honey or maple syrup, instead of white or brown sugar.

4. Unhealthy Fats

Damaged fats are one of the most dangerous foods that we can eat.

And what's crazy, is that many of the most dangerous fats are the ones we've been told are healthy. We've been taught that all vegetable fats are good. But in fact, these are some of the most poisonous things that we can put into our bodies.

The worst types of fats are hydrogenated fats, which are made by forcing hydrogen gas into oil at a very high temperature. Examples of hydrogenated fats are margarine and shortening.

Avoid at all costs margarine, soybean oil, corn oil, safflower oil, canola oil, vegetable oils and any oil that has been heated to a high heat, as well as any oil that is sold in a clear bottle.

Other less common sources of fats that you will need to avoid include bottled salad dressings, baked goods, ice cream, chocolate, candy and snack foods such as potato chips.

5. Alcohol

One alcoholic drink can help get you in the “mood,” but chronic drinking can lead to problems getting and maintaining erections. Heavy drinking increases your risk of ED – even three drinks can increase your risk.^{xiv}



Alcohol acts as a depressant to the nervous system. A few drinks will block messages between the brain and the rest of the body. Chronic use of alcohol can damage blood vessels and reduce blood flow throughout the body, too.

When at all possible, avoid consuming alcohol, or limit yourself to a couple of glasses per week.

6. Plastic

Most of us know by now to avoid toxic, plastic beverage bottles, plastic food storage ware, plastic wrap and re-sealable (or zipper lock) food storage bags. (If you didn't know that, now you do!) Plastic is everywhere, so you can't avoid it altogether. But you can limit your exposure.

Bisphenol A (BPA) and phthalates are dangerous chemicals that are used in the manufacturing of plastic products. Both have been shown to have an impact on hormones – basically by lowering testosterone.

It's a bit too much to get into in this book, but a quick search on Google will give you easy ways to reduce your plastic use.

7. Dirty Water

Tap water is loaded with chemicals. In addition to the chemicals that the city adds, such as chlorine and fluoride, most tap water contains prescription drug residue that the city can't clean out.

Got chlorine in your water? Most likely, since it's commonly used in municipal water treatment programs.

Chlorine is also in the hot spray of your morning shower, which means that you're absorbing it through your skin AND breathing it into your lungs. A quick fix is to buy a shower filter at your local hardware store. This will cost around \$40.

Choose filtered water to drink. Drink lots throughout the day. In fact, most people are dehydrated and don't even know it. Here's how to find your ideal water intake: take your weight in pounds and divide it by 30. This is the number of ounces of water you should be drinking each day.

Weight (in pounds)

Divide by 30

= number of Liters/day

8. Bad Air Quality

Let's face it. We can't control every molecule of air in our home. Regular dusting, sweeping and vacuuming can help. But the best and easiest way is to add more plants. NASA has been researching the power of common plants for years. Plants are particularly well suited for processing the benzene, formaldehyde and trichloroethylene in our indoor environments. Here's a few of the more common winners: English ivy, snake plants, spider plants, peace lily and golden pathos.

9. Pharmaceutical Drugs

If you are having problems achieving or maintaining an erection you may want to take a look at your medicine cabinet first. There are a number of prescription and over-the-counter drugs that may cause erectile dysfunction. These drugs definitely have a negative effect on your hormones, nerves, or blood circulation, resulting in ED or increase the risk of ED.



Talk to your doctor about getting off any prescription drugs (If possible).

10. Poor Sleep

Sleep is an incredibly regenerative time when your body repairs and detoxifies itself. If you're making the effort to reduce all the toxins in your environment but you're still not sleeping enough, you are losing out on the benefits.

Studies have shown that not getting enough sleep can have a huge impact on your hormones and stress levels. In fact, losing out on sleep can dramatically lower your testosterone levels.

Everyone has different sleep needs. A general rule of thumb is to aim for 6-8 hours per night. Or, if you want to find out what your natural sleep requirements are, try going to sleep at the same time for two to three nights and wake up without an alarm clock. This will tell you roughly how much sleep you need each night.

I know it may seem overwhelming to have to avoid all of these things that you may have never thought about before. Don't let this list overwhelm you. It's a lot to think about, I know. But consider the alternative of living with ED. And all of those pharmaceutical drugs and their side effects.

What have you got to lose?

In the next chapter, you'll learn about optional exercises that can improve your performance and strengthen your erections. Let's get going!

Chapter 9

Optional: Breathing Right For Increased Blood Flow

By now you've learned that the key to reversing your ED permanently is by increasing your circulation. The flow of blood to your penis creates an erection and keeps it. There's no doubt about that.

In the last two chapters, you learned all about how what you eat can actually reverse your ED. Now I'm going to show you something I'm sure you've never heard before.

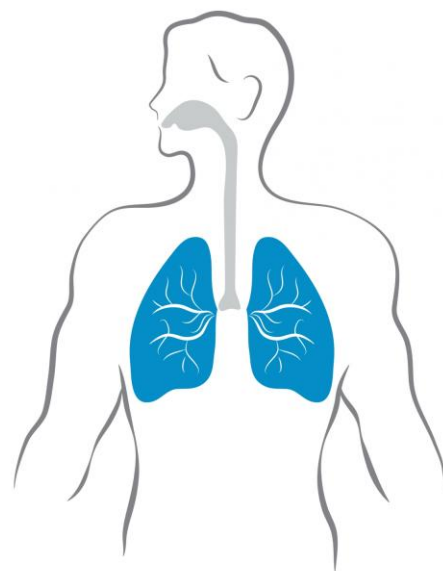
You may not realize this, but most people are NOT breathing correctly. I know it sounds silly since most people think breathing is automatic, but it's true. And when you breath improperly, you get poor oxygen levels, thicker blood and sub-optimal blood circulation.

In this chapter, I'm going to show you how to correct your breathing using a simple exercise anyone can do.

The Importance Of Proper Breathing

I think we can all agree that breathing is important. I mean, without oxygen we would die within a few minutes.

I'm not going to go too much into detail about how you breath or how your lungs work. Most people have a good understanding of this.

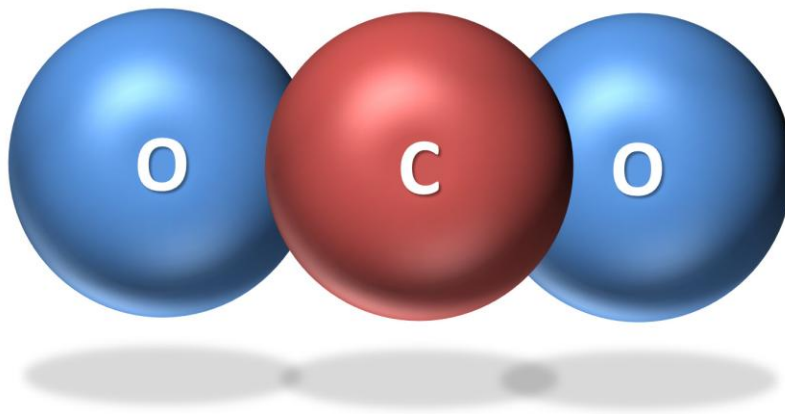


Just realize this:

1. Every one of our cells requires oxygen to survive
2. We get this oxygen with our lungs from the air
3. Air is comprised of several gases including oxygen

Here's the important part, so pay attention.

There's another gas that almost no one talks about that is just as important. And that gas is Carbon Dioxide.



Most people consider Carbon Dioxide a useless gas that we make when we exhale. Or at least this is what they taught you in school.

The truth is, without Carbon Dioxide, oxygen isn't usable in the body. Carbon Dioxide helps transport oxygen into your cells and it's just as important as oxygen.

Also, Carbon Dioxide is a powerful vasodilator. This means that Carbon Dioxide expands the blood vessels to allow more blood and oxygen to flow in. It works just like Nitric Oxide and when it comes to boosting your erections and saying goodbye to ED, vasodilators are your friend!

A lot of people are shallow breathers and this keeps Carbon Dioxide levels too low. I'll show you few simple techniques to raise your Carbon Dioxide levels and restore your powerful erections.

Buteyko Method

In the 1950's, a doctor by the name of Konstantin Buteyko made a startling discovery that led to the Buteyko Method. At the time he was diagnosed with a life threatening condition and given 12 months to live.

Determined to beat this disease he worked day and night until he discovered that improper breathing was the cause of his disease. Not only that, but correcting your breathing problem, reversed all kinds of illnesses.

I'm going to show you, step-by-step, how to correct your breathing to increase the blood flow throughout your body.

But before I show you this technique, we need to find out how good your breathing is now.

Breath Control Test

The first thing you need to do is figure out how much oxygen you have in your body. The good news is that you'll need nothing more than a timer (most smartphones nowadays have a stopwatch).

Grab your stopwatch and find a comfortable place to do this exercise.

What to do:

1. Take a normal inhalation through your nose.
2. Exhale all the air out and hold your breath.
3. Time how long it takes before you need to inhale.

For most people, this will be around 20-30 seconds, and for others with above average oxygen carrying capacity, it will be 30-60 seconds. Ideally, you should be able to hold your breath for 2 minutes or more.

Don't feel badly if you have a low score. Most people have low scores and that's why we need to improve our breathing.

Retraining Your Breathing

If you were unable to hold your breath for at least one minute, you really need to start these exercises as soon as possible.

Although there are many free methods to retraining your breathing, many are difficult to learn so I've decided to focus on techniques using a simple device called BreathSlim.

If you want to try the free methods just Google "Buteyko Method" to learn about it.



[Click here to order on Amazon.com](#)

BreathSlim works by training your lungs to improve their oxygen carrying capacity. Just as you'd use a barbell to strengthen your bicep, you use a breathing trainer to strengthen your lungs. Dumbbells work by creating resistance for your muscles to work against. This is the same idea behind breathing devices.

All the instructions on how to use the device are included on a DVD that comes with the device.

Using a breathing device may feel hard at first, but don't give up. You've probably been breathing the same way for decades, and changes don't just happen overnight.

You need to commit to breathing with your breathing device, just 20 minutes per day. In just a few weeks, you'll notice a big difference in your erections.

Plus, you'll have more energy, better sleep, less anxiety and improvements in many other health conditions.

Tips for success:

- Before you begin, try to think of your ideal end goal. This will help to keep you motivated as you do the exercises.
- It's best to do these exercises every single day. So it's important to schedule them in and make sure that you do them.
- Find a time each day (ideally the same time) to practice. It may also help to practice in a space where you will not be distracted.
- For best results, wait 90 minutes after finishing a meal to begin your breathing exercises.
- It's easiest if you do these exercises sitting up, with your back straight.
- It's ok to break up your 20 minutes total into shorter sessions, for example, two 10 minute sessions per day is fine.

One More Thing: Nose Breathing

As well as doing the breathing exercises with the BreathSlim, it's important to always breathe through your nose.

This is important for 2 reasons:

1. Carbon Dioxide builds in your nose, so the more you breathe through your nose, the more Carbon Dioxide you will have in your blood
2. Nitric Oxide builds in your nose, so the more you breathe through your nose, the more Nitric Oxide you will have in your blood

And we now know how important these 2 gases are for proper erections. So it's important to always breathe through your nose. This means even during exercise.

At first this may be hard. If you're not used to nose breathing, you'll find that your nose is stuffed or you just can't get enough air. But if you keep doing it, your nostrils will expand and you will start breathing properly again.

I promise you if you breathe through your nose and do the BreathSlim exercises you will notice a huge improvement to not only your erections, but all your health.

Chapter 10

Healing With Your Mind

In the past decade or so, hundreds of studies have been conducted that demonstrate the powerful connection between mind and body. While Napoleon Hill figured it out many years ago, many scientists now believe that what you think about actually shapes your life.

For example, if you're constantly thinking about needing to take a pill in order to get an erection, your mind will automatically agree, causing you to always reach for those pills.

In landmark studies, Dr. Bruce Lipton proved that your mind can affect the cells of your body and even your DNA. It goes to explain how our expectations and desires can affect our body's ability to fight illnesses and heal itself.

Now how do you use this "natural power" to heal your ED? Let's find out.

Is Your Subconscious Keeping You Unable to Get An Erection?

Each and every one of us has an image of ourselves in our subconscious mind. Your current self-image was built and shaped by interpretations and evaluations you place on past experiences.

For example, let's just say that at some time in your past, a past lover may have mentioned that you aren't good in bed, that you couldn't please them. And regardless of whether you were or weren't, did or didn't, you may have started thinking that you

were. You may have imagined yourself being unable to please them. This may be something that you consciously or subconsciously played out in your mind.

Here's my point. It isn't the actual experience that shapes your self-image but the act of imagining yourself in a certain way that affects your self-image. Your mind and body react to your internal self-image. So, if your self-image is that of a person with ED, your body will do everything that it can to make that true.

As I've said earlier, current scientific research actually shows that your mind affects the cells of your body and even your DNA. So if your self-image is ED, your cells will actually force you to be impotent. Your self-image has a powerful effect on your body.

In order to be ED free, you need to change your self-image. Luckily, there's an easy way to do this.

21-Day Visualization Exercises

The mind is a powerful thing to waste. And wherever the mind goes, the body will follow. Harnessing the power of our mind is so powerful and yet very few of us actually use its power to shape our self-image and to create perfect health.

The first thing to do is to get a clear image in your mind's eye of what it would feel like to be ED-free – the ideal you.

Begin by imagining yourself completely free of ED. Free of medication. Free of feeling ashamed and embarrassed. Eating all the foods you love. Feeling amazing in your body. Sexually satisfied.

I promise you, if you give this an honest effort, you'll be so thrilled with the results and you'll choose to continue using this tool for the rest of your life.

We have purposely asked you to challenge yourself for three weeks, as research has proven that it takes 21 days to make a substantial change to your self-image.

As I've said before, your current self-image was created by your imagination. So we can use this same method to create a new self-image where you enjoy your perfect, healthy body.

Remember, all you have to do is sit back and relax and imagine yourself as you wish to be. Here's how:



Grab a piece of paper and write a brief description of the image that you intend to view in your mind. This will be the movie you will play over in your mind.



Every day, find a quiet place where you won't be disturbed. Now, close your eyes and begin playing the movie you wrote down in your mind for at least 20 minutes.



For the first 7 days, refine your movie to picture your body exactly as you desire it to be. Then, for the remaining 14 days, play this exact movie in your mind over and over again.

Here are some tips to make this visualization technique more effective:

TIP



- Most people find that they get better results if they imagine themselves sitting at a theatre and watching themselves as the star character in the movie on the big screen.
- It's important to make your mental movie of yourself as vivid and detailed as possible to stimulate actual experiences. For example, instead of just picturing your body being healthy, imagine yourself excited as you tell your partner that you're ED free. Imagine your blood flowing smoothly and freely throughout your veins and arteries. Imagine your erections coming easily to you. Imagine how you would feel to be ED free.
- Pay attention to the small details. The more detailed, the more your subconscious will believe it to be an actual experience. Make sure to use all your senses.
- It's important to see yourself as you want to be. It doesn't matter where your health is today. You need to have faith in this exercise.

Chapter 11 Conclusion

ED can be easily reversed. Our bodies are amazing things that are capable of healing on their own. It's important everyone knows this.

Boostaro is here to help you with your ED. Follow the diet, take the supplements, practice positive visualizations and I promise you will feel 100% better.

If for any reason, you are not 100% satisfied, you're covered by our 180 day money back guarantee. Just email my support team and they would be more than happy to refund your money.

Like I mentioned, I'm sick of people suffering from ED. ED is naturally treatable and shouldn't be holding you hostage. It shouldn't be making you feel embarrassed or ashamed.

Boostaro is real and it works.

Once you start seeing results I know you will want to shout it from the rooftops. So send us a testimonial telling other ED sufferers the amazing news.

I can't wait to hear from you.

Again, thank you for taking the chance on Boostaro and believing in the truth. Remember to stay positive and enjoy your ED-free life!

FOLLOW THESE 3 SIMPLE STEPS:



Optimize Your Diet

I'll show you how to optimize your diet so you're eating all the right foods and avoiding the wrong ones. The diet is simple and doesn't make drastic alterations to your lifestyle.

We've broken down the diet into easy-to-understand guidelines so you can't go wrong.



Revitalize Your Blood

I'll show you how to use the powerful Boostaro Shake to clear out your blood and strengthen your arteries.

You'll get a complete list of ingredients and step-by-step instructions to make this revolutionary drink.



Visualize Healing

Finally, we'll show you how to use your mind to create changes at the cellular level. We all know our minds are powerful things, but did you know that just thinking and believing healthy thoughts can help heal your body?

This "natural healing power" uses visualization to program your mind to heal your body. You will progressively feel better and better as you watch your blood, circulation and erections return to better than normal.

IMPORTANT!

DO NOT STOP TAKING YOUR MEDICATION.

**WORK WITH YOUR DOCTOR TO ADJUST THE DOSAGE OF
YOUR MEDICATION OVER TIME.**

If you are currently taking any medication(s), do not stop taking it. It is dangerous to stop taking your medication or reduce your dosage. It is important to work with your doctor to adjust the dosage of your medication over time.

Before beginning any new treatment, it's a good idea to know what you're working with.

I always recommend that you visit your doctor to get a clean bill of health before you start any program. I recommend basic blood work to look for anything serious. Ask for the following tests:

- A blood test to check your cholesterol (above 200 mg/dl indicates a problem)
- Lipoprotein (a), homocysteine and fibrinogen (test your circulation and arteries)
- Exercise stress test

This will also give you a baseline so you can see that the Boostaro program is working.

In addition, now is a great time to take stock of all the things that could be stressing you out at home. Write them down. Think of ways in which you can reduce that stress in your life.

And finally, talk to your partner. Tell them that you are starting a new diet and ask for their support.

Done? Great! Now it's time to get started!

What To Expect

How long will it take for Boostaro to work for you?

Well... that depends on the health of your blood and blood vessels and how dedicated you are to the diet and supplements. Many men report changes within the first few days. For others it can take a few weeks to notice anything.

Length Of Time With ED	Estimated Treatment Time
Less than 3 months	1-4 weeks
3 months – 1 year	4 weeks to 3 months
1 year+	3 months – 6 months (or longer)

If you've experienced problems with ED for a long time or have other serious health conditions, it may take months to reverse your condition. But trust me it's worth it. Not only will Boostaro help you get your sex life back, it will restore many aspects of your health.

Remember, even when you're free of erectile dysfunction, doesn't mean your arteries are all cleared up. Continue taking the supplements for at least a year. If I were you, I'd continue taking this supplement for life. Why risk heart attack or a stroke when the solution is so simple.

Breakfasts

Sunny Side Asparagus

PREP TIME	COOK TIME	CALORIES
5 Min.	10 Min.	237

INGREDIENTS:

- 2 large eggs (preferably organic)
- 3 cups asparagus
- Salt & pepper to taste



DIRECTIONS:

1. Wash asparagus thoroughly and cut off the tough ends.
2. Place asparagus in cast-iron frying pan or Pyrex glass cooking sheet and sprinkle with salt.
3. Roast asparagus on the top rack of your oven at 450°F for 7-10 minutes.
4. While asparagus is cooking, crack two eggs into a non-stick frying pan and cook on medium heat until eggs are cooked.
5. Serve on plate and sprinkle with salt and pepper to taste.

Savory Salmon & Cucumber

PREP TIME	COOK TIME	CALORIES
10 Min.	15 Min.	248



INGREDIENTS:

- 100g salmon filet (preferably ocean caught)
- 3 cups of sliced cucumbers
- 2 tablespoons white or apple cider vinegar
- 1 teaspoon chopped dill
- salt and pepper to taste

DIRECTIONS:

1. Preheat oven to 450°F.
2. Season salmon with salt and pepper. Place skin side down on a non-stick baking sheet or pan with ovenproof handle.
3. Bake until salmon is cooked through, about 12-15 minutes.
4. While salmon is cooking, chop cucumber and place in mixing bowl.
5. Sprinkle with salt, chopped dill, and vinegar, and mix thoroughly.
6. Serve on plate and enjoy.

Rainbow Omelet & Tomato

PREP TIME	COOK TIME	CALORIES
10 Min.	10 Min.	245



INGREDIENTS:

- 2 large eggs (preferably organic)
- 2 large tomatoes
- 2 cup spinach
- 1 red pepper
- salt & pepper to taste

DIRECTIONS:

1. Beat eggs, water, salt, and pepper in a small bowl until blended.
2. Chop spinach and red pepper into fine pieces. Mix into egg.
3. Pour egg mixture into non-stick frying pan and cook over medium heat.
4. While eggs are cooking, slice and salt tomatoes.
5. Once eggs are thoroughly cooked, fold in half to make an omelet.

Sizzling Steak & Zucchini

PREP TIME	COOK TIME	CALORIES
5 Min.	15 Min.	255

INGREDIENTS:

- 175g lean strip steak (preferably grass-fed)
- 3 cups zucchini
- salt & pepper to taste
- 1 tsp. fresh thyme, chopped
- 1 tsp. fresh oregano, chopped
- 1 tsp. fresh parsley, chopped



DIRECTIONS:

1. Wash zucchini, cut off the ends, and slice into pieces.
2. Place zucchini in cast-iron frying pan or Pyrex glass cooking sheet and sprinkle with salt.
3. Roast zucchini on the top rack of your oven at 450°F for 7-10 minutes. Also, pre-heat non-stick pan on the stovetop set at medium to medium-high heat for 5 minutes.
4. Season strip steak with salt and pepper.
5. Place steak on heated frying pan, moving the pan around quickly so it doesn't stick. Wait until seared and flip.
6. Once both sides of the steak are browned, place pan in oven for 5 minutes with zucchini.
7. Serve on plate and enjoy.

Scrambled Eggs & Broccoli

PREP TIME	COOK TIME	CALORIES
10 Min.	20 Min.	246

INGREDIENTS:

- 2 eggs (preferably organic)
- 3 cups of broccoli, chopped fine
- 2 cloves garlic, chopped fine
- 2 green onions, chopped fine
- sea salt & pepper to taste
- ½ cup water



DIRECTIONS:

1. In a medium-size, non-stick skillet, add chopped garlic and green onions with enough water to keep them from sticking.
2. Add chopped broccoli, the rest of the water, and sea salt to taste. Let cook for 2-5 minutes or until soft.
3. Add two eggs and gently move the pan around over the heat until fully cooked.

Egg & Cauliflower Couscous

PREP TIME	COOK TIME	CALORIES
10 Min.	10 Min.	243

INGREDIENTS:

- 2 large eggs (preferably organic)
- 3 cups cauliflower
- ¼ tsp. curry powder, optional
- 2 green onions, finely chopped
- water
- salt



DIRECTIONS:

1. Wash and cut the cauliflower into large pieces.
2. Transfer the cauliflower to a food processor and pulse until completely broken down. It should be processed until it looks like pieces of rice.
3. In a non-stick frying pan over medium heat, add water, processed cauliflower, chopped onions, curry powder, and a pinch of salt. Mix thoroughly and let cook for 3-5 minutes.
4. Place eggs in a pan of cold water, covering the eggs by an inch.
5. Set the pan over high heat and bring the water to a full, rolling boil uncovered.
6. Remove pan from heat and cover. Let sit for 4 minutes.
7. Transfer eggs into a bowl of ice water for 1 minute to peel easier.
8. Serve cauliflower on a plate with soft-boiled eggs on top.

Ham Stuffed Mushrooms

PREP TIME	COOK TIME	CALORIES
10 Min.	1 Hour	220



INGREDIENTS:

- 8 large mushrooms
- 1 cup ham, finely minced
- 2 green onions
- 1 clove garlic, finely minced
- 2 cup baby spinach, chopped
- ¼ tsp. sea salt
- ½ tsp. black pepper
- water

DIRECTIONS:

1. Wash and trim the end of the stems from mushrooms. Pop remaining stem out. Chop stems and set aside.
2. In a non-stick skillet over medium heat, add chopped onions, garlic, ham, and enough water to keep them from sticking to the pan.
3. Once ham is browned, add baby spinach, salt, and pepper.
4. Preheat oven to 350°F.
5. Place mushroom caps in Pyrex glass cooking sheet, open side up.
6. Fill each cap with a little of the ham stuffing, mounding the filling.
7. Bake for 20 minutes.

Lunches

Tuna Stuffed Red Peppers

PREP TIME	COOK TIME	CALORIES
5 Min.	15 Min.	255

INGREDIENTS:

- 2 large red peppers
- 1-5 oz. can of light tuna (in water)
- ½ yellow onion
- ½ dill weed
- ½ lemon
- sea salt & pepper to taste



DIRECTIONS:

1. Preheat oven to 350°F.
2. Cut two large red peppers in half. With a sharp knife or spoon, carefully remove the inside of the peppers including the seeds.
3. Drain tuna and combine with chopped onions, squeezed lemon juice, dill, and salt & pepper to taste.
4. Stuff into red pepper halves.
5. Place in non-stick Pyrex glass cooking sheet and bake for 15 minutes.

Asian Lettuce Wraps

PREP TIME	COOK TIME	CALORIES
10 Min.	15 Min.	244

INGREDIENTS:

- 100g lean ground beef (95% lean)
- 1 yellow onion, chopped
- 1 green onion stalk
- 1 red pepper
- 4 cloves of garlic, diced
- 6 tbsp. soy sauce
- 4 large lettuce leaves



DIRECTIONS:

1. In a large non-stick pan, add chopped yellow onion, garlic, red pepper, green onion, and water. Keep adding water as needed and cook until soft.
2. Add ground beef and break apart with a cooking spoon. Cook until no longer pink.
3. Add soy sauce and cook everything for a few minutes.
4. To serve, place the meat mixture in the lettuce cups and wrap everything up.

Grilled Chicken Salad

PREP TIME	COOK TIME	CALORIES
15 Min.	5 Min.	265



INGREDIENTS:

- 100g lean chicken breast
- 6 cups chopped cucumbers
- 2 cups chopped cherry tomatoes
- 1 garlic clove, finely minced
- 1 tbsp. chopped dill
- 3 tbsp. vinegar or fresh lemon juice
- sea salt & pepper to taste

DIRECTIONS:

1. Finely mince garlic and add to a small bowl along with vinegar, dill, salt, and pepper.
2. Add in chopped tomatoes and cucumbers. Mix thoroughly.
3. Preheat a non-stick skillet to medium high.
4. Season chicken with salt and pepper.
5. Grill the chicken with a little bit of water, moving it often so it doesn't stick.
6. Place sliced chicken on a plate with cucumber-tomato salad.

Zucchini Pasta

PREP TIME	COOK TIME	CALORIES
15 Min.	10 Min.	245

INGREDIENTS:

- 100g lean ground beef (95% lean)
- 1 large zucchini
- 1 cup tomatoes, chopped
- 1 garlic clove, finely minced
- fresh basil
- sea salt & pepper to taste



DIRECTIONS:

1. Place a box grater on its side with the largest grating holes facing up.
2. Cut the ends of the zucchini, and then push along the top of the grater in long strokes to create long, thin ribbons of zucchini.
3. In a large non-stick pan, add minced garlic, chopped tomato, basil, and salt & pepper.
4. Add ground beef and break apart with a cooking spoon. Cook until no longer pink.
5. Add zucchini and cook until slightly tender.
6. Serve with fresh basil on top.

Shrimp on Cauliflower Rice

PREP TIME	COOK TIME	CALORIES
15 Min.	15 Min.	245

INGREDIENTS:

- 150g uncooked shrimp
- 1 small cauliflower
- 1 cup broccoli
- 1 garlic clove, finely minced
- 4 tbsp. soy sauce
- 1 tsp. garlic power



DIRECTIONS:

1. Wash and cut the cauliflower into large pieces.
2. Transfer the cauliflower to a food processor and pulse until completely broken down. It should be processed until it looks like pieces of rice.
3. In a non-stick frying pan over medium heat, add water, processed cauliflower, chopped broccoli, garlic, and soy sauce. Mix thoroughly and cook for 3-5 minutes.
4. Place in a separate non-stick frying pan over medium heat.
5. Cook the shrimp with a little bit of water until nicely pink and cooked. Season with salt and garlic powder.
6. Serve cauliflower on a plate with shrimp on top.

Pork Chops & Bok Choy

PREP TIME	COOK TIME	CALORIES
5 Min.	15 Min.	263

INGREDIENTS:

- 1 pork chop
- 3 cups of bok choy
- 1 garlic clove, finely minced
- sea salt & pepper to taste



DIRECTIONS:

1. Season pork chop with salt and pepper.
2. Place in a non-stick frying pan over medium heat. Move the pan around quickly so it doesn't stick. Add water as needed. Wait until seared and flip.
3. Once pork chop is cooked, remove from pan. Don't discard the oil left in pan.
4. Add chopped bok choy and garlic to pan. Cook until tender. Add salt to taste.
5. Add pork chop back to pan with bok choy to re-heat and absorb juices.

Turkey Taco Lettuce Wraps

PREP TIME	COOK TIME	CALORIES
5 Min.	10 Min.	252

INGREDIENTS:

- 150g extra-lean ground turkey breast
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1 tsp. salt
- 1 tsp. chili powder
- 1 tsp. paprika
- ½ tsp. oregano
- ½ small onion, minced
- 8 large iceberg lettuce leaves

DIRECTIONS:

1. Brown turkey in large non-stick skillet over medium heat, breaking into smaller pieces as it cooks.
2. When no longer pink, add dry seasonings and mix well.
3. Add the onion, pepper, water, and cover. Simmer on low for about 20 minutes.
4. Wash and dry the lettuce. Divide meat equally between the eight leaves and place in the center of each leaf.
5. Wrap each leaf and pin with toothpick to hold in place.



Dinners

Fish & Zucchini Chips

PREP TIME	COOK TIME	CALORIES
5 Min.	20 Min.	243

INGREDIENTS:

- 1 cod fillet (approximately 220g)
- 1 large zucchini
- ½ fresh lemon
- 1 tsp. thyme
- sea salt & pepper to taste

DIRECTIONS:

1. Preheat oven to 400°F.
2. Cut off the ends of the zucchini and slice remaining portion into thin pieces like chips – the thinner the better.
3. Place wax paper in non-stick, Pyrex glass cooking sheet.
4. Lay zucchini flat, spread out evenly, and season with salt and pepper to taste. Bake for 15 minutes.
5. In a separate cooking sheet, place cod in the center and season with salt and pepper to taste.
6. Squeeze lemon over the cod, sprinkle thyme, and bake for 10 minutes.
7. Remove cod and zucchini when browned and serve.

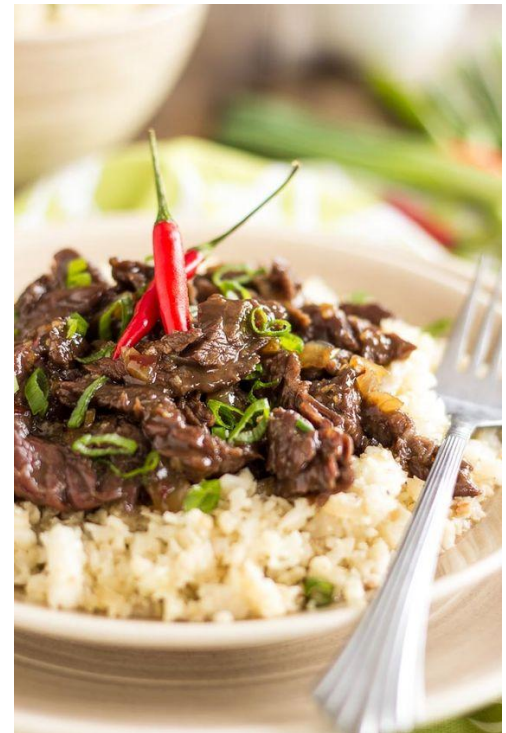


Beef Stir-Fry on Cauliflower Rice

PREP TIME	COOK TIME	CALORIES
10 Min.	15 Min.	274

INGREDIENTS:

- 100g flank steak
- 1 small cauliflower
- ½ cup green onion
- 1 garlic clove, finely minced
- 4 tbsp. soy sauce



DIRECTIONS:

1. Season strip steak with salt and pepper.
2. Place steak on non-stick frying pan over medium heat, moving the pan around quickly so it doesn't stick. Wait until seared and flip.
3. Once done, remove steak and cut into thin slices. Add chopped onions and garlic and cook until soft.
4. While that's cooking, wash and cut the cauliflower into large pieces.
5. Transfer the cauliflower to a food processor and pulse until completely broken down. It should be processed until it looks like pieces of rice.
6. Add processed cauliflower to same frying pan as steak to keep the juices. Add chopped steak and soy sauce. Mix thoroughly and cook for 3-5 minutes.
7. Serve cauliflower on a plate with steak on top.

Lettuce Burger

PREP TIME	COOK TIME	CALORIES
10 Min.	20 Min.	256

INGREDIENTS:

- 150g extra lean ground beef (95% lean)
- 1 head of lettuce
- 1 tomato
- 1 red onion
- sea salt and pepper to taste



DIRECTIONS:

1. Preheat oven to 400°F.
2. In a medium bowl, mix ground beef, ½ a diced onion, and salt & pepper to taste.
3. Roll mixture into patties and place in non-stick Pyrex glass cooking sheet.
4. Bake for 10 minutes per side.
5. Cut lettuce into three parts, keeping the outside halves for the buns. Slice remaining onion and tomato.
6. Assemble burger and enjoy.

Chicken Breast & Cucumber

PREP TIME	COOK TIME	CALORIES
5 Min.	20 Min.	261

INGREDIENTS:

- 130g extra lean chicken breast
- 1 large cucumber
- 3 tsp. vinegar
- sea salt & pepper to taste



DIRECTIONS:

1. Cut chicken into three strips and place skewers through each.
2. Season chicken with salt and pepper.
3. Place chicken on BBQ and cook thoroughly. Tip: Rub the side of a cut onion on the grill to prevent sticking.
4. Chop cucumber into slices and mix with vinegar. Salt and pepper to taste.
5. Serve chicken over cucumber salad.

Lamb Chops & Brussels

PREP TIME	COOK TIME	CALORIES
5 Min.	10 Min.	25

INGREDIENTS:

- 100g leg of lamb (fat trimmed off)
- 1 cup brussel sprouts
- ½ red pepper
- sea salt & pepper to taste
- ¼ cup unsweetened almond milk



DIRECTIONS:

1. Season lamb with salt and pepper.
2. Place lamb on non-stick frying pan over medium heat, moving the pan around quickly so it doesn't stick.
3. Once cooked, add brussel sprouts and sliced red pepper. Cook until tender.
4. Season with sea salt and pepper to taste and serve.

Turkey & Mashed Cauliflower

PREP TIME	COOK TIME	CALORIES
10 Min.	20 Min.	253



INGREDIENTS:

- 100g extra lean turkey breast
- 1 small whole cauliflower
- 2 cups asparagus
- 2 tbsp. chives
- sea salt and pepper to taste

DIRECTIONS:

1. Season turkey with salt and pepper.
2. Place turkey on non-stick frying pan over medium heat, moving the pan around quickly so it doesn't stick.
3. Once cooked, add asparagus with trimmed ends. Season to taste and cook until tender.
4. In another pot, boil cauliflower until very tender.
5. Drain and discard all the water – the drier the cauliflower the better.
6. Add almond milk, salt and pepper, and mash with potato masher until it looks like mashed potatoes.
7. Top with chives.

Zucchini Lasagna

PREP TIME	COOK TIME	CALORIES
10 Min.	1 Hour	277

INGREDIENTS:

- 100g extra lean ground beef (95% lean)
- 1 large zucchini
- 1 large tomato
- 1 small onion, chopped
- 3 cups spinach, chopped
- 2 tbsp. fresh basil
- 1 tbsp. fresh oregano
- 1 tbsp. salt
- 1 tbsp. pepper



DIRECTIONS:

1. Preheat oven to 325°F.
2. Slice zucchini lengthwise into very thin slices. Cut tomato into thin slices.
3. In a large non-stick skillet over medium-high heat, mix ground beef, chopped onion, spinach, spices, and water and cook for 15 minutes.
4. To assemble lasagna, spread 1/3 of the meat sauce in the bottom of a Pyrex glass cooking sheet. Then layer 1/3 the zucchini slices, and 1/3 of the tomato slices. Repeat layering until you have used all the ingredients.
5. Bake for 45 minutes covered with foil. Let stand 5 minutes before serving.

Soups

Vegan "Chicken" Noodle Soup

PREP TIME	COOK TIME	CALORIES
10 Min.	0	75

INGREDIENTS:

- 2 cups of water
- 1 cup cauliflower, chopped
- 1 cup celery
- 1 small zucchini, shaved
- 2 cloves of garlic, minced
- 2 tbsp. fresh parsley
- sea salt & pepper to taste

DIRECTIONS:

1. Add to blender – water, cauliflower, celery, parsley, garlic, and salt. Blend and add more water if necessary. You can warm the soup with the heat of your blender.
2. Place a box grater on its side with the largest grating holes facing up.
3. Cut the ends of the zucchini, and then push along the top of the grater in long strokes to create long, thin ribbons of zucchini.
4. Add zucchini ribbons to warm soup and serve.



All-Vegetable Soup

PREP TIME	COOK TIME	CALORIES
10 Min.	0	68

INGREDIENTS:

- 2 cups water
- 1 cup chopped broccoli
- 2 cups chopped cauliflower
- 1 cup celery
- 1 cup spinach
- 2 cloves of garlic, minced
- sea salt & pepper to taste

DIRECTIONS:

1. Add to blender – water, broccoli, cauliflower, celery, spinach, garlic, and salt & pepper. Blend and add more water if necessary. You can warm the soup with the heat of your blender.



Homemade Tomato Soup

PREP TIME	COOK TIME	CALORIES
10 Min.	0	60

INGREDIENTS:

- 1 small onion, chopped
- 1 cup tomatoes, chopped
- 2 cloves of garlic, minced
- 2 tsp. unsweetened balsamic vinegar
- ½ tsp. dried thyme
- sea salt & pepper to taste



DIRECTIONS:

1. Add to blender – onion, tomatoes, garlic, vinegar, thyme, and salt & pepper. Blend and add more water if necessary. You can warm the soup with the heat of your blender.

Simple Spring Salad

PREP TIME	COOK TIME	SERVES
10 Min.	0	2

INGREDIENTS:

- 1 cup extra virgin olive oil
- 1 bag of spring salad mix
- ¼ cup red onion, diced
- 2 cloves garlic, minced
- 2 oz. roasted pecans
- 1 tbsp. Dijon mustard
- 3 tbsp. balsamic vinegar
- ½ tsp. black pepper
- ½ tsp. sea salt



DIRECTIONS:

1. Blend all ingredients except olive oil and pecans in a high-speed blender or food processor until smooth.
2. Once smooth, slowly add in the olive oil to fully emulsify.
3. Serve atop your choice of salad.
4. Sprinkle with roasted pecans and serve.

Simple Coleslaw

PREP TIME	COOK TIME	SERVES
10 Min	0	2

INGREDIENTS:

- 1 cup extra virgin olive oil
- 1 bag of coleslaw salad mix
- ¼ cup red onion, diced
- 2 cloves garlic, minced
- 2 oz. roasted pecans
- 1 tbsp. Dijon mustard
- 3 tbsp. balsamic vinegar
- ½ tsp. black pepper
- ½ tsp. sea salt

DIRECTIONS:

1. Blend all ingredients except olive oil and pecans in a high-speed blender or food processor until smooth.
2. Once smooth, slowly add in the olive oil to fully emulsify.
3. Serve atop your choice of salad.
4. Sprinkle with roasted pecans and serve.



Creamy Caesar Salad

PREP TIME	COOK TIME	SERVES
10 Min	0	2

INGREDIENTS:

- 3 hearts of romaine lettuce, chopped
- 1 ripe avocado, diced
- 1 large egg
- 3 cloves garlic, smashed
- 1 tsp. fresh lemon juice
- 1 tbsp. Dijon mustard
- 1/3 cup of avocado oil
- 2 tbsp. raw cashew pieces
- sea salt & black pepper to taste

DIRECTIONS:

1. Add egg, two garlic cloves, lemon juice, mustard, oil, and salt and pepper to a tall glass jar that's barely wide enough to accommodate the head of your immersion blender and let it sit until the egg settles at the bottom.
2. Insert your immersion blender and push it all the way down until it touches the bottom of the jar.
3. Push the power button and do not move the blender. This will cause dressing to emulsify and become thick and creamy. Blend for approximately 20 seconds.
4. Add cashews, remaining garlic clove, and salt to a food processor and give them a few quick pulses until texture resembles that of grated parmesan.
5. Add lettuce, avocado, and dressing to a large mixing bowl.
6. Toss to combine.
7. Divide salad between four plates and sprinkle with parmesan-like mixture.
8. Serve immediately.



Creamy Dill Cucumber Salad

PREP TIME	COOK TIME	SERVES
10 Min	0	1

INGREDIENTS:

- 4 mini cucumbers
- ¼ cup of mayonnaise
- 2 tbsp. fresh dill, finely chopped
- 1 tbsp. extra virgin olive oil
- ½ tsp. Dijon mustard
- sea salt & pepper to taste



DIRECTIONS:

1. In a small bowl, combine all the ingredients, except for the cumpers, and mix well with a fork.
2. Pour over the sliced cucumbers and stir delicately until well combined.
3. Optional: Cover and place in fridge for two hours to allow flavors to meld.

Tomato, Cucumber, Avocado Salad

PREP TIME	COOK TIME	SERVES
10 Min	0	1

INGREDIENTS:

- 3 cucumbers, peeled, sliced, and halved
- 2 cups cherry tomatoes, sliced
- 2 avocados, cubed
- ¼ cup olive oil
- 2 tbsp. balsamic vinegar
- 1 tbsp. dried oregano
- 2 tsp. dried basil leaf
- sea salt & pepper, to taste



DIRECTIONS:

1. Wash veggies. Peel and slice cucumber and tomatoes.
2. Place in a large bowl and sprinkle with parmesan cheese (optional).
3. In a separate small bowl, add olive oil, balsamic vinegar, oregano, basil, salt, and pepper. Mix well.
4. Pour dressing over veggies and mix.
5. Place in refrigerator until ready to serve.
6. Add avocados just before serving.
7. Enjoy!

Crunchy Kale Salad

PREP TIME	COOK TIME	SERVES
15 Min	0	1

INGREDIENTS:

- 1 bunch kale
- 1 carrot, julienned
- ½ cup golden beets, julienned
- 1 lemon, juiced
- zest of 1 lemon
- 1 tbsp. olive oil
- ¼ cup nuts, chopped
- sea salt & pepper to taste.



DIRECTIONS:

1. Cut the kale leaves thinly down the middle along the vein, stack, and thinly slice into ribbons. Place in a large bowl.
2. Add the julienned carrot and beets, lemon juice and zest, olive oil, salt, and pepper to the kale. Stir thoroughly to combine.
3. For best results, allow the salad to sit for at least 30 minutes before serving. The veggies will soften just a bit.
4. Top with chopped nuts for a bit more crunch.

Asian Salad

PREP TIME	COOK TIME	SERVES
10 Min	0	2

INGREDIENTS:

- 4 mini cucumbers
- ¼ mayonnaise
- 2 tbsp. fresh dill, finely chopped
- 1 tbsp. extra virgin olive oil
- ½ tsp. Dijon mustard
- sea salt & pepper to taste



DIRECTIONS:

1. In a small mason jar with lid, add tamari, vinegar, minced ginger, olive oil, hoisin sauce, toasted sesame oil, chili oil, sea salt, and chopped green onions. Secure the lid and shake vigorously. Set aside.
2. Next, put chopped cabbage, shredded carrots, cilantro, sesame seeds, cashews, and enough dressing to coat (around half) into a large plastic bag. Seal and shake vigorously until well incorporated. Adjust amount of dressing as needed.
3. Place on a plate and top with remaining dressing.

Meatloaf

PREP TIME	COOK TIME	SERVES
10 Min.	25 Min.	4

INGREDIENTS:

- 1 lb. ground beef
- ½ onion, finely chopped
- ½ green pepper, finely chopped
- 1 tbsp. chili powder
- 2 tbsp. Worcestershire sauce
- 2 egg whites
- 2 tbsp. Dijon mustard

DIRECTIONS:

1. Preheat oven to 400°F. Crumble ground beef into a large bowl.
2. Add chopped onion, green pepper, Worcestershire sauce, and Dijon mustard. Stir with fork.
3. Add eggs and stir again until well blended. You may need to use your hands.
4. Spoon mixture into prepared muffin pan. Bake for 25 minutes.



Pesto Chicken & Tomato Kebabs

PREP TIME	COOK TIME	SERVES
40 Min.	10 Min.	6



INGREDIENTS:

- 2 lbs. chicken, cut into 1-inch cubes
- 24 cherry tomatoes
- 1 clove of garlic
- 1 cup fresh basil leaves, chopped
- sea salt & pepper to taste

DIRECTIONS:

1. In a food processor, pulse basil, garlic, salt, and pepper until smooth.
2. In a bowl, combine the raw chicken with pesto and marinate for a few hours. Soak wooden skewers in water at least 30 minutes (or use metal ones to avoid this step). Beginning and ending with chicken, thread chicken and tomatoes onto eight pairs of parallel skewers to make eight kebabs total.
3. Heat the outdoor grill or indoor grill pan over medium heat until hot. Be sure the grates are clean. Place kebabs on the hot grill and cook about 3-4 minutes; turn and continue cooking until chicken is cooked throughout, about 2-3 minutes.
4. Serve and enjoy!

Garlic-Lime Pork Chops

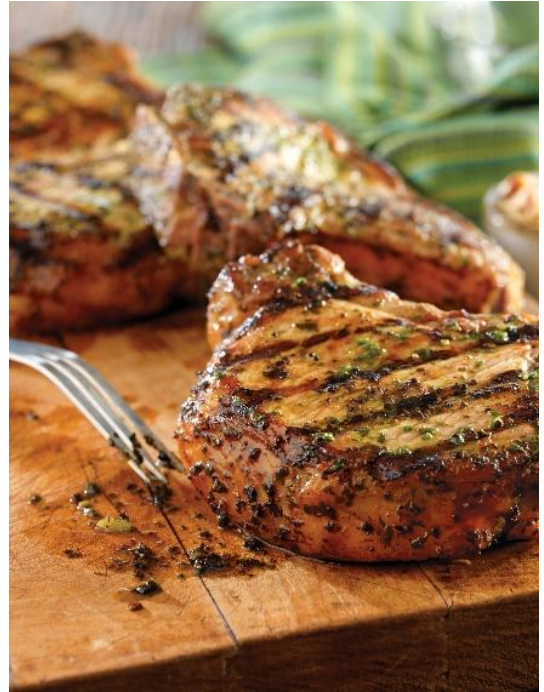
PREP TIME	COOK TIME	SERVES
25 Min.	10 Min.	4

INGREDIENTS:

- 4 pork chops
- 4 cloves garlic, crushed
- 1 tsp. cumin
- 1 tsp. chili powder
- 1 tsp. paprika
- sea salt & pepper to taste
- ½ lime, juiced

DIRECTIONS:

1. In a large bowl, season pork with garlic, cumin, chili powder, paprika, salt, and pepper. Squeeze lime juice over the meat, add some zest from the lime, and let it marinate at least 20 minutes.
2. Line broiler pan with foil for easy clean up. Place pork chops on the broiler pan and broil about 4-5 minutes on each side or until nicely browned.



Summer Veggies & Sausage

PREP TIME	COOK TIME	SERVES
10 Min.	20 Min.	4

INGREDIENTS:

- 14 oz. Italian sausage, sliced 1-inch thick
- 1 large onion, chopped
- ½ orange bell pepper, diced
- ½ yellow bell pepper, diced
- ½ red bell pepper, diced
- 2 cups zucchini, ½-inch thick & quartered
- 4 cloves garlic, smashed
- 2 tbsp. fresh rosemary
- sea salt & pepper to taste.



DIRECTIONS:

1. Add sausage to the skillet and sauté over medium-low heat, stirring occasionally until browned but not quite cooked through, about 10 minutes.
2. Season chopped vegetables with salt and pepper. Add onions, peppers, garlic, and rosemary to the skillet and mix.
3. Continue cooking, stirring occasionally until onions and peppers become slightly browned.
4. Add zucchini and cook an additional 5 minutes, mixing as it cooks until cooked throughout.

Bacon & Eggs

PREP TIME	COOK TIME	SERVES
0	10 Min.	1

INGREDIENTS:

- 3 eggs
- 4 slices bacon, cooked
- sea salt & pepper to taste

DIRECTIONS:

1. Using a large skillet, place slices of bacon in pan over medium-high heat. Turn down the heat as soon as the bacon starts to sizzle.
2. Cook it while turning every couple of minutes until it reaches the crispness you desire.
3. Drain bacon on a plate layered with paper towels.
4. Once it's cooked, turn down the heat to medium-low. Don't drain the bacon fat – use it to fry your eggs.
5. Crack three eggs into the pan. Use a slotted spatula to remove the eggs from the pan.
6. Blot each egg with paper towel before putting it on a plate with bacon.
7. Salt & pepper to taste.



Grilled Rosemary Lamb Chops

PREP TIME	COOK TIME	SERVES
1 Hour	20 Min.	4

INGREDIENTS:

- 4 lamb chops
- 3 cloves of garlic
- ¼ cup fresh lemon juice
- 1 tbsp. fresh rosemary leaves
- sea salt & pepper to taste

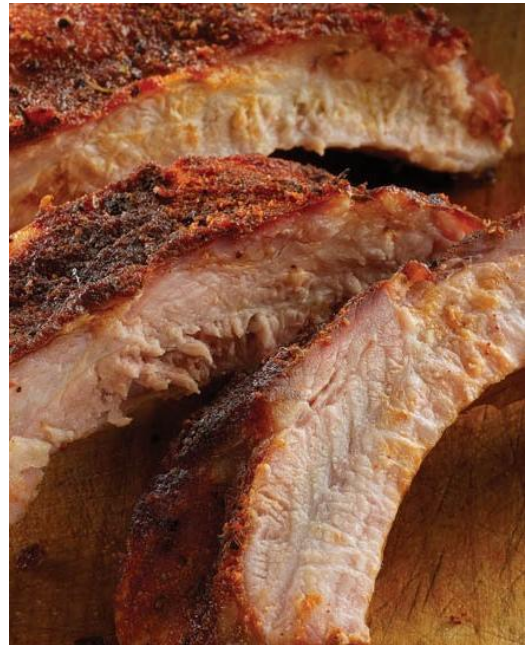
DIRECTIONS:

1. Combine lemon juice, garlic, and rosemary.
2. Season lamb with salt & pepper and cover with garlic mixture.
3. Marinate at least one hour, overnight if possible.
4. Discard marinade and grill over medium-high heat to desired liking or broil in the oven.



BBQ Ribs

PREP TIME	COOK TIME	SERVES
5 Min.	90 Min.	4



INGREDIENTS:

- 4 lbs. baby back pork ribs
- cayenne pepper
- garlic powder
- sea salt & pepper to taste

DIRECTIONS:

1. Preheat grill on high heat.
2. Place ribs on large sheet of heavy-duty aluminum foil.
3. Mix all the spices together to make a dry rub.
4. Rub all sides of the ribs with spice mixture.
5. Place ribs in foil on the grill and cook for one hour.
6. Remove ribs from foil and place directly on grill for 30 additional minutes.

Balsamic Roast Beef

PREP TIME	COOK TIME	SERVES
30 Min.	6 Hours	8



INGREDIENTS:

- 3 lbs. boneless beef chuck roast
- 4 carrots, cut into big pieces
- 1 onion, sliced
- 2 sprigs of fresh rosemary
- 2 bay leaves
- 2 cloves of garlic, minced
- 1/3 cup balsamic vinegar
- 1 ½ cups beef stock
- sea salt & black pepper to taste.

DIRECTIONS:

1. Season the roast on all sides with sea salt & black pepper.
2. Melt some cooking fat in a large skillet over medium-high heat and sear the roast for 2-3 minutes on each side.
3. Place the meat in a slow cooker and top with onion, garlic, balsamic vinegar, beef stock, bay leaves, and rosemary. Cover the slow cooker, turn on low, and cook for six hours.
4. Remove and discard the two bay leaves and rosemary sprigs.
5. Pour the liquid from the slow cooker into a saucepan and bring to a slow boil over medium-high heat until you get the desired consistency for your sauce.
6. Pour the sauce back in the slow cooker and serve with the meat and vegetables.

Butterflied, Roasted Chicken

PREP TIME	COOK TIME	SERVES
15 Min.	1 Hour	4

INGREDIENTS:

- 1 whole chicken
- 2 onions, peeled and quartered
- 4 carrots, peeled and sliced
- 2 bell peppers, chopped
- 2 lemons, halved
- 3 tbsp. fresh rosemary, finely chopped
- sea salt & pepper to taste



DIRECTIONS:

1. Preheat oven to 400°F.
2. Place the chicken breast-side down on cutting board. Cut along both sides of the backbone from end to end with kitchen shears and remove the backbone. Flip the chicken and open it like a book. Press firmly on the breasts with your palm to flatten.
3. Place the chicken in Pyrex baking sheet and surround with vegetables and lemon.
4. Season chicken and vegetables with rosemary, salt, and pepper to taste.
5. Place baking sheet in the oven and cook for an hour.

Bean-Less Chili

PREP TIME	COOK TIME	SERVES
10 Min.	30 Min.	8



INGREDIENTS:

- 5 lbs. ground beef
- 2 cups water
- 1 cup tomatoes
- 1 onion, finely chopped
- 5 celery stalks, chopped
- 5 carrots, chopped
- 4 cups button mushrooms, chopped
- 1 tbsp. extra-virgin olive oil
- 4 bay leaves, 3 thyme sprigs, 2 tbsp. fresh parsley
- sea salt & pepper to taste

DIRECTIONS:

1. In a large skillet over a medium heat, cook the ground beef with some cooking fat if needed.
2. In a very large saucepan over a medium heat, sauté the garlic in olive oil. Cook for about two minutes or until the garlic is fragrant.
3. Add the onion, celery, carrots, tomatoes, and mushrooms to the saucepan. Stir well and cook for another 5-10 minutes until vegetables are soft.
4. Add the cooked ground beef and bay leaves, thyme, and parsley. Stir well.
5. Season to taste with salt and pepper, reduce heat to low, and simmer uncovered for about four hours or until thick, stirring occasionally.
6. Adjust the seasoning by adding salt or pepper if needed, and remove the bay leaves and thyme sprigs.

Quick Fish Curry

PREP TIME	COOK TIME	SERVES
10 Min.	20 Min.	4

INGREDIENTS:

- 20 oz. fish, cut into 1-inch chunks
- 1 onion, finely chopped
- 2 tomatoes, chopped
- 3 cloves garlic, thinly sliced
- 2 tbsp. freshly grated ginger
- 2 tbsp. coconut oil
- 2 tsp. medium curry powder
- 1 tsp. ground turmeric
- 10 leaves of curry and coriander
- 12 oz. coconut milk
- sea salt

DIRECTIONS:

1. Melt the coconut oil in a medium saucepan.
2. Sauté the onion over a medium heat until translucent and just starting to brown.
3. Add the garlic and ginger and cook for one minute.
4. Add the turmeric, curry powder, and curry leaves.
5. Continue to cook for one minute, and then slowly stir in the coconut milk. Bring to a simmer.
6. Add the chopped tomatoes and simmer for five minutes until the tomatoes begin to soften.
7. Add the fish, season to taste with salt, and gently poach for 6-8 minutes until the fish is cooked. Gently stir in the coriander and lime juice.
8. Serve with cauliflower rice.



Baked Avocado Fries

PREP TIME	COOK TIME	SERVES
10 Min.	15 Min.	2

INGREDIENTS:

- 2 ripe but firm avocados, pits removed
- 1 large egg, beaten
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 1 tsp. paprika
- ½ tsp. fine sea salt
- ½ tsp. black pepper
- 1/3 cup arrowroot (tapioca) flour
- 1 tsp. stone ground mustard
- 1-½ cups crushed pork rinds

DIRECTIONS:

1. Preheat the oven to 425°F (218°C) and line a baking sheet with foil.
2. Slice the avocados in half and carefully remove the pit. Cut each half into three or four slices and set them aside.
3. You'll need three small bowls for the dipping stations. In the first bowl, combine the arrowroot and half the seasonings. In the second, combine the beaten egg, water, and mustard. In the third, combine the pork rinds and the other half of the seasonings.
4. Dip the avocado slices in the arrowroot, then the eggs, and then the pork rinds. Lay them on the baking sheet. When they're all dipped, bake the avocado fries for 10-12 minutes, then flip, and bake another 2-4 minutes. They're best enjoyed while they're fresh!



Spicy Chicken Bites

PREP TIME	COOK TIME	SERVES
20 Min.	40 Min.	4



INGREDIENTS:

- 1 lbs. chicken tenders
- 2 eggs
- 2 ¼ cups almond flour
- ¼ cup tapioca or potato starch
- ½ tsp. sea salt
- ¼ tsp. fresh cracked pepper
- ½ tsp. garlic powder
- ⅓ cup unsweetened hot sauce
(Franks brand works great!)

DIRECTIONS:

1. Preheat the oven to 425°F. Line a rimmed baking sheet with parchment paper.
2. Place the almond flour, garlic powder, sea salt, and fresh cracked pepper in a bowl and mix together. Place the eggs in another bowl with a splash of water and whisk them.
3. Dip the chicken tenders, one at a time, into the tapioca or potato starch, then into the egg, and then into the almond flour. Lay the chicken tenders on the prepared baking sheet. Bake the chicken for 40 minutes or until crispy and beginning to get golden brown.
4. Serve with hot sauce as a dipping sauce.

Shepherd's Pie

PREP TIME	COOK TIME	SERVES
30 Min.	30 Min.	6

INGREDIENTS:

- 1 lbs. ground beef
- 1 small onion, diced
- 2 celery ribs, diced
- 2 carrots, diced
- 1 head of cauliflower, chopped
- 2 cloves garlic, minced
- ½ cup beef broth
- 2 tbsp. parsley, chopped
- sea salt & pepper to taste



DIRECTIONS:

1. Preheat the oven to 400°F. Grease a 2-3 quart casserole dish and set aside.
2. In a large pot, steam or boil cauliflower until tender.
3. In a large skillet or saucepan over medium high heat, add the onion, celery, carrots, and garlic and cook until beginning to soften, around five minutes.
4. Add the ground meat to the pan and cook until browned. Add beef broth as necessary to keep the mixture wet. Add the ketchup or tomato paste (if using), parsley, and season with salt and pepper. Let simmer while you prepare the cauliflower topping.
5. To make the topping, drain the cooked cauliflower. Mash or puree with a stick blender until smooth. Add two tablespoons of fat; season with salt and pepper.
6. To assemble, spread the meat mixture on the bottom of the dish. Top with the cauliflower mixture and smooth with a spoon. Cover with shredded cheese, if desired.
7. Bake for 30 minutes or until the top is brown and bubbly. Serve warm.

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