

7 Mistakes killing Your Manhood & Performance

Report

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1. You're Not Drinking Coffee

A study from the University of Texas Health Science Centre shows that 42% of men you drank 2 to 3 cups of coffee daily reported a fewer incidence of erectile dysfunction. You see, moderate caffeine can help to relax the arteries and smooth muscles in the penis. And that helps increase blood flow, which helps a man get an erection. You probably should start considering drinking a cup or two of black coffee every day.

2. Smoking Too Much Igbo (Marijuana)

The University of Sheffield did a study to find out the effect of marijuana on a man sperm. And they found out that most of the participant who were marijuana smokers had poorly developed sperm cells. And chances of their sperm fertilising a woman's egg were very low.

3. Not Having Enough Sex:

The more sex a man has the less likely he is to suffer from erectile dysfunction. Studies have shown that men who had sex less than once a week had twice as many instances of erectile dysfunction than men who had sex at least once a week. Having sex at least 3 times a week could improve a man's sexual function.

4. No Getting Quality Sleep:

It's well known that enough sleep must for a quality health. However what's less know is that if you want to be more fertile and have a higher sex drive then having enough quality sleep in needed.

Note: I did not say enough sleep, I said enough "quality" sleep. And to have quality sleep, you must sleep before midnight for about 7 to 9 hours every night.

5. Eating Too Much Junk Food

You already know junk food is bad for you. But what you might not know is that the more junk you eat the lower your sperm quality says a study from Harvard University.

6. You Watch Too Much Television

A 2010 study revealed that men who watched over 20 hours of television each week, had a sperm count that was 44% lower than men who watched very little television. Simply put, the longer a man sit down to watch TV, the lower his sperm count will be.

7. Poor Dental Hygiene

A study found that men with gum disease are seven times more likely to suffer from erectile dysfunction than men who had healthy gums. Gum disease creates dangerous bacteria that can travel through your body to causes inflammation that damages the blood vessels in the penis. Brushing and flossing regularly will help you perform better in the bedroom

There you have it 7 things that can affect the performance of your manhood. Here's what do Next....

What To Do Next

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