Get Hard
Instantly
On Command
What You'll Learn Here

Welcome to Get Hard Instantly, On Command.

In this guide, you'll learn everything you need to know to defeat E.D. once and for all. You'll learn:

• The most common causes for erectile dysfunction.

• How to address and eliminate each root cause of E.D.

• Several quick techniques you can use to get hard instantly.

• Changes to diet and lifestyle for boosting testosterone, libido and penile health.

• A lot more.

Some of the techniques you learn in this guide can be applied right away. That said, many of the principles you'll learn will take some time to apply.

What you'll learn in this guide isn't a "quick fix." Instead, it'll give you the ability to get hard instantly, on command, for the rest of your life. Isn't that worth a couple months of effort?

Most of the principles in this guide can be applied in under 3 months. Do what this guide says and within 3 months, you'll never have to worry about E.D. again. You'll notice benefits right away, though the true benefit of the system won't kick into gear until a few weeks down the line.

Before We Get Started ...

Before we jump in to erectile dysfunction, I'd like to introduce you to a powerful concept: full ejaculatory control.

Imagine having full control over every aspect of your sexuality. You control when you get hard. You control when you ejaculate. You control when you have an orgasm, and how many times you orgasm in one sex session.

Having this ability is hands down amazing and will blow any woman away. To learn how to have full ejaculatory control, click here to watch a fun and free video that explains the concept in detail.

Ready to get started?

A Crash Course in How Erections Work
Before we get into the causes and cures for E.D., let’s take a quick look at what exactly an erection is.

An erection is actually a fairly complex biological reaction. It first begins in the brain, with desire. It's triggered by sexual hormones and sexual excitement.

The brain then fires a series of neural impulses down the spine. Nerve cells in the lower back then "pass" the instructions to the smooth Corpora Cavernosa muscles inside the penis to relax. These "instructions" are passed using nitric oxide, a highly versatile compound in the body.

When the cavernosa arteries relax, the body's natural blood flow gets directed into the penis. The sponge-like tissue expands, growing 5 to 7 times its original size. The penis tissue swells until it cuts off the arteries that would normally let blood out of the penis, trapping the blood in the spongy tissue.

When you lose an erection, all that happens is that the veins get released. Blood flows out and the penile tissue becomes flaccid again.

Why is this important? Because erectile dysfunction can be caused by a number of different factors. Each of those factors can disrupt a different part of the erection process.

What Causes Erectile Dysfunction?

Erectile dysfunction has many contributing causes. If you're experiencing E.D., chances are, it's from more than one cause. Crippling E.D. is almost always caused by several causes collaborating to make the E.D. worse.

So what are the most common causes of E.D.?

- **Mental Performance Issues.** You're nervous or trying hard to perform well. Past negative experiences hold you back. You're afraid of failing, or feel like you need to impress.

- **Low Libido.** Your sex drive feels low. You're naturally less interested in sex or less excited by the sight of a naked woman. You don't feel the need to initiate sex, or don't get as excited as you used to by sex.

- **Low Testosterone or High Estrogen.** Hormonal imbalances can play a big part in erectile dysfunction issues.

- **Poor Nitric Oxide Production.** Nitric oxide is the primary "carrier" for the erection instructions from your spine to your penis. If your body isn't producing enough nitric oxide, you'll experience
erectile problems.

- **Medications.** Anti-depressants, anti-anxiety medications, ADHD medications and other kinds of drugs can all have a negative effect on libido or sexual performance. Talk to your doctor about potential sexual performance side effects of prescription drugs. Do not discontinue medication without consulting a doctor.

- **Poor Diet & Exercise.** We'll cover this in more detail later on. Diet and exercise play a big role in every aspect of penile health, from hormone regulation to libido to nitric oxide production.

Again, these factors generally work together to cause erectile dysfunction. In the next few pages, you'll learn how to mitigate each of these causes to beat erectile dysfunction once and for all.

**Porn: The #1 Cause of Low Sex Drive**

Porn is a particularly insidious cause of erectile dysfunction. It's often a big part of men's lives. It's something many people consider harmless or completely normal. Few men ever realize how big an impact porn really has on their sex life.

Before we go any further, let's get one thing clear: this isn't a moral or religious attack on porn. This is purely a results-based examination. If you want to have rock hard erections, porn is probably hurting your chances.

If you masturbate to porn regularly, chances are porn is hurting your erections. In fact, it could be the #1 reason you have trouble getting hard. A lot of men who quit porn find that their E.D. is completely cured in just a couple months.

**The Science: E.D. and Porn**

Let's begin by taking a look at how porn impacts your brain, your sex drive and your erections.

**Dopamine: The "Reward" Chemical**

At the core of your brain’s pain-pleasure reward circuitry is a chemical called dopamine. This is the part of your brain responsible for making you want the things that help you survive.

Some people call dopamine the “pleasure molecule,” but that’s not quite right. It’s more like the “craving” or “addiction” molecule. When you see something that your body is genetically programmed to want, including sex, food or companionship, dopamine is released in your brain.

- See that chocolate ice cream through the grocery store window? Blast of dopamine.
- See that attractive woman walking by? Blast of dopamine.
That feeling of wanting to win when you’re playing a video game? That’s dopamine from wanting the victory, the conquest.

Desensitizing Your Brain

One of the most powerful ways to release dopamine is through the promise of sex. The feeling you get when you see a naked woman who wants to have sex with you is far stronger than, say, the feeling you get when you’re about to eat ice cream.

Every time your brain perceives an opportunity for sex, it releases dopamine. And here’s where porn comes in. To your limbic, primal, reptilian brain, there is no difference between porn and real women. When you see a woman on screen, your reptilian brain thinks: “Mating time!” and releases a blast of dopamine into your brain.

Unlike having sex with real women, there’s no limit to how many women you can “sleep with” in a porn session. Have you ever gone on a porn binge? Where you were hopping from porn site to porn site, seeing hundreds of women in an hour? During this whole process, more and more dopamine is released, causing more and more excitement and more and more of a high.

Inherently, there’s nothing wrong with that. But this begins a process called progressive desensitization. Because you’re overstimulating your reward circuitry with so much dopamine and so much “perceived sex,” your brain naturally starts to become less and less receptive to the dopamine. What used to turn you on suddenly becomes not enough. You start to look for more and more novel things to turn you on.

Before, just seeing hot girls having sex on screen was enough. But now, as your brain gets more and more desensitized, you need stronger and stronger stimulation to get turned on. Over the course of months or years, plain sex turns into “barely legal” sex, into group sex videos, into BDSM fantasies, into rape fantasies, into all kinds of fantasies that you just weren’t into a few years ago.

Much like how a heroin addict needs to continually take higher and higher doses to get the same effect, your brain gets desensitized to “normal porn” and starts to need more and more extreme porn to get the same effect.

The Cost: Desensitization Carries Over to Real Life

When your brain is bombarded with hyper-stimulation in the form of hundreds of women an hour, it starts to get desensitized. Since your brain can’t tell the difference between real women and women on screen, it gets desensitized to sexual stimulation of any sort.

More specifically, here are some of the ways porn consumption can affect your relationships with women:

1) You’re used to getting turned on to intense porn. Your brain now needs intense stimulation to feel turned on. Yet in real life, sex is almost never that intensely stimulating. It’s often slow and
sensual. It’s kissing, not face slapping. It’s cuddling, not hard fucking. If your brain’s primary exposure to sex is extremely intense, there’s no way it’ll be able to get turned on just from a tender kiss or a gentle caress. Real life sex doesn’t give you the dopamine you need to get an erection.

2) Because you’re so used to seeing “perfect” women on screen, with 18-year-old bodies and angelic faces, you’re much more likely to see imperfections in women in real life. They just don’t match up what in your mind a “hot girl” looks like. So you’re less turned on by women in general because you’re matching them up to a theatrical reality.

3) Because you’re ejaculating every day, almost every day or more than once a day, your body naturally has less sexual energy and sexual vitality for when you sexually interact with a real woman.

The Benefits of Quitting Porn

Men who quit porn often experience a multitude of benefits. Faster, more consistent, harder erections is definitely one of them. That's not all, however.

What kind of benefits can you expect from quitting porn?

• Your attraction for women will increase. You'll see the natural beauty in women around you, especially sexual partners. You won't subconsciously compare them to physically perfect porn stars.

• Higher sex drive. Instead of releasing your desire for sex, you cultivate it. Your desire for sex with real women will increase, once you let go of the fake women on screen.

• Increased confidence and self-esteem. Men who quit porn often report feeling much more powerful, both in and out of bed. They carry an increased sense of sexual confidence.

• Women are more drawn to you. Because you’re more genuinely attracted to women, they’ll be more attracted to you as well. Sparks fly naturally, because you’re already in a sexual place all the time.

• Increased vitality. You’ll feel more awake and more alive. You’ll likely feel drawn to improving other areas of your life, like your diet or workout.

• Disk space. Most people will easily free up 50GBs or more by deleting their porn stash.

• Time - Easily save an hour a day.
Let’s face it: Pornography isn’t natural. Can you imagine a caveman having trouble getting hard when he’s in his cave with a cavewoman? Your body is naturally designed to be able turned on by a naked woman. It’s extremely unnatural to not be able to get hard when you have an attractive, willing and horny woman in front of you.

It’s time to stop desensitizing your brain and reclaim your natural sexual vitality and masculinity.

**Quitting Porn: Next Actions**

Most "experts" on the subjects recommend quitting both porn and masturbation for 3 months. This gives you a clean break from masturbation and porn. Then, after 3 months, you can go back to masturbating without porn.

Quitting porn, but still masturbating can make the process a lot harder. Relapses are much more likely to happen, because your brain naturally thinks of porn when it’s sexually stimulated. Sex with a real woman is OK, but avoid masturbating for 90 days.

To learn more about the subject, as well as learn how to do a 90-day cleanse, go to:


**Nervousness and Mental Performance Issues**

A lot of E.D. issues can be mental. For example, if you've had a hard time getting hard in the past, your mind might be worried about that happening again. Focusing on that experience causes you to get nervous. The harder you try, the harder it is to get hard.

Mental performance issues can include:

- Lack of confidence in bed.
- Trying too hard to do a "good job."
- Afraid of failure.
- Thinking about past performance issues.
- Being self-critical.

How do you get over these mental issues?
Fighting Yourself is Not the Answer

Trying to fight yourself is not an effective way to change how you feel in the moment. For example, if you’re feeling nervous, telling yourself to "stop being nervous" just doesn't work.

Think of like this. If a friend is depressed, explaining why they shouldn't be depressed rarely works. Instead, to cheer them up, a much better approach is to do something fun. Don't fight the thought process that's there. Instead, just move your attention to a new thought process.

The same applies in bed. Don't try to fight your mental or emotional issues. Instead, just let them be and focus on something else instead.

What should you focus on? Focus on using one of these two instant hard-on techniques.

Instant Hard-On Technique #1: The Sexual Trigger

This method takes about one month to prepare. Once you have it prepped, you'll be able to use it to get hard at a moment’s notice any time you want.

It works by creating a physical trigger for getting hard. It works by connecting your "hard-on" neural connections to a physical motion.

Have you ever heard of Pavlov's dog experiment? In this experiment, Dr. Pavlov rang a bell every time he fed his dogs. Before long, he could ring the bell and his dogs would salivate, even when food wasn't present.

That's the principle we'll use here. By associating a specific physical motion to being sexually turned on and being rock hard, you'll be able to use that trigger to get yourself hard any time you want.

Here's how to do it:

1. Masturbate as you normally would. Get to the point where you're rock hard, but not close to ejaculation.

2. Perform a physical motion. The motion should be something that you won't accidentally trigger. For example, you could pull on your left earlobe with your left index finger and thumb. Or you could stroke your left palm with your right hand. Pick one gesture and make sure it's a unique one.

3. Repeat this process every day for 3-4 weeks.

That's all there is to you. Make sure that each time you "install" the trigger, you're at a sexual peak. You want to be extremely hard and extremely turned on when you install the trigger.
Do this for 3-4 weeks, then test your trigger. Do this by doing the motion when you're not turned on. Do you get hard? Once the trigger is installed properly, meaning once your body associates that motion with getting an erection, you'll be able to just fire that trigger at any time and get hard instantly.

**Instant Hard On Technique #2: 3D Senses Visualization**

Practice this technique on your own, while masturbating. Once you've used it a few times, you can then use it while having sex. You only need to practice it 2-3 times to get it down. You could even use it tonight if you practice it a few times before then!

Here's how it works.

Masturbate until you have a strong erection. Now, focus on the sensations in your body. Instead of just feeling your excitement like a tingle, this technique gives it more detail in your mind.

Focus on those sensations. Then, close your eyes. Visualize the sexual turn-on in your body. Ask yourself:

- Where are the sensations focused? Where are they strongest?
- If they had a color, what color would it be? See that color in your visualization.
- If they had a texture, what would it be? See that texture in your visualization.
- Is it moving, vibrating, pulsing or reacting in any way? See that in your visualization.

Get a detailed picture of your sexual excitement in your mind. Then, visualize that turn-on expanding through your whole body.

A lot of men feel as if their excitement instantly multiplies. Their erection gets much harder and they feel a lot more excited. By moving your sexual excitement out of just physical sensations and into something you can see in your mind, you gain more control over it. This technique lets you quickly multiply and strengthen your turn-on so you can get much harder, much faster.

Practice this a few times at home before trying it with a real woman.

These two techniques can help you get hard instantly, even if you've had performance issues in the past. Remember: don't fight yourself. Don't fight nervousness or insecurity. Instead, change your focus. Pick one of these two techniques and focus on using it instead. Of course, also focus on enjoying the moment and enjoying the woman you're with.

**Diet: Libido, Testosterone, Sex Drive**

Your diet has an enormous impact on your sex life. It impacts circulation, which is crucial for strong erections. It impacts your nervous system, including nitric oxide production, which are needed to giving your penile muscles the signal to get hard. It impacts your hormone system, which controls your sex drive and your sex organs.
In short, your diet can make or break your sex life. It can single handedly determine whether you get hard on command, or if you have to desperately try to get an erection.

**A Primer on Testosterone and Estrogen**

Testosterone is often called the "male sex" hormone. It's produced in the testes and is responsible for many aspects of sexual health. Men with strong testosterone levels feel more sexual desire, have higher libido, more vitality and feel stronger. Men with weak testosterone often have libido problems and erectile problems.

Estrogen is often called the "female sex" hormone. In women, it regulates sex drive, menstrual cycles and fertility. In men, it helps manage various body functions, though it isn't nearly as important as testosterone. Low estrogen levels are almost never a problem in men.

Men are born with naturally high levels of testosterone and low levels of estrogen. Over time, testosterone tends to drop and estrogen tends to rise. At a certain point, low testosterone can become a problem - causing issues like erectile dysfunction.

**Note:** If you suspect low testosterone is an issue for you, have your testosterone levels tested.

**Belly Fat and Estrogen**

Having a bit of extra fat around the waist isn't a big deal ... right?

Nope. When it comes to sexual performance, extra fat is a big problem. The link between estrogen and belly fat (as well as chest fat) is a two way street.

Having too much estrogen contributes to belly fat. It also contributes to chest fat, leading to "man boobs." This in turn leads to more estrogen production. The enlarged fat cells produce more estrogen, which tips the body's hormone system further towards estrogen.

In other words, having excess fat in the belly, chest or neck area is like having an estrogen producing manufacturing plant in your body. It's probably wreaking havoc on your sex drive.

Paying attention to your health and losing a few extra pounds can work wonders on your libido.

**Libido Killing Foods to Avoid**

What you *don’t* eat is more important than what you *do* eat. That's right: cutting out the wrong foods is more important than adding the right foods to your diet.

Here are some of the most important foods to cut from your diet:
• Desserts, Sweets, Sugars. These foods go straight to the belly to be converted into fat. They also crash your energy, which reduces your sex drive.

• All Soy. Soy has an enormous impact on estrogen production. Some studies show that regular soy consumption can have as big an impact on the hormone system as regular estrogen therapy. If you have E.D., avoid any soy products, including soy milk and tofu.

• Wheat of All Sorts. Including whole grain wheat, pasta, bread, cereals. Wheat has a higher glycemic index than table sugar, which adds directly to belly fat. Wheat is a contested subject; for more information, read "Wheat Belly" by Dr. William Davis.

• Processed Foods, Fast Foods. Microwaved dinners, McDonalds, etc. All of these contain chemicals (including BPA) that can throw your hormone system completely out of whack. Not to mention they tend to be high in calories and low in nutritional value.

• Low Grade Vegetable Oils. Avoid oils like grapeseed oil or sunflower oil. High Omega 6 content is bad for your circulation and nervous system.

• Pesticides. Pesticides contain a group of chemicals called xenoestrogens. These chemicals mimic estrogen in the body, which causes the same negative effects as excess estrogen. Eating organic and pesticide-free foods can help relieve your body of the extra estrogen burden.

What to Eat to Boost Libido & Testosterone

As mentioned above, what you don’t eat is more important than what you do eat. That said, here are some of the foods to add to your diet to help boost your sex drive.

• Whole foods. Eat real foods, as opposed to man-made foods. Eat foods like fruits, vegetables and meats.

• Broccoli and Cauliflower. Broccoli helps your body naturally reduce estrogen levels, while cauliflower helps boost testosterone levels.

• Fish and seafood. Fish helps boost your body’s Omega 3 levels, which improves circulation and strengthens the nervous system.

• Eggs. Eggs are rich in both Vitamin B5 and Vitamin B6, which helps regulate the body’s hormonal system.

• Asparagus. Asparagus is rich in foliate, which is a natural libido booster. It's also rich in a wide range of vitamins and minerals.
• Watermelon. Watermelon and water melon seeds are natural aphrodisiacs. It contains citrulline, which helps the tissue in the penis relax, letting blood flow in more easily. Try eating the seeds with the watermelon for maximum effect.

Other Factors: Stress, Sleep, Sunlight and Medications

Here are a few other health factors that could be affecting your erections:

• Stress. Stress decreases testosterone. When you’re stressed, adrenaline is released into the blood stream. Your body thinks it's in a "fight or flight" situation and moves blood flow from the genitals to the heart, arms and legs. This makes it virtually impossible to get hard.

• Sleep. Your body produces testosterone during sleep. If you're sleep deprived, even by just an hour a day, it can have a big impact on your sex drive. If you're not getting enough sleep, try sleeping earlier or waking up later.

• Sunlight. Sunlight helps your body produce Vitamin D, which is essential for testosterone production. Vitamin D isn't assimilated effectively in food or through supplements; the best way to get Vitamin D is to spend time in the sun. Try to eat one meal a day in the sun.

• Medications. A lot of medications can have an adverse impact on sexual performance. Talk to your doctor about potential sexual performance side effects of any drugs you're taking.

Exercise and Supplements

In addition to diet, getting proper exercise can also make a big difference. Taking optional supplements can also accelerate your E.D. recovery.

Exercise: It Affects Everything

Exercise improves just about every aspect of your body. It helps fix erectile dysfunction in a number of different ways:

• It changes your cholesterol profile. Blood flows more freely through your body, which improves your hard-ons.

• It improves your overall cardiovascular health. Again, improving your circulation improves your erections.

• Exercise boosts testosterone. In fact, exercise is one of the best ways to increase testosterone.
• You'll feel more confident and sexier. Even if you don't see a difference in the mirror yet, you'll feel stronger. That directly translates to improved bedroom performance.

Researchers agree: frequent exercise is far more important than length or intensity. Research shows that even 5 minutes of exercise can make a big difference. It's better to exercise for 5 minutes 4 days a week than to exercise for 40 minutes once a week.

If you live a mostly sedentary lifestyle, start slow. Exercise just 5 minutes, 3 or 4 times a week. Move that up to 10 minutes in a week or two. Then move it up to 15 minutes.

Nike discovered that the "stick point" for new runners is 5 runs. If someone starts running and gets just 1 or 2 runs, there's a good chance they'll stop. The habit hasn't "stuck" yet. As soon as someone logs 5 runs, they're far more likely to become a regular runner.

Leverage this principle for yourself. Make it your goal to exercise 5 times. Make it easy on yourself by making your workouts just 5 minutes. Once the habit is ingrained, then slowly add more workout time and intensity.

**Supplements: Optional But Helpful**

Supplements can be a very powerful asset for boosting your erections. It's not "necessary" and you can certainly do it completely naturally. That said, investing in a few supplements can really accelerate your progress.

Keep in mind that these supplements are not meant to work like Viagra. They're designed to nourish your body so you can get hard without drugs or supplements. They build your long-term erectile health. Viagra and Cialis on the other hand can cause dependence, which weakens your natural ability to get hard.

What supplements can you take to improve your erectile health?

• Pycnogenal. This supplement directly impacts the elasticity of your blood vessels. It helps improve circulation to the penis. It improves circulation in the entire genital area.

  Recommended dose: 80 grams per day, once a day.

• L-Arginine: L-Arginine is an amino acid. In other words, it’s a raw building block that your body uses to build proteins. More specifically, L-Arginine is the amino acid your body needs to construct the all-important nitric oxide. That’s the compound that carries arousal and erection instructions to the penis. Though you do get L-Arginine in food, supplementing can help you about double your daily intake, which can make a big difference.

  Recommended dose: 3 grams daily, once a day.
• Horny Goat Weed: An ancient Chinese herb that has been used for over 2,000 years. It has a long history as a libido booster and has been tested in several double-blind studies, with both Viagra users and non-Viagra users as participants. While L-Argenine and Pycnogenal take several weeks to take effect, horny goat weed has a fairly instantaneous effect. It can boost libido in just hours or days.

Recommended dose: 500mg, twice daily.

• Omega 3 Fatty Acids: Omega 3 fatty acids help protect cardiovascular health, improve circulation, strengthen the nervous system and help improve your all around sexual functioning. Use Krill Oil instead of Fish Oil. Krill has the same potency as fish oil, without the risk of mercury poisoning.

Recommended dose: 1,000mg, 2-3 times a day.

If you decide to go the supplement route, go ahead and add all four supplements to your diet right off the bat. If you’re on a budget, use just Pycnogenal and L-Argenine. You should see a strong improvement in just a couple weeks.

Combining What You've Learned

You now know about all the major causes of erectile dysfunction. You know how to combat E.D., both on a mental level and on a physical level. You know how to boost your sex drive, as well as get rid of the things that decrease libido. You know how to use supplements to speed up your progress.

Some techniques, like the "Instant Hard On" techniques, can be applied almost immediately. Other principles, like quitting porn or changing your diet, take some time to take effect.

To really make this stick, create a plan. Choose which aspects of this guide you plan to implement, then put a plan together. Take some sort of action right now. Commit to making a change.

Erectile dysfunction doesn't have to cripple your sex life. If you follow the directions in this guide, you'll never have to worry about having trouble getting hard again.

And remember: erectile dysfunction is just one aspect of sexual health. To truly be outstanding in bed, you need to master a whole range of sexual skills, including being able to last as long as you want, as well as to give her multiple orgasms. To learn more about these skills, watch this free video. I put a lot into creating the video and I'm sure you'll get a lot out of it.

Your friend,

- Jim Benson