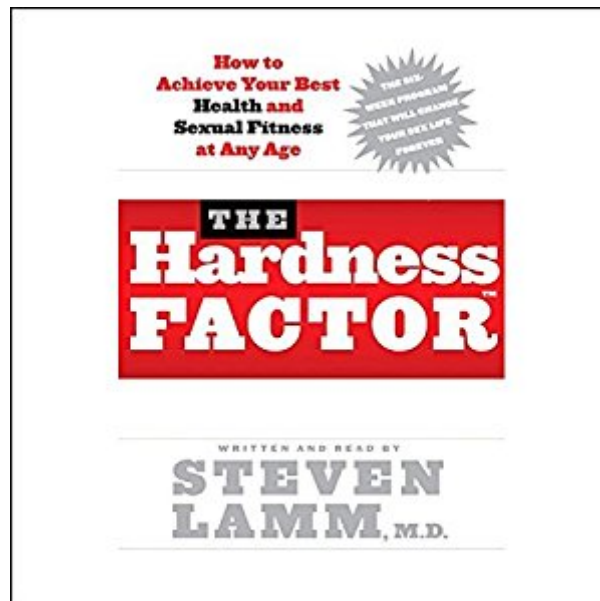


The book was found

The Hardness Factor: How To Achieve Your Best Health And Sexual Fitness At Any Age



Synopsis

Hard is good, harder is better -- for your health, your libido, your life. Such is the provocative premise behind Dr. Steven Lamm's *The Hardness Factor*, a groundbreaking book that will change the way men live and love. The Hardness Factor measures male health through the quality of an erection -- perhaps the greatest male motivator for better living (more so than fear of cancer, heart attack, or stroke). The Hardness Factor asks, Can men be hard and in shape for sex their entire lives? The answer is, absolutely. Here for the first time are scientific, evidence-based regimens -- emphasizing nutrition, supplements, and exercise -- to increase erectile quality. By following the programs in *The Hardness Factor*, you will improve overall health; produce stronger, harder, and longer-lasting erections; increase strength, fitness, flexibility, and vitality; restore self-confidence; and achieve maximum sexual gratification with your partner. A renowned New York clinician, bestselling author, and a favorite expert on the television show *The View*, Dr. Lamm offers straight talk for men of all ages in "The Four-Day Insurance Policy," which can provide a quick fix for that upcoming Saturday night (or any other dating emergency), and the more detailed "Six-Week Hardness Factor Program," which will improve a man's sex drive, stamina, hardness, and, most of all, health. This comprehensive guide also includes numerous recipes created by acclaimed chef Waldy Malouf, aimed at promoting nutritional health and jump-starting the libido. After following *The Hardness Factor*, you will not only achieve optimal health and sexual fitness but also understand why the penis is the best barometer of a man's health. --This text refers to the Paperback edition.

Book Information

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Customer Reviews

This book serves a useful purpose by putting this message very much in the face of men: erections are produced by blood flow; if you want better erections and improved sexual health, there are no shortcuts that bypass the need for better health. It's well documented now that aerobic exercise improves erections, weight loss improves erections, proper rest and proper hormone balance...all improve erections. I've found many men become motivated to lose weight, walk, and quit smoking when their sexual function begins to wane. This book should help motivate and instruct men to better health by linking health to sexual function. Dr. Lamm's a big fan of L-arginine at a dose of 3 grams per day. Arginine and glutamine boost growth hormone levels in those with a healthy pituitary and lead to improved circulation and better erections. I've found patients do better with glutamine than with arginine (glutamine causes less nausea and can be taken at a higher dosage): try (if your doctor approves) 12 grams per day (best taken as a powder mixed in water since 12 grams would be 24 tablets at 500 mg each) for best source, see my list "Libido, Erection, and Premature Ejaculation." The most important recommendation in the book is walking. There is no doubt now that walking (or jogging..but not necessary to jog) does more to prevent obesity and to improve and maintain sexual function than anything possible with diet. I haven't seen as much success with the counting-steps method as outlined by Dr. Lamm as I have with those who just go walking and count miles, but the basic idea that walking improves sexual function cannot be ignored.

OK, the South Beach Diet works. After my endocrinologist advised me to see her nutritionist, she recommended the diet and I lost up to 35 pounds in about six months. Both diets share the same nutritional message. Avoid junk food in all forms. Eat healthy, natural and more expensive real foods. And exercise. Daily! Fair enough. I got it. Thankfully enough, restaurants all over the country now offer low carb meals and even fast food place have salad alternatives to greasy fries. The Hardness Factor however, gets men where they live. First, unlike high school, it teaches about subjects that the students are actually interested in. Though it doesn't include any pictures, and has but one clinical internal graphic, it does manage to teach about the penis, health and sex, making a strong correlation for what men already suspect, that sexual performance and loving relationships with women are closely linked. It gets you excited and motivated. Neither Atkins, nor the So. Beach, diets make such emotional, gut level, appealing-to-the-basest-instinct, exhilarating promises as this book does. Skimming the easy-to-read layout, with pages trimmed in red and sidebars every other page, one can't help but get aroused. The book is not just about health and sex, but it is also about getting in masculine, studly shape. Without following any of its advice, the book has already improved my sex life. It confirms what men know. Getting hard, endurance, stamina, flexibility are

what it means to be a man. The girlfriend said I didn't need no Viagra! Unfortunately, like the other diet books, it doesn't prepare you the shocking cost and for many people, the impossible high and difficult-to-implement price of these sophisticated and expensive diets.

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