

VigXL

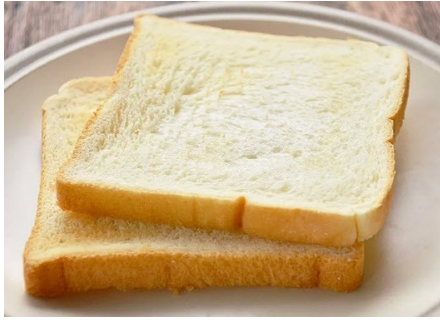
Presents

11 *Dirty* Foods That Destroy Your Testosterone & Sex Drive



VigXL.com

1. Processed Foods



Processing removes most of the nutrients in whole foods, including ones that are important for sex drive. For example: When whole wheat is processed into white flour, it loses about three-quarters of its zinc, a mineral essential to men's sexuality & reproduction. All processed foods are degenerated and can cause many problems in the body including erectile dysfunction and low libido.

2. Sugar



This stuff is everywhere, so don't think that you're safe just because you don't add it to your coffee. Sugar increases levels of the hormone insulin, which can cause you to store belly fat, lose muscle mass and cause your testosterone levels to drop. In men, belly fat raise estrogen levels, which can result in low libido and erectile dysfunction. One study found that sugar reduces testosterone levels as well.

3. Soy



Soy is a plant that contains phytoestrogens that could disrupt hormone balance in both men and women, depress libido and attribute to erectile dysfunction. High levels of soy are found in soy milk, edamame, tofu, and most vegetarian meat alternatives. Soy is considered one of the most genetically modified foods in the world and can lower testosterone.

4. Microwave Popcorn



Dinner and a movie can be a precursor to sex, but if you like to pair your movies with microwaved popcorn, your main feature could be a flop. Chemicals like perfluorooctanoic acid found in the bag's lining can kill your sex drive—and, over the long term, even cause prostate problems. Additionally microwaved popcorn has very little nutritional value and can make you feel lethargic.

5. Excessive Alcohol



A glass of wine or a cocktail can get you relaxed and in the mood, but drink more than a few drinks & your libido will pay the price. Alcohol is a depressant that can have a negative impact on your ability to have an erection and can dampen libido in both sexes. Slow down when it comes to drinking and you may find that you rediscover your sex drive. Drinking a 2-to-1 ratio of water to alcoholic beverages will help with this.

6. Marijuana



Cannabis is legal in many parts of the world. People like to add the herb to food, particularly baked goods. Whether you smoke it or eat it, studies show that consuming marijuana can decrease testosterone levels for up to 24 hours. On the other hand it can reduce pain, relax you, and put you in the mood for having sex. It has both positive and negative aspects so there is no right or wrong with this one.

7. Soda Pop



Drinking soda on a regular bases is a terrible idea and diet soda is no exception. Artificial sweeteners, especially aspartame, directly effect your serotonin levels, a vital hormone in fostering a sense of well-being and happiness. Low amounts of serotonin in the body is associated with lower libido in both men and women say some researchers. The high sugar content in soda also plays a role in lowering testosterone.

8. Trans Fats



Trans fats gum up your arteries which inhibit blood flow to your sexual organs. Fast foods/deep fried foods, including fries, potato chips, and donuts are some of the worst trans fat foods you could consume. Cooking with olive oil and coconut oil do not cause the oil to turn into a trans fat, but canola oil does. The deep fried foods from fast food restaurants have the dirtiest and most concentrated trans fats of all.

9. Shrimp



According to the USDA's Pesticide Data Program, the average person is exposed to 10-13 different pesticides every day. Nine of the ten most commonly used pesticides are "endocrine disruptors," meaning they mess around with our male and female hormones. One of the most estrogenic is 4-hexyl resorcinol, which is added to shrimp to prevent them from discoloration.

10. Cheese



The majority of cheese is derived from cow's milk, which is loaded with synthetic hormones. These could potentially effect your body's naturally production of hormones, including estrogen and testosterone, thereby inhibiting your sex drive. Too much cheese can also clog up your arteries causing reduced blood flow, making your erections less hard and powerful.

11. Medications



Okay, this isn't technically a food, but it's still something you consume, so it's on the list. Antidepressants and birth control can interrupt how your body produces and manages hormones like serotonin, epinephrine, and dopamine, which all influence your sex drive. Talk to your doctor if you think your medications might be lowering yourself libido.

Achieve Maximum Results With **VigXL** & **TestroXL**



100% Natural Formulas: A science based approach to ancient medical wisdom

VigXL and **TestroXL** formulas contain a powerhouse of proven natural ingredients specifically chosen to help boost your testosterone, increase your sex drive, and perform better in bed (and the gym). Modern science combined with ancient herbal wisdom to bring you potent blends of all natural ingredients that have stood the test of time.

Many men are also deficient in key hormone producing nutrients such as Zinc (a main ingredient in VigXL & TestroXL), which has a profound effect on your testosterone levels. These supplements are designed to cover every angle (virility, libido, blood flow, testosterone) for maximizing your male vitality and therefore also your sex life!

Reach new levels of performance with VigXL and TestroXL - they work great by themselves and even better when used in combination.

[Learn more about these elite performance supplements here!](#)



Disclaimer & Terms of Use:

The statements in this Ebook have not been evaluated by the FDA. Our products are not intended to diagnose, treat, cure, or prevent any disease. VigXL & TestroXL are meant to be taken as part of a healthy lifestyle and diet, individual results may vary.

VigXL & TestroXL are formulated using only 100% natural ingredients that have been scientifically researched and lab tested, with no undesirable side effects. Make sure you read the entire ingredients list before taking VigXL & TestroXL if you have any known allergies. If you are currently taking any medication you should consult your doctor or qualified medical professional before using VigXL or TestroXL. If you are allergic to Shellfish you should not take VigXL as it contains a small amount of shellfish extract.

Consult your doctor or qualified medical professional before beginning a new diet or exercise plan, and before taking any new supplements. By following the diet and advice in this Ebook and/or by taking VigXL/TestroXL you agree to perform your own due diligence and assume any risk and liability that may result from your actions. Individual results will vary. The material in this eBook is provided for general information only and should not be relied upon or used as the sole basis for making decisions without consulting primary, more accurate, more complete or more timely sources of information. Any reliance on the material in this ebook is at your own risk.