



SEXUAL ANTI-AGING:
SAFE METHODS TO BOOST
ENERGY & SEXUAL
PERFORMANCE IN OLD AGE



Aging is associated with a number of medical conditions likely to impair sexual performance. Hence the tendency to view sexual changes in older individuals as a result of pathology.



In men, greater physical stimulation is required to attain and maintain erections, and orgasms are less intense.

SIGNS AND SYMPTOMS

HORMONAL IMBALANCE IN MEN

- Decreased sexual libido
- Low energy levels
- Reduced muscle mass
- Muscle weakness
- Weight gain
- Mood swings
- Difficulty sleeping
- Hair loss
- Hot flashes
- Fatigue
- Breast enlargement
- Breast tenderness

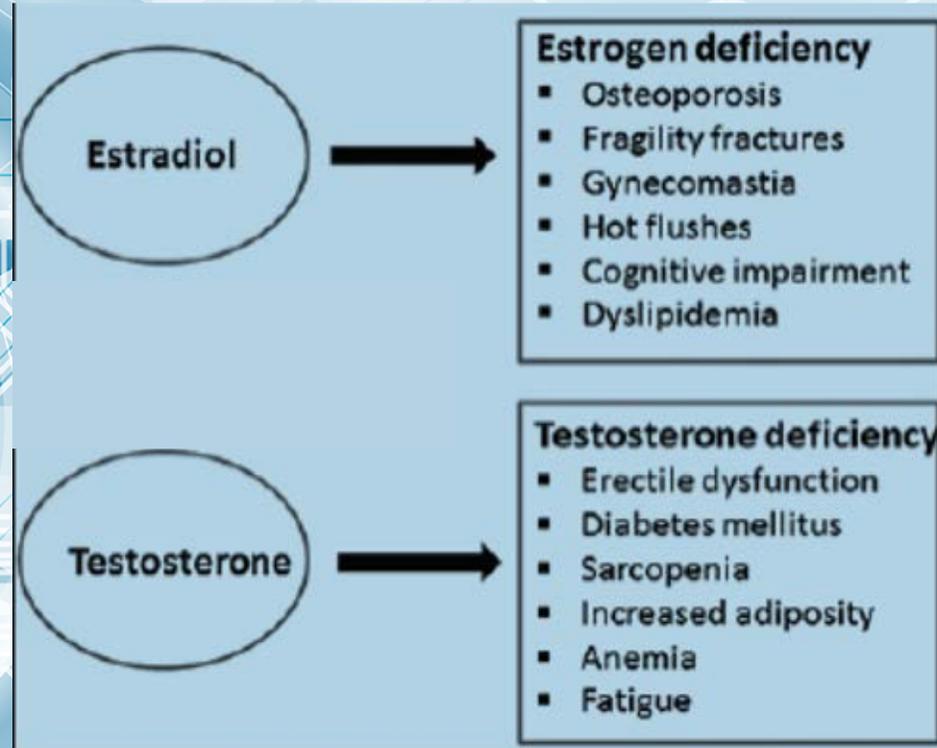


In women, menopause terminates fertility and produces changes stemming from estrogen deficiency.

Low Estrogen Deficiency Symptoms



- Irritability
- Bloating
- Headaches
- Fatigue
- Depression



Lack of sexual interest is more prominent in aged women than men. Recent research indicates that 56% of married women older than 60 (compared to 75% of men) are sexually active. Psychological effects of aging contribute to this.



Decreased metabolism leads to hair loss, increased weight and loss of self-confidence in several individuals who were attractive and slender when young. The decline in thyroid hormones results in Depression like symptoms that add on to self-esteem issues.

HYPO thyroidism

Dry or Coarse Hair
Hair Loss, Eyebrow Loss
Depression/Mood Swings
Puffy Face
Hoarseness
Slow Heartbeat
Sluggish Movement
Slow Thinking
Constipation
Weight Gain
Brittle Nails

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Broken Sleep
Arthritis
Cold intolerance
Depression
Dry Skin
Fatigue
Brain Fog
Infertility
Muscle Aches
Heavy Menstrual Periods

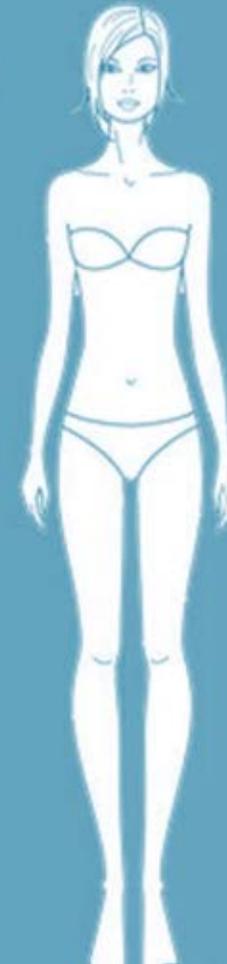
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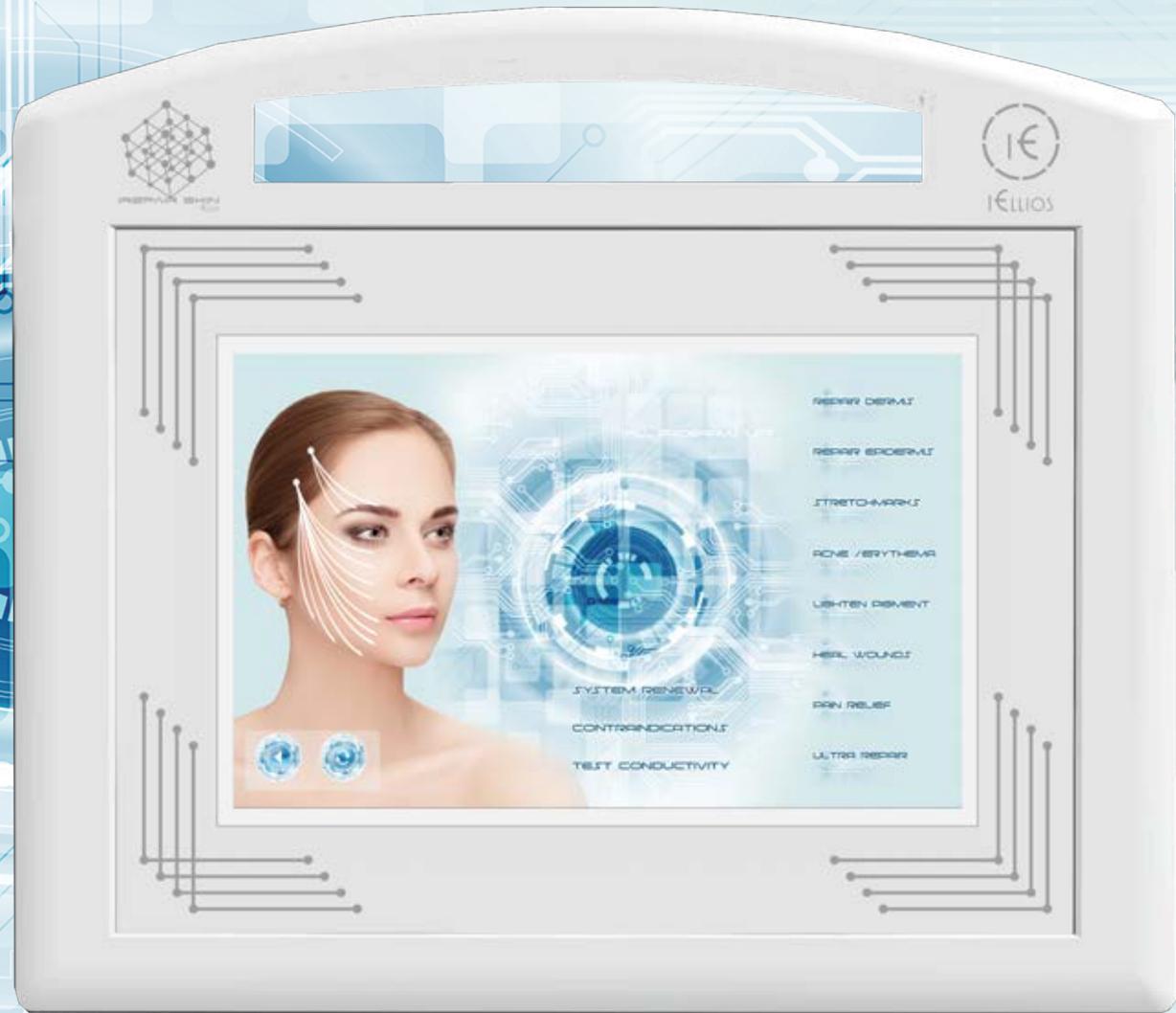
HYPER thyroidism

Hair Loss
Bulging Eyes
Breathlessness
Enlarged Thyroid/Goiter
Sweating
Rapid Heartbeat
Weight Loss
Frequent Bowel Movements
Warm, Most Palms
Soft Nails
Frequent Itchines

...

Difficulty Sleeping
Muscle Weakness
Heat Intolerance
Nausea or Vomiting
High Blood Pressure
Trembling Hands
Infertility
Irritability
Nervousness
Minimal Menstrual Periods





A recent IREVIVE study by Dr Nuris Lampe (2017) on 14 diabetic neuropathy patients using signalling technology reported a 98% of pain relief and increased foot mobility.



Another recent clinical study by Elaine Wong revealed hair growth on two aged patients who received signalling technology on areas of hair loss.



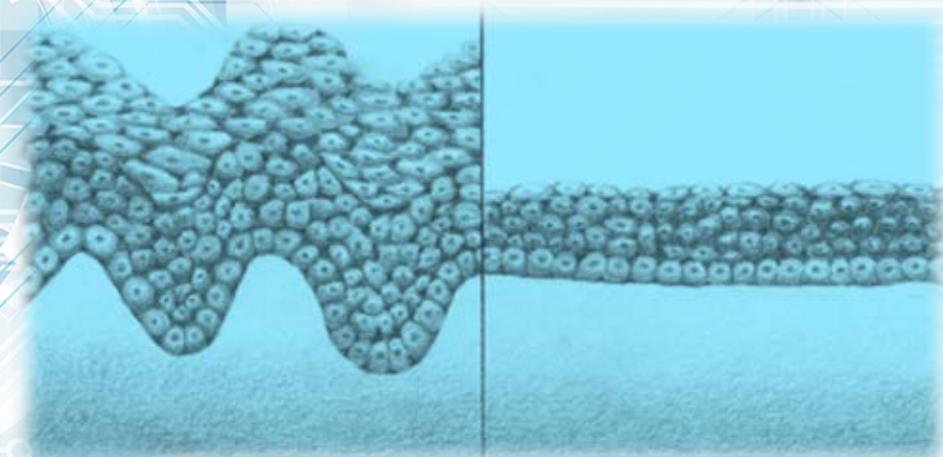
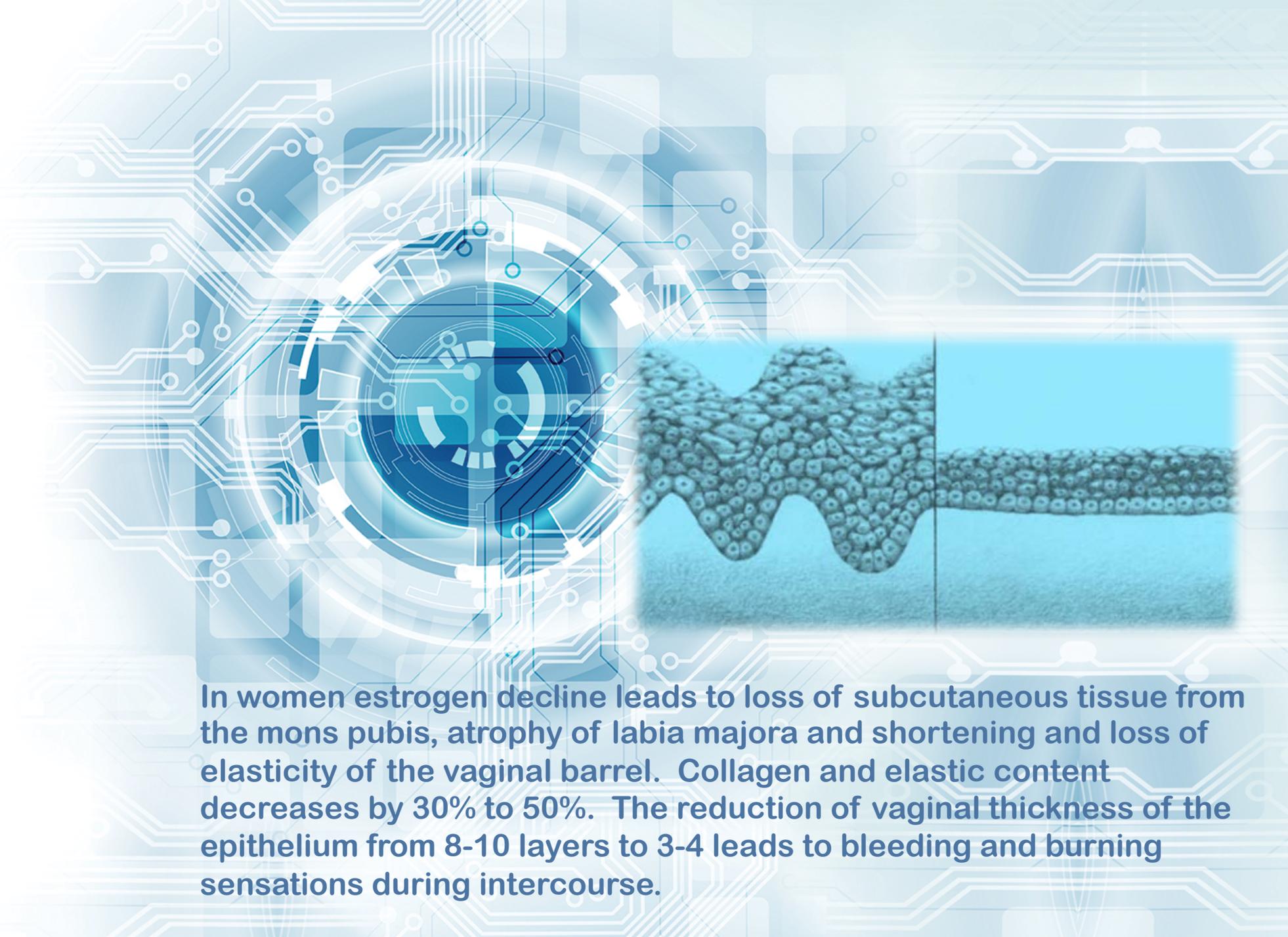
Several Clinical Studies have consistently shown significant improvement in several skin conditions as well as remarkable rejuvenation after using the IREVIVE Patient's reports include enhanced self esteem and positive self image



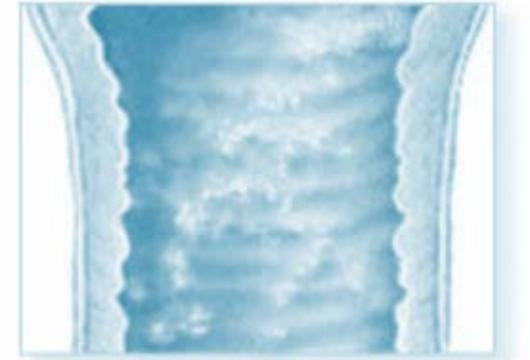




Sexual Dysfunction among Diabetics. Owiredu WCBA et al (2017). – 130 males (impotence, premature ejaculation), 116 females (non sexuality. Avoidance and infrequency). Ageing and longer time of the disease in Diabetics reduces sexual quality of life. Pain and poor mobility is a common denominator in all ageing groups but it is most prominent among Diabetic individuals.



In women estrogen decline leads to loss of subcutaneous tissue from the mons pubis, atrophy of labia majora and shortening and loss of elasticity of the vaginal barrel. Collagen and elastic content decreases by 30% to 50%. The reduction of vaginal thickness of the epithelium from 8-10 layers to 3-4 leads to bleeding and burning sensations during intercourse.



Bacterial Vaginosis

Loss in the Lactobacillus species and lactic acid and increased vaginal pH affect the microbial population leading to increased vaginal bacterial infections. Laser and radiofrequency methods of vaginal rejuvenation create scar tissue ultimately reducing sexual sensation for women.



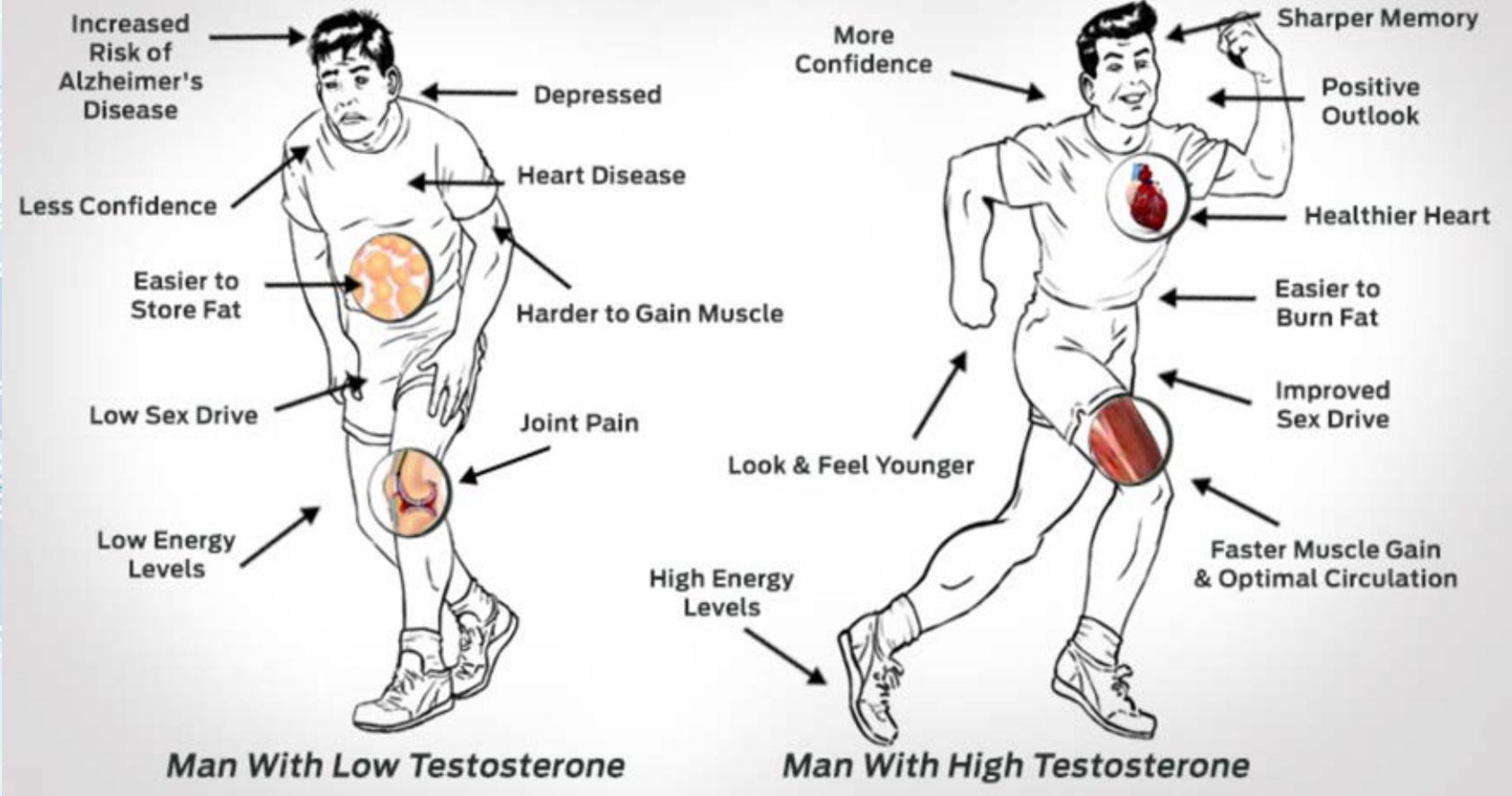
A recent clinical study combining the IREVIVE and the Virtual Gym Unique with 25 subjects who received 10 vaginal rejuvenation treatments 3 times weekly for 3.5 weeks showed the following reported results:

IREVIVE: builds new tissue. 90% of the women in the study reported no bleeding and burning sensations during intercourse. a reduction in bacterial infections.

Virtual Gym Unique: offers a full 8 seconds contraction of the vagina increasing mobility, elasticity, and increased contractibility. 95% of women reported increased sexual contact, increased sexual desire, sensation and satisfaction during intercourse and significantly increased frequency from an average of once in three months to once weekly.



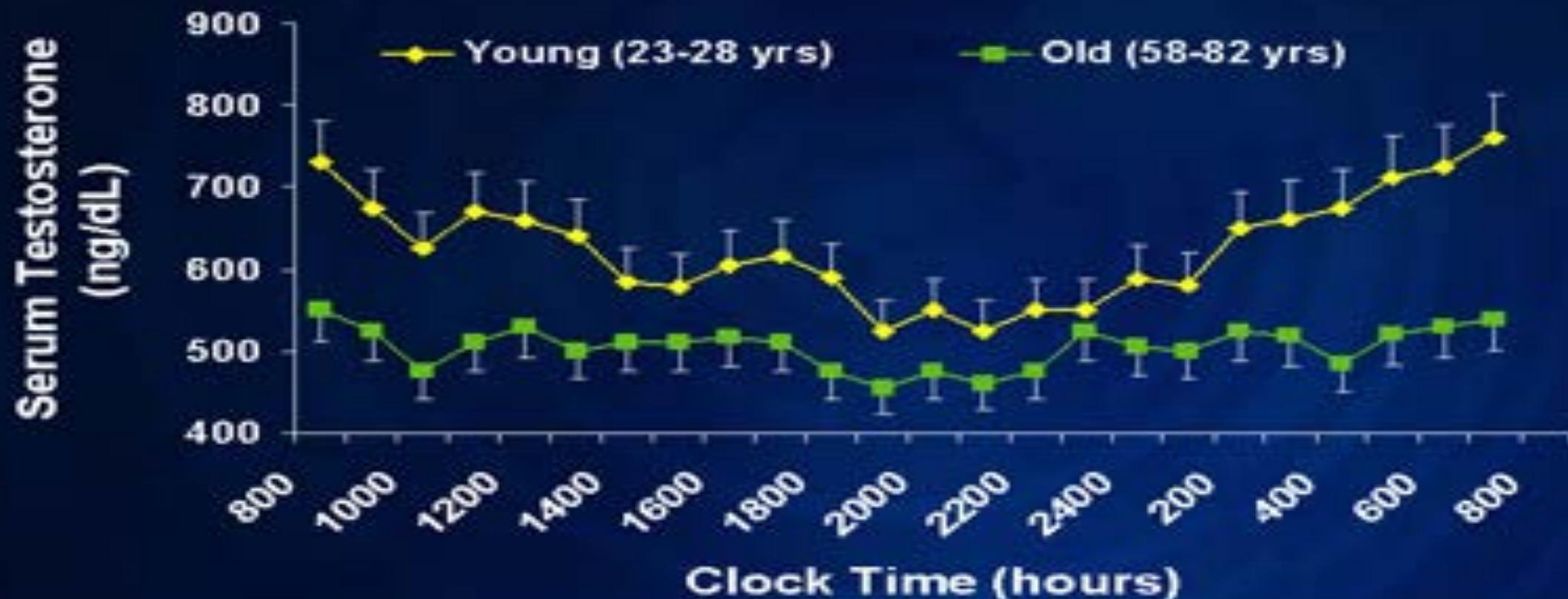
The Benefits of High Testosterone



Testosterone decline seen in ageing has been associated with depressed mood which is a suppressant of sexual appetite as well as erectile dysfunction. However, testosterone / estradiol imbalance does not appear to affect erectile function and sexual desire. (Castello-Porcar AM, Martinez-Jabaloyas JM, (2016). Therefore, estradiol may not be a testing necessity in sexual aging in men.

Measurement of Serum Testosterone Levels

Circulation Variation in Serum Testosterone in Normal Males

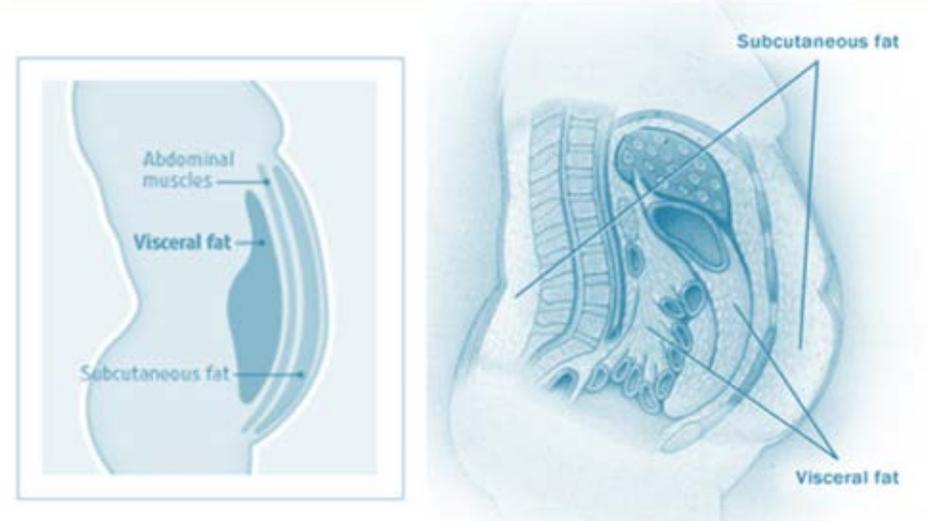




An experimental study with 8 subjects receiving 12 treatments of effortless exercise with the Ion Magnum -an older model of the Virtual Gym, (Ballot and Weiss 2012) reported a statistically significant increase in Testosterone concentrations.



Visceral Fat is the Culprit



Effortless exercise is a London University technology that contracts the entire body for 8 seconds simulating physical exercise. It targets 24 different body layers from skin to visceral fat and utilizes adipocyte contents both from visceral and subcutaneous fat areas as an energy source to build muscle.



880 - 784 : Skin

880 - 528: Cellulite

880 - 493.8: Detox at several upper

body layers legs,

arms,

chest, neck, jaw

880 - 415.3: Subcutaneous fat burning

880 - 415.3: Superficial muscle building (arms, legs, shoulders neck, face)

324 – 293.5: Deeper fat burning and deeper muscle building

69 – 261.5: Visceral Fat Burning at different layers of visceral fat

69 – 174.6: Visceral Fat Burning around vital organs

69-261.5: Deepest muscle mass increase



Visceral Fat Reduction $p > 0.05\%$

Muscle Mass Increase $p > 0.01\%$

Increased Concentrations of **T3**

Increased Concentrations of **DHEA**

Reported boost of **Energy**

Reported boost of **Sexuality**

Less susceptibility to common colds

A follow up study (Ballot and Weiss 2012) with 19 subjects receiving 12 effortless exercise treatments with the Ion Magnum – a virtual gym precursor– reported statistically significant reduction of visceral fat, muscle mass increase and increased concentrations of T3 and DHEA. Subjects reported a boost of energy and sexuality and less susceptibility to common colds after treatment.

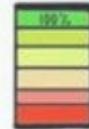


Physical activity maintained throughout life is associated with lower incidence and prevalence of chronic diseases such as cancer, diabetes and cardiovascular and coronary heart diseases [Myers et al 2002, Booth et al. 2000]. Recent studies suggest that physical exercise also enhances cognitive functions and protects against dementia (Larson et al 2004 and others).

TOP 10

Fitness Facts

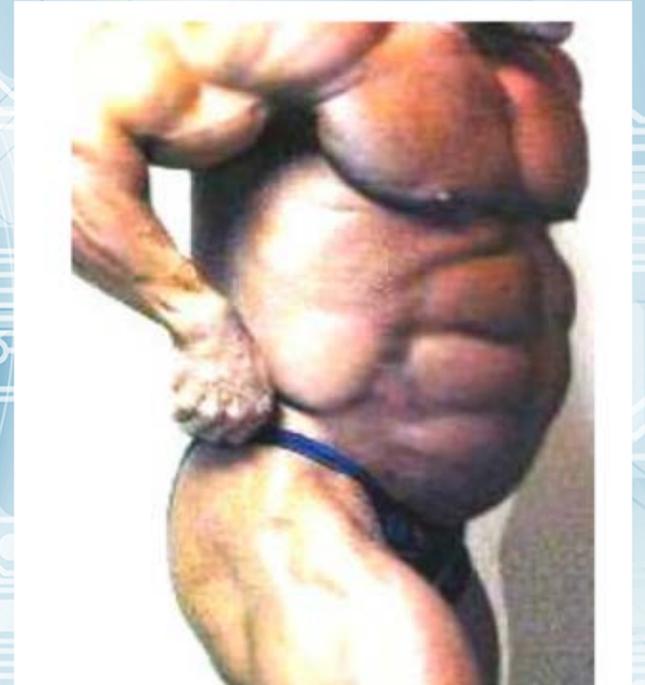
STRONGWOMENSTHOUGHTS.TUMBLR

- 1** Exercise Boosts Brainpower  **2** Movement Melts Away Stress 
- 3** Exercise Gives You Energy  **4** It is easy to find time for fitness 
- 5** Fitness Can Build Relationships  **6** Exercise Helps Ward Off Disease 
- 7** Fitness Pumps Up Your Heart  **8** Exercise Lets You Eat More 
- 9** Exercise Boosts Performance  **10** Weight Loss IS NOT the Most Important Goal  

Always put your Health first! 



Even the most strenuous
exercise at the age
of 45 + will get you this



However older individuals have difficulty exercising due to weight, muscle and nerve pains or disinterest. And even the most strenuous exercise cannot reduce visceral fat after around 45 years. Patients on Statins cannot exercise. For those individuals as well as those who cannot exercise.

Effortless exercise is often either the only or the optimum solution.



Increase in Sexual
Desire (Men &
Women)

Increase in Sexual
Activity (Men &
Women)

Ability to sustain
Sexual Intercourse
Longer (Men)

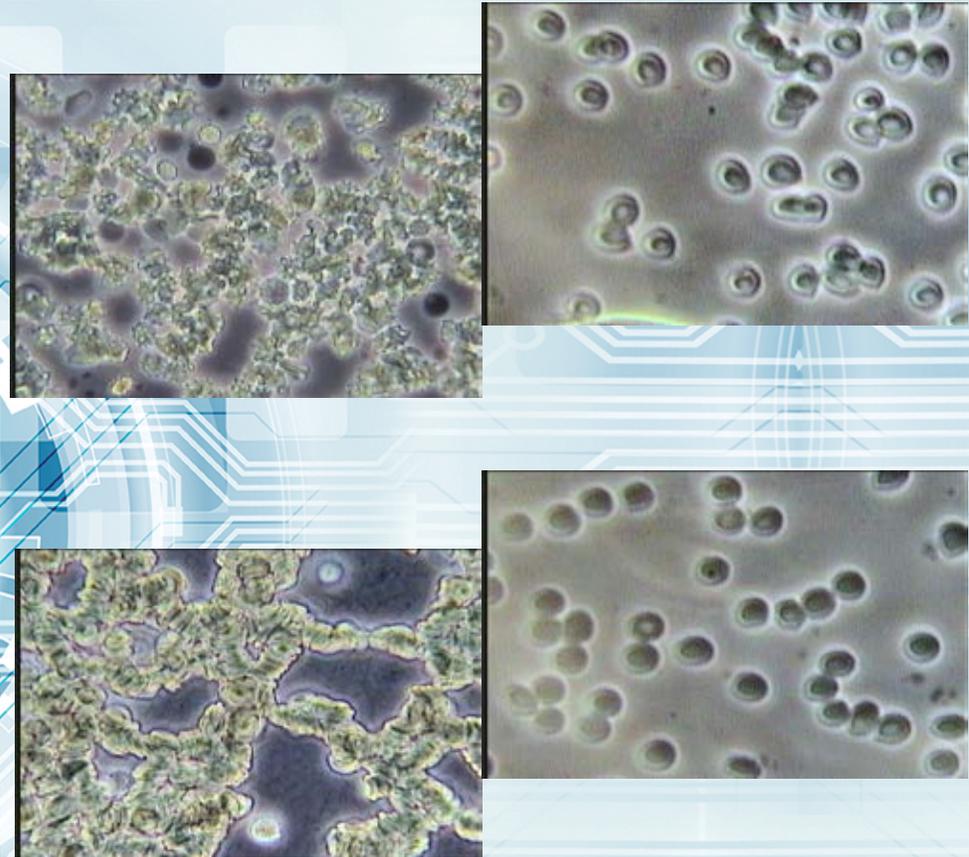
Another clinical study with 12 subjects receiving effortless exercise treatment with the Ion Magnum three times weekly, indicated an increase in both sexual desire and activity and an ability to sustain sexual intercourse longer with men who were subjected to two hours of effortless exercise three times a week (Barnard, 2013).



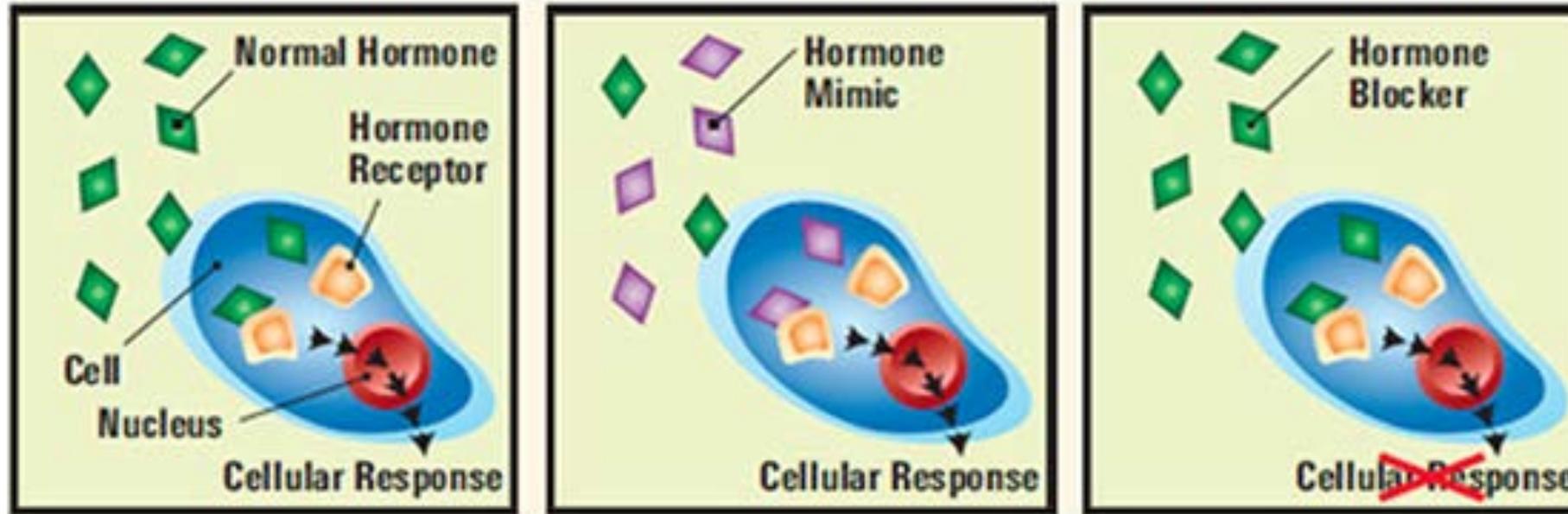
← Exercise or Effortless Exercise?
↓ This is the question!



Another clinical study with 12 subjects receiving effortless exercise treatment with the Ion Magnum – the virtual gym ancestor -- three times weekly, indicated an increase in both sexual desire and activity and an ability to sustain sexual intercourse longer with men who were subjected to two hours of effortless exercise three times a week (Barnard, 2013).



There is substantial evidence from a number of studies including a study with 350 subjects that the technology separates RBCs acting like a natural blood thinner (like a natural Viagra) in both men and women (and Weiss, 2010). Increased blood flow signifies better transport of oxygen, antibodies and waste products to the liver and kidneys serving as a crucial component of Lymphatic Drainage.



When absorbed in the body, an endocrine disruptor can decrease or increase normal hormone levels (left), mimic the body's natural hormones (middle), or alter the natural production of hormones (right).

Overall, the technology is designed to act as a very powerful detoxification method. A number of studies (Dacu al 2016, Textbook of Modern Toxicology Hodgson 2004) have concluded that toxicity interferes with the entire endocrinological system, compromising metabolism and sex hormone synthesis. Hence the increased sexuality as the result of detoxification.



Effortless Exercise

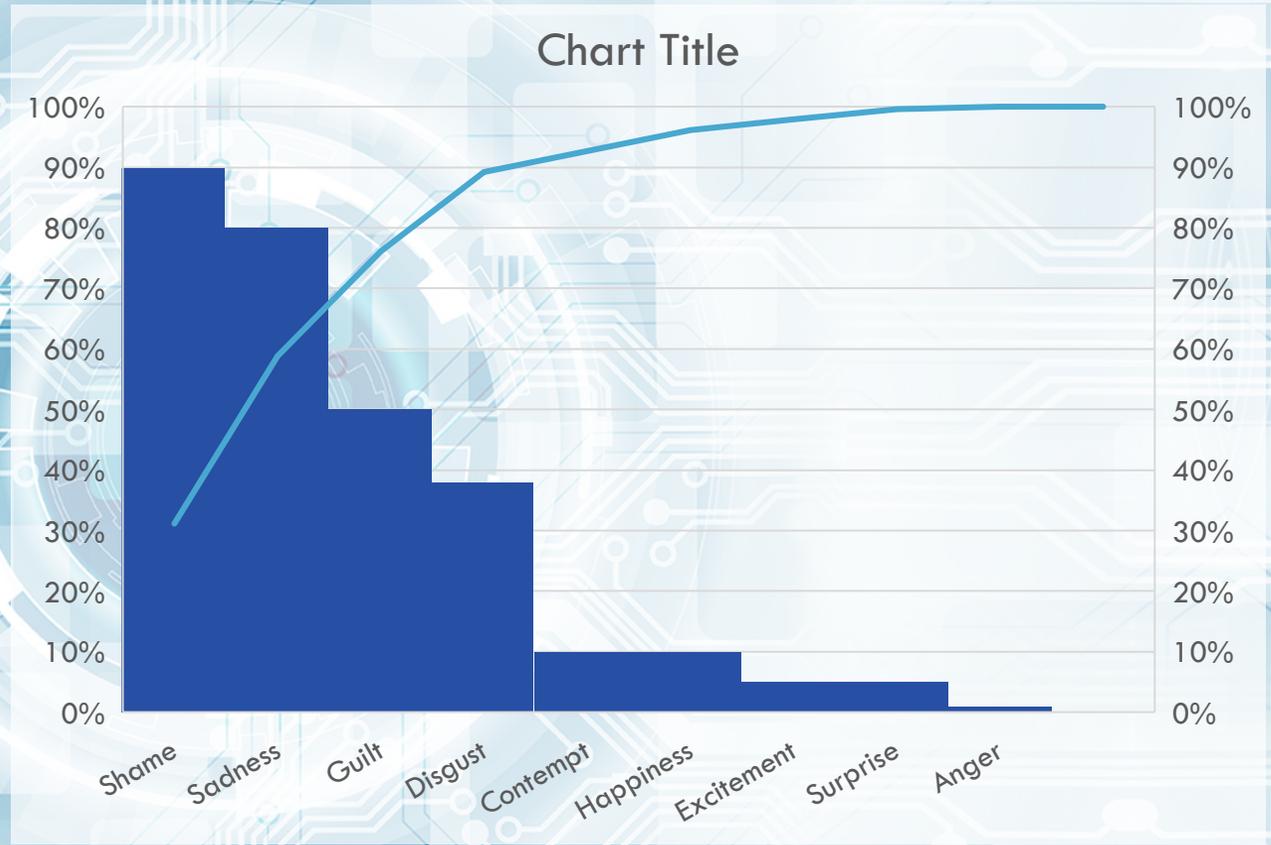
Rejuvenation

Hair Growth

Pain Relief

Psychotherapy to increase degrees of freedom, self acceptance & self esteem

The Psychological component in ageing is significant and cannot be understated. Psychotherapy should be added to the above mentioned methods of effortless exercise, rejuvenation, hair growth and pain reducing signalling technology.



A study By Dr Sofra (1983) on Emotion and physical illness found that individuals organized around the emotions of shame and sadness had the highest correlation with poor health and reoccurring physical illness. These results are supported by several studies that found that sadness is highly correlated with physical illness.



Temoshok's extensive research (1987-1996) on Melanoma cancer and Type C Personality (people who avoid expression of negative emotion) is also relevant to this issue of physical illness

Unraveling the "Type C" Connection: Is There a Cancer Personality?

Implications for Prevention & Recovery

The Contributions of Lydia Temoshok, PhD

Director of The Behavioral Medicine Program, Biotechnology Institute
University of Maryland Medical School

Co-Author, The Type C Connection: The Mind-Body Link to Cancer and Your Health



"I've described the experience of cancer as a crossroads in your life, when you're confronted with both danger—and opportunity.....What changes you make turn this experience from what (at first) may seem like a prison sentence into an opportunity for healing and a better life."

Lydia Temoshok, PhD

Can our emotions and behavior affect our risk of getting cancer and our recovery from this disease?

This is the question Dr. Temoshok was asked to consider back in 1979, when she agreed to begin an intriguing and controversial research study with melanoma patients. Richard Sagebiel, MD, head of the Melanoma Clinic at the University of California San Francisco, had begun to notice "a strange pattern of stress and coping" common to most of his patients. He had begun to think this might be a significant factor in the connection between cancer and behavior and contacted Temoshok to discuss the potentials for a formal research study.

Temoshok had already been studying the effects of stress on health while on staff at The University of California School of Medicine. She is a psychologist nationally recognized in the fields of behavioral medicine, psychosocial oncology and HIV/AIDS research. Temoshok now began to spend time at the Melanoma Clinic, interviewing patients and conducting a preliminary investigation. What she found was so exciting and ripe with potential for changing the development and treatment outcome of this dreaded disease, that she made the decision to devote all her time to the study of the psychology of cancer patients.

What Temoshok found in interviewing these 150 patients was a striking and amazingly similar pattern of behaviors. These melanoma patients were overwhelmingly nice. Yes, they were excessively nice, pleasant to a fault, uncomplaining and unassertive. They went far out of their way and changed their schedules to make time to talk with her—so as not to disappoint her. They seemed extremely worried about their disease progression—but not for themselves. They worried about the effect it was having on their families: "I'm fine, but I'm really worried about my husband. He takes things so hard..."



Psychotherapy should focus on:

- 1. Introducing the individual to who he/she really is. Self approval, acceptance and realistic appreciation of strengths and weaknesses.**
- 2. Freeing oneself from the stickiness of the past, and moving on.**
- 3. Learning how to turn adversity into advantage by looking out for opportunities and grabbing them as they come.**
- 4. Utilize his / her character flaws in a productive manner and to his / her advantage.**



THANK YOU
FOR YOUR KIND ATTENTION