



HELP ME!

I have **ED**



amplified
regenerative therapies

Dr. Robyn Benson
(Solutions without Surgery or Medications)

Men are thrilled with a variety of NEW Natural Procedures that help them with ED, Sexual Function and Peyronie's Disease!

...to offer these life-changing, natural procedures for men that are nonsurgical solutions and often without medications to help them not only regain sexual vitality but support men's brain, heart health, and body strength, has become my passion. I would like to help all men realize the power of a regenerative lifestyle designed to renew, restore and sustain sexual wellness no matter what their age.

Dr. Robyn Benson

Let me ask you a few questions:

- *Are you looking for a solution for ED or any other sexual challenge?*
- *Do you desire more fulfilling sexual relations?*
- *Would you like to have a healthier heart, brain and body?*

As a specialist in Regenerative Medicine, I help my male patients understand the basics of a healthy lifestyle which includes: a regular fitness program designed to strengthen the body, increase lean muscle and manage stress; a stretching routine to keep flexible; and a whole-food organic diet supported with a bio-available nutritional supplement support program for growth and recovery. In the last decade, I have included successful programs as a practitioner to help reverse **Erectile Dysfunction (ED)**, including Peyronie's Disease.

Why is ED on the rise for men?

Research reveals ED rates have gone up dramatically in the last 20-30 years! Today, constant stress and living in an increasingly toxic world has become contributing factors, although the common causes for ED can include aging, pelvic injury, high blood pressure, kidney disease, porn addiction and prostate cancer.

Perhaps most surprising research these days is that ED has increased for younger guys. According to a study from the Journal of Sexual Medicine, one out of every four new ED patients is under 40 years old. [Tobias Köhler, M.D.](#), chief of the Division of Male Infertility at Southern Illinois University said, *"roughly 40% of men in their 40s suffer from ED, and 50% percent in their 50s"*.

As a [Doctor of Oriental Medicine](#), I have traveled the world for the best natural, regenerative, science based treatments for men, women and their families.

In my 27 years of practice I have been known to get to the root cause before moving toward a solution. I have found with ED, it is a combination of issues including weight gain, trauma, poor diet, lack of exercise, sexual fears and feelings of inadequacy.

Conventional medicine boasts the merits of Viagra and Cialis, but most men want their sexual vitality restored without the use of drugs. After all, there can be serious side effects to these drugs and they are often inconvenient and uncomfortable.

In addition to lifestyle and hormonal guidance, acupuncture and herbal prescription, I offer the very effective [P-Shot®](#) aka the *Priapus PRP* injection (platelet rich plasma). We have lots of success with patients who were able to eliminate ED prescriptions and others who we able to drastically reduce dosages.

In support to the P-Shot®, I include a popular low-intensity shock wave treatment with each procedure called the GAINSWave®. *Read further for the details.*

What is Erectile Dysfunction or ED?

Erectile Dysfunction, ED for short, is exactly what it sounds like: *It is a man's inability to maintain an erection sufficiently for sexual activity.*

Who can benefit from the safe effective treatments we offer?

Men with Erectile Dysfunction (ED)

Any adult man who honors their sexual potency and is interested in natural, safe and effective non-surgical alternatives to the oral medications like Viagra or complicated surgical implants. In fact, the solutions we will discuss have proven to enhance sexual performance and sensation with no harmful side effects!

Men with Peyronie's Disease

Men who realize there are drug-free, surgery-free ways to breakdown scar tissue and reduce the curvature of the penis typical of Peyronie's Disease.

Men Seeking Male Enhancement

Men interested in improving their health who do not suffer from ED or Peyronie's Disease, or any other medical conditions. These are men living a natural regenerative lifestyle and interested in optimizing their health by investing in self-care that offers science based proven anti-aging solutions to gain the benefits of overall performance, as well as, to satisfy their lover over a lifetime.

Men who sincerely care about their health now research regenerative ways to renew, restore and reset their body naturally which includes enhancing their sexual life.

How can your health and lifestyle contribute to ED?

In my practice I offer a comprehensive medical intake process with consideration a patient's lifestyle in order to get to the root cause. There could be many contributing factors men can control. Let me review a list for you before we go further, to find out if your lifestyle might be a contributing risk factor for ED:

- **Obesity or Lack of Physical Activity** – If you are overweight, this can cause cardiovascular problems and can cause a drop in active testosterone levels.
- **Alcohol Consumption** - 2 or more drinks a day is considered a risk factor.

- **Smoking** - Smoking causes a reduction of blood flow and increases oxidative stress.
- **Cycling or Horseback Riding** - Ongoing pelvic pressure can cause nerve and vascular damage.
- **Sleep Apnea** - Studies reveal 69% of Sleep Apnea patients suffered from ED.
- **Psychological Difficulties** - Stress, depression, and anxiety make it difficult for men to have an erection and the medications prescribed to treat these issues can result in impotence.
- **Poor Dental Health** - Severe periodontal disease might have a correlation, rather than causation, to vascular disease, which is known to contribute to ED.
- **Peyronie's Disease** - A bend or curvature of the penis, narrowing of the penile shaft, or scarring can cause circulation problems in the penis.
- **High Cholesterol** - Cholesterol can cause damage in all blood vessel linings, including the penis. Blockages from elevated cholesterol levels or plaques that restrict flowing blood can prevent erectile tissue from filling with blood.
- **Metabolic Syndrome (MetS)** - MetS is a combination of maladies that can result in inflammation and hormonal imbalances. Five stamps of MetS are: hypertension, elevated fasting glucose levels, elevated triglycerides, central obesity, and reduced high density lipoprotein levels of cholesterol.
- **Hypertension** - 30-50% of hypertensive men suffer from ED. It disrupts erectile tissue function and the medications complicate the issue.
- **Diabetes*** - 35-90% of diabetic men experience ED. Hyperglycemia and the complications associated with diabetes can impact macrovascular, microvascular structures, the nervous system and blood vessel linings.
- **Porn addiction** and excessive masturbation - Porn addiction is growing worldwide and is a very serious contributor to erectile dysfunction.

*There is a study that indicated that intensive glycemic control might decrease the chances of ED in diabetic men.

The body is very sophisticated, a brilliant work of ART, and today might be the *perfect start for you* to begin learning more about the benefits of a regenerative lifestyle to reduce the risk of developing ED or having it get worse.

Natural solutions without surgery and medications, can give a man's body the chance to regenerate on its own. Maybe it is time to listen to what your body is telling you and think of Regenerative Medicine as your best self-care plan.

What pharmaceuticals drugs do most doctors prescribe to men with ED?

The most popular drugs that boast 80% success rate for ED are:

- Viagra (Sildenafil)
- Levitra (Vardenafil)
- Cialis (Tadalafil)

It is important to understand; these Medications are classified as phosphodiesterase-5 inhibitors (PDE-5). In plain English it means these drugs will enable an erection, *temporarily*, but are not the best for maintaining an erection over time.

The inconvenient truth of having to take them 15 minutes to 36 hours before sexual activity reduces any spontaneity of one's sex life. This can lead to a psychological and physiological dependence.

Men taking nitrate drugs or alpha-blockers, and other prescriptions including over-the-counter herbs and supplements, require ongoing conversations with their doctor to prevent contraindications. The side effects of phosphodiesterase-5 inhibitors are enough to warn you to be careful with them. They include headaches, flushing, runny nose, stomach pain, back pain, indigestion, vision changes, and dizziness.

Let's just say popping a pill is NOT a long-term solution to a lack of blood flow to the penis. If you are young man, you might find short-term satisfaction when you swallow *a little blue pill* before a date, but it is important to know these are drugs that can become destructive when used recreationally.

Men have been known to become psychologically addicted to their pills in order to perform, and can become less confident in their ability to achieve a natural

erection. If you are looking to **improve erection quality** and **increase blood flow**, regenerative solutions offer natural long-term, non-surgical, non-medicated options for the body to do what it can do best.

Can natural supplements and libido boosters help?

Absolutely! Back to a few basic facts—in order for you to have a quality erection, you need strong blood flow to the penis. There are many natural products that can be customized to help you improve your blood flow, arousal and sexual performance that are affordable and do not harm you.

Certain foods have been known to help boost blood flow, reduce inflammation and even hypertension.

Commit to a lifestyle that includes Non-GMO plant based nutrition, grass-fed meat, exercise, meditation and [quality practitioner brand supplements](#). Stress management with exercise can lower cortisol levels and improve your overall heart health.

Consider getting outdoors and off your technology for some rays from the sun which can help you absorb natural vitamin D. A few more basic tips include eliminating bad habits like over-drinking and smoking.

And finally, when it comes to alternative solutions like the **Penis Pump**, I find it can complement the P-Shot® therefore I include one at no charge for each patient who comes in for their first injection. For more information, watch this short educational [video with Susan Bratton](#).

What Causes ED?

In the past we would think of ED as developing with age. As I mentioned early on, science is now documenting that chronological age is not the sole reason for men developing ED. We discussed the health and lifestyle contributors to ED, so now it is important to include more information on the core causes that can include both medical and psychological.

It is a fact that men over the age of 40 experience ED as a direct result of inadequate blood flow into the two chambers of the penis, known as the corpora cavernosa. Here are the 2 major reasons a man's blood vessel might narrow:

- **Poor Circulation** – This could be the number one cause of ED. It just makes common sense to understand that when there is a lack of flowing blood to the erectile tissue, it is difficult to get an erection. Plaque and damaged vessels also add to the problem, restricting circulation, which disrupts functionality. Symptoms begin with difficulty maintaining an erection and then lead to a complete inability to obtain one.
- **Hormonal Imbalance** – The natural production of testosterone and other hormones naturally decreases with age; therefore, hormonal imbalances can clearly disrupt erections. Be sure to work with a functional medical doctor who will evaluate your hormone profile.

What is Peyronie's Disease?

Peyronie's disease has been characterized by a fibrous scar tissue that forms beneath the surface of the penis. When there is a curvature from scar tissue, intercourse can become painful or impossible.

I know it can be difficult for men to discuss their sexual problems due to embarrassment, misunderstanding, or the fear of being viewed as less than manly. Let me just say your sexual health is interconnected to your overall wellness so ignoring this issue is not a choice and can still lead to ED, emotional distress, further embarrassment, anti-social behavior, and cause irreparable damage to intimate relationships, *and more...*

Researchers say about 9 percent of men are afflicted with Peyronie's disease. It can occur at any age and to any race. If we were to define a specific group most susceptible to dealing with this issue, I would say it is middle-aged men.

The signs and symptoms develop over time, but most men find it comes on suddenly. The speed at which Peyronie's disease symptoms can be noticed is not important but the signs to look for are.

Here is a list of what men should look for with Peyronie's disease:

- **Scar Tissue Build-Up** - Hard lumps or bands of tissue under the skin of the penis can be a sure sign.
- **Significant Penis Bend** – A man notices his penis is taking on an unnatural or severe curve or bend, with, or without, an erection.

- **Misshapen Penis** – A man's erect penis narrows, indents, or takes on an hourglass shape.
- **Penis Shortening** – A man notices the length of his penis has reduced in size.
- **Penis Pain** – A man has penile pain with or without an erection.
- **Erectile Dysfunction (ED)** – A man begins to have problems experiencing, getting or maintaining an erection.

What causes Peyronie's Disease?

There is still very little known about Peyronie's disease. Most researchers believe it might have been brought on by some sort of trauma.

Blood rushes in and fills a normal penis when it is aroused. The elastic tissue alongside these chambers act as protective sheaths to allow for the full erection. When the sheath has been damaged due to trauma causing hard scar tissue or plaque – which is basically a buildup of collagen – inelasticity develops.

Clearly, if the penis doesn't have the flexibility needed to expand, it will curve or bend and become painful. Peyronie's disease generally is caused by:

- **Acute Injury** – If a man hits his penis due to accident or vigorous sexual activity, he may not have realized he hurt himself even if the pain goes away quickly.
- **Chronic & Repeated Injury** – Many athletic activities, like bicycling or horseback riding, or simply sitting for long periods of time can cause Peyronie's, which can develop over time so that the man may not notice the damage until symptoms appear.
- **Autoimmune Disorders** – If connective tissues are affected and the immune system attacks cells inside the penis, inflammation, scarring, and severe curvature may appear.
- **Family History** – It might be a tough conversation to have, but men should ask their father, brother, uncle, and grandfather if they also have experienced a painful curvature of the penis. This information can be helpful to the man and their doctor to help manage the disease, knowing it might have a genetic link.

- **Age** – Men over the age of 55 might have a shift in their sexual performance and hormonal levels. As a man ages the elasticity of the penile tissue can be impacted. A risky lifestyle, smoking, alcohol, drugs, prostate surgery, or other health issues magnifies the chances of developing Peyronie’s disease.

There are natural options to treat Peyronie’s Disease, when you seek care from a doctor educated in regenerative medicine. They can examine your medical and family history with a physical exam, offer imaging tests such as an X-Ray or ultrasound to look for signs of plaque.

My best insights from patients who deal with this issue is to immediately commit to the lifestyle changes for a healthier life and find a trained practitioner you are comfortable opening up to who supports natural regenerative self-care solutions.

I have a few more additional thoughts by briefly mentioning vacuum devices. They might provide small improvements, but they work best used when used with regenerative therapies.

I will be discussing more about this later in this brochure. Also, jumping onto the prescription drug and/or surgery bandwagon is most often a short-sighted way for a man to look at this very important aspect of their life and health.

As a healthy man, can I still get a P-Shot® to simply take things up a notch?

If you are searching for additional ways to improve blood flow to the penis, improve erections, and optimize your sexual performance without drugs, we have the science-based treatments for you.

Famed biohackers Dave Asprey, Ben Greenfield, and Drew Manning have seen the results of regenerative medicine and use these natural procedures in their own anti-aging regimens. It is never too early to begin a preventive and regenerative lifestyle designed to keep your life, health and body in tip top shape.

Our proven, non-invasive procedures and personalized health recommendations can help you produce better erections, increase your sex drive, pleasure and overall performance.

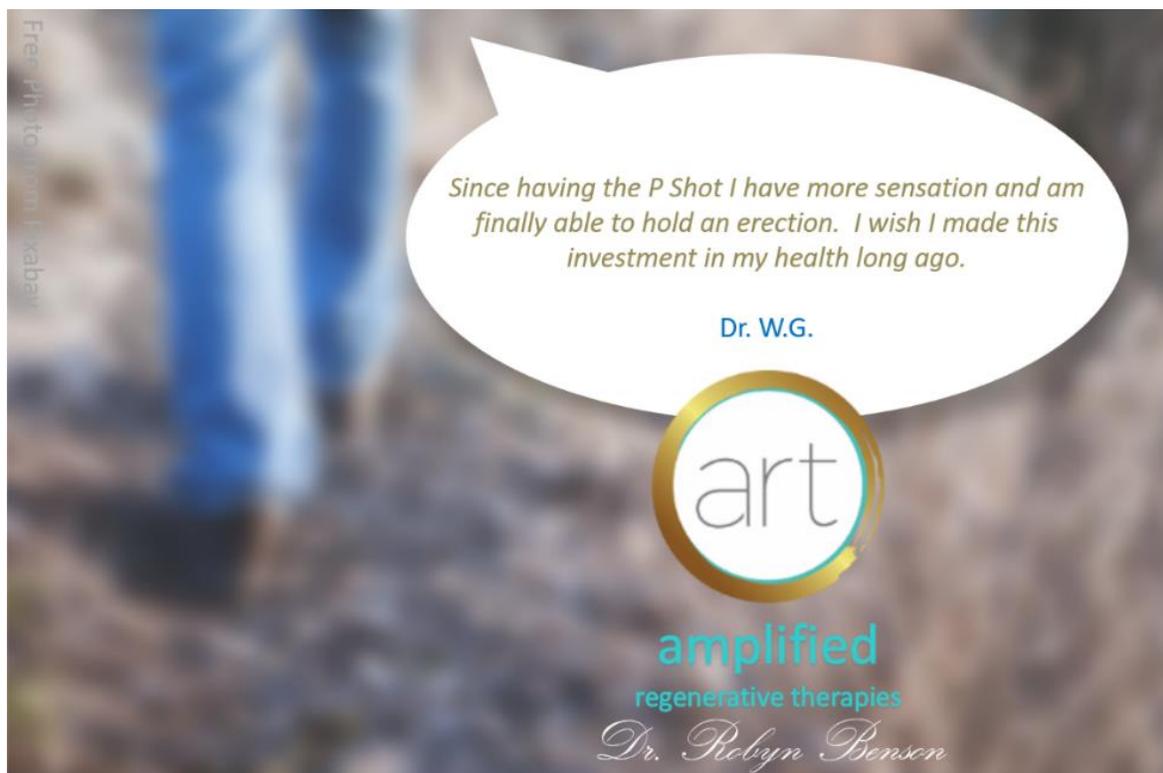
We do this without the delusion that drugs can continue to work without long term side effects and know that surgery is very complicated with the chance to cause permanent damage.

We cheer men on interested in a healthy lifestyle and that means increasing blood flow to the penis by opening existing blood vessels and stimulating the growth of new blood vessels and nerve tissue. I am here to help men achieve optimal health naturally. Schedule a free consultation with me today: Robyn@RobynBenson.com

What is the P-Shot®?

Men are recognizing the P-Shot® is a natural, non-surgical solution that optimizes their sexual function, often resolves ED and improves overall pelvic health.

The P-SHOT® is a revolutionary ***nonsurgical treatment*** that uses the patient's own blood platelets to activate growth factors that rejuvenate the male system, allowing more blood flow to the organ, enhancing sensitivity and delivering dramatic improvement in sexual function.



The P-Shot® procedure begins with a simple blood draw. Then using a unique centrifuge, your platelets are separated and concentrated from this blood. The Platelet Rich Plasma (PRP) contains growth factors extracted from the blood which

is then injected into an area that is most important for a sexual response. I often customize this procedure for men needing more specific help in specific areas, such as scar tissue from trauma. These areas are numbed with a local anesthetic cream before injection, causing little or no discomfort to the patient.

The PRP process triggers the platelets to release seven different growth factors that activate the stem cells to regenerate and improve functional potential.

Men often enjoy the positive effects of the P-Shot® almost immediately. Men have reported enjoying an increase in their sexual response and pleasure within days or weeks of the treatment.

The P-Shot® will give you the confidence you desire when it comes to your sexual life. This outpatient therapy has been documented to be perfect for an active modern man.

I offer an integrative approach that includes the Dr. Benson ART method. To thrive with your health, we must include full sexual functionality. Add this to a self-care lifestyle that supports a whole food diet, exercise, bio-identical hormones, supplements, excellent hygiene... and regular sexual activity, and you have a happy man!

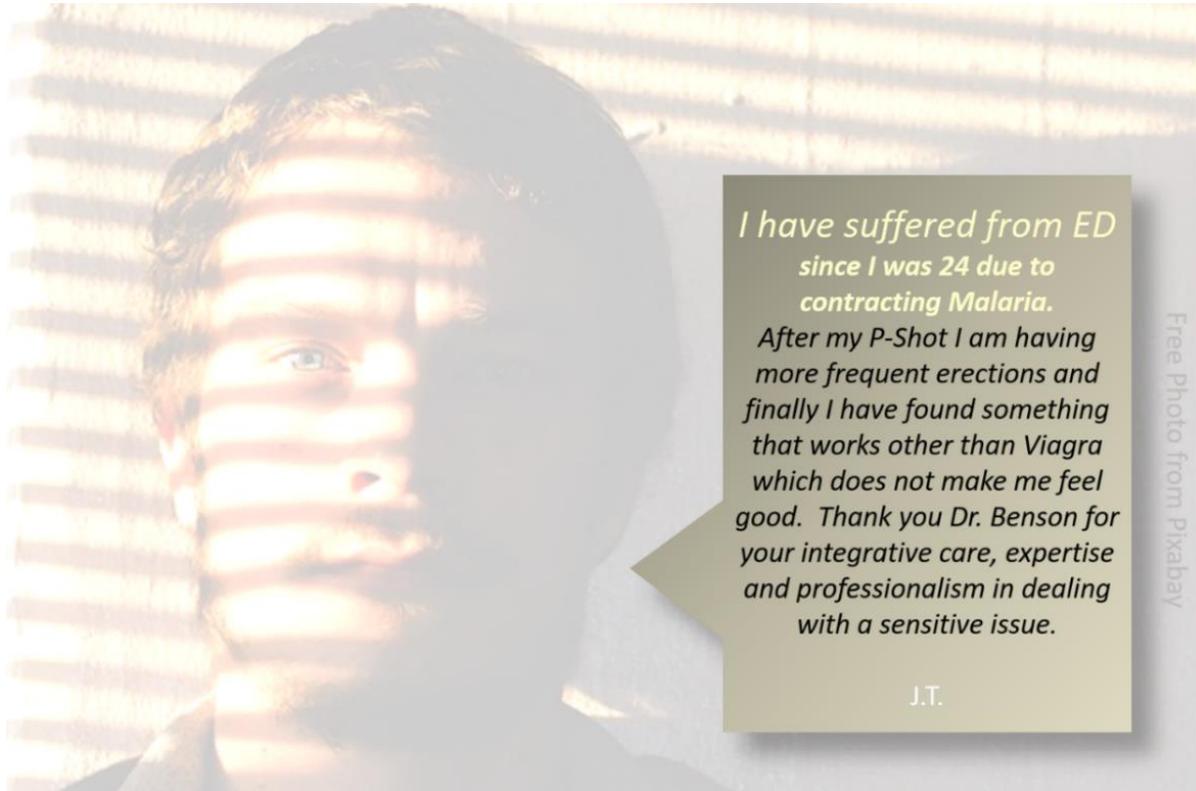
I look forward to speaking with you if you would like to learn more about specific regenerative solutions that can fit your lifestyle today. Simply email me directly at: Robyn@RobynBenson.com

How does the P-Shot® work?

This procedure promotes new tissue growth by stimulating unipotent stem cells (Platelet Rich Plasma) to increase circulation within the penis. It is proven to work in multiple studies and involves minimal discomfort. Aside from this, the Priapus Shot® has numerous benefits, including:

- Increased circulation within the penis for a healthier organ.
- New blood flow with new blood vessels stimulated by your PRP (Platelet Rich Plasma).
- Proven to work in multiple studies.
- Minimal discomfort.

Learn more from [my video](#) with Sex Expert Susan Bratton.



I have suffered from ED since I was 24 due to contracting Malaria.

After my P-Shot I am having more frequent erections and finally I have found something that works other than Viagra which does not make me feel good. Thank you Dr. Benson for your integrative care, expertise and professionalism in dealing with a sensitive issue.

J.T.

Why are men raving about the P-Shot®?

The Priapus Shot® is a life-altering, safe and convenient procedure for men who desire optimal sexual function. Men can expect the positive benefits to last for 6-18 months depending on their condition.

Here are some other key benefits of the P-Shot®:

- Increased sensation and pleasure and can help correct the damage from diabetes
- Make other therapies work better, for example if you still need Viagra or Cialis, then it will work better for you with the goal to get off it completely
- Helpful for men with Peyronie's Disease

What do I have to know before getting my 1st P-Shot®?

It is important that the patient not use anti-inflammatory medications before and during the 72 hours to two weeks after the injection. For this same reason, areas

that have been treated with steroid or cortisone injections cannot be treated with PRP until the injections have worn off (at least 4 weeks).

What about that popular Gainswave® shock wave treatment you also include with your P-Shot®?

As a Regenerative Medicine Expert, I go the extra mile for my patients by offering GAINSWave®.

What does it do? It deals with the core issue men have with ED* caused by poor blood flow and has become a terrific adjunctive therapy for men with Peyronie's Disease.

GAINSWave® offers a protocol designed to treat ED and Peyronie's Disease directly. It has over 30 clinical studies documenting a greater than 75% success rate in treating ED to help men enhance sexual performance naturally.

I include one GAINSWave® treatment for any man who schedules their 1st P-Shot® treatment. This is a great way to learn more about the benefits of GAINSWave®, and the best way to optimize the natural treatments we offer by saving hundreds of dollars immediately.

**Poor blood flow is the reason for over 80% of the ED cases.*

What is GAINSWave®?

Men have been looking for proven, natural protocols to improve sexual performance and keep their penis healthy. This treatment can help men achieve this without surgery or medications.

GAINSWave® is a safe, comfortable treatment to optimize sexual performance and to reverse the effects of ED due to poor blood flow. This specific protocol uses low-intensity sound waves, with high frequency to improve the blood flow to the penis, remove micro-plaque, and stimulate the growth of new blood vessels. It optimizes efficacy, safety and results for my patients.

How do I get started with my GAINSWave® treatment?

The good news is it is easy to start your journey to a happier, healthier sexual life. Here is all you have to do:

1. Request an appointment by emailing our office at: robyn@robynbenson.com I will be your health and wellness advisor to review your concerns, then discuss the best treatment program for you. If you are out of state and cannot get to my office, let's still talk.
2. Once your appointment for your procedure is set up:
 - Arrive 30 minutes prior to your initial treatment for the application of a numbing cream.
 - The numbing cream may be applied at home prior to your follow up treatments.
 - Allow 20-30 minutes for this procedure to be completed.
3. After your procedure, you can immediately resume your normal daily activities including sex. Here is some exciting news to hear:
 - 75% of men experience positive results post treatment. *
 - Some men may experience a spontaneous erection within 24-hours. *

**Results may vary based on a patient's medical condition and age and may take a few months to obtain.*

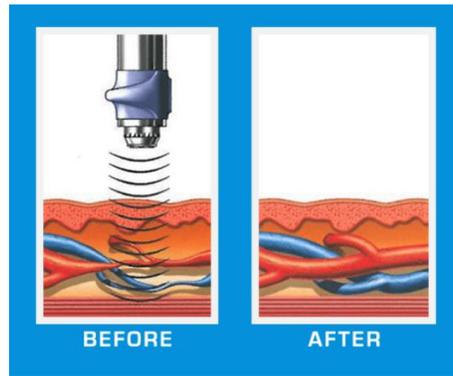
What can I expect from my GAINSWave® Treatment?

Expect safe and effective treatments to boost sexual performance with long-lasting results that are drug and surgery free. Bottom line is you will receive a non-invasive procedure performed in a doctor's office using pulse waves to improve blood flow to the penis.

Remember, we offer your 1st GAINSWave® treatment at no cost, with a complimentary Penis Pump when you come in for an appointment. This saves you hundreds of dollars toward the best, complete, natural, anti-aging package option designed for maximum results. Email me today: Robyn@RobynBenson.com

How does GAINSWave® work?

GAINSWave® works by using high-frequency acoustic waves to open existing blood vessels in the penis, stimulate the growth of new blood vessels, and eliminate micro-plaque (see image above). Patients have found they receive increased blood in the penis resulting in stronger, harder, and more sustainable erections.



This process will activate the growth of new nerve tissue in the penis called neurogenesis, which enhances the sensitivity in the penis. This is why GAINSWave® is a non-invasive procedure using low-intensity sound waves or what some refer to as, Low-Intensity Extracorporeal Shockwave Therapy (LI-ESWT).

Plan on **6 to 12 sessions** each taking between 15-20 minutes. Expect to:

- Stimulate the release of growth factors in penile tissue, resulting in the generation of new blood vessels.
- Break up plaque formation in existing blood vessels.
- Activate dormant stem cells, leading to new cell growth.
- By increasing blood flow to the penis, men will have stronger, harder and more sustainable erections.

What are the benefits of a GAINSWave® treatment?

Here they are:

- Enhances Erections
- Improves Sexual Performance
- Increases Sensation in the Penis
- More Spontaneous Erections
- Better Orgasms

Would getting both treatments provide the best results?

Absolutely! For all of my patients who schedule a P-Shot®, on their 1st P-Shot® appointment, I include one GAINSWave® Treatment and one Penis Pump to take home with you.

The benefits of the P-Shot® with a GAINSWave® treatment jumpstart your body. Then adding your Penis Pump at home for self-care is a perfect package to optimize your treatment and save hundreds.

In the end, both procedures are regenerative, natural and avoid the medication and surgery route to revive, reset and recharge your sexual health naturally. It is as simple as an email to me for a FREE 15-minute consultation so we can decide on the best approach to revitalize your life. I look forward to speaking to you!

We are here to schedule your treatments today!

Call M-F 8 am – 5 pm MST 505-986-1089 or email us at: Robyn@RobynBenson.com

Our Address: 2905 Rodeo Park Dr E # 3 • Santa Fe, NM 87505

For more information visit: <http://robynbenson.com/>

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Learn more about ART (Amplified Regeneration Therapies)

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