



Dr. Robyn Benson's
A.R.T. eGuide Series:
Erectile Dysfunction (ED)

amplified regenerative therapies

Discover non-surgical solutions for today's health-conscious men and women at:

DestinationRegenerate.com

Dr. Robyn Benson's signature leading-edge treatments will help you grow biologically younger! Get FREE access to her online classes on how to regain a quality of life, prevent disease, and maintain a strong immune system so you can live your best life in a body you have always dreamed of.

Santa Fe Soul
Center for Regenerative Medicine



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Santa Fe, NM 87505



A.R.T. eGuide Series: *Erectile Dysfunction (ED) for Men*

Discover More About A Youthful YOU Naturally!

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A.R.T. with Dr. Robyn Benson

amplified regenerative therapies

Dr. Robyn Benson is a Doctor of Oriental Medicine (DOM) who brings an innovative and game-changing approach to today's health care. Robyn offers the most advanced and cutting-edge therapies, procedures, and products designed to renew, restore, and revive health called A.R.T.: Amplified Regenerative Therapies.

Dr. Benson, author, speaker, and self-care and Regenerative Medicine* expert, is known by many to be THE *health detective* with life-changing solutions! She has been the owner and founder of the **Santa Fe Soul** Center for *Regenerative Medicine* close to two decades.

For almost 30 years, Dr. Benson has applied her considerable knowledge of acupuncture, platelet rich plasma (PRP) therapy, herbs, IV therapies and her love for healthy travel to help patients resolve acute and chronic health challenges and to achieve optimal and sustainable health *without the use of chemicals or surgery*.

*Definition of regenerative medicine and practices, *see next page*.



Definition of Regenerative Medicine and Practices

***Definition of Regenerative Medicine:** Regenerative Medicine is the reverse of aging and degenerative disease. It is the science of boosting healing naturally in damaged tissues and in under-functioning endocrine and immune systems. This is achieved through nutrition therapy, stem cell therapy, and oxidative medicine (ozone and high doses vitamin C IVs). It also includes restoring healthy joints, hair growth, skin rejuvenation, and sexual function with your own platelet-rich plasma (PRP).

Discover More about How You Can Live a Youthful Life Naturally!

Youthful + Healthier + Healing + Energizing + Sharper + Clearer + Sexier

amplify regenerate transform

“I am thrilled to offer a variety of life-changing, natural, and non-surgical procedures for men to help them not only regain sexual vitality but also support brain and heart health and body strength. My goal is help all men realize the power of a regenerative lifestyle that can be designed to renew, restore, and sustain sexual wellness, no matter their age.”

Dr. Robyn Benson



Let me begin by asking you a few questions:

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

As an expert in Regenerative Medicine, I get to help my male patients understand the basics of a healthy lifestyle that includes establishing a regular fitness program designed to strengthen the body, increasing lean muscle, and managing stress. In addition, a stretching routine to stay flexible and a whole-food organic diet supported with bio-available nutritional support for growth and recovery are important. In the past decade, I have included successful programs in my practice to focus on reversing **Erectile Dysfunction (ED)**, including Peyronie’s Disease.



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 sufficient for sexual activity.*

WHY IS ED ON THE RISE FOR MEN?

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

Perhaps most surprising is that ED has increased for younger men. 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, has said that *around 40% of men in their 40s and 50% of men in their 50s suffer from ED.*

WHY IS ED ON THE RISE FOR MEN? *continued*

As a Doctor of Oriental Medicine (DOM), Dr. Robyn has traveled the world for the best natural, regenerative, and science-based treatments for men, women, and families.

In her 3 decades of specialized practice, she has focused on getting to the root cause of health problems. Dr. Benson has found that ED 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 and acupuncture and herbal prescription, she offers the very effective-Shot[®], *aka the Priapus PRP* (platelet-rich plasma) injection. It is so effective for men that it can replace ED prescriptions. For others, it can be used in conjunction with medication to help reduce dosages.

In support of the P-Shot[®], she includes a popular, low-intensity shock-wave treatment with each procedure called the GAINSwave[®] (read further for more).

When it comes to alternative solutions like the penis pump, and [The Phoenix Pro](#) home system, Dr. Benson finds both can complement the P-Shot[®]. Therefore, she includes one penis pump at no extra charge for each patient who comes in for their first injection.



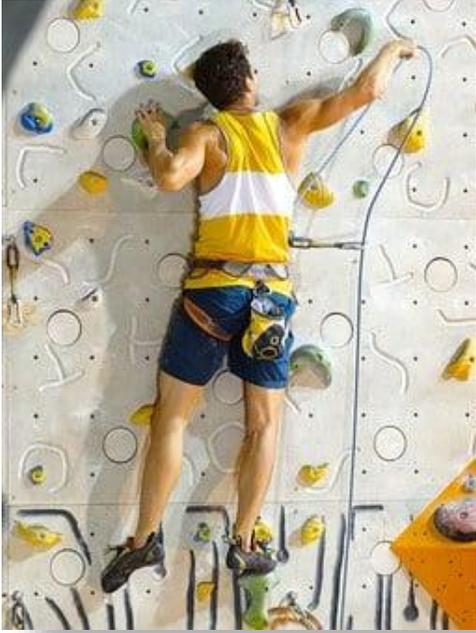
WHAT CAUSES ED?

In the past, we thought of ED as developing with age, but science is now showing that chronological age is not the sole reason for developing ED. We discussed the health and lifestyle contributors to ED, so now it is important to include more information on the causes, both medical and psychological.



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. Let's note the two major reasons a man's blood vessel might narrow:

- **Poor Circulation:** This could be the number one cause of ED. When there is a lack of flowing blood to the erectile tissue, then it is difficult to get an erection. Plaque and damaged vessels also add to the problem by 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 disrupt erections. Be sure to work with a functional medicine doctor who will evaluate your hormone profile.



How can your health and lifestyle contribute to ED?

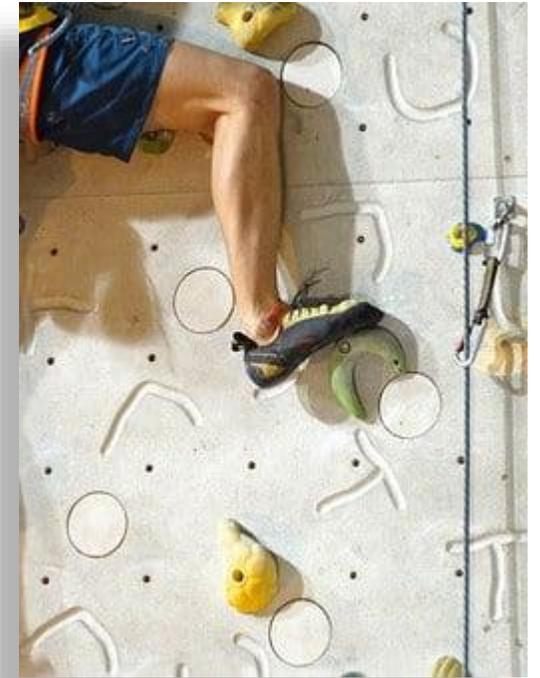
In Dr. Robyn's practice, she offers a comprehensive medical intake process with consideration of a patient's lifestyle to get to the root cause. There could be many contributing factors that men can control.

Check this list to determine 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 a drop in active testosterone levels.
- **Alcohol Consumption:** Two 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 that 69% of sleep apnea patients also 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 also result in impotence.
- **Poor Dental Health:** Severe periodontal disease may correlate with 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 blood flow can prevent erectile tissue from filling with blood.

How can your health and lifestyle contribute to ED? continued

- **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 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 a very sophisticated, brilliant work of art. Today might be the *perfect time for you* to begin learning more about the benefits of a regenerative lifestyle to reduce the risk of developing or worsening ED.

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 think of Regenerative Medicine as anti-aging or self-care at its best.



WHAT IS PEYRONIES DISEASE?

Peyronie's disease is characterized by 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.

Dr. Benson knows 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's just say your sexual health is interconnected to your overall wellness, and ignoring these key issues can lead to ED, emotional distress, further embarrassment, and anti-social behavior, as well as cause irreparable damage to intimate relationships.

Research shows that about nine percent of men are afflicted with Peyronie's disease. It can occur at any age and in 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.

WHAT IS PEYRONIES DISEASE? *continued*

The signs and symptoms develop over time, but most men find it comes on suddenly. The signs to look out for are:

- **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 their 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 their 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 may be 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 acts as a protective sheath to allow for full erection. When the sheath has been damaged due to trauma, causing hard scar tissue or plaque (a buildup of collagen), then inelasticity develops.

If the penis doesn't have the flexibility needed to expand, it will curve or bend and become painful. Peyronie's disease can be caused by:

- **Acute Injury:** If a man hits his penis due to an accident or vigorous sexual activity, he may not realize the damage if the pain goes away quickly.
- **Chronic & Repeated Injury:** Many athletic activities, like bicycling, horseback riding, or simply sitting for long periods, can lead to Peyronie's, and 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.

What causes Peyronie's Disease? continued

- **Family History:** It might be a tough conversation to have, but men should ask their fathers, brothers, uncles, and grandfathers if they have experienced a painful curvature of the penis. This information can be helpful to men and their doctors to help manage the disease.
- **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, including smoking, alcohol, and drug use as well as prostate surgery or other health issues can magnify 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 and offer imaging tests such as an X-Ray or ultrasound to look for signs of plaque.

The best insights from Dr. Benson's patients who deal with this issue are for them to immediately commit to lifestyle changes for a healthier life and find a trained practitioner they are comfortable with who supports natural regenerative self-care solutions.



CAN I AVOID USING DRUGS?

The most popular pharmaceutical drugs most doctors prescribe to men with ED are:

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



It is important to understand that these medications are classified as phosphodiesterase-5 inhibitors (PDE-5). This 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 these drugs 15 minutes to 36 hours before sexual activity reduces any spontaneity of one's sex life. This can also lead to 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, becoming flushed, runny nose, stomach pain, back pain, indigestion, vision changes, and dizziness.



CAN I AVOID USING DRUGS?

continued

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 a young man, you might find short-term satisfaction when you swallow *a little blue pill* before a date, but it is important to know that these drugs can become destructive when used recreationally.

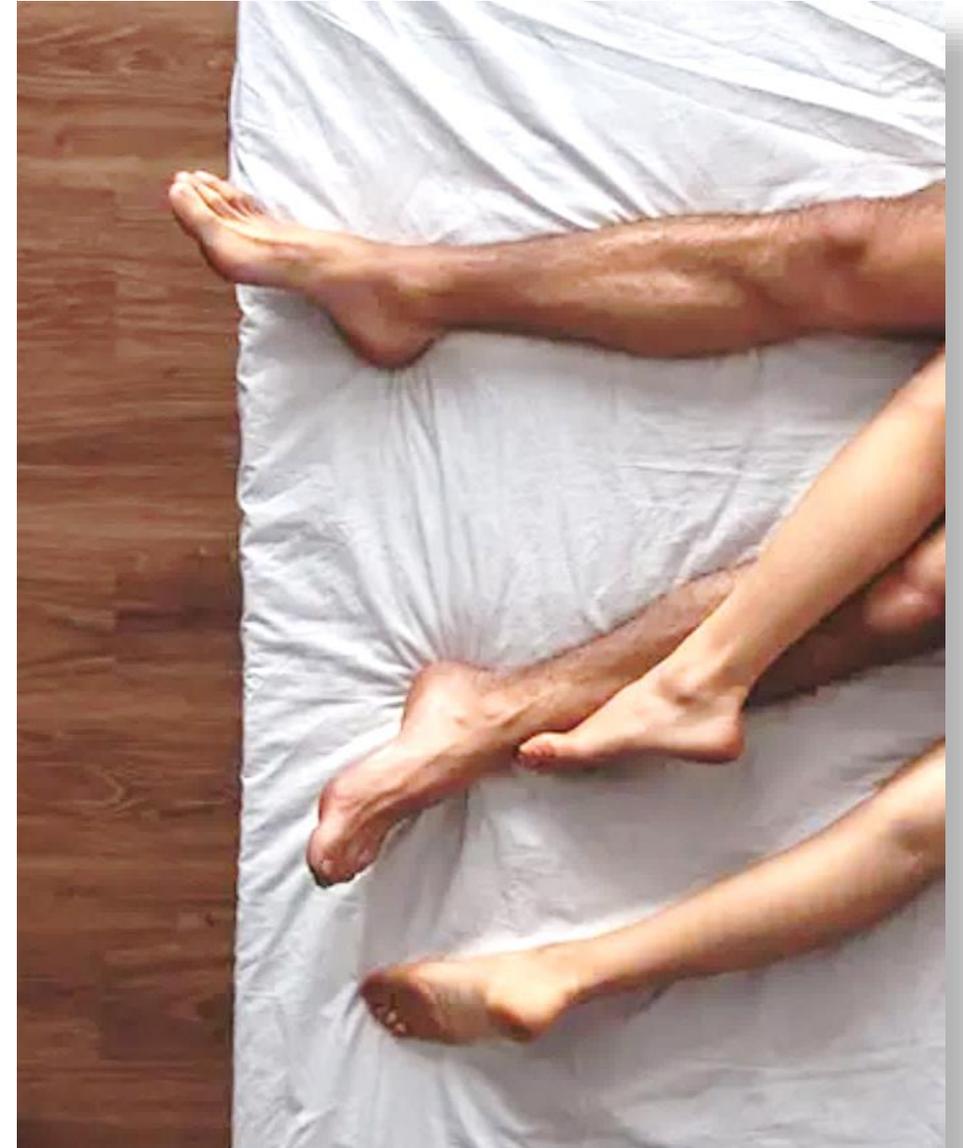
Men can become psychologically addicted to their pills to perform and may become less confident in their ability to achieve a natural erection. If you are looking to **improve erection quality** and **increase blood flow**, regenerative solutions offer natural long-term, non-surgical, and non-medicated options for the body to do what it can do best.

WHAT IS THE P-SHOT®?

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

The P-SHOT® is a revolutionary ***non-surgical treatment*** that uses the patient's 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 and is injected into an area that is most important for sexual response. I often customize this procedure for men needing more help in certain areas, such as scar tissue from trauma. These areas are numbed with a local anesthetic cream before injection, causing little to no discomfort for the patient.





WHAT IS THE P-SHOT®? *continued*

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 ideal for the active modern man.

Dr. Benson offers an integrative approach that includes her A.R.T. method. Full sexual functionality is necessary for complete health. 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!

How does the P-Shot® work?

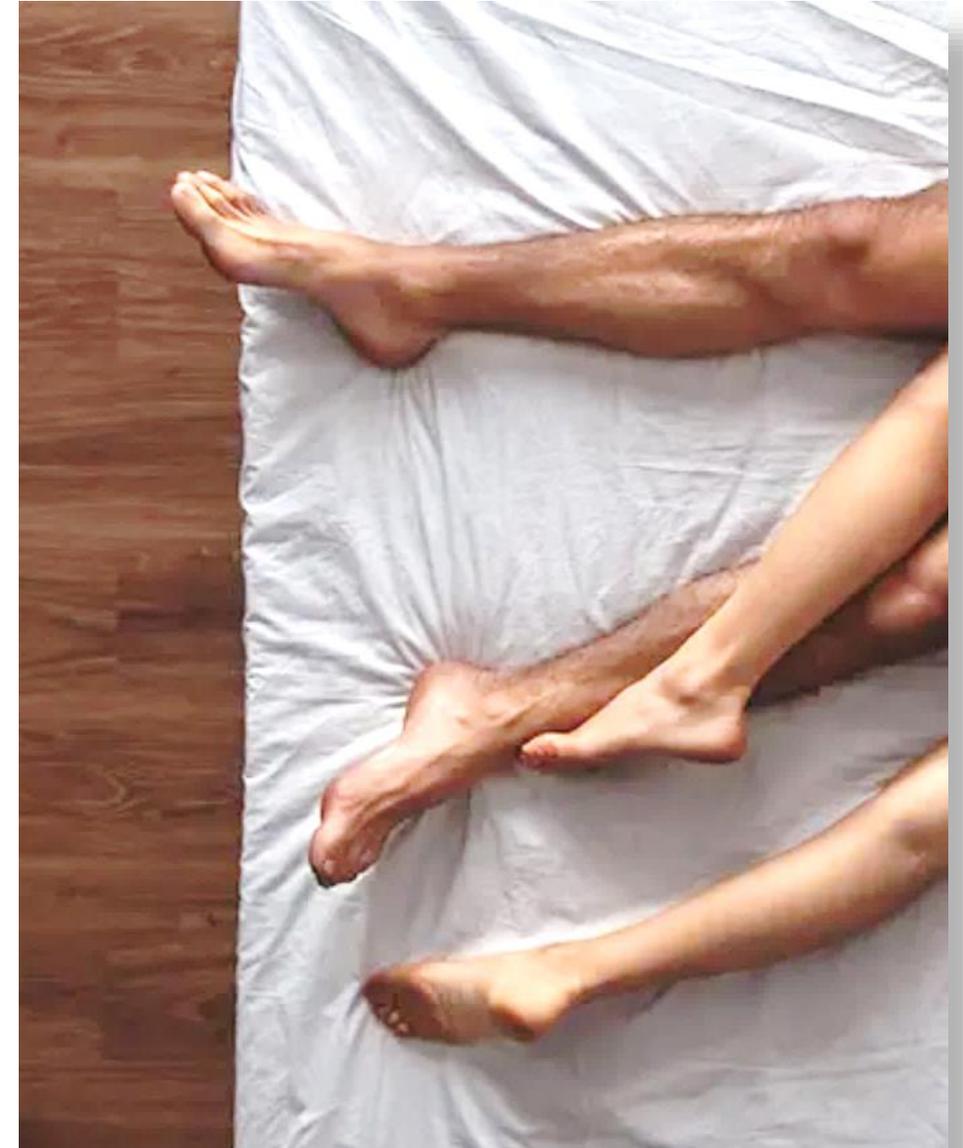
This procedure promotes new tissue growth by stimulating unipotent stem cells to increase circulation in the penis. It has been proven to work in multiple studies and involves minimal discomfort. Aside from this, the Priapus Shot® has numerous benefits, including increased circulation within the penis for a healthier organ and new blood flow with blood vessels stimulated by PRP.

Why are men raving about the P-Shot®?

The P-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®:

- Provides increased sensation and pleasure
- Can help correct the damage from diabetes
- Makes other therapies work better; for example, if you still need Viagra or Cialis, then they will work better for you with the goal of discontinuing medication completely
- Helps with Peyronie's Disease





WHAT IS PRP?

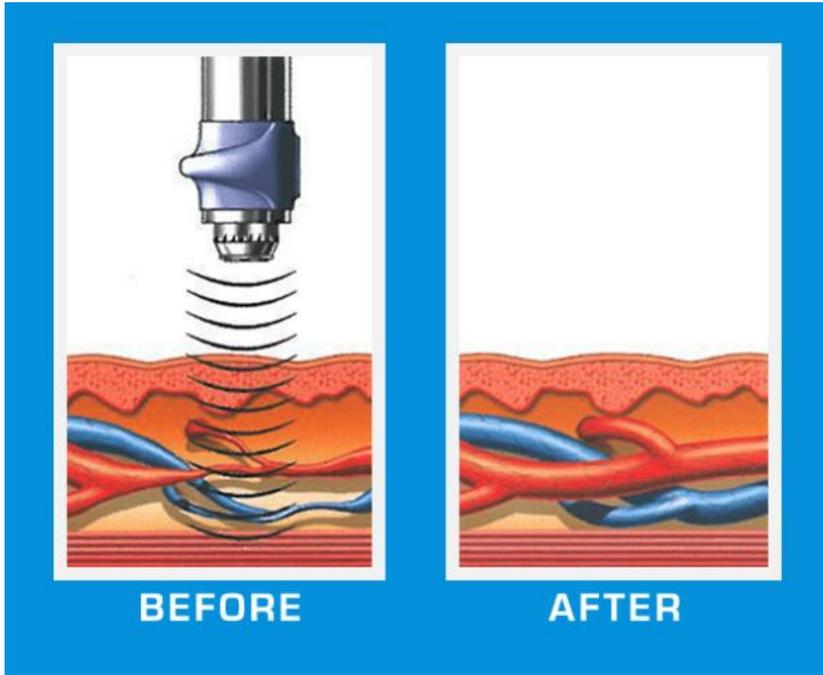
The A.R.T. P-Shot® achieves its powerful healing using platelet-rich plasma (PRP), a substance drawn from a sample of your blood that helps to heal damaged cells and tissues. While PRP consists of several components found in your blood, it's not actually blood.

The PRP process works like this: Once our team at [Santa Fe Soul](#) *Center for Regenerative Medicine* draws a sample of your blood, we place it into a centrifuge for processing. The spinning motion of the centrifuge separates your blood into layers. We then combine the plasma, or liquid part of your blood, with the concentrated layer of platelets to create PRP. The plasma allows your blood to flow, making PRP an injectable liquid substance. The platelets in your blood are responsible for clotting blood and releasing growth factors to aid in healing after an injury.

WHAT IS GAINSWAVE®?

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

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



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 sensitivity. Therefore GAINSWave® is a non-invasive procedure using low-intensity sound waves, called Low-Intensity Extracorporeal Shockwave Therapy (LI-ESWT).

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. Simply request an appointment by [contacting our office](#). Dr. Benson will be your health and wellness advisor to review your concerns, then she will confidentially discuss the best treatment program for you.

Once your appointment for your procedure is set up:

Allow 20-30 minutes for the procedure to be completed. After your procedure, you can immediately resume your normal daily activities, including sex. Arrive 30 minutes before your initial treatment for the application of a numbing cream. (The numbing cream may be applied at home before your follow-up treatments.)

Here is some exciting news:

- 75% of men experience positive results post-treatment*
- Some men may experience a spontaneous erection within 24 hours*.

**Results may vary depending on a patient's medical condition and age and may take less than 24 hours to a few months.*



What can you expect from your GAINSWave® treatment?

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

Plan on **6 to 12 sessions**, each taking between 15-20 minutes. Expect the treatment 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.
- Lead to stronger, harder, and more sustainable erections.



with Dr. Robyn Benson

We offer your first GAINSWave® treatment at no cost with a complimentary penis pump when you book your first P-Shot®. This saves you hundreds of dollars towards the most complete, natural, anti-aging package option designed for maximum results.



with Dr. Robyn Benson

What are the benefits of a GAINSWave® treatment?

Here they are:

- Enhances erections
- Improves sexual performance
- Increases sensation in the penis
- Leads to more spontaneous erections
- Produces better orgasms

Would getting both a P-Shot® and GAINSWave® treatment provide the better results?

Absolutely! For all Dr. Benson's patients that schedule their first P-Shot® with me, I include one GAINSWave® Treatment and a penis pump to take home with you, for a total value of over \$650.00 in savings.

The P-Shot® combined with your GAINSWave® treatment jumpstarts your body. Adding the penis pump for your additional self-care optimizes results.

In the end, both procedures are regenerative and natural and avoid the medication and surgery route to revive, reset, and recharge your sexual health naturally. It is as simple as an email for your FREE 15-minute consultation so we can decide on the best approach to revitalizing your life. Dr. Benson looks forward to speaking with you and help you get started with your unique health plan!

WHAT IS THE PHOENIX PRO®?

A proven technology to make your penis healthier!

[The Phoenix Pro](#): The most effective at-home acoustic device in the world!

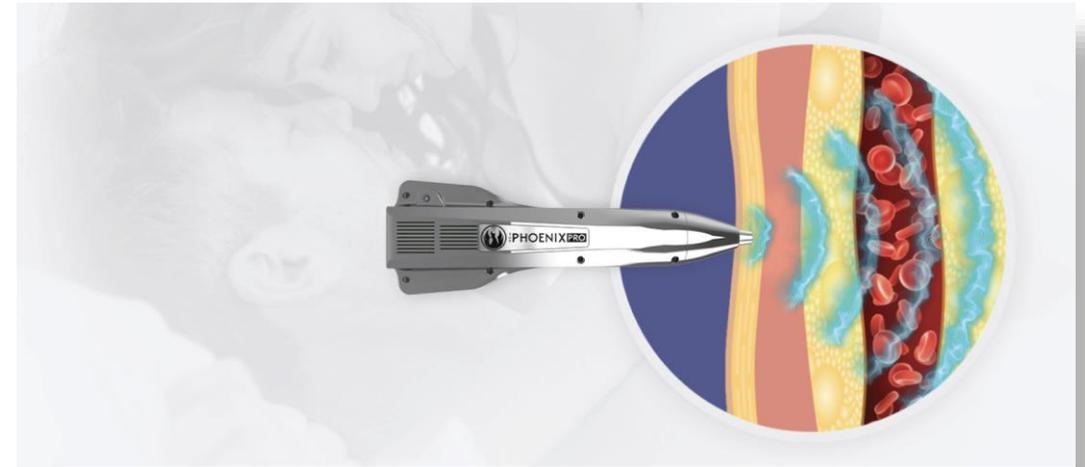
- Safe & effective
- Treats the underlying cause
- Has no side effects
- No prescription required
- Easy at-home use
- Maximizes blood flow
- Strengthens the “package”
- Increases sensitivity
- Decreases refractory time
- Eliminates the need for pills

Get clinical strength acoustic wave therapy, one of the most powerful treatments available for men that want to perform at their best, below the waist.

Strong, spontaneous erections require healthy blood flow. If your penis can't get the blood it needs, you're going to have trouble achieving an erection.

Unfortunately, blood vessels get clogged with plaque over time leading to a reduction in blood flow.

Pills and injections are temporary and have side effects. You shouldn't have to choose between your health and being able to sustain a healthy erection. The Phoenix Pro can help fix the problem by clearing plaque and encouraging the growth of healthy new blood vessels. [Click here](#) to get access to more.



over 300 practitioner grade brands *all in one place*



CAN NATURAL SUPPLEMENTS AND LIBIDO BOOSTERS HELP?

Absolutely! Again, for you to have a quality erection, you need strong blood flow to the penis. Many natural products can be customized to help you improve your blood flow, arousal, and sexual performance and are affordable and not harmful.

Certain foods have also been known to help boost blood flow and 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 technology for some sun rays that can help you absorb natural vitamin D. Other basic tips include eliminating bad habits like over-drinking and smoking.

Learn more on [YOUNGER](#) with Dr. Robyn Benson: *The A.R.T. and Science of Youthful Aging*, when you listen to episode [#4](#) on sexual vitality and episode [#67](#) on multiple male orgasms.

FAQs



FAQs

How long does the P-Shot® procedure take?

Once the blood is drawn and separated, the actual procedure takes about 15-20 minutes in our office at **Santa Fe Soul Center for Regenerative Medicine**. Because there is no downtime and no surgery, you can walk out of our office and immediately return to your regular life activities.

Is PRP safe?

Platelet-rich plasma comes from your blood and has never been associated with infection, malignancy, or any serious side effect, and it is documented in more than 15,000 research papers about multiple tissue types.

How long will the results last?

You can expect results to last for at least one year, depending on your age, vitality, and overall health.

What do I need to know to prepare?

It is important that you don't use anti-inflammatory medications before and during the 48 hours after the injection. Also, areas that have been treated with steroid or cortisone injections cannot be treated with PRP until the injections have worn off (at least four weeks).

FAQs



FAQs

Who can benefit from the safe effective treatments we offer men?

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 oral medications like Viagra or complicated surgical implants can benefit. The solutions we will discuss have proven results to enhance sexual performance and sensation with no harmful side effects.

Men with Peyronie's Disease

Men who realize that there are drug-free, surgery-free ways to break down scar tissue and reduce the curvature of the penis typical of Peyronie's Disease are also good candidates.

Men Seeking Male Enhancement

Men interested in improving their health who do not suffer from ED, Peyronie's Disease, or any other medical conditions can also benefit from these treatments. This would include men living a natural regenerative lifestyle to optimize their health with anti-aging solutions who can gain the benefits of overall performance that will satisfy their lover over a lifetime.

Men who sincerely care about their health explore regenerative ways to renew, restore, and reset their bodies naturally, and that includes enhancing their sexual life.

FAQs



FAQs

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 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 anti-aging regimens. It is never too early to begin a preventive 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 and 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 understand that surgery is very complicated, with a possibility of causing permanent damage.

We cheer on men 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. Remember, a proven technology to make your penis healthier is the [The Phoenix Pro](#). It is the most effective at-home acoustic device in the world!

Dr. Benson is devoted to help men achieve optimal health naturally. Schedule a [free consultation](#) with her today.



LEARN THE A.R.T. OF A REGENERATIVE LIFESTYLE

At [Santa Fe Soul](#) Center for Regenerative Medicine, Dr. Benson offers an integrative approach that includes her pioneering program of Regenerative Medicine called [A.R.T.](#) (Amplified Regenerative Therapies).

To ensure that you thrive with healthy, youthful libido achieved with the P-Shot® program, consider adopting a self-care lifestyle that includes a whole food diet, regular exercise, supplements, and your take home tools to support other therapies and health services we offer at [Santa Fe Soul](#) Center for Regenerative Medicine.

You will learn an abundance of information about how to live a Regenerative Lifestyle with Dr. Benson's *free* mini-course called "[The Benson Regenerative Protocol](#): A 7-Step Foundation to Renew Your Youthful Spark."

Discover Dr. Benson's signature programs *for men and women* when she gets you started with a customized [BioMarker Blueprint](#). If you are ready to *amplify, regenerate, and transform into a new you*, please contact Dr. Benson's office for a free consultation today at [505-986-1089](tel:505-986-1089).

Resources

Platelet-Rich Plasma (PRP) Improves Erectile Function: *A Double-Blind, Randomized, Placebo-Controlled Clinical Trial*

<https://pubmed.ncbi.nlm.nih.gov/33906807/>

The P-Shot®, PRP, and your Penis:

<https://www.healthline.com/health/mens-health/p-shot>

Urology Times: *What is GAINSWave®?*

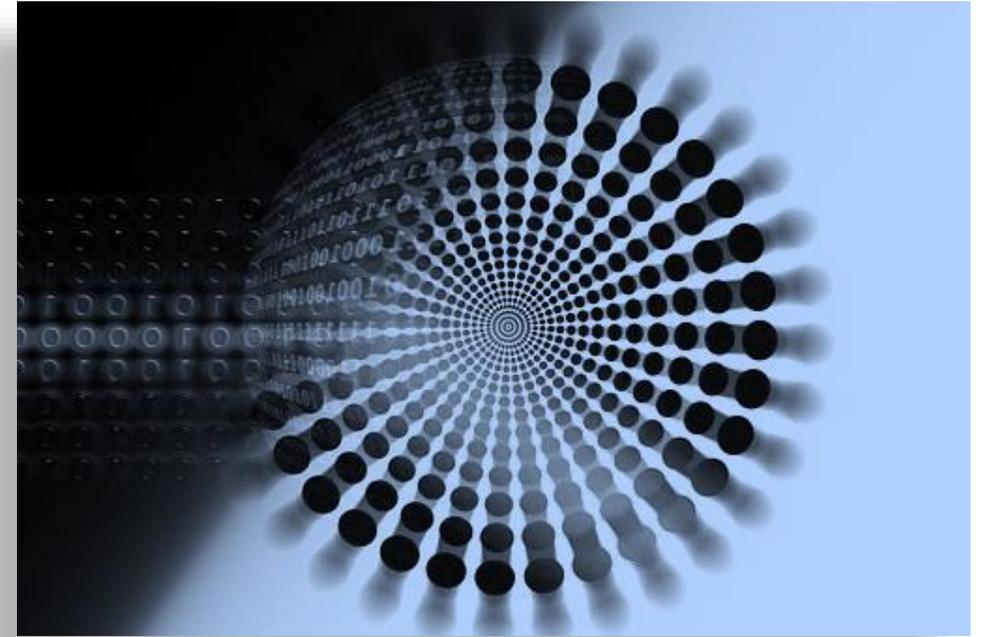
<https://www.urologytimes.com/view/what-gainswave>

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Men are thrilled with these new natural solutions:

“ Since having the P-Shot®

I have more sensation and am finally able to hold an erection.

I wish I made this investment in my health long ago. ”

—Dr. W.G.

“ *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.

“ *I am back in action and feel like myself again in my early 50's. Amen!*”

— N. Williams, Florida

“ *The P shot with Dr. Benson was surprisingly painless, quick, and effective. It basically turned the clock back to a younger version of myself. Combined with the GAINSWave®, it's the best way I know to hack the effects of male aging and increase pleasure naturally without having to be dependent on medication. What guy wouldn't want to do that? Grateful for the results I am getting and glad I did not put this off until my 50's. ”*

—Dr. V.P. MD NYC





It is Time to Experience Total Body Freedom!

Are you ready to look and feel ten years younger? You can start growing younger naturally with Dr. Benson's [A.R.T.](#) (Amplified Regenerative Therapies).

Reset the healthy foundation of your body by identifying your food allergies and/or sensitivities and hormonal status and by finding what is deficient in your body. This process is discovered by taking Dr. Benson's [BioMarker Blueprint Test Kit](#).

With those results, we design a plan that optimizes your body, brain, and sexual wellness. A personalized VIP Day at [Santa Fe Soul Center for Regenerative Medicine](#) can give you a physical boost to jumpstart the next chapter in your life.

To secure a time to speak with a Regenerative Specialist, go to DestinationRegenerate.com/book and start growing younger naturally!