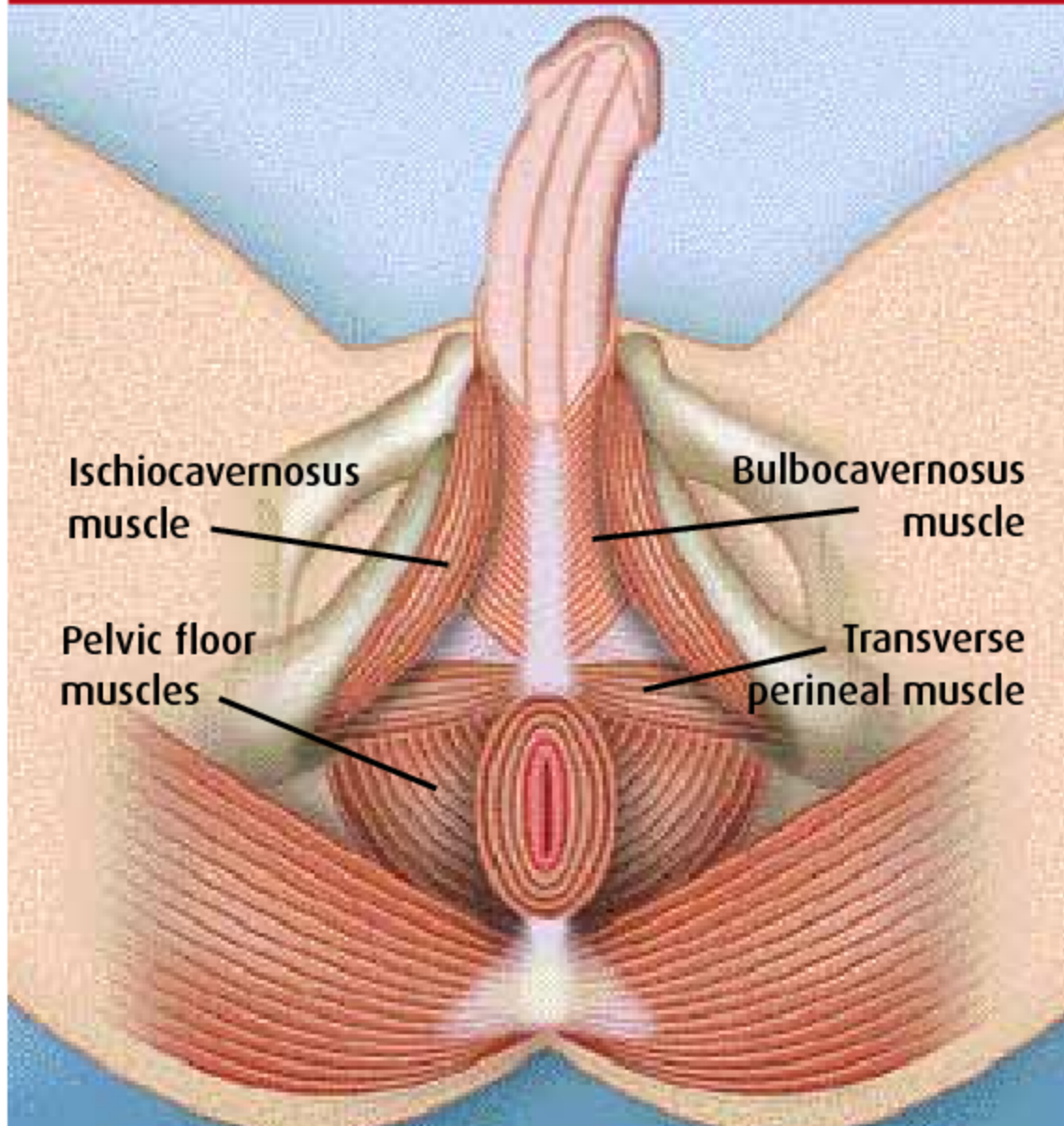


ErosFlow

General Benefits

- Rock Hard erections
 - Healed penis
 - Satisfy sexual partners
 - Eradicate Anxiety and stress
 - Healed Reproductive system
 - Rejuvenate and heal nerves
 - Reverse all the damage(both in brain and reproductive system) you have done because of over-masturbation over the years
 - Healed pelvic floor muscles(PC muscles and pelvic floor muscles are the same thing)
 - Healed BC muscles
 - Balanced Pelvic muscle floors
 - Balanced BC muscles
 - neurotransmitter and hormonal changes(Read the whole doc for more info)
 - Mastery of kegels
 - Mastery of reverse kegels
 - Full control over PC and Bc muscles
 - Last as long as you want
 - Low refractory period
- And much more.....

FIG 1. MALE PELVIC FLOOR



A diagram for reference(I'll also attach a guide at the end of the doc that will have even more information on this stuff such as exercises and techniques)

PC muscles - Pelvic floor muscles/pubococcygeus muscle

BC muscles - Bulbocavernosus muscle

Neurological Aspect

- Full control over PC and BC muscle
- Mind muscle connection to PC and BC muscle
- Healing the nerves of PC and BC muscle
- Healing the neuromuscular connections between PC/BC muscles and the brain
- Superhuman control over neuromuscular connections between PC and BC muscle
- Healed parasympathetic nervous system
- Parasympathetic system is more stimulated than sympathetic nervous system during sex(**when your sympathetic system is more stimulated it makes you go in a fight or flight mode which makes ejaculation out of your control**)
- Rewire brain and nervous system to hold off ejaculation as long as you want
- Rewire brain and nervous system to have full control over ejaculation and your PC/BC MUSCLE
- Healed Pudendal nerves "**these are the nerves that control your PC muscles, it often gets damaged due to over masturbation**"
- Healed motor function of pudendal nerves
- Have full control over motor functions of pudendal nerves
- Transmute neural pathways to have full control over your ejaculation
- Transmute neural pathways to have full control over PC and BC muscles
- Transmute Neuromuscular pathways to have full control over your ejaculation
- Transmute Neuromuscular pathways to have full control over PC and BC muscles
- Your superhuman mind muscle connections allow you to isolate PC and BC muscle with ease

- Your penis optimally decrease it's sensitivity to make you last forever (it won't make it completely desensitized, just the right amount so you can enjoy and control it at the same time)
- Healed nerves in penis

Physiological aspect

NOTE- Having too tight or too weak PC or pelvic floor muscles works against you. To last longer you need to have perfectly balanced muscles that are neither tight nor too weak

- Balanced PC muscles
- Balanced BC muscles
- BC and PC muscles work in perfect harmony
- Strong and flexible PC Muscles
- Strong and flexible BC Muscles
- Hold your erections for as long as possible
- PC and BC muscles are always relaxed while having sex
- Be able to relax PC and BC muscle at will
- Be able to contract PC AND BC muscles at will
- Be able to relax PC and BC muscles for as long as you want
- Be able to hold/clench/tighten PC AND BC muscles for as long as you want
- PC and BC muscle only contract/tighten/clench when you are at PONR(Point of no return)
- Arteries/veins/nerves/cells of the penis/PC & BC muscles are perfectly healed from any damage
- PC & BC muscles are permanently designed to make you have incredibly hard penis erections
- Rock Hard erection
- Perfect and superhuman Blood flow in PC & BC muscles

- PC & BC muscles are permanently designed to make you have incredible sexual performance/endurance/stamina
- Have full control over PC & BC muscles
- Have the ability to isolate front/back PC and BC muscle
- Instinctually relax PC and Bc muscle while having sex
- full control over ejaculation
- Mastery of Kegels
- Mastery of Reverse Kegels
- Full control over penis
- Reduce involuntary Pc and bc muscle contractions while having sex
- Optimal penile sensitivity
- Massively Increase Erectile Strength every second
- Massively Increase Sexual endurance/stamina every second
- Massively Increase Sexual libido every second
- Massively Increase Semen Production every second

Psychological Aspect

- Have Absolute control over your arousal
- Your main focus is enjoying pleasure and extending it
- You don't think about orgasm during sex (**Thinking too much about orgasm during sex makes you c*m fast**)
- Your control over your arousal makes you have control over ejaculation
- You are always in control of your pleasure levels and arousal levels
- Reduced anxiety and stress about sex
- Be mindful of your arousal scale
- Able to control the intensity of your arousal at will

Hormonal and Neurotransmitters aspect

- Optimally high testosterone and DHT levels

- Optimal Dopamine [Both low and high dopamine can be harmful for your sexual performance]
- Healed Dopamine receptors
- Increased nitric oxide[increases vascularity and erection quality]
- Decreased norepinephrine and epinephrine(These are stress hormones that stimulate your sympathetic Nervous system thus making you ejaculate quickly)
- Decreased Adrenaline(Adrenaline is just another name for epinephrine)
- Optimally Increased GABA(It relaxes your muscles and makes you calm)
- Sufficient Glutamate conversion to GABA
- Efficiently increase acetylcholine(It improves your motor function which makes you have great mind-muscle connection)
- increased acetylcholine in the ends of parasympathetic nerve endings
- Increase serotonin to just the right amount during love making(low serotonin stimulates your sympathetic nervous system which makes you ejaculate faster)
- Healed serotonin receptors
- Optimally low levels of histamine(Excess histamine increases inflammation and directly activates the sympathetic nervous system)
- Optimally low levels of Prostaglandin E2
- Optimally high levels of prostaglandin E1 and E3
- Prolactin Levels stay low before and after ejaculation (low prolactin levels will help you regain erection much faster after ejaculating)
- Optimally Increase the levels of Cyclic guanosine monophosphate "cGMP" to high safe levels (a biochemical that causes penile erections)
- Optimally Increase the levels of Melanotan 2 (Boost Erectile Strength and sexual libido)
- Systematically Increase the levels of Bremelanotide (Boosts Erectile Strength and Sexual libido)

- optimally provide high levels of nitric oxide to the penis (It's a vasodilator, which allows more blood flow to the penis)
- Optimally and safely Block/Inhibit phosphodiesterase-5 "PDE5" to low safe levels (Less PDE5 equals more more cGMP)
- Naturally Low Bad cholesterol levels (LDL)
- Naturally High Good cholesterol levels (HDL)