

The
TRUTH
ABOUT
BANANAS
and **ORCHIDS** too

A large, light yellow male symbol (♂) is positioned behind the word "BANANAS".A large, light pink female symbol (♀) is positioned behind the word "ORCHIDS".

FOR BABY BOOMERS and
*everyone over 40 celebrating
their "tools"*

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Prologue

THE WHINGING BANANA

We have heard all of these before

I work at great depths.

I plunge head first into everything I do.
I do not get weekends or public holidays off.

I work in a damp, dingy environment without illumination.
Faulty plumbing keeps me wet and smelly all day long.

You don't always provide me the correct protective clothing
when we play outdoors.

After all the hard work, others are pampered with extra-mild cleansers,
healing toners and moisturizing lotions while at best I only get a sprinkle
of baby powder to ameliorate the perpetual chafing.

So you tick him off...

You can't work 8 hours straight.

You work in SHORT SPURTS and FALL ASLEEP after each BRIEF period,
sometimes even before completing your duty.

You sometimes leave your work area before you have completed
the assigned task.

You do not take initiative - you need to be pressured and stimulated to
start working.

You leave the workplace rather messy at the end of your shift.
You are unable to work double shifts.

No, you don't deserve any special treatment at all!

and you're doing the right thing?

Chapter One

WHAT YOU DON'T KNOW

Your *banana* is a truly wonderful organ with the capacity to bestow immense pleasure on you and your partner. We equate masculinity with our *bananas*. Yet it has long been neglected as a part of the body requiring special treatment.

Considering its heavy workload, challenging work environment and accommodation, this awesome and intricate instrument certainly needs your immediate attention.

Obviously, you should always wash it when you shower, after urinating and after sex. But it is a great idea to massage in daily a moisturizing lotion to help maintain, restore, and repair the skin of your *banana*.

However, good *banana* care must extend beyond superficial treatment.

You need active penetrating ingredients to help your *banana* recover and restore itself from within and thrive much better despite the daily rigors and the effects of aging.

As we get older, many factors can contribute to the loss of *banana* strength and potential.

Our lower bodies need tune-ups, much like car engines do.

The following three chapters will further explain why we need regular tune-ups.

In Chapter Five we will reveal the secrets for a fantastic tune-up.

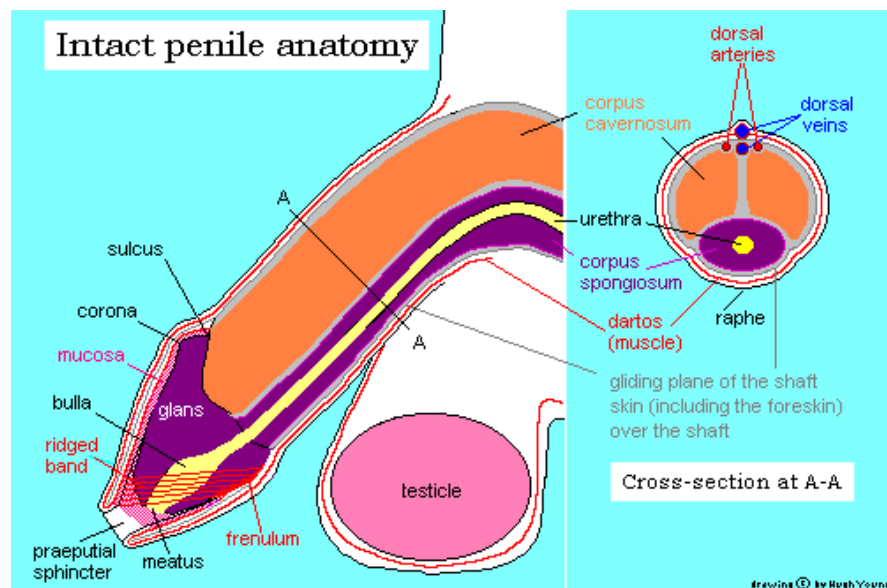
Chapter Six introduces the Pharmacist Refined and Tested Gel to help you achieve a better-looking *banana* with a *par excellence* tune-up.

Chapter Two

A QUICK RUNDOWN

Your *banana* contains two chambers that extend longitudinally along the shaft. These two chambers are called the *corpora cavernosa* and it contains a maze of blood vessels that function as blood-filled capacitors and provide structure to the erect organ.

A third longitudinal chamber, the *corpus spongiosum*, runs under the *corpora cavernosa* and encompasses the urethra that is the channel for urine and semen. A membrane, called the *tunica albuginea*, surrounds the *corpora cavernosa*. Veins located in this dense membrane drain blood out of the *banana*.



The head of the *banana* is called the *glans penis*. It has a covering called the foreskin or *prepuce*. This covering folds in on itself, forming a double layer.

The reddish or purplish *glans penis* is the most sensitive part of the *banana*, as one would expect, since it leads the way into the vagina during sexual intercourse.

The *frenulum* is a connecting membrane on the underside of the *banana*, similar to that beneath the tongue. Both the coronal ridge of the *glans* and the *frenulum* seem to be important in stimulating ejaculation during intercourse.

Chapter Three

WHAT IS A GOOD HARD ON?

Erection is a complex process that begins with impulses of sexual arousal, triggered by the senses of sight, touch, hearing and smell, and from thoughts.

The brain communicates these impulses to the *banana*

“ where they cause the release of a substance called nitric oxide (NO). NO sends signals that cause dilation of blood vessels supplying blood to the corpus cavernosa and corpus spongiosa²⁰⁻²². NO activates the enzyme guanylate cyclase that catalyses the formation of cyclic guanosine monophosphate (cGMP). The presence of cGMP leads to increasing levels of cAMP, facilitating the interaction of cAMP with protein kinase.²³ This cascade of events causes the corpus cavernosum smooth muscle cells to relax. More blood flow into these chambers, leading to a considerable increase of the intracavernous pressure. The expanding spongy tissue presses against a surrounding dense tissue constricting these veins, preventing blood from leaving. The penis becomes rigid as a result.²⁴⁻²⁶ Similarly the clitoris becomes engorged with blood leading to extrusion of the glans clitoris and enhanced sensitivity to physical contact. ”

and blood flow into the *banana* increases by 2,000% to 4,000%. As the amount and pressure of blood increases the *banana* becomes rigid and a full erection is achieved.

And how do we sustain the Hard-On?

Erection is sustained when blood is prevented from leaving the spongy tissue. The expanding spongy tissue presses against a surrounding strong fibrous tissue, the *tunica albuginea*, constricting the blood vessels located within, preventing blood from leaving, thereby sustaining erection.

Here's how it falls

The *banana* is returned to its flaccid state when cGMP levels in the *corpora cavernosa* fall, causing the smooth muscles of the *corpora cavernosa* to contract, stopping the inflow of blood and opening veins that drain blood away from the *banana*.

Even a minor disturbance in any of these events may lead to erection problems.

Reference available on request

Chapter Four

HALF-PAST-SIX

☹ Picture both hands of the clock pointing downwards

Good sexual health is defined as the ability to perform to the satisfaction of both parties and enhances their overall psychological feeling of well being.

A male's sexual health starts declining after 30

The aging process alone can cause erectile dysfunction amongst some of us; primarily by decreasing the compliance of the tissues in the corpora cavernosa, although it has been suggested, but not proven, that there is also decreased production of nitric oxide in the nerves that innervate the corporal smooth muscle within the *banana*.

Blood Supply Issue

As we age, the blood supply to our *banana* can decrease because of hardening of and blockage within the arteries consequent to the development of fibrous tissue and the accumulation of fat. Hardening of the arteries is not an inevitable result of ageing, but it is more common in the elderly.

There are many factors associated with hardening of the arteries.

People with **diabetes** are at increased risk of developing erection problems. Several studies suggest that almost half the people suffering from diabetes develop erectile dysfunction. The increased risk of erectile dysfunction among men with diabetes mellitus may be due to the earlier onset and greater severity of atherosclerosis that narrows the arteries and thereby reduces the delivery of blood to the *banana*. When insufficient blood is delivered to the *banana*, it is not possible to achieve an erection.

Diabetes mellitus also causes erectile dysfunction by damaging both sensory and autonomic nerves, a condition called diabetic neuropathy. Cigarettes, obesity, poor control of blood glucose levels, and having diabetes mellitus for a long time further increases the risk of erectile dysfunction in diabetes. In addition to atherosclerosis and/or neuropathy causing ED in diabetes, many diabetic men develop a myopathy (muscle disease) as their cause of ED in which the compliance of the muscle in the corpora cavernosa is decreased and clinically this presents as an inability to maintain the erection.

High blood pressure can lead to progressive thickening of the arteries of the *banana* and is associated with erection problems. Patients with essential hypertension have been found to have low production of nitric oxide by the arteries of the body, including the arteries in the *banana*. Scientists now suspect that the decreased levels of nitric oxide in patients may contribute to erectile dysfunction.

Substance abuse: Marijuana, heroin, cocaine, and alcohol abuse contribute to erectile dysfunction. Alcoholism, in addition to causing nerve damage, can lead to atrophy of the testicles and lower testosterone levels. Cigarette smoking aggravates atherosclerosis while alcohol in addition to causing nerve damage, can lead to atrophy of the testicles and lower testosterone levels

Nerve or spinal cord damage: Damage to the spinal cord and nerves in the pelvis can cause erectile dysfunction. Nerve damage can be due to disease (multiple sclerosis), trauma (eg. automobile accidents), or surgical procedures (cancer of the rectum or prostate,)

Medications: Antihistamines, antidepressants, tranquilizers, and appetite suppressants and medications used for treating high blood pressure, diseases of the nervous system such as multiple sclerosis and spinal cord injury, and even radiation therapy for prostate cancer medicines produce erectile dysfunction as a side effect.

Depression and anxiety: These psychological factors include stress, anxiety, guilt, depression, low self-esteem, and fear of sexual failure

About 5 percent to 10 percent of men with erection problems have low levels of testosterone. **Testosterone** is not only necessary for libido but also is necessary to maintain nitric oxide levels in the *banana*.

Activities that constrict blood flow to the *banana* (such as long-distance bicycle riding on a hard, narrow saddle) may increase a man's risk for developing an erection problem.

Chapter Five

TIPS FOR A FANTASTIC TUNE-UP

Firstly, talk to your doctor and/or pharmacist about optimizing control of high blood pressure, high cholesterol levels and diabetes.

Next, finely tune your mind and body into sex-worthy shape.

Most of us overlook the importance of keeping ourselves fit.

Exercising regularly, losing excess weight, curtailing excessive alcohol consumption, controlling hypertension, and optimizing blood glucose levels are not only important for maintaining good health but also may improve erectile function.

Exercise can improve the body's ability to pump and circulate blood throughout the body. The same can be true for the ladies. Men and women who exercise regularly usually have enhanced confidence, enhanced ability to achieve orgasm, and greater sexual satisfaction.

Exercise can promote the body's release of hormones important for sexual arousal, increase aerobic capacity and muscle strength, and boost self-body image.

Relax, and Sleep Your Way to Better Sex

People who sleep less than six hours are more likely to report they are tired, stressed, sad, and angry than those who sleep more than eight hours. On the other hand, those with few sleep problems tend to report they are "full of energy," "relaxed," and "happy." Chronic sleep-loss patients report not only being too physically tired for sex, but also having decreased libido

Focus on the act

What you can do with your mind when you're having sex is astounding. Train your mind just as you train your body. By staying confident and creative you can sustain your erection and determine when the game should end for the maximum enjoyment of both parties. Anxiety about performance is more than enough to make your *banana* wilt.

Eating isn't about Excess Gratification

Your diet affects your overall wellness, so treat your body like a temple. Consume more fresh vegetables, fruits, and fish, and keep fatty foods to a minimum. Alcohol is a downer. Cigarettes constrict your blood vessels. Excesses, if any, should come in the form of terrific sexual activities.

Chapter Six

BANANAS & ORCHIDS

Par Excellence

THE MORNING GLORY

Spontaneous nocturnal erections are a well-known phenomenon.

The proper scientific name for the early morning erection is 'Nocturnal Penile Tumescence' because it all *starts* during sleep which, in general, is at night. While awake, most of us can consciously keep erections at bay. However, during sleep, the body's hormonal and physical control mechanisms for an erection are reduced and, *wah*, the *banana* becomes engorged.

EVEN LADIES GLORIFY THE MORNINGS

You should not be surprised to know that men are not the only ones who have nocturnal tumescence.

Women also require oxygenation of their genitals, so the vagina and clitoris will become stimulated during sleep, just like a man's penis.

Many doctors believe that the function of the morning glory is to ensure *freshness* of the *banana* and the *orchid* through increased oxygenated blood flow.

PRAISE THE MORNING GLORY

Regular massage effectively augments to the rejuvenating effect of the morning glory.

No, we are not suggesting that you 'jack off' compulsively.

Rather, we recommend massaging your *banana* and the surrounding area to relax the cavernous endothelial and corporeal smooth muscle cells and get your blood circulating with upstanding results.

And what a better way than to regularly massage with **zestz!**

zestz supercharges *bananas* as well as *orchids* with a carefully selected blend of Vitamin C, Vitamin E, Amino acids, Herbal Extracts and conditioners.

This seamless collaboration helps moisturize, and maintain your *organ* for optimum rigidity, sensitivity and terrific looks.

Chapter Seven

THE BONUS

While researching scientific publications on erectile functions, we came across several clinical papers confirming our suspicions of the beneficial pharmacological properties of three conditioning natural compounds in **zestz**.

These natural ingredients could have a significant role in tuning us up *par excellence*. Look up Chapter Three, if necessary, to help you understand their pharmacological processes.

1. *Coleus forskohlii* oil is obtained from the fleshy, fibrous roots of *Coleus forskohlii* that grows wild on the mountain slopes of Nepal, India, and Thailand. *Coleus forskohlii* is the only known natural source of the unique adenylate cyclase activating phytonutrient, forskolin¹. Forskolin has been shown to promote the activation of adenylate cyclase and increase intracellular concentrations of cAMP². This may explain the vasodilatory effects of Forskolin³.

www.bspp.org.uk/ndr/july2005/2005-59-3.jpg



2. *Butea superba* is a leguminous plant found mainly in Thailand. It has been used traditionally to increase sexual vigor. In a preliminary trial, 82% of men with erectile dysfunction reported an improvement in erectile function, without apparent toxicity, while taking *Butea superba* for three months⁴.

¹ de Souza, N.J. (1991) *Coleus forskohlii* Briq. - The Indian plant source for forskolin. Recent Advances in Medicinal, Aromatic & Spice crops, (ed: S.P. Raychaudhuri.) Today and Tomorrow's Printers and Publishers, New Delhi, India, Vol 1: 83-91

² Seamon KB, Padgett W, Daly JW. Forskolin: unique diterpene activator of adenylate cyclase in membranes and intact cells. Proc Natl Acad Sci U S A, 1981. 78(6): 3363-7

³ Baumann G, et al. Cardiovascular effects of forskolin (HL 362) in patients with idiopathic congestive cardiomyopathy - a comparative study with dobutamine and sodium nitroprusside. J Cardiovasc Pharmacol, 1990. 16(1):93-100

⁴ Cherdshewasart W, Nimsakul N. Clinical trial of *Butea superba*, an alternative herbal treatment for erectile dysfunction. Asian J Androl 2003; 5:243-6

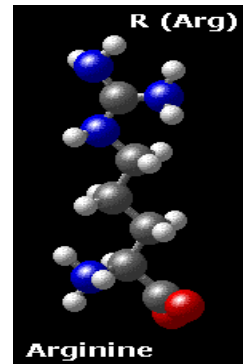


The tuberous roots of Thai *B. superba* were found to contain flavonoid and flavonoid glycoside with potent cAMP phosphodiesterase inhibitor activity⁵. Inhibition of this enzyme results in increased levels of cAMP^{6,7}.

3. L-Arginine is an essential amino acid (the body cannot create the amino acid on its own). *L-Arginine* is found in many foods, including dairy products, meat, fish and poultry. The *L-Arginine* used in our formulation is derived from plants.

L-Arginine is used by our body to make nitric oxide (NO) via the nitric oxide synthase enzyme⁸. *Nitric oxide synthase* strips away a nitrogen molecule from the arginine. It then combines it with an oxygen atom, thus forming nitric oxide.

www.biology.arizona.edu



Nitric oxide activates *guanylate cyclase*, an important enzyme that **increases cGMP** that relaxes smooth muscles allowing significant inflow of blood to the penis and clitoris.

We don't claim these functions in **zestz** but it is interesting to note that these natural compounds may have a significant role in further enhancing our quality of life.

Anecdotal reports from satisfied users point to this direction.

[CLICK HERE](#) to read their testimonials

Chapter Eight

⁵ Moreland RB, Goldstein I, Traish A. Sildenafil, a novel inhibitor of phosphodiesterase type 5 in human corpus cavernosum smooth muscle cells. *Life Sci.* 1998; 62:PL309-PL318

⁶ Roengsumran, S., Petsom, A., Ngamrojjanavanich, N., Rugsilp, T., Sittiwicheanwong, P., Khorphueng, P., et al. (2000). Flavonoid glycoside from *Butea superba* Roxb. and their cAMP phosphodiesterase inhibitory activity. *The Journal of Scientific Research Chulalongkorn University*, 25, 169-176

⁷ Tocharus C, Smitasiri Y, Jeenapongsa R. *Butea superba* Roxb. enhances penile erection in rats. *Phytother Res.* 2006 Jun; 20(6):484-9

⁸ Palmer, R. M. J., Ashton, D. S., and Moncada, S.: Vascular endothelial cells synthesize nitric oxide from L-arginine. *Nature* 333:664, 1988.

WHAT THE HELL IS FUCKING?

Fucking⁹ is a small village in Upper Austria whose name is unique and has existed since the year 1070. As a result of increasing attention from the media, Fucking has become more and more well-known throughout the world.

However, it is not just the uniqueness of the name that makes this such an extraordinary place; the atmosphere also makes this somewhere special.

“Bitte – nicht so schnell”

is German for “Please – not so fast”, a reminder to motorists entering Fucking.



OK, *nicht so schnell* to you too.

Let's go back to page 1 and we'll reveal the truth about your *banana*.

BTW Fucking is pronounced “fooking”

⁹ <http://www.fucking.at/fucking/eOrt1.htm>

Epilogue

HAVE YOU BEEN SHORT-CHANGED?

The average size of an erect *banana* is 5-7 inches.

So why can't we all be happy with what we're born with?
It's because we've been conned by hard-sell advertisers and the pervasive influence of pornography into believing a big *banana* is what makes a man desirable.

But we've all heard the saying "*It's not what you've got, it's what you do with it that counts.*"

Techniques and positions keep sex life fresh and passionate. Every position puts a different pressure on the *banana* and the *orchid*; it gives you a new perspective of your partner's body.

And a good lover makes sure his partner is satisfied before he is.

Intercourse is only one way of satisfying a woman. The majority of women cannot orgasm with intercourse alone, regardless of how big the *banana* is, because it does not provide sufficient stimulation to the clitoris. Pleasurise your woman with your hands and your mouth.

Being attentive to your woman's body and mind will enhance her experience. Making your woman feel loved, special, cherished, appreciated and desired will make you a great lover in her eyes.

z e s t z

Pharmacist Refined & Tested For You!

[CLICK HERE](#) to order