



# THE AFRICAN MAN'S SEXUAL POWER BIBLE

## KEGEL EDITION

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*The 4-Week Kegel & Natural Restoration Protocol for African Men*

Restore Strong Erections · End Quick Ejaculation · Reignite Your Desire · Last Longer in Bed

*No Drugs · No Doctor · No Embarrassment*

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### IMPORTANT NOTICE

This guide is for educational purposes only. It is not a replacement for professional medical advice. If you have a serious medical condition, please consult your doctor.



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# What Is Inside This Guide

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*Read this guide from the beginning. Do not skip ahead. Each section builds on the one before it.*

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## A Message to You Before We Begin

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Before we get into solutions, I need to say something to you first. Something that no one else has probably said to you about this.

I know what you have been carrying. The quiet fear that shows up when things do not go the way they should in the bedroom. The way you replay it in your mind afterward. The distance that grows between you and your partner when this problem is not spoken about. The way it chips away at the confidence you carry in every other area of your life.

You have not told your friends. You have not told your doctor. You have searched online at night, quickly deleted the browser history, and hoped nobody saw. Because in our culture — in Nigeria, in Kenya, in Ghana, across all of Africa — a man does not admit this. A man is supposed to be strong. A man is supposed to perform. And when he does not, he suffers alone.

I want you to hear this clearly:

**There is nothing permanently wrong with you.**

*You are not less of a man. Your body has not failed you.*

It has simply lost something it can get back. And this guide is going to show you exactly how.

What you are experiencing — weak erections, quick ejaculation, low desire, reduced stamina — these are not character flaws. They are not permanent sentences. They are physical, hormonal, and nutritional problems that respond to the right natural interventions.

African men have understood this for generations. The elders in our communities maintained their vitality and sexual power well into old age through specific foods, practices, and natural remedies that modern life has caused younger men to abandon. This guide brings that knowledge back — combined with what modern natural health science has confirmed about how the male body works.

No prescription. No hospital visit. No embarrassment. Just 4 weeks, natural ingredients, daily practice — including a complete Kegel Power Protocol — and the decision to take your power back.

## PHASE 1

# Diagnose — Understanding What Is Happening to Your Body

Most men who come to this guide have been suffering quietly for months — sometimes years. They do not fully understand why it is happening. They blame stress, they blame age, they blame bad luck. But none of those explanations are complete. Here is the real explanation — in plain, direct language.

## The Four Problems — and Their Real Causes

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### 1. Weak Erections

An erection happens when blood flows strongly into the penile tissue and stays there. This process is controlled by a combination of testosterone, nitric oxide, healthy blood vessels, and a relaxed nervous system. When any part of this system is disrupted, erections become weak, unreliable, or disappear entirely. The most common causes in African men are:

- Low testosterone caused by poor diet, chronic stress, and lack of quality sleep
- Poor blood circulation caused by inactivity, dehydration, and processed food consumption
- High cortisol — the stress hormone that directly suppresses testosterone production
- Zinc and magnesium deficiency — both essential for erection quality and testosterone
- Psychological anxiety — the fear of failure creates a cycle that makes failure more likely

### 2. Quick Ejaculation

Premature ejaculation is the most common sexual complaint among men in Nigeria and across Africa. It happens when the nervous system is overly sensitive or poorly conditioned — causing the ejaculation reflex to trigger too quickly before the man has control. The root causes are:

- An undertrained ejaculatory reflex — the muscles involved have never been deliberately trained
- High anxiety and performance pressure — which accelerates the nervous system response
- Low serotonin levels — caused by poor sleep, poor diet, and chronic stress
- Excessive pornography use — which rewires the brain's arousal threshold
- Infrequent sexual activity — which makes the body hypersensitive to stimulation

#### Important Truth:

Quick ejaculation is a trainable condition. The muscles and nervous system pathways involved respond to exercise and conditioning exactly the way your bicep responds to weight training. With the right Kegel practice — detailed in full in this guide — most men can double or triple their control within 4 weeks.

### 3. Low Libido — Loss of Sexual Desire

Low libido in men is almost always a testosterone and dopamine problem. Testosterone is the primary driver of male sexual desire. When testosterone drops — even slightly — desire fades. You stop thinking about sex. You stop initiating. You feel flat. The causes in African men specifically:

- Chronic stress and overwork — the two biggest testosterone killers in urban African men
- Poor sleep — testosterone is produced primarily during deep sleep; poor sleep devastates levels
- Obesity or excess belly fat — fat cells convert testosterone into oestrogen
- Alcohol and drug use — both directly suppress testosterone production
- Nutritional deficiency — especially zinc, vitamin D, and healthy fats
- Relationship tension and emotional disconnection — psychological factors directly affect desire

### 4. Low Stamina — Finishing Too Fast or Getting Tired Quickly

Sexual stamina is a combination of cardiovascular fitness, pelvic floor endurance, hormonal balance, and mental focus. A man who gets tired quickly during sex, loses his erection during intercourse, or cannot maintain performance for as long as he wants to is experiencing a combination of the above factors working against him simultaneously.

## The Testosterone Connection — Why It All Starts Here

All four of these problems share one central root cause: disrupted testosterone and poor blood circulation. Fix these two things and all four problems begin to improve simultaneously. This is the foundation of the entire 4-week protocol.

| WHAT LOWERS TESTOSTERONE         | WHAT RAISES TESTOSTERONE                  |
|----------------------------------|---|
| Chronic stress and high cortisol | Deep quality sleep (7-9 hours)            |
| Poor sleep and late nights       | Zinc-rich foods (pumpkin seeds, meat)     |
| Excess alcohol and smoking       | Resistance exercise and strength training |
| Processed food and excess sugar  | Healthy fats (avocado, coconut oil, eggs) |
| Obesity and belly fat            | Sun exposure (vitamin D)                  |

|                               |  |
|-------------------------------|--|
| Sedentary lifestyle           | Reduced stress and regular relaxation      |
| Zinc and vitamin D deficiency | Natural herbal support (ashwagandha, maca) |

Weak erections, quick ejaculation, low libido, and poor stamina are all treatable naturally. Your body is not broken. It is depleted. And depleted bodies can be restored. The 4-week protocol you are about to follow was designed specifically to address all four problems at the root level — using foods, exercises, Kegel training, and natural remedies your body already understands.

**START TODAY — BEFORE ANYTHING ELSE**

## **Your Quick Win — The Power Morning Drink**

*Make this drink today. Start before you finish reading this guide.*

This is a natural morning drink that directly supports testosterone production, improves blood circulation to the pelvic area, and begins restoring your body's sexual response from day one. Many men notice stronger morning erections within the first 3 to 5 days of drinking this consistently.

### **The African Man's Power Drink**

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#### **INGREDIENTS:**

- 1 tablespoon of raw honey
- 1 teaspoon of ground ginger (or fresh ginger, thumb-size, grated)
- 1 teaspoon of ground turmeric (yellow ginger / atale in Yoruba)
- The juice of half a lemon or lime
- A small pinch of black pepper (activates the turmeric)
- 250ml of warm water

#### **OPTIONAL BUT POWERFUL (add if available):**

- 1 teaspoon of ground fenugreek seeds (deeply supports testosterone production)
- 1 teaspoon of maca powder (available in health stores — a powerful male libido booster)

#### **HOW TO PREPARE:**

Step 1: Mix all ingredients into 250ml of warm water

Step 2: Stir well until honey dissolves

Step 3: Drink on an empty stomach first thing every morning

#### **WHY IT WORKS:**

Ginger is one of the most studied natural testosterone boosters. Turmeric reduces inflammation in blood vessels, directly improving erection quality. Fenugreek contains compounds that prevent testosterone from converting into oestrogen. Maca is a root used by traditional African and South American men for centuries specifically for sexual stamina and desire. Together these ingredients begin working on all four of your problems simultaneously from day one.

**Drink this every single morning throughout your 4 weeks. This is your foundation. Everything else builds on top of it.**

## PHASE 2

# Apply — Your 4-Week Restoration Protocol

*Four Pillars. Every Day. Real Results.*

Phase 2 runs from Day 3 to Day 25. Every day you will follow four pillars together. Each pillar targets a specific part of your restoration. All four working together is what produces real, lasting results.

### **Pillar 1**

#### **Internal Nourishment**

Feed your body the specific nutrients it needs to rebuild testosterone and blood flow

### **Pillar 2**

#### **Performance Exercises**

Train your pelvic floor and ejaculatory control with daily targeted exercises including the full Kegel Power Protocol

### **Pillar 3**

#### **Natural Herbal Remedies**

Use proven African and natural herbs to accelerate restoration

### **Pillar 4**

#### **The Mental Edge**

Rewire the psychological patterns that are working against your performance



## Pillar 1 — Internal Nourishment

### Foods That Rebuild Male Sexual Power From the Inside

These foods are not general health advice. Every item below was chosen specifically because it directly supports testosterone production, improves blood flow to the penis, or addresses one of the four performance problems. Add as many of these as possible to your daily diet during your 4 weeks.

| FOOD                                 | WHY IT WORKS  | HOW MUCH DAILY          |
|--------------------------------------|---|-------------------------|
| Eggs (especially yolk)               | Cholesterol in egg yolks is the direct raw material your body uses to manufacture testosterone        | 2-3 whole eggs daily    |
| Pumpkin seeds (egusi/ugiri)          | Richest plant source of zinc — the single most dietary nutrient for testosterone production           | 1 handful daily         |
| Oily fish — mackerel, sardines, tuna | Omega-3 fatty acids support testosterone and improve blood vessel health for stronger erections       | 2 servings per week     |
| Garlic (raw preferred)               | Contains allicin which reduces cortisol — the stress hormone that suppresses testosterone             | 1 fresh clove daily     |
| Avocado                              | Packed with healthy fats, vitamin E, and zinc — all direct testosterone supporters                    | 1 half daily            |
| Tiger nuts (aya / ofio)              | Most powerful traditional African male vitality food and rich in arginine for nitric oxide production | 1 handful daily         |
| Watermelon                           | Contains L-citrulline — relaxes blood vessels & improves erection quality                             | 2-3 slices daily        |
| Bananas                              | Rich in potassium and bromelain — supports testosterone and male sexual drive                         | 2-3 per day             |
| Dark leafy greens (ugu, spinach)     | Rich in magnesium — directly supports testosterone production   | 1 serving daily         |
| Red meat (beef, goat)                | High in zinc, iron, and protein — all essential for testosterone and sexual energy                    | 4-5 times per week      |
| Water                                | Dehydration reduces blood volume, weakening erections and reducing stamina                            | At least 8 litres daily |

### Foods and Habits to Eliminate During Your 4 Weeks

- Alcohol — directly and severely suppresses testosterone. Even moderate drinking reduces T levels for 24-48 hours
- Pornography — rewires the brain's dopamine system, reducing real-world arousal and making quick ejaculation worse
- Fried and processed foods — contain trans fats that block testosterone synthesis
- Excess sugar — spikes insulin which suppresses testosterone production
- Soya products in excess — contain phytoestrogens that mimic oestrogen
- Late nights and poor sleep — testosterone production happens almost entirely during deep sleep
- Stress without management — unmanaged stress keeps cortisol permanently elevated

## Pillar 2 — The African Man's Performance Exercise Routine

### Daily Exercises for Erection Strength, Ejaculation Control, and Stamina

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These exercises directly target the three physical systems that control your sexual performance — your pelvic floor muscles, your cardiovascular system, and your ejaculatory reflex. Done consistently, they produce measurable improvements within 7 to 14 days. Do this full routine ONCE every day during your 4-week protocol. Morning is ideal.

#### Finding Your Pelvic Floor Muscles

These are the muscles that control both erection quality and ejaculation timing. To find them: imagine you are trying to stop yourself from urinating mid-flow. The muscles you squeeze to do this are your PC muscles — the Pubococcygeus muscles — the foundation of male sexual performance. Every exercise below works these muscles directly.

#### Exercise 1 — Kegel Squeezes for Ejaculation Control (3 Minutes)

This is the single most important exercise in this entire guide. Clinical research shows that men who practice Kegel exercises consistently reduce or eliminate premature ejaculation within 4 to 8 weeks. African men who train this muscle can significantly extend their performance duration.

1. Sit or lie in a comfortable position
2. Squeeze your PC muscles firmly — as if stopping urination
3. Hold for 5 seconds — count slowly
4. Release fully and completely for 5 seconds — the release is as important as the squeeze
5. Repeat 15 times. That is 1 set. Do 3 sets with 30 seconds rest between each

*Progress: Week 1 — 5 second holds. Week 2 — 8 second holds. Week 3 — 10 second holds. Week 4 — 12 second holds.*

#### Exercise 2 — The Stop-Start Conditioning Technique (5 Minutes)

This technique directly trains your ejaculatory reflex. It teaches your nervous system to recognise the point of no return and pull back from it — giving you control you never had before.

1. During any solo sexual activity, bring yourself to 70% arousal — the point where you are very aroused but not yet close to ejaculation
2. Stop completely and squeeze your PC muscles hard for 5 seconds
3. Let your arousal drop to 40-50%
4. Resume stimulation and repeat the cycle 3 times before allowing ejaculation

*Practice this 3 times per week during your 4 weeks.*

### Exercise 3 — Pelvic Bridges for Erection Strength (3 Minutes)

This exercise strengthens the base of the penis and the surrounding pelvic muscles that maintain erection rigidity during sex.

1. Lie flat on your back, knees bent, feet flat on the floor
2. Squeeze your PC muscles firmly
3. Lift your hips off the floor until your body forms a straight line from knees to shoulders
4. Hold for 5 seconds at the top while keeping your PC muscles squeezed
5. Lower slowly back down and fully release
6. Repeat 20 times. Do 2 sets with 30 seconds rest

### Exercise 4 — Deep Squats for Testosterone and Blood Flow (3 Minutes)

Deep squats trigger the release of testosterone and growth hormone — the two most powerful natural performance enhancers your body produces. They also drive blood flow directly to the pelvic region.

1. Stand with feet shoulder-width apart
2. Lower yourself into a deep squat — as low as you comfortably can
3. At the bottom, squeeze your PC muscles and pause for 2 seconds
4. Drive upward through your heels back to standing
5. Do 15-20 reps. Do 3 sets

### Exercise 5 — Brisk Walking or Light Running (Daily — 20 Minutes)

Cardiovascular fitness is directly linked to erection quality. Men who walk briskly for 30 minutes a day have significantly better erection quality than sedentary men. Walk briskly or jog for 20-30 minutes every morning during your 4 weeks.

#### The 4-Week Rule

Consistency is everything. 15 minutes every day beats 2 hours once a week. The pelvic floor and the ejaculatory reflex both respond to regular, repeated training. Do not skip more than one day in a row. Even on your worst day, do Exercise 1 — it takes 3 minutes.

★ NEW — COMPLETE SECTION

# THE KEGEL POWER PROTOCOL

*Your Complete 4-Week Guide to Ejaculation Control, Erection Strength,  
and Sexual Stamina*

This section is the most important new addition to this guide. It takes everything you have already learned about Kegel exercises and expands it into a complete, structured system — with the science, the common mistakes, the advanced techniques, and a full 4-week progressive training plan that builds your control week by week.

## Why Kegel Exercises Work — The Plain Truth

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Every man who finishes too fast, loses his erection too quickly, or struggles with sexual stamina has one thing in common: undertrained pelvic floor muscles.

The pelvic floor is a group of muscles that sit at the base of your pelvis — like a hammock stretched between your hip bones. These muscles do three critical things for your sexual performance:

### **Control blood flow to the penis**

When your pelvic floor muscles are strong and toned, they help trap blood inside the erectile tissue during an erection, making it harder and more sustained

### **Control the ejaculation reflex**

The bulbocavernosus muscle — part of your pelvic floor — is directly responsible for the ejaculation reflex. A trained, conditioned muscle gives you conscious control over when ejaculation happens. An untrained one fires automatically

### **Power your sexual stamina**

Pelvic floor endurance determines how long you can maintain performance without fatigue, loss of erection, or premature ejaculation

The reason most men's problems do not fix themselves with time is simple: these muscles are never deliberately trained. You train your chest. You train your legs. But nobody teaches men to train the muscles that actually control their sexual performance. This section fixes that.

## The 5 Most Common Kegel Mistakes — And How to Avoid Them

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Most men who try Kegel exercises quit after two weeks because they see no results. The reason is almost always one of these five mistakes:

### **Mistake 1: Squeezing the wrong muscles**

Many men accidentally squeeze their buttocks, thighs, or abdomen instead of their PC muscles. You will know you are doing this if your legs tense up or you feel the squeeze in your stomach. Fix: Isolate only the muscle you use to stop urination. Everything else stays relaxed.

**FIX: Before every session, take one slow breath in, breathe out, and only then squeeze — this helps isolate the correct muscle group.**

### **Mistake 2: Not releasing fully**

The release phase is as important as the squeeze. Many men squeeze, hold briefly, then immediately squeeze again without a full release. This builds tension without building control.

**FIX: After every squeeze, release completely and count 3-5 seconds before your next squeeze. Feel the muscle fully let go.**

### **Mistake 3: Holding their breath**

Holding your breath during Kegels creates unnecessary tension throughout your body and reduces the effectiveness of the exercise.

**FIX: Breathe normally throughout every set. In through your nose during the release, out during the squeeze.**

### **Mistake 4: Doing too many too fast**

More is not better. Doing 200 Kegels on day one exhausts the muscle and causes soreness — and an exhausted pelvic floor actually performs worse, not better, until it recovers.

**FIX: Follow the progressive plan in this section exactly. Start with the Week 1 amounts even if they feel too easy.**

### **Mistake 5: Skipping the Reverse Kegel**

A Kegel is a squeeze. A Reverse Kegel is a deliberate release and lengthening of the same muscle. Most guides only teach the squeeze. But the Reverse Kegel is the technique that gives you the most direct control over ejaculation timing — and almost nobody teaches it.

**FIX: Read the Reverse Kegel section below carefully. This one technique alone can transform your ejaculation control within two weeks of consistent practice.**



# The Reverse Kegel — The Hidden Technique for Ejaculation Control

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**This is the most important technique in this entire Kegel section. Read it carefully.**

A standard Kegel is a contraction — you squeeze and hold your pelvic floor. A Reverse Kegel is the opposite — you consciously relax and lengthen the pelvic floor muscles. It feels like the sensation of letting urine flow freely, or the feeling of gently pushing down.

Here is why this matters for ejaculation control: ejaculation is triggered when the pelvic floor muscles contract involuntarily. If your pelvic floor is chronically tight or tense — which is extremely common in men under stress — it is primed to fire quickly and without control. The Reverse Kegel teaches your muscle to stay relaxed under arousal, giving you the ability to delay ejaculation consciously.

## How to Do a Reverse Kegel:

1. Sit comfortably with your body relaxed. Take two slow breaths to settle.
2. Instead of squeezing, gently push outward and downward with your pelvic floor — as if you are very slowly beginning to let urine flow, but without actually urinating
3. You should feel a gentle lengthening or expanding sensation at the base of your pelvis. This is the Reverse Kegel
4. Hold this release for 5 seconds, then return to neutral (neither squeezed nor pushed)
5. Rest for 5 seconds
6. Repeat 10 times. That is one set

## How to Use the Reverse Kegel During Intercourse:

When you feel yourself approaching ejaculation too quickly, the instinct for most men is to tense up, hold their breath, and squeeze. This actually makes ejaculation happen faster. The correct technique — the one that actually works — is the opposite:

1. Take a slow breath out through your mouth
2. Consciously relax your pelvic floor — perform a Reverse Kegel
3. Slow your movements or pause briefly
4. You will feel the urgency reduce within 5-10 seconds
5. Resume when you feel fully in control

Practice the Reverse Kegel daily for 2 weeks before using it during intercourse. It is a skill — and like every skill, it requires repetition before it becomes instinctive. Men who master this technique report being able to extend their performance duration by 5 to 20 minutes within 3 to 4 weeks of consistent practice.



# Your Complete 4-Week Progressive Kegel Training Plan

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This plan builds your pelvic floor strength progressively — the same way a proper gym programme builds any other muscle. Starting too intense causes fatigue with no results. Following the progression correctly produces real, compounding improvement every single week.

## WEEK 1 — Foundation

Days 1-7

*Goal: Building awareness and establishing the habit*

- Standard Kegels: 3 sets of 10 reps — 5 second hold, 5 second release
- Reverse Kegels: 2 sets of 10 reps — 5 second release, 5 second neutral
- Rest: 30 seconds between sets
- Total time: 8-10 minutes per day
- When: Morning, before eating

*Expected outcome: By the end of Week 1, you should be able to clearly feel the difference between a squeeze and a release. Your muscle awareness is now established.*

## WEEK 2 — Building Strength

Days 8-14

*Goal: Increasing hold time and adding endurance sets*

- Standard Kegels: 3 sets of 15 reps — 8 second hold, 5 second release
- Reverse Kegels: 3 sets of 10 reps — 8 second release, 5 second neutral
- Quick-fire Kegels (new): 1 set of 20 rapid squeezes and releases — 1 second each. These train fast-twitch muscle response
- Rest: 30 seconds between sets
- Total time: 12-15 minutes per day

*Expected outcome: By the end of Week 2, most men begin noticing improved erection firmness and the first signs of improved ejaculation control. Your wife or partner may notice something has changed before you tell them.*

## WEEK 3 — Control Training

Days 15-21

*Goal: Combining Kegels with real-world ejaculation control practice*

- Standard Kegels: 3 sets of 15 reps — 10 second hold, 5 second release

- Reverse Kegels: 3 sets of 12 reps — 10 second release
- Quick-fire Kegels: 2 sets of 25 rapid squeezes
- Stop-Start practice (3 times this week): Use the Stop-Start technique from Exercise 2, but now combine it with a Reverse Kegel at the point where you would normally tense up. This trains the exact real-world control mechanism
- Total time: 15-18 minutes per day

*Expected outcome: By the end of Week 3, men following this programme consistently report being able to delay ejaculation consciously for the first time. The Reverse Kegel during Stop-Start practice is producing real nervous system reconditioning.*

## **WEEK 4 — Mastery and Integration**

**Days 22-28**

*Goal: Full strength, full control, integrating into real performance*

- Standard Kegels: 4 sets of 15 reps — 12 second hold, 5 second release
- Reverse Kegels: 3 sets of 15 reps — 12 second release
- Quick-fire Kegels: 2 sets of 30 rapid squeezes
- Stop-Start practice with Reverse Kegel (3 times this week)
- Begin applying the Reverse Kegel technique during actual intercourse
- Total time: 18-20 minutes per day

*Expected outcome: By the end of Week 4, your pelvic floor is significantly stronger, more conditioned, and under your conscious control than it has ever been. Most men who complete this full 4-week Kegel Protocol report lasting 2 to 5 times longer than they did before starting.*

## The Emergency Kegel Technique — What to Do In the Moment

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This is what to do when you are in the middle of intercourse and you feel yourself approaching ejaculation faster than you want to. This technique works even for men who are only in Week 1 of their Kegel training — but it becomes significantly more powerful and reliable as your pelvic floor gets stronger over the 4 weeks.

### 1 **Recognise the warning signal early**

Do not wait until you are at 90% arousal. The technique works best when applied at 60-70%. Learn to recognise your body's signal earlier than you currently do.

### 2 **Breathe out slowly through your mouth**

This activates your parasympathetic nervous system and begins to reduce the ejaculatory urgency immediately.

### 3 **Perform a Reverse Kegel**

Consciously relax and lengthen your pelvic floor. Do NOT squeeze — squeezing at this point accelerates ejaculation. The reverse motion is what creates the braking effect.

### 4 **Slow or pause movement**

Reduce stimulation for 5-10 seconds while you hold the Reverse Kegel. You do not need to stop completely.

### 5 **Resume when control is restored**

Once the urgency has reduced to below 50%, resume at a pace you are comfortable maintaining. Each time you apply this technique successfully, your control threshold extends a little further.

### **The Kegel Power Protocol — 3-Line Summary**

Train every day with the 4-week plan. Master the Reverse Kegel. Use the Emergency technique in the moment.

*Do these three things consistently and your ejaculation control will be unrecognisable within 4 weeks.*

## Pillar 3 — Natural Herbal Remedies

### Proven African and Natural Herbs That Accelerate Restoration

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These remedies have been used by African men for generations for exactly these problems. Every remedy below is supported by both traditional use and modern research.

#### Remedy 1 — African Ginseng / Ashwagandha (Daily Tonic)

##### What it does:

Ashwagandha — known as African ginseng in traditional medicine — is the most researched natural testosterone booster in existence. A 2019 clinical study found that men who took ashwagandha daily for 8 weeks increased their testosterone by an average of 14.7% and reported significantly improved sexual performance and satisfaction.

##### How to use:

Take 500mg of ashwagandha powder or capsules daily — either added to your morning power drink or taken as a capsule with food. Available in health stores across Nigeria, Kenya, Ghana, and most African cities.

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#### Remedy 2 — Tiger Nut Milk Tonic (3 Times Per Week)

##### What it does:

Tiger nuts — known as aya in Hausa, ofio in Yoruba, aki Hausa in Igbo — are one of the most powerful traditional West African male vitality foods. They are rich in arginine, an amino acid that directly produces nitric oxide — the chemical that causes and maintains erections.

##### How to use:

Soak 100g of tiger nuts overnight. Blend with 400ml of water and a teaspoon of honey. Strain through a cloth. Drink one glass (200ml) three times per week. This drink has been used by West African men for centuries specifically for sexual strength.

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#### Remedy 3 — Moringa Leaf (Daily Superfood)

##### What it does:

Moringa — known across Africa as the miracle tree — contains 90+ nutrients including zinc, magnesium, vitamin D, and arginine — all critical for male sexual performance. Studies show moringa significantly increases testosterone levels and sperm quality.

##### How to use:

Add 1-2 teaspoons of dried moringa leaf powder to your food, soup, or morning drink daily. Widely available across Nigeria, Kenya, Ghana, Uganda, Tanzania, and all target countries.

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## **Remedy 4 — Garlic and Honey Paste (Daily)**

### **What it does:**

Raw garlic contains allicin — one of the most powerful natural blood vessel dilators known. It directly improves blood flow to the penis, strengthening erections. Together with honey they form a powerful daily male tonic used across African traditional medicine.

### **How to use:**

Crush 3-4 fresh garlic cloves into a paste. Mix with 1 teaspoon of raw honey. Consume every morning before your power drink. If the taste is too strong, add it to food instead.

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## **Remedy 5 — Fenugreek Seed Water (Daily)**

### **What it does:**

Fenugreek contains compounds called furostanolic saponins that directly inhibit the enzyme that converts testosterone into oestrogen — keeping more of your testosterone active and available. Multiple studies confirm fenugreek supplementation significantly increases free testosterone in men.

### **How to use:**

Soak 1 teaspoon of fenugreek seeds in a glass of water overnight. Drink the water first thing in the morning before your power drink. Do this every day throughout your 4 weeks.

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## Pillar 4 — The Mental Edge

### Rewiring the Psychological Patterns That Work Against Your Performance

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This is the pillar most men skip. And it is the reason many men do everything else right and still struggle. Your brain controls your erection, your ejaculation timing, and your sexual desire. When your brain enters a state of anxiety, fear, or performance pressure — it releases adrenaline, which constricts blood vessels and makes erection and control significantly harder.

#### Mental Practice 1 — The Pre-Performance Breathing Reset (2 Minutes)

This technique activates your parasympathetic nervous system — the opposite of the fight-or-flight response that kills performance. Do this before any sexual encounter.

- Breathe in slowly through your nose for 4 counts
- Hold for 4 counts
- Breathe out slowly through your mouth for 6 counts
- Repeat 5 times
- This simple technique reduces cortisol, relaxes blood vessels, and shifts your brain from anxiety mode into presence mode. It takes 2 minutes and dramatically changes the physical environment inside your body.

#### Mental Practice 2 — Eliminate the Performance Scorecard

Most men with performance anxiety are secretly grading themselves during sex. Every second they are asking: How am I doing? Is she satisfied? Am I lasting long enough? This internal monitoring directly worsens performance.

- During intimacy, redirect your attention entirely to sensation and presence — what you feel, what your partner sounds like, what is happening in the moment
- Every time your mind drifts to self-monitoring, gently return it to physical sensation
- This is a skill that improves with practice

#### Mental Practice 3 — The Daily Confidence Statement (60 Seconds)

Every morning after your power drink, say this out loud — alone, in private:

- "I am a man in full restoration. My body is strong, my blood is powerful, my performance is improving every day. I am not my past experiences. I am building something new."
- Say it every morning for 4 weeks. The effect on your confidence going into intimate situations is real and measurable.

#### Mental Practice 4 — Remove Pornography Completely

This is not a moral instruction. It is a performance instruction. Pornography rewires the brain's dopamine reward system, raising the threshold required for real arousal and making quick ejaculation significantly worse.

- For your 4 weeks: zero pornography. This is non-negotiable if you want maximum results.
- Multiple studies confirm that men who eliminate pornography for 3 to 6 weeks report dramatically improved erection quality, arousal response, and ejaculatory control with real partners.

### PHASE 3

## Maintain — Protecting Your Power Long-Term

By Day 26 and 27 you should be feeling a real difference. Stronger mornings. Better control. More desire. More confidence. Your body is responding. Now the goal is to make sure you never lose what you have rebuilt.

### Your Weekly Maintenance Routine

| FREQUENCY   | ACTION   | WHY  |
|-------------|--|--|
| Every day   | Drink your Power Morning Drink                     | Keeps testosterone support consistent                      |
| Every day   | 3 litres of water minimum                          | Hydration is directly linked to erection quality           |
| Every day   | Eat at least one testosterone food                 | Daily nutritional support for hormone levels               |
| Every day   | Kegel exercise routine — 10 minutes                | Ejaculatory control is maintained through regular training |
| Every day   | Reverse Kegel practice — 5 minutes                 | Maintains ejaculation control and pelvic floor balance     |
| 4x per week | Full exercise routine including squats and bridges | Maintains pelvic floor and testosterone levels             |
| 3x per week | Tiger nut tonic                                    | Ongoing nitric oxide and erection support                  |
| Daily       | Moringa in food or drink                           | Continued micronutrient support                            |
| Ongoing     | Zero pornography                                   | Protects dopamine sensitivity and arousal response         |
| Ongoing     | 7-9 hours of sleep nightly                         | Testosterone is produced during sleep — protect it         |

### Long-Term Lifestyle Habits That Protect Your Power

- Sleep 7-9 hours every night — this is when your testosterone is produced. Non-negotiable.
- Manage stress actively — identify your biggest stressors and take one practical action to reduce them.
- Stay physically active — men who exercise regularly maintain testosterone levels significantly higher than sedentary men throughout their lives.
- Maintain a healthy weight — excess belly fat converts testosterone into oestrogen.
- Limit alcohol permanently — even moderate regular drinking suppresses testosterone by 6-23%.
- Continue eating your power foods — eggs, pumpkin seeds, tiger nuts, garlic, moringa — make these permanent parts of your diet.



- Maintain your Kegel and Reverse Kegel practice — 10 minutes 3 times a week is all it takes to permanently maintain ejaculatory control.

### **Warning Signs to Watch For**

- If erection quality drops significantly — return to the full 4-week protocol for one week
- If quick ejaculation returns — increase your Kegel and Stop-Start practice frequency immediately
- Persistent pain during erection or urination — see a doctor, this guide does not treat infections or structural problems
- Complete loss of desire with no improvement after 4 weeks — consult a doctor to check testosterone levels clinically

## TOOL 1 — Your 4-Week Daily Tracker

Tick each pillar you complete every day. Write notes on how you feel — changes in erection quality, stamina, desire, confidence. Your notes will show you your own progress.

| DAY    | MAIN FOCUS                                     | PILLARS      | HOW I FEEL |
|--------|--|--------------|------------|
| Day 1  | Read Phase 1. Make your Power Drink            | [ ][ ][ ][ ] |            |
| Day 2  | Read Phase 1 again. Buy all ingredients        | [ ][ ][ ][ ] |            |
| Day 3  | Begin all 4 Pillars — full protocol starts     | [ ][ ][ ][ ] |            |
| Day 4  | All Pillars — first tiger nut tonic today      | [ ][ ][ ][ ] |            |
| Day 5  | All Pillars — note any morning changes         | [ ][ ][ ][ ] |            |
| Day 6  | All Pillars — Stop-Start practice today        | [ ][ ][ ][ ] |            |
| Day 7  | All Pillars — End of Week 1. How do you feel?  | [ ][ ][ ][ ] |            |
| Day 8  | All Pillars — increase Kegel hold to 8 seconds | [ ][ ][ ][ ] |            |
| Day 9  | All Pillars — tiger nut tonic today            | [ ][ ][ ][ ] |            |
| Day 10 | All Pillars — Stop-Start practice today        | [ ][ ][ ][ ] |            |
| Day 11 | All Pillars — assess erection quality vs Day 1 | [ ][ ][ ][ ] |            |
| Day 12 | All Pillars — tiger nut tonic today            | [ ][ ][ ][ ] |            |
| Day 13 | All Pillars — confidence statement practice    | [ ][ ][ ][ ] |            |
| Day 14 | All Pillars — End of Week 2. Progress check    | [ ][ ][ ][ ] |            |
| Day 15 | All Pillars — Kegel hold 10 seconds now        | [ ][ ][ ][ ] |            |
| Day 16 | All Pillars — Stop-Start + Reverse Kegel today | [ ][ ][ ][ ] |            |
| Day 17 | All Pillars — tiger nut tonic today            | [ ][ ][ ][ ] |            |
| Day 18 | All Pillars — Week 3 Kegel plan                | [ ][ ][ ][ ] |            |
| Day 19 | All Pillars — Reverse Kegel focus today        | [ ][ ][ ][ ] |            |
| Day 20 | All Pillars — tiger nut tonic today            | [ ][ ][ ][ ] |            |
| Day 21 | All Pillars — End of Week 3. Compare to Day 1  | [ ][ ][ ][ ] |            |
| Day 22 | All Pillars — Week 4 Kegel plan begins         | [ ][ ][ ][ ] |            |
| Day 23 | All Pillars — Stop-Start practice today        | [ ][ ][ ][ ] |            |
| Day 24 | All Pillars — tiger nut tonic today            | [ ][ ][ ][ ] |            |
| Day 25 | All Pillars — full protocol final days         | [ ][ ][ ][ ] |            |
| Day 26 | All Pillars — maintenance review               | [ ][ ][ ][ ] |            |

|               |   |              |  |
|---------------|---|--------------|--|
| <b>Day 27</b> | All Pillars — full assessment               | [ ][ ][ ][ ] |  |
| <b>Day 28</b> | COMPLETE. Build your maintenance plan today | [ ][ ][ ][ ] |  |

Every ingredient in this protocol is available across Nigeria, Kenya, Ghana, Uganda, Tanzania, Zambia, Zimbabwe, Rwanda, and Cameroon. Here is where to find each one.

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# TOOL 3 — Performance Exercise Chart

Your complete daily exercise reference including the full Kegel Power Protocol. Keep this open on your phone while you train.

| EXERCISE                   | SETS      | REPS/HOLD              | TARGET & KEY REMINDER   |
|----------------------------|-----------|------------------------|---|
| Kegel Squeezes             | 3 sets    | 15 reps, 5-12s hold    | Ejaculation control — squeeze AND release fully. Progress hold time w   |
| Reverse Kegels             | 3 sets    | 10-15 reps, 5-12s hold | Erection braking — consciously lengthen the pelvic floor. Key for en    |
| Quick-fire Kegels          | 2 sets    | 20-30 rapid reps       | Fast-twitch pelvic floor response — 1 second squeeze, 1 second relea    |
| Stop-Start + Reverse Kegel | 3 cycles  | 3x per week            | Ejaculatory reflex training — apply Reverse Kegel at the point of urgen |
| Pelvic Bridges             | 2 sets    | 20 reps, 5s hold       | Erection strength — squeeze PC at top of bridge                         |
| Deep Squats                | 3 sets    | 15-20 reps             | Testosterone release — squeeze PC at bottom of squat                    |
| Brisk Walk/Jog             | 1 session | 20-30 minutes          | Blood flow and cardiovascular erection support — every day              |

## TOOL 4 — Your Power Grocery List

---

Take this list to the market before Day 1. Buy everything in one trip so you are ready for all 4 weeks.

| FROM THE OPEN MARKET  | FROM HEALTH STORE / PHARMACY / ONLINE                               |
|---|---|
| <input type="checkbox"/> Tiger nuts / Aya (200g)                | <input type="checkbox"/> Ashwagandha powder or capsules (500mg)     |
| <input type="checkbox"/> Fresh ginger (large root)              | <input type="checkbox"/> Moringa leaf powder (100% pure)            |
| <input type="checkbox"/> Fresh turmeric or turmeric powder      | <input type="checkbox"/> Fenugreek seeds (small bag)                |
| <input type="checkbox"/> Garlic (2-3 heads)                     | <input type="checkbox"/> Raw honey (1 jar)                          |
| <input type="checkbox"/> Pumpkin seeds / Egusi shelled (200g)   | <input type="checkbox"/> Virgin coconut oil (for cooking)           |
| <input type="checkbox"/> Watermelon (buy as needed)             | <input type="checkbox"/> Maca powder (optional but powerful)        |
| <input type="checkbox"/> Avocados (6-8)                         | <input type="checkbox"/> Zinc supplement tablets (if budget allows) |
| <input type="checkbox"/> Eggs (2 trays)                         | <input type="checkbox"/> 3 litres of clean water daily              |
| <input type="checkbox"/> Mackerel or sardines (fresh or canned) |   |
| <input type="checkbox"/> Leafy greens — ugu or spinach          |   |
| <input type="checkbox"/> Bananas (bunch)                        |   |
| <input type="checkbox"/> Goat or beef (2-3 servings per week)   |   |

## TOOL 5 — Your Maintenance Calendar

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After your 4 weeks, use this weekly calendar to stay consistent and protect your results permanently.

| HABIT                     | MON                      | TUE                      | WED                      | THU                      | FRI                      | SAT                      | SUN                      |
|---------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Power morning drink       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 litres water            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Testosterone food (daily) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Kegel exercises           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Reverse Kegel practice    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Full exercise routine     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tiger nut tonic (3x/week) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Moringa in food/drink     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7-9 hours sleep           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

## Final Words to Every African Man

*You did not just read a guide. You decided to take your power back.*

Most African men suffer with these problems for years. They do not talk about it. They do not seek help. They carry the shame silently while it damages their relationships, their confidence, and their sense of who they are as men.

You chose differently. You invested in yourself. And now you have everything you need — the knowledge, the protocol, the Kegel Power system, and the understanding of your own body — to restore what was lost and protect it for the rest of your life.

The men in our communities who came before us did not suffer from these problems the way modern men do. They ate correctly. They lived actively. They trained their bodies — including the muscles that matter most for performance. They used the natural resources of the African earth. This guide is that same knowledge — brought back to you in plain language, made simple enough to start today.

The 4 weeks start the moment you close this guide and go to your kitchen.

*And when you feel the difference — when she notices without you saying a word, when you look in the mirror and recognise the man standing there —  
remember that you built that. You showed up for yourself when no one else knew you needed it.*

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## THE AFRICAN MAN'S SEXUAL POWER BIBLE

*Kegel Edition*

Your power. Your restoration. Your right.

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DISCLAIMER: This guide is for educational and informational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment. Always consult a qualified healthcare provider if you have a medical condition or concern.

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