



Copyright Notice: No part of this report should be shared or reproduced without getting permission from [IzzyMediaLabs](#). If this warning is disregarded, there shall be legal consequences.

[D-Alpha-Life-Style](#)

Congratulations on making a smart decision about your health.

By going through this guide, you've taken an important step toward improving your strength, energy, and overall well-being.

Everything you're about to read has been carefully put together to be **practical, simple, and effective**.

There's no unnecessary information here.

[No long stories](#). [No confusion](#). Just clear steps you can understand, apply, and benefit from.

This guide is designed for action.

So don't just read it Apply what you learn consistently.

That's where real results come from.

Before we continue...

It's important to include a standard disclaimer, as required for all health-related information products by the Federal Ministry Of Health and the Food and Drugs Administration.

IMPORTANT DISCLAIMER: READ THIS

This book details the author's personal experiences with and opinions about alternative health care and herbal remedy.

The author is not a [or your] healthcare provider. The author and publisher are providing this book and its contents on an "as is" basis and make no representations or warranties of any kind with respect to this book or its contents.

The author and publisher disclaim all such representations and warranties, including for example warranties of merchantability and healthcare for a particular purpose.

In addition, the author and publisher do not represent or warrant that the information accessible via this book is accurate, complete, or current.

The statements made about products and services have not been evaluated by the U.S. Food and Drug Administration.

They are not intended to diagnose, treat, cure, or prevent any condition or disease. Please consult with your own physician or healthcare specialist regarding the suggestions and recommendations made in this book.

Except as specifically stated in this book, neither the author or publisher, nor any authors, contributors, or other representatives will be liable for damages arising out of or in connection with the use of this book.

This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory; direct, indirect or consequential damages; loss of data, income or profit; loss of or damage to property and claims of third parties.

You understand that this book is not intended as a substitute for consultation with a licensed healthcare practitioner, such as your physician.

Before you begin any healthcare program, or change your lifestyle in any way, you will consult your physician or another licensed healthcare practitioner to ensure that you are in good health and that the examples contained in this book will not harm you.

This book provides content related to physical and/or mental health issues. As such, use of this book implies your acceptance of this disclaimer

Here Is What You've Been Waiting For... Let's Begin

You don't need complicated solutions.

You need to **support your blood flow daily**.

Total Body Cleanse & Libido Boost Formula A

Simple Daily Method to Support **Circulation, Energy & Performance**

Instead of guessing what to eat...

You can combine the right foods into one simple daily routine.

INGREDIENTS (Easy to Find in Nigeria)

- 1. Turmeric
- 2. Cloves
- 3. Ginger
- 4. Garlic Booni

PREPARATION

- ▬ Peel off the skin of the Garlic, Ginger, and Turmeric.
- Cut them into little sizes and wash with water.
- Soak all the ingredients in a bottle of water
- .- Add cloves and Booni,
- Let it soak for 3 days.

DOSAGE

Drink half a glass cup in the morning before meals and at night just before going to bed

WARNING: NOT FOR THE FOLLOWING PEOPLE

1. Pregnant women
2. Nursing mothers
3. Ulcer patient
4. Ovulating ladies.

EFFECTIVE CURE FOR TYPE 2 DIABETES

Ingredients...

1. Water leaf,. 2. Coconut juice 3. Wild Honey

Preparation...

- Get a substantial quantity of water leaf,
- Wash and squeeze the juice into the water from 7 large coconuts,
- Add a cup of original honey.

DOSAGE

- Drink half a glass morning and evening for one week, then go for a check-up. Can be refrigerated

PROSTATE CANCER PREVENTION THERAPY

Ingredients:

- 8 large onions or 12 medium-sized onions.

Preparation.

- Peel off the dry skin of the onions and wash.
- Cut each bulb of onion into pieces and pound in a mortar.
Do not use a blender and do not add water.
- Squeeze out the onion juice with a clean piece of fabric.

DOSAGE

Drink 33cl of this juice.

Repeat after 3 weeks, then do it once more after 3 weeks.

To be repeated every 10 years subsequently.

Drink on an empty stomach in the morning.

GONORRHEA KILLER

INGREDIENTS

1. Two oranges
2. Clove (syzygium aromaticum) (atikingbadota in fon)

Preparation...

- Fill up a glass cup with fresh orange juice, freshly squeezed.
- Add a tablespoon of crushed cloves. Drink immediately

DOSAGE

Drink a glass morning and evening for 2 weeks

BONUS: THE SUPERMAN POWER SMOOTHIE

This is considered by many the Best Smoothie for erectile dysfunction and lasting long.

Beetroot as one of the ingredients, in the body, produces nitric oxide which helps open up blood vessels to keep the pressure in the corpus cavernosum enhanced to keep an erection for long

Pomegranate according to experts can help boost your mood, increase blood flow and testosterone production levels, all of this which can help you perform much longer during sex

Ingredients

Beetroot Powder

Pomegranate Powder

Ginger

Yogurt

Date Powder

Banana

How to Prepare

Add 2 bananas, half a cup of yogurt into a blender Pour 1 cup of water and blend for 2 mins

Add half scoop each of beetroot & pomegranate powder

Add a quarter scoop of date powder and blend for 2-3 mins

Serve & enjoy (At least 3 times a week)

Pelvic Control **Exercise for Men**

One common reason some men struggle with control is weak pelvic floor muscles.

These muscles help support bladder control and can also play a role in timing and control.

Better Exercise (Do It Outside the Bathroom)

1. Tighten the muscles you would use to stop urine flow
2. Hold for **3 seconds**
3. Relax for **3 seconds**
4. Repeat **10–15 times**
5. Do this **1–2 times daily**

HOW TO DO THE 3-SECOND PELVIC CONTROL EXERCISE (Step by Step)

What Muscles Are You Tightening?

These are the **pelvic floor muscles** the muscles you would naturally use to:

- stop urine flow
- hold in gas
- tighten the area between your legs

Do **not** squeeze your stomach, thighs, or buttocks.

STEP 1 Tighten the Right Muscles

Gently squeeze and lift the (**Pelvic muscles**) inward.

When I say “**pelvic muscles inward**”, I mean

Simple Way to Understand It

It is the **inside lower body muscles around your manhood and bottom area.**

Think

“Pull up and hold”

You should feel tension inside, not outside.

Important:

- Keep breathing normally
 - Keep shoulders relaxed
 - Don't strain
-

STEP 2 Hold for 3 Seconds

Once tightened, hold the squeeze for:

1... 2... 3...

Keep the squeeze steady, not too hard.

If 3 seconds is difficult, start with 1–2 seconds and build up.

STEP 3 Relax for 3 Seconds

Now fully release the muscles.

Rest for:

1... 2... 3...

Let the area soften completely before the next repetition.

This rest phase is important.

STEP 4 Repeat 10–15 Times

That is **1 set**.

Example:

- Tighten 3 sec
- Relax 3 sec
- = 1 rep

Do this until you complete **10–15 reps**.

STEP 5 Do 1–2 Times Daily

Best times:

- Morning
- Evening

Or while:

- sitting
- standing
- lying down

No one needs to know you're doing it.

WHAT TO EXPECT WITH

CONSISTENCY

Over time, some men notice improvements in:

- control
- confidence
- pelvic strength
- body awareness

FOR MEN WHO WANT **FASTER, MORE CONVENIENT**
SUPPORT

Get The Hormone Regulator Tea



Hormone Regulatory Tea
Lowers high sugar
Lowers blood Pressure
Lowers High cholesterol
Sleeping management
Enhances Blood Flow
Cleanse Arteries

prolife organics

2g X 20bags

Indications:
This herbal blend is formulated to help regulate hormones responsible for glucose balance, sexual vitality, and cardiovascular wellness.

Dosage:
Take one tea bag and soak in hot water.
Drink daily at night after meal.

Ingredient:
Cinnamon, Rosemary leaf, Turmeric, Guava leaf, Pear leaf

PRODUCED BY
Ancient Organic Herbal Enterprises
Address:
Prosper Villa, 30 Zone 1,
Abidogun area, Ota-efun,
Osogbo, Osun State.

MARKETED BY
Prolife Organics
+234 810 786 7580
NAFDAC Reg. No. AD-102025L

BATCH NO: 1808
MFD - 10/06/25
EXP - 25/02/28

100%
RC266491
DC-883

PLUS FREE BONUS

You'll also receive a **High Blood Pressure Support Capsule** to help support healthy circulation and overall balance.

You just make this part of your day and stay consistent.

Time is moving whether you act or not. The difference is what you choose to do next.

<https://thehealthyman.website/d-alpha-hormone-tea-isra/>