

P.O.I.S

What Nobody Ever Told You

The survival guide for the man
who suffers in silence

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Le Grand RESET

LEGAL DISCLAIMER

This guide is an informational and educational document based on the author's personal experience and available scientific research on P.O.I.S (Post Orgasmic Illness Syndrome). It does not constitute medical advice and does not replace a consultation with a qualified healthcare professional. The results described reflect the author's personal experience and may vary from one individual to another. If you experience persistent symptoms, please consult a doctor. This document is not intended to diagnose, treat, cure, or prevent any disease.

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FOREWORD

My Story — 17 Years of Invisible Prison

I'm writing this guide because nobody wrote it before me.

For 17 years, I experienced something inexplicable. After every orgasm, my body and mind would collapse. Fatigue became crushing. Mental fog would settle in for days. Anxiety rose without apparent reason. Irritability took over. I was no longer myself.

I consulted doctors. General practitioners, specialists, urologists. The tests came back normal. I was told it was stress, anxiety, maybe mild depression. Some looked at me blankly when I tried to explain the connection between my symptoms and orgasm.

So I searched alone. Years of research, testing, failing, starting over. And one day, I found what I was looking for: a name. An explanation. And above all, a way out.

This guide is the summary of everything I wish I had read on day one. It will not heal you on its own — but it will give you what everything begins with: understanding what is happening to you. A named problem is already half solved.

*"A man who understands what is happening to him immediately
reclaims a part of his power."*

— Fabrice

What Is P.O.I.S?

Post Orgasmic Illness Syndrome — Real. Documented. And completely ignored.

A condition recognized by science

P.O.I.S — Post Orgasmic Illness Syndrome — is a medical condition characterized by the onset of physical and cognitive symptoms within minutes, hours, or days following an orgasm. It primarily affects men, although female cases have also been documented.

The condition was formally described for the first time in 2002 by researchers Marcel Waldinger and Bacterial Schweitzer in the *Journal of Sex & Marital Therapy*. Since then, a few dozen studies have confirmed its existence — but the condition remains virtually unknown to general practitioners, and completely absent from medical training in most Western countries.

What P.O.I.S is NOT

It is important to clarify several common misconceptions:

- **It is not normal post-coital fatigue**

The slight drowsiness after orgasm is universal and lasts a few minutes to an hour. P.O.I.S, on the other hand, sets in for hours, days, sometimes an entire week.

- **It is not in your head**

P.O.I.S symptoms are biologically real. Several solid mechanistic hypotheses have been identified by research — explored in Chapter 3.

- **It is not a sexual dysfunction**

P.O.I.S does not affect your ability to have erections or your libido per se. It affects your overall state after orgasm, not before or during.

- **It is not rare — it is simply invisible**

The true prevalence of P.O.I.S is unknown due to the lack of large-scale studies. But online communities gather thousands of men from around the world describing the exact same symptoms.

Are You Affected? The Symptom Test

The diagnosis of P.O.I.S rests above all on recognizing a precise and repeatable pattern.

There is currently no standardized biological test to diagnose P.O.I.S. The diagnosis relies on observing a repeatable pattern: symptoms that systematically appear after orgasm, and that diminish with abstinence.

The most frequent symptoms

◆ Intense fatigue

An exhaustion that goes far beyond normal, potentially preventing you from working or functioning normally for several days.

◆ Mental fog (brain fog)

Difficulty concentrating, impaired memory, cognitive slowing, the sensation of thinking 'through cotton wool'.

◆ Unexplained anxiety

A surge of anxiety or nervousness without apparent cause, often accompanied by heightened sensory sensitivity.

◆ Depressive episodes

A low mood, a feeling of emptiness, pronounced social withdrawal that sets in within hours or days following orgasm.

◆ Irritability and emotional instability

Disproportionate reactions, an inability to manage stress, unpredictable moods.

◆ Flu-like symptoms

Runny or blocked nose, sneezing, slight fever, muscle aches — like the onset of flu.

◆ Physical pain

Muscle pain, eye pain, sometimes headaches or sensitivity around the lymph nodes.

◆ Social withdrawal

A pronounced desire for isolation, difficulty interacting socially, hypersensitivity to noise or light.

The key criterion: systematicity

What distinguishes P.O.I.S from simple passing fatigue is the repeatability of the pattern. If you recognize yourself in at least 3 to 5 of these symptoms, and they appear systematically after orgasm — whether with a partner or during masturbation — and they diminish with abstinence, you very likely present a P.O.I.S profile.

"When I understood that my symptoms had a precise, repeatable trigger, something inside me was relieved. I was not losing my mind."

What Is Really Happening in Your Body

Science has identified several biological mechanisms — none is yet definitive, but each opens an avenue for action.

The autoimmune hypothesis

The most documented theory to date suggests that some men develop an abnormal immune response to their own sperm or seminal proteins. Orgasm would then trigger an inflammatory reaction similar to a mild allergic response — hence the flu-like symptoms and degraded general state. Some researchers have observed improvement in patients treated with antihistamines, reinforcing this hypothesis.

The neurological hypothesis — the opioid rebound

Orgasm releases a powerful cocktail of neurotransmitters: dopamine, oxytocin, serotonin, and above all endorphins (natural opioids). In some men, this massive release is followed by a sharp reversal — a crash in the levels of these molecules — producing symptoms similar to mild withdrawal: fatigue, irritability, anhedonia, mental fog.

The hormonal hypothesis — the role of prolactin

After orgasm, the body secretes prolactin, a hormone associated with satisfaction and sexual refractoriness. Abnormally high or prolonged prolactin levels could explain the energy crash and mood disorders. Prolactin also inhibits dopamine, which would explain the reduced motivation and social withdrawal.

The systemic inflammatory hypothesis

Some researchers propose a systemic inflammatory response triggered by orgasm. Pro-inflammatory cytokines released would cause flu-like symptoms, pain, and cognitive slowing. This pathway partly overlaps with the autoimmune hypothesis but suggests a more general mechanism.

What these hypotheses share: they are all biologically real and potentially addressable. This is the foundation on which the P.O.I.S RESET program is built.

Why Medicine Doesn't See You

It is not that you haven't looked hard enough. It is that the system is not equipped to find you.

- **Fewer than 50 published studies worldwide**

P.O.I.S is a condition of extreme documentary rarity. Compared to diseases like diabetes or hypertension — which are the subject of tens of thousands of studies — research on P.O.I.S remains quasi-nonexistent. No doctor can be trained on what they have never studied.

- **The causal link is difficult to establish in a consultation**

When you show up at the doctor's office with fatigue, anxiety, and pain — without spontaneously mentioning the link to orgasm — these symptoms correspond to dozens of common conditions. The doctor follows the most likely leads. P.O.I.S is not among them.

- **Sexuality remains a medical blind spot**

Despite cultural evolution, detailed sexuality remains rarely explored in standard consultations. Few men dare to make the link explicitly. And few doctors dare to ask the right questions.

- **Zero established protocol**

There is currently no reference center, no treatment protocol, no officially trained specialist in P.O.I.S in most Western countries. You do not have a bad doctor — you have a problem that the medical system has simply not yet integrated.

*"I saw 11 doctors over 17 years. They all found normal results.
The problem was not in the tests. It was in the questions."*

The Silent Impact on Your Life as a Man

P.O.I.S does not just ruin a weekend. It insidiously reshapes your entire life.

Romantic life and intimacy

When every sexual act is followed by a multi-day collapse, intimacy becomes a source of fear rather than pleasure. Some men begin to consciously or unconsciously avoid sexual intercourse. Partners don't understand. Distance sets in. The relationship frays under the weight of a problem neither can name.

Professional performance

Days of mental fog and deep fatigue have a direct impact on the ability to work, make decisions, and interact. Men who are entrepreneurs, executives, or self-employed feel this impact especially acutely: each 'crash' can mean days of lost productivity, missed appointments, dried-up creativity.

Male identity

Being a man and no longer being able to orgasm without paying a price for days — this is a profound blow to one's identity. Many men feel a silent shame, an inexplicable sense of weakness, a feeling of being 'broken'. This identity wound is often the hardest to name and the longest to heal.

Social isolation

After a P.O.I.S episode, hypersensitivity and social withdrawal make even a simple outing with friends exhausting. Over time, some men progressively withdraw from social life, without understanding why they 'no longer feel like' seeing people. Isolation feeds depression, which feeds isolation.

7 Immediate Actions to Relieve the Symptoms

These are not definitive solutions — but they can significantly reduce the intensity and duration of your episodes starting today.

01 — Immediate mineralized hydration

Within 30 minutes of orgasm, drink 500 ml of water with a pinch of unrefined sea salt and a pinch of baking soda. Orgasm triggers a hormonal release that can affect electrolyte balance. Restoring this balance quickly attenuates the physical component of symptoms.

02 — Regulatory breathing (10 minutes)

The 4-7-8 technique: inhale for 4 seconds, hold for 7 seconds, exhale for 8 seconds. Repeat 5 to 8 cycles immediately after. This technique activates the parasympathetic nervous system and counters the post-orgasm adrenaline spike that often precedes the anxiety characteristic of P.O.I.S.

03 — Avoid fast sugars for the first 4 hours

The immune and inflammatory system is particularly sensitive after orgasm. Fast sugars amplify the inflammatory response. Favor lean proteins, vegetables, and healthy fats in the meals that follow.

04 — Natural morning light

Exposing yourself to natural light within the first hour after waking stimulates serotonin production and regulates cortisol. This is a powerful lever to counter the mental fog and mild depression characteristic of P.O.I.S.

05 — Cold as a regulator

A 2-3 minute cold shower (or partial immersion) in the hours following orgasm reduces systemic inflammation and triggers a release of noradrenaline that combats fatigue and mental fog. Start gradually if you are not accustomed to it.

06 — Magnesium before sleep

Magnesium bisglycinate (highly bioavailable form) at 300-400 mg in the evening reduces anxiety, improves sleep quality, and supports nervous system regulation. It is one of the most universally useful supplements in P.O.I.S profiles.

07 — Document your episodes

Create a simple journal: date, symptom intensity from 1 to 10, duration, dietary or sleep variations. This will allow you to identify your personal triggers, measure your progress, and if you consult a professional, provide them with valuable objective data.

The Way Out Exists

What you just read is the beginning. The P.O.I.S RESET program is what comes next.

The 7 actions in the previous chapter are first aid. They relieve. But breaking free from P.O.I.S durably requires a structured, multi-level approach: biological, neurological, hormonal, and identity-based.

For 17 years, I tested everything. Supplements, fasting, meditation, diets, therapies. I understood what worked, what didn't, and above all in what order to act to achieve lasting results.

The P.O.I.S RESET program is the complete protocol I built and refined on myself — condensed into an autonomous guide you can follow alone, at home, in total confidentiality.

What you will find in the full program:

- ◆ The complete immediate recovery protocol (first 48 hours after an episode)
- ◆ The P.O.I.S-specific anti-inflammatory dietary protocol
- ◆ The validated supplement stack — with precise doses, forms, and timing
- ◆ The 90-day nervous system regulation protocol
- ◆ Adapted physical exercise — what helps and what makes things worse
- ◆ Inner sovereignty and masculine identity work
- ◆ Managing sexuality during the reset — how to keep living fully

Ready to reclaim control?

Access the complete P.O.I.S RESET program and start your transformation today.

Instant access · 100% confidential · 30-day money-back guarantee

Warning: This guide is an educational document. It does not replace medical advice. Results may vary from one individual to another. If you experience persistent symptoms, please consult a qualified healthcare professional.

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