

# Prevent the decline. Perform at your peak.

The Alpha Guide to Preventing **Erectile Dysfunction**.

[GET AHEAD. START NOW.](#)

## 7 Proven Strategies Every High-Performing Man Should Know.

### WHY THIS GUIDE MATTERS

Most men don't talk about it—but nearly all will face it at some point. **Erectile dysfunction (ED)** is more than a bedroom issue. It's often the first signal that your body is off track—whether it's your heart, your hormones, or your stress levels.

But here's what most guys don't realize:  
**ED is preventable—and early action is the secret.**

At Alpha Refinery, we specialize in proactive, data-driven men's health. This guide gives you seven evidence-based strategies to protect your performance, energy, and confidence—now and for years to come.

# "52%

of men experience some form of **erectile dysfunction**, and it becomes increasingly common with age."

— *Massachusetts Male Aging Study, cited by Harvard Health Publishing*

### 1 THE REAL CAUSES OF ED

(HINT: IT'S NOT JUST AGING)



Too many men assume ED is just part of getting older. It's not. In most cases, it's a symptom—of inflammation, insulin resistance, low testosterone, or stress overload.

These issues can quietly build for years. The sooner you know what's happening under the surface, the faster (and easier) it is to fix.

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## WHY ED IS OFTEN THE FIRST SIGN OF HEART DISEASE



Your erections rely on healthy blood flow. And since the blood vessels in the penis are smaller than those in the heart, **ED can show up long before a heart attack does.**

If you're seeing changes in performance, don't ignore it—**your body may be trying to tell you something.**

"ED often precedes cardiovascular events by 3–5 years. It's a powerful early warning sign."

— Dr. Michael Blaha, Johns Hopkins Medicine

"The penis is the barometer of endothelial health."

— Dr. Michael Krychman, Cedars-Sinai Men's Health Center

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## NUTRITION THAT FUELS PERFORMANCE



**Food is fuel—or sabotage.** To optimize blood flow, testosterone, and vascular health, build your meals around:

- Leafy greens (spinach, arugula)
- Beets, pomegranate, and dark berries
- Omega-3s (wild salmon, walnuts)

**Avoid:** ultra-processed carbs, excessive alcohol, and added sugars—they silently sabotage your performance by spiking insulin and driving inflammation.

"Men with the healthiest diets had a **22%** lower risk of erectile dysfunction."

- Harvard T.H. Chan School of Public Health

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## THE HORMONE FACTOR: TESTOSTERONE AND BEYOND



Testosterone matters—but it's not the only hormone at play. **DHEA, estradiol, thyroid hormones, and cortisol** all influence your sex drive, energy, and mental clarity.

If you're over 30 and haven't had a comprehensive hormone panel yet, you're overdue.

**At Alpha Refinery, we don't guess—we test.**

## STRESS, SLEEP, & THE BRAIN-BODY CONNECTION



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High stress = high cortisol = low testosterone.  
One bad week of sleep can drop your T by [up to 15%](#).

### Start here:

- 7–8 hours of quality sleep
- No screens 60 min before bed
- Daily stress resets: breath-work, walking, or lifting

Your brain and body are connected—optimize both.

"Men who sleep less than 5 hours per night have testosterone levels 10–15% lower than those who sleep 7–8 hours."

— *Journal of the American Medical Association (JAMA)*

## MOVEMENT THAT ACTUALLY HELPS



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[Not all workouts are equal](#). Long cardio sessions can increase cortisol and tank your libido.

### Focus on:

- 3–4 strength training sessions/week
- 1–2 short HIIT intervals
- Daily light movement (walks, stretching, recovery)

"Regular physical activity reduces the risk of ED by up to 40%."

— *American Journal of Cardiology*

*Build a body that performs—physically and sexually.*

## WHEN TO TAKE ACTION— WHAT TO AVOID



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If you've noticed softer erections, reduced morning wood, or decreased desire—**don't wait**.

ED doesn't resolve itself—and quick fixes mask the issue without solving it.

### At Alpha Refinery, we do things differently:

- In-depth labs
- Same-day results and treatment
- Personalized plans backed by science

No gimmicks. Just real care, from providers who get it.



## Bonus: The Alpha Checklist

- ✓ Eat nitrate-rich, anti-inflammatory foods
- ✓ Lift 3–4x/week and move daily
- ✓ Prioritize sleep and manage stress
- ✓ Limit sugar, alcohol, and ultra-processed foods
- ✓ Test your hormones annually after age 30
- ✓ Don't ignore early symptoms—optimize early

### READY TO TAKE CONTROL?



**Don't wait until performance becomes a problem.**

**Here's your next step:**

- 1. Book your Alpha Evaluation**
- 2. Get tested and receive your personalized optimization plan**
- 3. Reclaim your edge—fast**

**SCHEDULE YOUR VISIT NOW**

**ALPHA REFINERY<sup>SM</sup>**

A new kind of men's clinic—where high-level care meets real results.