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Optimize Male Sexual Performance with Dr. Judson Brandeis

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Vitality and longevity often have a symbiotic relationship with sexual health and performance...

This information-packed episode can teach you the best tools to maximize your performance, in and out of the bedroom. Whether you're over 35, or under 35 and looking to set yourself up for success in the future, this interview is a must-listen for any modern-day male!

Dr. Judson Brandeis has a truly holistic approach to men's health that encompasses both physicality and mental-emotional wellness. An award winning urologist and sexual medicine expert, Dr. Brandeis is also a clinical researcher, physician educator, caring clinician, and surgeon. Dr. Brandeis recently authored the ultimate men's health book, **The 21st Century Man: Advice from 50 Top Doctors and Men's Health Experts to Help You Feel Great, Look Good and Have Better Sex.**

You'll learn:

- A complete men's rejuvenation protocol to boost muscle growth and fat loss.
- Why nitric oxide is the ultimate compound to enhance men's health.
- What you can do to take control of your health & prevent vascular degeneration.
- How shockwave therapy works to enhance sexual performance.
- A well-rounded, individualized approach to balancing hormones.

Plus...

- [Affirm Science: nitric oxide and testosterone boosting supplements by Dr. Brandeis](#)
- [Erectile Dysfunction Playlist on YouTube by Dr. Brandeis](#)
- [Emsculpt Playlist on YouTube by Dr. Brandeis](#)
- [The 21st Century Man by Dr. Brandeis](#)
- [Brandeis MD medical practice in Northern California](#)

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