

## What is the Dick Diet?

The Dick Diet is a holistic approach to male health. While it was developed and designed to support men suffering from erectile dysfunction, it is most effectively utilized to help prevent erectile dysfunction and other diseases such as cancer, cardiovascular disease and diabetes from occurring. The Dick Diet emphasizes healthy food and lifestyle choices including diet, nutritional supplementation, exercise, and relaxation. It is intended for men who desire to be accountable and responsible for their own health.

Perhaps the word “Diet” is a misnomer. In our society diets are viewed as a short term fix. Something we do for a short time and then go back to what we did before. And sure enough, before we know it, we are again how we were previously. So what is different? The Dick Diet is in fact a way of life. If you want to be healthy and stay healthy that requires staying on course. The “Diets” emphasize healthy food and lifestyle choices including diet, nutritional supplementation, exercise, and relaxation. They are intended for men and women who desire to be accountable and responsible for their own health.

At the same time it is important to recognize that we are all different. Since we are all individuals, one plan does not fit everyone. Therefore, The Dick Diet is ultimately customized for each person’s specific needs. Food, supplement, exercise, and relaxation regiments are individualized – they have to be to achieve optimum health for each person.

If you are interested in participating or learning more about these two programs, please send an e-mail to me at [bernie@brwellness.com](mailto:bernie@brwellness.com) or call me at 262-389-9907.

### Features of The Dick Diet:

**Food:** The Dick Diet emphasizes organic and whole foods that are consumed closest to their natural state. It emphasizes a healthy mixture of carbohydrates, protein, fats, vitamins, minerals, and water.

**Carbohydrate sources:** Vegetables, fruits, whole grains, complex carbohydrates. Sugars and processed foods are not allowed.

**Protein sources:** Grass fed beef or bison, free range and antibiotic/hormone free chicken and turkey, free range and antibiotic/hormone free eggs, wild salmon and other cold water fish, and legumes.

**Fat sources:** Coconut oil, olive oil, butter, nuts and seeds, fish, grass fed beef, organic whole fat yogurt, organic raw cheeses, and organic whole fat cottage cheese.

**Vitamin and mineral sources:** Fruits and vegetables.

**Water sources:** Pure water, fruits and vegetables.

Supplements: The diets emphasize whole food based and herbal supplements. These have been utilized for many years across many different populations with success in improving sexual dysfunctions in men and women.

Exercise: While there are many healthy forms of exercise, this approach focuses on walking and burst training for aerobic activity and cardiovascular health, and yoga for strength and flexibility.

Relaxation: Stress management and relaxation are the keys to success on these programs. This is the time we allow our body to repair and regenerate itself. These are best achieved through specific breathing and meditative techniques to generate deep relaxation and stress reduction.