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**“THE PENIS DIET”: A HEALTHY SOLUTION FOR
MEN CHALLENGED BY ERECTILE DYSFUNCTION**

New book offers natural, comprehensive wellness program to enhance performance and satisfaction for men and their partners.

WILMINGTON, DE, March 10, 2008—For men tired of taking drugs for the common, and often devastating, medical condition of erectile dysfunction, The Penis Diet offers an informative how-to solution encompassing a safe, natural wellness plan and positive lifestyle changes to enhance performance for the long term.

For men who are not quite convinced that drugs like VIAGRA® are the best way to achieve an erection, The Penis Diet offers something they can really sink their teeth into. This informative how-to book offers a natural, safe wellness plan and positive lifestyle changes as an alternative to erectile dysfunction (ED) drugs.

Co-authored by Damon Z. Cozamanis, D.C. and Marc D. Grobman, D.O., F.A.C.P., The Penis Diet, offers solutions that, unlike ED drugs, target the actual cause of problem and promote long-term health of the penis.

“Drugs only address the symptoms of erectile dysfunction, and come with a host of unwanted side-effects,” said Grobman, a board-certified internist. “In the Penis Diet, we offer a comprehensive plan that addressed one of the main problems associated with ED—lack of adequate blood flow to the penis.

“Instead of taking a pill for a quick fix, we provide answers that do more than just improve sexual performance for a few hours. What we present in this book can also bring about positive changes in other aspects of life, such as self image, relationships and job performance—in and out of the bedroom.”

After just a few months following the recommendations in The Penis Diet, men will start to notice longer and firmer erections and enjoy more powerful orgasms. Beyond being a safe, natural approach for preventing or reversing ED, the book is advised for men of all ages who are concerned about the health of their penis and want to prolong their physical enjoyment.

The approach Drs. Cozamanis and Grobman took in writing The Penis Diet reinforces the lifestyle-change component that is critical for long-term results. Although the book does contain dietary suggestions and plans, it also educates the reader on other physical and emotional conditions that may contribute to the problem, gives insights into the “how and why” of treatment options that really work, and guides the reader on how to integrate the best changes into his sexual relationships.

“ED is such a sensitive subject, and many patients go for the quickest and least conspicuous solution...which is not necessarily the best,” said Cozamanis. “While we

respect the sensitivity and the serious nature of ED, we also took an upbeat tone in presenting medical facts and recommendations. By lightening the mood, we help the reader to relax with the subject matter and become open to the choices he has to improve the situation.”

At less than 75 pages, *The Penis Diet* is sufficiently informative, yet doesn't lead the reader through a confusing maze of medical terminology. It offers clear and encouraging steps and considerations ranging from the causes of ED, cures and prevention, to “how to feed your penis”, exercises, myths and facts.

The *Penis Diet* is published by iUniverse™ and retails for \$10.95. It's available through major booksellers or by contacting 1-800-Authors, www.iuniverse.com.

For more information including bios on doctor's Cozamanis and Grobman, please visit www.thepenisdietonline.com

We will be taking this out:

Damon Z. Cozamanis, D.C., has spent more than two decades researching and investigating the “secrets” to optimal health and longevity. His first book, *Longevity Made Easy*, has helped thousands of individuals lead happier, healthier, and more vibrant lives. He currently maintains a private practice in Wilmington, DE.

Marc D. Grobman, D.O., F.A.C.P., is a board-certified internist who has been treating ED for the past five years. He has a growing practice in Wilmington, DE, and has been training the world's future physicians from several medical schools in the area. He is also active on the lecture circuit, giving speeches to colleagues and various pharmaceutical companies.