

The ED Recovery Blueprint factbasedurology

A 14-Day Journey to Understand & Improve Your Vascular Health

Important Medical Disclaimer

This blueprint is a tool for personal tracking and is not a substitute for professional medical advice. Erectile Dysfunction can be an early warning sign of serious underlying health conditions, including heart disease, diabetes, or hormonal imbalances.

It is essential that you consult with a qualified physician or urologist to get a proper diagnosis and discuss medical treatment options. Use this document to support your journey and to have a more informed conversation with your doctor.

Phase 1: Your Starting Point & Objective

The primary cause of most ED is poor blood flow (vascular health). This 14-day blueprint is your mission to discover how specific, targeted lifestyle choices impact your body's vascular function. Your objective is not to "cure" yourself in two weeks, but to gather clear data, identify positive patterns, and build a foundation for lasting improvement.

Phase 2: The Foundational Protocol (Your 3 Daily Rules)

For the next 14 days, your mission is to adhere to these three simple, high-impact rules derived from the *Apex Nutrient* guides.

RULE #1: ELIMINATE VASCULAR STRESSORS. You must be 100% compliant with avoiding the foods known to harm blood vessels. This is your most critical task.

- **Foods to Avoid:**
 - Highly Processed & Fast Foods
 - Sugary Drinks & Snacks
 - Refined Carbohydrates (white bread, white pasta)
 - Excessive Alcohol

RULE #2: INCORPORATE VASCULAR SUPPORT FOODS. Each day, you must consume at least **TWO** of the following nitric oxide and flavonoid-rich foods.

- **Nitrate Sources (to relax blood vessels):** Spinach, Arugula, Beetroot, Celery.
- **L-Citrulline Sources (fuel for nitric oxide):** Watermelon.
- **Flavonoid Sources (to protect blood vessels):** Berries, Apples, Dark Chocolate (70%+).

RULE #3: ACTIVATE YOUR VASCULAR SYSTEM. Commit to a minimum of **30 minutes of continuous, brisk walking** every day. This simple act is one of the most powerful ways to improve blood flow throughout your body.

Phase 3: The 14-Day Action & Tracking Log

This is your daily field report. Use this table to track your adherence and outcomes with precision over the full 14-day mission. Fill in one row each day.

Day	Date	Rule #1 100% Adherence?	Rule #2 Support Foods Eaten	Rule #3 30m Walk?	Morning Score (0-4)	Best EHS (1-4)	Sleep (1-5)	Stress (1-10)
1		<input type="checkbox"/>		<input type="checkbox"/>				
2		<input type="checkbox"/>		<input type="checkbox"/>				
3		<input type="checkbox"/>		<input type="checkbox"/>				
4		<input type="checkbox"/>		<input type="checkbox"/>				
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11		<input type="checkbox"/>		<input type="checkbox"/>				
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13		<input type="checkbox"/>		<input type="checkbox"/>				
14		<input type="checkbox"/>		<input type="checkbox"/>				

