

MATT COOK'S

DIMES ON THE DOLLAR

HEALTH CURES™

ISSUE 25

OUR MISSION IS TO BRING YOU SPECIFIC WAYS TO TREAT AND ELIMINATE DISEASE AND REACH A HAPPIER, HEALTHIER AND SEXIER PLACE...

"Our body, our laboratory" -- Matt Cook

Anhedonia: Lack of penis sensitivity, lack of libido, lack of pleasure in life

Lack of penis sensitivity is one symptom of anhedonia -- but there are other symptoms.

So if you used to enjoy hiking, biking, dancing, chess or nearly any other activity and it's stopped giving you pleasure you might have something called anhedonia - or a lack of joy or pleasure.

This isn't the same thing as being depressed, which is often marked by overwhelming sadness.

It has more to do with feeling a lack of interest, joy or pleasure - this can include physical sensations pleasure in sex and pleasure in touch.

It can also cause sexual performance problems because of a lack of penis sensitivity.

Most people who have symptoms of Anhedonia have no idea what to do about it, and the medical community often prescribes drugs that make it worse.

But there is hope if you are feeling a lack of pleasure in life and/or a lack of penis sensitivity. I'm going to show you concrete steps you can take to fix it.

What Causes Anhedonia?

Sometimes anhedonia is caused by psychological issues like childhood trauma, bipolar disorder, substance misuse or abuse, PTSD, or clinical depression. It can also be brought on by temporary life events like divorce, death of someone you loved, or job loss.

But many times anhedonia is made worse or caused by Big Pharma drugs that people take and are widely prescribed. These meds can include:

- Finasteride - marketed as both Proscar and Propecia. This is by far the worst culprit.
- Antidepressant drugs - especially SSRIs marketed as Lexapro, Celexa, Cipramil,
- Cipralext, Prozac, Sarafem, Luvox, Faverin, Paxil, Seroxat, Zolof and Lustral.
- Antianxiety drugs
- Acetaminophen- marketed as Tylenol
- Statin drugs - marketed as Lipitor, Lescol, Mevacor, Pravachol, Livalo, Zocor, Crestor

The mood dampening effects of these drugs is not always well known - especially with

statins. But there is a great deal of research to back this up. [This study](#), published by the US government, shows the link very clearly.

Though statins are widely tolerated, they may be among the growing list of prescription agents that, in some participants, may increase the risk of serious psychiatric events and/or behavioral changes.

Regardless of whether your Anhedonia is largely caused by psychological issues or Big Pharma drugs, the solution is the same because the cause is almost always the same. Anhedonia - or a lack of pleasure - is caused by low dopamine and high serotonin.

Key Point: That means to fix Anhedonia you need to raise your dopamine levels and lower your serotonin levels. I'll give you instructions on how to do that next.

Disclaimer: While the drugs I've listed here DO cause a lack of sensation and pleasure throughout the whole body, I am not a doctor and am NOT in any way telling you to quit them. If you want to get off of these drugs make sure you work with your doctor to get good results and get off the medications safely.

Home Remedies for Anhedonia

Fixes For The Sluggish Gut

The gut should move food fast -- so the food exits the body through the rectum without creating a lot of toxins.

But when the gut is sluggish -- it generates a ton of harmful serotonin.

Serotonin, contrary to the so-called gurus today, is actually harmful. It's a stress hormone. Not a happy hormone.

And, the biggest source of chronically high serotonin is having poor gut health.

Usually this is caused by slow gut. To put it bluntly - not pooping enough.

You aim to have healthy bowel movements 2 - 3 times a day. You don't want to be constipated, but you also don't want them to be runny.

"THE TRUE METHOD OF KNOWLEDGE IS EXPERIENCE" --WILLIAM BLAKE

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If you aren't pooping easily at least two times a day try one or both of the solutions that I've listed next.

Cascara Sagrada

Many people have guts that move way too slow. If you aren't pooping at least once a day, then you need to. Pooping regularly helps to lower serotonin and helps lower light sensitivity.

Cascara Sagrada is also known as chittam bark and has been used as a natural laxative for 1000s of years. It is highly effective AND gentle.

It's important that the Cascara Sagrada powder is AGED one year. You can take a 1/4 teaspoon dissolved in juice once or twice a day -- although that may be too high a dose. Maybe start with 1/8 of a teaspoon and adjust.

Here is [the brand](#) I use and recommend:



Ripe Fruit

Another way to get your gut to move better and to have much better health is to eat a lot of ripe fruit. If you have a farmer's market stand near you, then use that to get fruit in season.

When fruit is out of season or if you don't have access to ripe fruit you can buy frozen fruit and bake it with a little sugar at 350 degrees for about 45 minutes. It's delicious and very, very good for you.

Eat as much fruit as you want. It will greatly improve your overall health.

Other Home Remedies

All of these home remedies have a main aim - to increase dopamine and decrease serotonin.

Always listen to your body when using a home remedy. It's a good idea in most cases to try one at a time before combining them. You can combine the gut remedies above with any of the remedies below right off the bat.

It's also very important to work with your doctor to make sure that you are doing things safely for your body.

Sunlight

Getting natural sunlight on unprotected skin for at least 30 minutes a day can be transformative. Not only for anhedonia, but for many other conditions as well.

The easiest way to do this is to take a 30 minute walk, even in the winter, without sunscreen. If you burn very easily and it's summer time then take your walk in the morning or evening when the sun isn't as direct.

Red Light Therapy

Red light is one of the most useful tools that I've ever found for health. It helps diabetes, prostate issues, low thyroid, sunburn and can give you significant improvement in penis sensitivity and lift your overall mood.

There are several ways to get effective red light therapy from very inexpensive to thousands of dollars. You don't have to spend a lot to get great results.

Here's how to build your own red light therapy kit for under \$100.

By using chicken brooder light fixtures you can save a LOT of money and simply clip them onto a desk, table or doorway.

Link to Chicken Brooder Fixtures: <https://amzn.to/2Obq9OH>



These "chicken brooder fixtures" are easy to set up and use.

Then you use these bulbs for the red light - they really work great. You'll want to get the 25 watt version.

Link to Red Light Bulbs:

<https://www.amazon.com/gp/product/B071Z12H67/>

Or if you have more money, and want something a bit better looking this is nice: <https://redlightman.com/product/red-light-device/>



Red Light Man makes this red light box that I use.

This is the one I have and use all the time. It functions really well. **And it is what I recommend for directed light therapy for wounds.**

If you have a lot of money this the top of the line in red light products you can go with this one: <https://joovv.com/pages/joovv-light>

How to use: You can use the above devices for 5 or 10 or 20 minutes a day. Expose your penis and testicles to the light or just sit in the light for 5 to 20 minutes a day. But be careful, red lights can be hot - don't burn yourself.

I also use pool lights and fixtures all day. I expose my torso by taking off my shirt. The following bulbs can be used all day in the same chicken brooding fixtures as above (be careful, see caution below about fire hazard)

Here's where to get the pool lights: <https://amzn.to/2LBppQH>

I have two I use, one on each side of my computer. They can be a fire hazard, so be careful. They are very helpful to use all day. You will have to make sure you get plenty of carbs to maintain blood sugar as these bright lights will powerfully raise metabolism and promote all over body healing.

Thyroid

Most people have low thyroid, and if you fix that it can be the missing link to raise your sensitivity and allow you to feel joy again.

You'll need a doctor's prescription for T3 and T4, but make sure you get both types. They work together much more effectively than they work alone.

Don't let your doctor prescribe ONLY T4 (thyroxine, or Synthroid). You must have T3 also, in a ratio of 3:1 or even 4:1 T4 to T3. So if you take 100 micrograms of T4, you should have 25 micrograms of T3.

Another option is natural desiccated thyroid. You can get it under the brand name [TyroMax at idealabs.com](http://TyroMax.at.idealabs.com). This is a research chemical and is not approved for human consumption. The dose is 1/2 grain to start, then add 1/2 grain every week to a maximum of 4 grains and give it a few months. This builds slowly. It can be taken any time, in a single daily dose. You shouldn't take it with any other thyroid.



If you can't get your doctor to prescribe T3 and T4 and don't want to take natural desiccated thyroid, you can take Tiromel. I've found that the T3 alone can help - buy Tiromel 25mcg and nibble on a piece throughout the day.



Aspirin

Aspirin is about as close to a miracle substance as we have. Since cortisol levels dramatically increase internal inflammation - including inflammation of the prostate, and aspirin can lower cortisol levels - this therapy can be quite effective. Aspirin also lowers serotonin to make more room for dopamine.

Aspirin protocol

Ingredients:

- Up to 6 aspirin tablets - Gericare is what I use
- Baking soda
- Ascorbic acid powder - Quali-C has low heavy metals and is what I use
- Great Lakes collagen
- Niacinamide powder

Step 1: Take up to 6 aspirin 3 times a day. The aspirin you take should be strictly cornstarch and aspirin tablets. Never take coated "enteric" aspirin or aspirin that has additives. It should be JUST aspirin and cornstarch and the cornstarch will often not be listed on the label.



Gericare is the brand that I take. It is ONLY aspirin and cornstarch and has no additives

Step 2: Add a dash of water to a cup and put the aspirin in, it will get soft and you can mush it up.

Step 3. Add a little baking soda or magnesium carbonate to the cup and a teaspoon of ascorbic acid powder (ascorbic acid powder is optional).

Step 4. Add very hot water and stir in a tablespoon of Great Lakes Collagen

Step 5. Let cool, add a pinch (and just a pinch) of niacinamide powder, stir and drink

Step 6. Take K2 MK4 right after, but separately. You can take it orally 5 mg to 15 mg or rub pure MK4 in a little MCT or coconut oil and rub on your skin.

Step 7. Drink as much coffee as you'd like - it works well with aspirin.

IMPORTANT NOTE: Aspirin is a blood thinner. If you're on a blood thinner like coumadin or any other blood thinner DON'T take aspirin. It can be deadly to combine the two.

You can find Gericare here: <https://amzn.to/2ZriCvV>

BCAA + Tyrosine

BCAA stands for branched chain amino acids. And it's a great way to naturally raise dopamine.

What to do:

- 3g - 5g of BCAA after eating a full meal - like breakfast or dinner
- Add 500mg of tyrosine to this

<https://www.amazon.com/Nutricost-BCAA-Powder-Servings-Branched/dp/B017MW6LRE>



This is the brand I prefer. You can get it on Amazon.com

Coffee + Collagen

People who drink coffee live longer. It's also a natural way to raise dopamine.

You want to drink plain coffee with milk and sugar. Drinking coffee with protein meals - especially red meat is a great idea.

You can also add 2 tablespoons collagen with protein meals. Dissolve it in your coffee.

If you really hate coffee then you can also dissolve the collagen in warm milk.

The collagen will lower tryptophan. This is important because tryptophan can turn into serotonin in the body and you want to reduce serotonin levels.



I use the collagen in the green can.

Dopamine Boosters

I've already given you several very safe, all natural and legal dopamine boosters. This next section shows you some other illegal and borderline grey area dopamine boosters.

Disclaimer: This section is for information ONLY. I'm not recommending you engage in illegal or grey area activities.

A caution. Dopamine boosters as I describe them here are pretty safe. I stress VERY low amounts of things here and I doubt you will have an issue, but treat these with respect. Cycle off them sometimes for a bit. High amounts of them can involve withdrawal symptoms if you stop. The dosages I suggest you consider are far lower than any that will cause a problem for MOST people.

Microdosing LSD

Of the items I am telling you about here, I view this one as being the most safe. However, it is highly illegal and if you do it, you risk going to jail if you get caught - potentially for a very long time. I am not recommending you do this. For information ONLY.

Dose: 25mcg - 40mcg of LSD

This has no hallucinogenic effects and has been reported to help anhedonia after a few treatments. Once again this is highly illegal!

Lisuride

Dose: 25mcg 1 - 3 times a day - Often works after a few uses. This can be cycled on and off and should not be taken steadily. This is a "lab chemical" and is legal to buy, but not legal to ingest.



Where to get it: <http://idealabsdc.com/lab>

Metergoline

Dose: 1 - 3 mg twice a day - Often works after a few uses. This can be cycled on and off and should not be taken steadily. This is a "lab chemical" and is legal to buy, but not legal to ingest.



Where to get it: <http://idealabsdc.com/lab>

Metergoline may cause sleepiness for a few days of use but this side effect wears off for most people.

NOTE: All three of these drugs above lower prolactin levels in lower dosages like what I'm recommending. Lower prolactin also increases penile sensitivity and shortens refractory period and may restore libido.

Bromocriptine

Of the drugs I've mentioned in this section this is the easiest to get but not as safe. You will need a prescription.

Dose: Use .8mg in the morning, and may increase it weekly until you reach 4mg a day

Has more side effects (nasal congestion, transient nausea) than lisuride and metergoline

WARNING: While long term use has been common - at higher doses of 4mg - 16mg a day it can cause fibrosis in the heart valves and kidneys. Stick to low doses and it's fine.

Tianeptine

If the above isn't helping then tianeptine can be helpful. It is currently available in the USA underground but not illegal and may be regulated outside the USA. Check your state laws, as laws on this vary from state to state. You can usually get it without a prescription.

IMPORTANT. Aim for lowest dose, as it [can be addictive and toxic](#) if you use too much.

12.5mg once to 3 times a day is standard. Try to use as little as you can, and don't increase and it's very safe.

The Bottom Line on Anhedonia

Anhedonia can make life feel very flat and can be quite demotivating. It's not something that you have to endure forever though. For most people, the above home remedies can give significant relief.

Citations:

<https://health.usnews.com/health-care/patient-advice/articles/2018-09-06/what-is-anhedonia>