

3.2.2.3.5.4 Butea superba, tongkat ali and testosterone

Unlike other authors who write patchwork articles (sewn together from the work of others) solely for the purpose of promoting their brand, I know exactly how butea superba, tongkat ali, and testosterone feel (or don't feel), and what they do for me, and what they don't.

I do, provided I have proper extracts of butea superba and tongkat ali, and not just some root powders, and not the shit that has been put on the market solely for the purpose of marketing, by people who know nothing about medicinal herbs, but a lot about spamming the Internet. If you buy butea superba and tongkat ali root powders from websites run by people who don't allow to trace exactly where their merchandize originated, you have reason to feel cheated.

In the case of tongkat ali extract, I need about 3 grams per day if I want to achieve an effect, and after using it straight for about 2 weeks, I need about double.

But alternating butea superba and tongkat ali extracts is much better than increasing the dosage of tongkat ali.

As both butea superba and tongkat ali are testosterone enhancers, their effect on libido is similar.

If I were to point out a difference then it's probably that tongkat ali extract makes more aggressive. Butea superba extract seems to be slightly better on erection quality. High dosages are supposed to act similar to Pfizer's Blue, sans the annoying Pfizer's Blue headache.

I know exactly what the butea superba and tongkat ali extracts do for me, and what they don't, because, over the span of several years, I have done multiple challenges.

A "challenge" means: I judge the effect of butea superba and tongkat ali extracts not only (and not even principally) during periods during which I consume my daily dosages, but also, more importantly, during periods when I am butea superba and tongkat ali sober.

These periods turn out sober indeed.

Butea superba and tongkat ali are hormonal modulators; as a rule of thumb, unless one ingests huge overdoses of hormonal products, one doesn't feel hormones (except thyroid). I have used growth hormone over months, and I did get the edema that is a typical side effect, but I never felt anything from growth hormone. I also didn't feel anything different during growth hormone off cycles. Growth hormone has likely been the most expensive placebo I ever tried.

I also tried the full range of testosterone products: oral testosterone, Andriol and Proviron, testosterone patches and cream, aromatase inhibitors like anastrozole, and hypothalamic stimulators like clomiphene.

Proviron feels like speed, and Andriol and testosterone patches and cream feel like nothing. Anastrozole, in combination with clomiphene or alone, may make me more aggressive (but I'm not 100 percent sure about this either), and provide no benefit sexually.

I stop taking certain products when I have a sexual failure in spite of using them.

And I initially became increasingly interested in butea superba and tongkat ali because during periods during which I took my daily dosages, I never had a failure. And when I stopped using them, the failures were back.

I know for sure that genetically (and when I am sober) I do not have aggressive testosterone levels. I just have to take a look into the mirror to be sure of that. My hairline now (age 50 plus) is exactly where it was 25 years ago. No pattern baldness.

I also know it from my mother who told me that my father stopped having sex in his early 40s. And I remember when I was in my early teens, I once stumbled across a package of a testosterone capsules, which were the medication of my father.

I am an apostle of sex, or even a sex maniac, not because I would be blessed with unlimited sexual desires, but for philosophical

reasons. I find no solace whatsoever in religion, and I can't be misled by Kantian stupidity, but I know how extremely good it feels to be engulfed by libido, and to have an explosive orgasm.

I can't see any other purpose in life.

I have become an expert on sexual enhancement, because I need it.

I can engineer erections with yohimbe or Pfizer's Blue.

Yohimbe will even give me some libido; but yohimbe is a heavy-caliber drug. It makes me totally agitated, gives me tachycardia and palpitations, robs my sleep for at least 20 hours after ingesting it (which can easily add up to 30 hours without sleep if I take my dosage on the tenth hour of being awake).

Yohimbe, for me, is an experience like an LSD trip. And I am totally worthless on the following day.

Yohimbe is a prohibited drug in Australia, and I am surprised that it isn't (yet) in the US.

But it weren't really the dreadful side effects that got me entirely off yohimbe. It was the fact that after many usages, my orgasmic pleasure vanished. I could have rock-hard erections (and I do mean: a tissue consistency of a stone), and be very focused mentally on what I was doing when I was doing it, and then I would have an orgasm which I hardly felt.

My next phase were dopaminergics, and I did have great sex, and specifically great orgasms, with several of them. But dopaminergics work only a few times, unless one takes dosages appropriate for Parkinson's patients.

Take bromocriptine: initially, one fourth of a 2.5 milligram tablet would allow me to totally forget myself during intercourse, and to enjoy pre-orgasmic plateaus that would last for minutes. Now I can take 2 tablets of 2.5 milligram and just feel no enhancement at all. I just get nauseated.

I started taking proper butea superba and tongkat ali extracts several years ago, and the two have been my mainstay since.

So, what do I feel after ingesting about 1 gram of a 1:50 tongkat ali extract?

Initially, I felt a slight hot-headedness, but this side effect has since subsided.

Now, when I ingest 1 to 2 grams of tongkat ali extract, I feel ... nothing.

Please note: tongkat ali alone doesn't even give me erections. I still need the Pfizer's Blue. When I switch to butea superba extract, I tend to need a smaller dosage of Pfizer's Blue than I do with tongkat ali extract.

So, why bother with the tongkat ali?

Yes, I have asked myself exactly this question quite a number of times.

When I first took the tongkat ali extract, and combined it with the Pfizer's Blue, I did have good, proper sex every day. But I really didn't feel anything from the tongkat ali extract.

At that time, I thought of myself that, man, you are in proper shape, and all you need is the Pfizer's Blue.

So I stopped taking the tongkat ali extract.

For two or three days after stopping the tongkat ali extract, things were still just fine. And then I started failures in spite of having ingested Pfizer's Blue.

The failure was not that I wouldn't have had an erection. Provided I had taken the Pfizer's Blue, I did get sufficient erections. But I lacked libido. I could stop intercourse in the midst of it, and not even become frustrated or disappointed. I just wasn't sufficiently interested, even not with a new conquest.

This happened two or three times, and then I did know that “no, things are not in order”.

Back on my daily dosage of about 3 gram of tongkat ali extract, such libido failures no longer occurred.

This is a reliable test result. I can repeat it any time. I get off my daily tongkat ali dosage, and some two to 4 days later, I will have my first clear libido failure.

I go back on the tongkat ali, and I seem to reach a peak after four to eight days: teeth-clinching sex; during these peak days, I know how a violent rapist must feel: “This bone must penetrate this hole. No matter what comes after. No, I cannot stop. I will not stop. No unfinished business. They can lock me up for 30 years, or hang me at the next tree, but here and now, this will go on until I have unloaded.”

If this is what goes on in the minds of rapists, then I envy them. Not for the 30 years or the next tree. But for their powerful libido, which really is the essence of life.