



WRINKLEBUSTERS

UNBLOCK YOUR JUNK



FREE STARTER GUIDE

BY RICARDO & WRINKLEBUDDY



Books by Wrinklebusters

Book 1: Wrinklebusters: Making Facial Exercises Work - The essential Wrinklebusters guide to unlocking real results from facial exercise. Learn the missing links that make face workouts actually *work* — from fascia to detox to calcium release.

Book 2: Unblock Your Junk - A shock-to-the-system introduction to men's vitality. This groundbreaking guide targets the gunk clogging your reproductive power using fascia massage, lymph activation, and testicle-liberating protocols.

Book 3: Mission: Brain Wash Detox - This is your complete, step-by-step battle plan — packed with advanced protocols, deeper cleansing techniques, and insider secrets you won't find elsewhere. If you're serious about blasting through stubborn buildup, unlocking unstoppable mental clarity, and permanently upgrading your brain's performance, don't settle for quick fixes — commit to the full mission and transform your mind for good.

Book 4: The Magnificent 8: The Power of Negative Charge to Rebuild Your Body - This is your mission: to strategically reintroduce the 8 most powerful negatively charged elements — **Magnesium, Sulfur (MSM), Boron, Silica, Iodine, Oxygen, Baking Soda, and Phosphorus** — into your body with precision and synergy. These aren't optional trace minerals — they're the frontline defense against gunk, stagnation, and premature breakdown. Through a simple but targeted two-pronged system — skin absorption via the ***Magnificent 8 Skin Mineral Soak***, and dietary infusion through food, drink, and smart supplementation — this guide teaches you how to supercharge your remineralization.



\$10 Downloads: <https://Wrinklebusters.store>



UNBLOCK YOUR JUNK STARTER GUIDE

BY RICARDO & WRINKLBUDDY (WRINKLBEUSTERS)



Chapter 1: The Tactical Launchpad for Male Reproductive Vitality

THE VISION

Picture this:

You're in the bathroom. Instead of a quick-release scroll session, you've got your gua sha tool and lemon juice. You start working the cords above the testicles, then the base of the shaft. It's tender, but you keep going. You feel a heat, a pulsing, a shift. Your body's waking up — not in the old way, but in a *cleaner*, stronger way.

You're not chasing a release anymore. You're restoring power.

WHY THIS GUIDE EXISTS

The modern male body is locked down — tight fascia, poor blood flow, trapped toxins. Even sex doesn't clear the channels like it used to. This guide is your first taste of a better way: real reproductive self-care. It's not a gimmick. It's about physically releasing the junk clogging your reproductive system — and watching your strength come back.

This isn't anti-sex. It's *pro-function*.

BENEFITS OF THIS PROTOCOL

Warmth and sensitivity in testicles and shaft

Improved blood flow and circulation

Increased awareness and connection

Fascia release around reproductive area

More natural testosterone production

A feeling of *coming back online*



Chapter 2: Unblock Your Junk – Core Full Protocol

Mission Objective:

Dissolve calcium, restore blood and nerve flow, and **rehydrate** the male reproductive system through fascia massage, mineral reactivation, and detox stimulation.

Tools Required:

Acidic phase:

Gua sha tool (or edge of spoon)

Castor oil

Acidic spray (lemon water, pineapple juice)

Alkaline phase:

Baking soda + magnesium spray

Access to warm water or sauna (optional)

Step-by-Step:

Heat & Soften the Groin (3–5 min)

Soak in warm water or use a heated towel.

Spray with diluted lemon water and pineapple juice (in a 1:1 mix with water, to begin dissolving crusty deposits.

Apply Oil and Gua Sha (5 min)

Apply Castor Oil the area generously.

Use tool to **scrape** along groin crease, pubic bone, inner thighs, and under testicles.

Start slow. Feel for crunchy, hard, or desensitized zones.

Finger Pressure + Lymph Drag (3–5 min)

Use firm pressure with your fingers to press into cords or “ropes” under the skin.

Pull gently toward the stomach to encourage drainage.

Alkaline phase: Realkalize & Recharge

Spray with magnesium or baking soda solution.

Let the skin absorb for 1–2 minutes.

The idea here is that you want to clean up the gunk you just released into your system, which may also include parasites! So this is a big deal! Only the bare minimum is suggested but you easily much further with the magnificent 8, negatively-charged allies, mentioned in The Magnificent 8, book 4 from Wrinklebusters.

Signs of Success:

Skin warms up and becomes more sensitive

You feel “pulling” or tingling into the legs or abdomen

Testicles feel fuller, less tight

You may get spontaneous erections or feel energy changes — good!

Suggested Schedule:

Once daily or 3–5x/week

Best done in the evening or after sauna

Avoid:

Doing this just to get turned on — this is healing, not arousal

Going too hard too fast — pain = backing off

Skipping hydration and minerals — internal rebalancing matters



Chapter 3: 30 Q&A

1. Is this just an advanced form of masturbation?

Not even close. This is **mechanical rehab**, not stimulation. It's tissue repair and calcium removal.

2. Why is my penis or scrotum smaller than it used to be?

Shrinking is often caused by **gunk buildup, poor flow, and lack of stimulation** — not just aging.

3. What causes calcium to build up in the groin?

Dehydration, inactivity, underwear pressure, trauma, and even **chemical exposure**.

4. Why haven't I heard of this before?

Because men's health education **avoids the uncomfortable truth** — we're calcified, stagnant, and blocked.

5. What's the real goal of this protocol?

To **restore power, sensitivity, and flow** in the male reproductive system — for life, not just sex.

6. Can this reverse erectile dysfunction?

If the root cause is physical gunk and fascia restriction — **yes**. That's what we target.

7. How is this better than pills or supplements?

Supplements may help, but if the **pipes are blocked**, no nutrient will fix the flow.

8. Does this hurt?

Done properly, no. You may feel tenderness or soreness — signs of **tissue waking up**.

9. What if I've had surgery down there?

Proceed slowly. Scar tissue often traps calcium and gunk. **Manual work can help restore integrity.**

10. What exactly am I massaging?

The vas deferens, epididymis, perineum, fascia layers, and **surrounding tissues responsible for flow and sensation.**

11. Is it safe to use lemon or vinegar on the crotch?

Yes — diluted. Acid helps break up gunk, especially **biofilms and calcium layers** near the surface.

12. Why do I feel heaviness after?

Lymph is moving. Blood is returning. This heaviness is the **body reclaiming awareness.**

13. Why is this better than just 'letting it hang'?

Because hanging isn't enough. This is **active rejuvenation**, not passive waiting.

14. Can this improve fertility?

It may — by increasing testicular function, **detoxing sperm pathways**, and restoring hormonal signals.

15. Can women benefit from this?

Women benefit indirectly — their partners get healthier. Some **use similar protocols** for their own health.

16. What's the science behind this?

Fascia, lymph, mineral polarity, and tissue hydration. You **reclaim flow by clearing blockages**.

17. What's the worst that can happen?

You get a little sore or emotional. If done gently and wisely, the risk is near zero.

18. Is this a sexual practice?

No. It's **restorative care**, done with discipline and focus.

19. How long do I do this for results?

10–15 minutes a day. First signs usually come in **1–3 sessions**.

20. What happens if I stop?

Some benefits fade — but you'll have **learned awareness** that stays with you for life.

21. How does acid affect parasites?

Acid **disrupts biofilms** and creates a hostile environment for parasites. Combined with pressure, it forces them out.

22. Why does it feel emotional?

This area stores trauma. Release can trigger **surprise waves of emotion**. Let it flow.

23. What's the connection to prostate health?

Improved flow = reduced stagnation. That means **better prostate support and reduced swelling risk**.

24. Can I do this in bed before sleep?

Yes — just make sure to wipe or rinse off any acid-based solution after.

25. How do I know if it's working?

More sensation, warmth, longer hang, **frequent random erections**, emotional release.

26. Can I overdo it?

Yes. Gentle persistence wins. **Never use brute force**.

27. Can this help urinary flow or dribbling?

Yes — by relaxing surrounding tissue and **clearing out tension** that restricts proper voiding.

28. Will this affect my libido?

For many men, yes — **positively**. Libido improves when the root is freed from pressure and stagnation.

29. Is this embarrassing to talk about?

Only if we let it be. This is **men's health 101**. We're undoing decades of silence.

30. What's the goal?

To reclaim your masculine vitality — without gimmicks, shame, or detours. **Just the truth and your own hands.**



Chapter 4: Junk Care Protocols: Morning, Night & Crisis Recovery

Why this chapter?

Because the man now sees his junk differently — no longer a tool of release, but a site of care. He needs **routines** to follow with confidence and privacy.

What this chapter delivers:

A.M. Quick Activation:

5-min warmup, rinse, press/stretch

P.M. Deep Recovery:

Acid wipe + massage + hang check

Crisis Recovery Protocol for:

Sudden shrinkage after cold or stress

Dullness after sex or overuse

Emotional shutdowns

How to rotate massage targets:

Vas deferens

Testicle anchoring zones

Perineum line

What to watch for: signs of **progress vs. overload**

Short-term vs. long-term:

"Do this until it hangs like it's supposed to."

Chapter 5: Junk Care Protocols: Morning, Night & Crisis Recovery

This isn't about masturbation. It's about manhood maintenance. Here's how to care for your gear — every day, no shame.

Morning: Quick Activation (5 min)

Warm water splash or rinse over genitals

Quick stretch or tug test: feel for pull, hardness, tension

Gentle press-and-hold massage around base/testicle cords

Optional: baking soda wipe or apple cider vinegar mist

Goal: wake it up, keep it soft, full, mobile

Night: Deep Recovery (10–15 min)

Warm rinse or salt water wipe

3-point massage: base, cord, testicle — clockwise, slow, deep

Acid pad wipe (vinegar or lemon water)

Gentle oil massage (castor or coconut oil)

Optional: inverted pose or squat hold

Goal: clean circulation, heat release, softness return

Crisis Protocol (as needed)

Cold dip + quick towel dry

Vinegar wipe + hang test

Gua sha or thumbs-on-cord pressure

Optional: MSM or magnesium rub

Use after sex, stress, exposure to cold, or emotional shock

Rotation Focus (don't overwork one area)

Perineum zone (between anus and base)

Cord and vas deferens (sides of shaft)

Anchoring zones where cords attach (below hips)

Watch For:

Warmth returning

Hanging length

Testicle fullness

Sensitivity improving

Short-term goal: Remove blockages, regain hang. **Long-term goal:** Restructure the tissues, unblock lymph, restore softness and power.

Chapter 6: Optimizing the Protocol for Maximum Circulation and Rebuilding

You've touched the area. You've pressed. Maybe you even felt the first spark of life return. Now we turn up the voltage.

Layer in Heat and Circulation Boosters

Before your protocol: castor oil packs, a hot shower, or standing leg bounces. After the protocol: brisk walking, cold rinse, or inversion. Blood + lymph movement = removal of junk.

Oils Are Not Optional

Dry massage is friction. Oil massage is penetration. Castor oil or a boron-magnesium mix helps sink the protocol into deeper layers. Apply heat if needed. This is a delivery system, not a lubricant.

Mind–Muscle Reconnection

Start thinking of your genitals as part of your brain. Awareness creates regeneration. During your protocol, keep your attention on the area — not fantasy, not performance. Just sensation, tension release, and breath.

Feed the Tissue

Spruce bud tea. Raw honey. Pineapple. Boron. MSM. These are no longer supplements — they're building blocks. Your junk isn't just blocked. It's starving. Feed it.

Daily Movement = Daily Drainage

Do small groin-centric movements multiple times a day. Pelvic tilts, squats, slow jumps. This keeps the fluid moving and avoids stagnation. The junk wants to leave. Give it the door.

Chapter 7: Wrap-Up & Next Steps

This isn't about pleasure — it's about power. This is about reclaiming territory that calcium, stagnation, and neglect have hijacked.

The protocol you've begun will open up blood flow, restore sensitivity, and begin detoxing the reproductive fascia. But this is the *starter line* — not the finish line.

The full book, *Unblock Your Junk*, will show you:

- Advanced protocols for testicle and penis tissue

- Fascia-mapping massage techniques

- Nutrient-specific rebuilding stacks

- Parasite flushing strategies

- A full-system approach to male vitality

If you're serious about unlocking your reproductive energy and reversing decline, don't settle for quick relief.

Dive deeper.

Clear the junk.

Reclaim the power.



Download the Full Book:

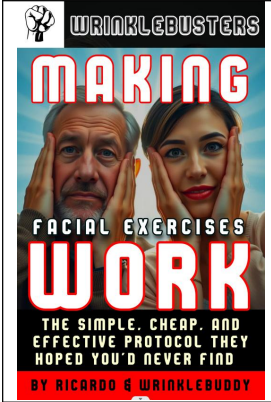

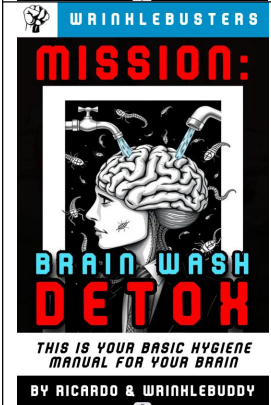
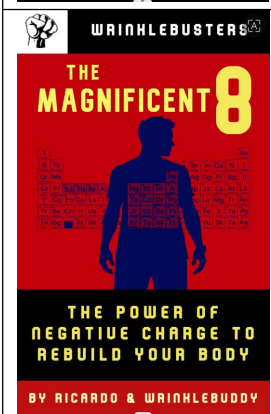
UNBLOCK YOUR JUNK

How to Escape the Hidden Epidemic Plaguing Men

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Disclaimer

This book is for informational and entertainment purposes only. Making Facial Exercises Work is a self-experimentation protocol and **not** a substitute for professional medical advice, diagnosis, or treatment. We're not doctors, and we're not pretending to be. Always consult with a qualified healthcare provider before beginning any new health regimen — especially one involving detox, essential oils, fasting, or inversion movements.

By reading this book and trying any of the techniques inside, **you accept full responsibility for your own health and choices**. You're in charge. Not us. That said... welcome to the revolution. We believe in your body's intelligence and your right to explore its potential. Just be smart, be safe — and pay attention to your body.