

IMPOTENCY CAUSES AND TREATMENTS



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What causes impotency?

Although impotency is often thought of as a condition caused by old age, it is in fact something that can be caused by a wide range of conditions, so much so that it is estimated that around 20 million men in the USA alone will suffer from impotency at some time in their life.

The condition (which is known medically as Erectile Dysfunction or ED) is defined as the inability to achieve or maintain an erection of the penis in order to enjoy satisfactory sexual intercourse.

There are many reasons why such a condition might exist, but every cause can be classified under one of two headings.

Psychogenic impotence caused by mental or emotional factors such as stress, being very tired, depression or over consumption of either alcohol, tobacco or recreational drug.

It is also widely acknowledged that some men will suffer impotency as a result of the side-effects of pharmaceutical drugs that they are taking as a treatment for entirely unrelated medical conditions.

All of these causes tend to be of a temporary nature, because in all these situations, the cause of the condition can be isolated - and that means it can be treated as appropriate.

Organic impotence, due to a physical cause, condition or bodily malfunction.

One of the most common reasons for impotence is the natural advance of the years - which clearly represents an organic impotence problem

It can also be an unfortunate side-effect of more serious medical problems such as kidney disease, hardening of the arteries, diabetes, high blood pressure or a hormonal imbalance.

In any situation where the cause of impotence is physical, it is necessary to have a full medical evaluation before any kind of impotence treatment is tried. As medical technology is always changing and getting better, ask your doctor what you should have checked. They should also get and a full assessment of your current lifestyle.

It is very likely that your healthcare professional will advise you on weight control, sleep quality management, diet improvement and other similar lifestyle changes that could help to end your short coming.

Armed with this information, it is likely that your doctor will be able to isolate the cause of your problem, and work to find something to fix it.

Wonder drugs for older men...

Unlike the previous situation, it was not until recently that there were effective pharmaceutical based impotency treatments available. However, such drugs are now widely available, and many millions of men all over the world are undoubtedly using them on a regular basis.

The modern pharmaceutical drugs that are used to combat the effects of impotence like Viagra, Levitra, and Cialis. They are effective for the majority of men who use them.

In each case, it is necessary to take the drug for a certain period of time before the anticipated sexual liaison takes place, and this can be as little as one hour before 'things happen'. The effects of the drug can then be felt for a few hours afterwards, so you would only take the drug as and when necessary (although Cialis now have an 'every day' version of their product as well).

It is therefore fair to say that all three drugs work extremely quickly, and that is a significant advantage that drug based impotence treatments have over the natural alternatives of which you will read later in this report.

However, none of this should be viewed as a recommendation of these drugs, or a suggestion that you should buy them. While it is easy (and getting easier by the day) to buy the drugs online, you should know exactly what you would be buying before considering doing so.

Every one of the three examples quoted above is a powerful pharmaceutical drug, which means that there can be side-effects if you use any of these particular products. For some men, these drugs could even be dangerous - as is made clear by looking at the 'safety information pages' from the official Viagra, Levitra, and Cialis sites.

As previously suggested, anyone who is considering using a treatment for impotence for the very first time must get themselves properly examined by a healthcare professional, because there is no substitute.

The importance of nitric oxide...

Although there are many different causes of Erectile Dysfunction, the main reason is because of expansion of the blood capillaries in the penis is insufficient to allow an erection.

On the other hand, nitric oxide is a molecule known to relax blood vessels and muscles. It also inhibits blood platelet clumping, which in turn makes the blood thinner and more free flowing. This is a good assist to any impotence solution and helps enable the sufferer to achieve and maintain erections once again.

Lifestyle changes to get rid of impotence...

If for example, you are seriously overweight or obese, not only does that pose a significant health risk, it also makes it more likely that you will have a problem with impotence.

When we eat cholesterol rich or saturated fat rich foods, that leads to narrowing of the blood vessels throughout your body. Achieving an erection only happens if your body is able to fill your penis with blood, and with blood supplies being hindered it also hinders your chance of achieving an erection.

Being overweight also leads to hypertension, and high blood pressure, both are often cited as a cause of impotence. It can also significantly shorten your life, but that is another story.

The answer is simple. You have to eat a healthier diet and lose a significant amount of weight if you want to get rid of your impotence problem in this situation.

Similarly, if you smoke too much, you are causing damage to your body, that will inevitably reflect in poor sexual performance.

Smoking adversely affects the circulatory system, hindering the flow of blood and reducing the chances of being able to achieve erection.

And as many men have learned over the years, Drinking alcohol can give them the courage necessary to get into a situation where sexual liaisons become a possibility. But it also reduces their ability to perform at the same time. On a long-term basis, alcohol abuse is going to cause serious damage to your body, and the result of that damage is going to be an inability to perform sexually when required.

The facts are simple and straightforward. For many men who suffer from impotence, the natural cure that they are looking for involves nothing more than living a healthier life.

Natural treatment for psychological conditions that cause impotence...

As suggested previously, drugs like Viagra and Cialis are designed to 'attack' impotence directly. However, there are many medical and psychological conditions that can result in impotency, such as depression and anxiety, and these conditions can be dealt with in a natural way.

This lets you 'cure' the root cause of the problem, rather than the problem itself. For example, if you can get rid of depression to the point that impotency disappears, then that is every bit as effective a natural cure for impotency as it is for depression.

It is important to note that every body is different, so it is impossible to say if these natural solutions will always be more or less effective than pharmaceutical drugs for treating Impotence. But you can almost always be certain that the natural treatments will have fewer side-effects.

If you suffer from impotency caused by any pre-existing condition, then that condition definitely needs treating but doing so in a natural manner should always be your first choice.

Natural treatments for depression

As mentioned earlier, there are many physical or psychogenic problems that can cause impotence as a side effect in any individual sufferer.

Most doctors will try first and for most to sell you a pill, however as stated above many people are over weight and have poor diets, Simple proper diet and exercise can treat depression with out the side effects and suicidal tendencies that come with pill form anti depressants.

Natural treatment for physical conditions that cause impotence...

There are a great many physical conditions that can cause impotence as a side effect.

While I cant cover every possible physical condition that could result in impotence, I will cover the most common causes briefly, and suggest natural or herbal answers where appropriate.

I have already stressed the importance of improving your lifestyle if the life that you currently lead is unhealthy. You know the drill by now - if you are overweight, you need to take up exercise, or if the reason for your impotence is the fact that you are always tired and stressed, you need to learn to relax and get more sleep.

Natural treatments for depression

Proper Diet and exercise are great ways to combat both stress and depression.

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Related Issues and Remedies

Diabetes: There are several herbs that are believed to help control blood sugar levels, made into herbal compounds based on the Peruvian Yacon plant.

Karela is also effective for reducing sugar levels in your blood and urine, so you should eat it as often as possible and take at least one table spoon of karela juice every day.

You can also try mixing two teaspoons of fenugreek powder with milk or water before drinking the mixture, because it is once again a natural solution for reducing blood sugar levels.

High blood pressure: There are many herbs that can help reduce high blood pressure and range from something as simple as garlic to more exotic herbs such as Arjuna bark, Indian snakeroot and Yarrow.

You can find complete details about all of these herbal remedies and more using Google, you can also seek out a medical professional skilled in herbal medicine.

Kidney disease: There are several herbs that combined can help to ease the effects of kidney disease, while helping to cleanse and heal your kidneys at the same time.

These herbs are couch grass (diuretic), uva ursi (antiseptic and astringent), horsetail (astringent that is high in silica), parsley (and excellent diuretic), nettle (increases the elimination of waste productions and high in nutrients) and maize silk (high in vitamin K. and potassium, reduces chronic inflammation).

It is unknown if a combination of such herbs is able to always cure a kidney disease, so consult a Doctor before taking them as self treatment.

Direct natural solutions for impotence...

Lets go into natural and herbal remedies that compete on a head-to-head basis with pharmaceutical drugs like Viagra and Cialis, by attacking your impotence as if it were the root cause of the problem itself.

Ginseng

The idea that Genseng is good for you is not a new one as it has been used in Chinese medicine for many thousands of years.

We have found ginseng is an adaptogen meaning that it is a substance that helps the human body to restore and repair itself without any unpleasant side-effects even if the recommended dosage is exceeded.

In terms of helping to prevent impotence, the most important characteristics of ginseng are that it helps to reduce bodily stress and fatigue, and most importantly, it is one of the most effective substances known for slowing down the ageing process.

Horney Goat Weed

Horny goat weed Horny Goat Weed is one of the best known herbal remedies for impotence

This herb has been used to treat a variety of ailments including liver, kidney and back disorders, but it is best known as an aphrodisiac and more recent research has also indicated that it has a genuine ability to improve both sexual desire and performance.

This research demonstrated that this happens because horny goat weed ('Yin Yang Huo' in Chinese roughly translates to 'licentious goat plant'-hence its Western name) inhibits the growth of a natural enzyme called acetylcholinesterase (AChE).

Without getting too complex or scientific, one of the main purposes of AChE is to degrade the neurotransmitter acetylcholine, the primary purpose of which is to pass instructions and other information around the body as quickly as possible.

Because AChE destroys the neurotransmitter, it makes it difficult for information to move around the body quickly enough so in the situation where message of sexual arousal should be speeding around the body, AChE is slowing down and blocking these messages, causing impotence.

Horny goat weed inhibits the growth of AChE and thus, the appropriate arousal (and erectile) messages are conveyed to the appropriate parts of the body far more effectively. Consequently, horny goat weed enables the 'messages to get through' - hence the comparison to Viagra.

There are plenty of places where you can buy horny goat weed online.

L-Arginine

L-Arginine is another completely natural substance that users claim is the new Viagra,

L-Arginine is an amino acid that occurs naturally in the body, and has the ability to make nitric oxide.

Consequently, while L-Arginine is often considered to be most important for heart disease treatment, but it has also been used as an extremely successful treatment for erectile dysfunction for some time.

Not only does L-Arginine make nitric oxide, it also enhances the actions of it. Hence, this particular amino acid has the ability to enhance blood flow to the penis by relaxing the muscles surrounding the appropriate blood vessels.

It also helps to lower blood pressure, control plaque and lower cholesterol levels as well.

L-Arginine has to be taken every day, and the effects are cumulative rather than immediate. In other words, whereas Viagra works within an hour or so, L-Arginine will take several days of regular dosage to start becoming effective.

For an amino acid that is produced entirely naturally by the body, there surprisingly can sometimes be side effects from L- Arginine, it can result in blood pressure that falls too low, cause nausea, headaches and indigestion.

Too much L-Arginine can increase stomach acid, and especially in people with liver disease, it can alter potassium levels as well.

Supplemental L-Arginine is definitely not something that you should be taking if you have serious heart problems.

Having said all of that, unless you fall into a high risk group (i.e. someone who has already suffered an MI) and choose to ignore sensible advice, L-Arginine is a natural and safe way of treating your impotence, one that can be bought online for very low prices, without prescription.

Yohimbe (or Yohimbine)

This is a prescription drug in the USA, one that used to be extremely popular as an impotence treatment. However, since the advent of Viagra, the popularity of yohimbe has waned somewhat.

There is plenty of evidence that this particular treatment can be very effective for dealing with impotence, as the prescription version of yohimbe has been extensively tested and shown to have positive effects. However, the evidence that yohimbe as a dietary supplement can have such positive effects is less well documented.

What is well known is that it is critically important that the dosage you take is absolutely right.

If you take too little, it will have very little effect, but if you take too much, it can become toxic. For example, in the USA, the FDA reports that some people have complained of kidney failure or seizures, and such side-effects as raised heart beat, nausea and increased blood pressure have been reported even from normal dosages of yohimbe.

For this reason, although it is possible to buy yohimbe as a

stand-alone supplement to treat impotence, it is generally better to buy compound supplements where yohimbe is only one ingredient of many. Because such compound formulas tend to keep the yohimbe content on the safer side of the line, you can ensure that your intake of yohimbe is never likely to reach toxic levels.

If you suffer from any kind of kidney or liver disease, stomach ulcers or irregular or unusual blood pressure (i.e. if your blood pressure is too high or low), you should avoid taking yohimbe.

Catuaba

Catuaba is a traditional Brazilian medicine that has been used for many generations as a natural aphrodisiac and central nervous system stimulant.

Many men who have found that taking Catuaba Extract has increased their natural libido and sex drive by a considerable margin.

Maca

Lepidium meyenii or maca

When eaten cooked or raw, it is claimed that maca imparts great strength, stamina and virility. Not only this, but the root of the plant (the part eaten or used in supplements) also contains a substance believed to exert many beneficial effects on the central nervous system.

Consequently, maca is generally believed to be an aphrodisiac, and an effective treatment for impotence. It is also an adaptogen in the same way as ginseng is, so it is an excellent full body tonic.

Moreover, given that the nutritional value of eating maca

is also very high – similar to brown rice – eating maca should be your number one choice (as opposed to taking it in supplementary pill form).

Muirapuama

Muirapuama is another South American herb that is believed to be an aphrodisiac, one used to treat sexual problems and impotence for many hundreds of years. From the available evidence, it seems that muirapuama does have strong stimulant qualities, and it is therefore often used in compound herbal impotence treatments.

Schizandra (or Schisandra) berry

The berries of the Schisandra Shrub is a traditional Chinese medicine. This herbal adaptogen can help to return the body to its normal balanced state irrespective of its previous condition. In the same way that ginseng was traditionally considered to be a full body tonic.

So in taking Schisandra you relieve stress, remove anxiety and increase stamina, all at the same time, making this perfect for anyone suffering from psychologically induced impotence.

Tribulus

Tribulus terrestris is another traditional medicine that has been used both in China and in India for many centuries. It has traditionally been viewed as a herb that can help counter low libido, erectile dysfunction and infertility.

On the other hand, apart from people who suffer from hormone dependent medical problems such as breast or prostate cancer, it does not appear that there are any significant adverse side-effects associated with tribulus either. It is therefore a herbal remedy that anyone who does not have a medical condition but who

does suffer impotence can try without being too concerned about side-effects.

Velvet beans

Velvet beans (*Mucuna pruriens*) is an annual climbing shrub found in the Caribbean, India and Africa.

Extracts from *mucuna pruriens* are rich in L-dopa, which is turned into dopamine in the human body. For this reason, *mucuna pruriens* has long been used by the people of the countries to which it is indigenous as an aphrodisiac.

From what is known about dopamine, there seems little doubt that increased levels will increase libido and sexual activity, which is why it is often recommended as a supplement for impotence sufferers.

Tongkat Ali

Tongkat Ali is a tree that is native to many countries in southeast Asia such as Indonesia, Thailand and Malaysia. It is generally the root of the tree that is used for medicinal purposes.

Tongkat Ali has been used for many centuries in Southeast Asia as an aid to sexual performance, so much so that it has been dubbed the 'Asian Viagra'. The extract of the tree roots increases libido, sexual desire, sexual performance and also as a treatment for erectile dysfunction. When ingested it increase or at least enhance testosterone.

There are very few adverse side-effects associated with Tongkat Ali, although excessive ingestion could lead to

insomnia or anxiety attacks. The fact that, throughout Southeast Asia, anyone can buy canned drinks containing Tongkat Ali across the counter of a normal convenience store, tells us how hard it is to overdose with this extract.

Commercially produced herbal compounds...

While all of the individual herbs and natural substances dealt with in the last section can help anyone who suffers from impotence to get over their problems, each of the individual substances has different qualities. For example, while some could help by being aphrodisiacs, others (the adaptogens) will provide assistance by helping the impotence sufferer to relax and re-energize their body.

Consequently, it is going to be extremely difficult for any individual to know exactly which of these herbal solutions is likely to be one which is most effective for them.

It is this reason that, rather than seeking out a supplement that contains one anti-impotence herb (which you can do by running a Google search on any of the individual herb names), it might make more sense to consider using a supplement that contains a compound mixture of many different herbal and natural impotence treatments.

The other advantage of approaching the situation in this way is that by doing so, you ensure that you are taking the correct dosage of each individual herb for maximum effect. It also minimizes the risk of adverse side-effects, and, as we have seen, certain natural substances (L-Aginine and yohimbe as examples) do carry side effect risks.

This is one of the reasons that a leading compound natural impotence treatment such as Passion RX offers two different herbal formulas, one with yohimbe and one without. This provides you with the opportunity of testing a proven, doctor prepared herbal compound formula of two different types so that you can ascertain which is the most effective in dealing with your impotence problem. Another similar compound product that is worth taking a look at is Pro-EreX, and while there are of course many other similar products available, there is one thing to be careful about.

Many of the products make fantastic claims about how successful they are in the fight against impotence, and no doubt, if you look around, you will find many sales pages that are littered with testimonials from satisfied customers. However, if the product does not list the ingredients that they are using, you should be very wary, because if you do not know what is in the product, how can you be sure that it is safe?

You will note that both of the compound sellers I am recommending in this chapter are both happy to list the ingredients of their products, which enables you to make a carefully considered choice of what you are willing to take, and what you are not.

Beware of hype-filled sales pages, and always scroll to the bottom of the index page to look for the 'Ingredients' link.

