

Herbs For Erectile Dysfunction

CureMyErectileDysfunction.com



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the power of nature**

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Derek

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Chapter 1: What Is Erectile Dysfunction And The Advantages Of Herbal Medicine For Managing This Condition

“Erectile Dysfunction”!!! When the Doctor told me that I suffered from Erectile Dysfunction, I was like...oh! Seriously? As if I didn't know it! It was obvious as I had come to the Doctor for this problem only. I had difficulty in having a good erection and that meant there was something wrong with the function of this part of my body. And obviously, Erectile Dysfunction meant my body had lost the function of getting a good hard erection. The all the doctor did was tell me the same thing in a fancy medical term: Erectile Dysfunction (or ED for short).

What I wanted was to know more about my inability to get an erection. I mean; why I was suffering from it, what could have contributed to its occurrence and more importantly, how I could get rid of this problem and enjoy my personal life the way I used to. I am sure most of you must have passed through this phase and are eager to know more about this condition and what to do about it.

Well... coming back to the Doctor who performed the miracle of diagnosing my condition as Erectile Dysfunction and several others whom I consulted later on, the one thing I clearly understood over more than 2 years of treatment was there is no Pharmaceutical medicine that can cure this condition!.

But, I am not the person to give up. I was determined to solve my problem. My next step was to try herbs. I researched all possible sources that could give information about herbs and finally, I came down to 7 of them that I was sure could deliver the results I was seeking. I tried these herbs myself and had excellent outcomes not just for getting a good erections. These herbs also improved my overall health.

After successfully overcoming my erectile difficulties, I have decided to share my knowledge with you and the rest of my fellow sufferers so that you do not have to go through the ordeal.

Let me begin with simplifying what exactly is ED or male impotence and why it occurs. Do not worry; I will tell you about the secret herbs a little later.

What Is Erectile Dysfunction?

This term simply refers to the inability of a man to get or maintain an erection firm enough for sexual intercourse. Though most men experience it when they are stressed; when it occurs repeatedly, it can be a sign of a neurological, vascular or a structural problem that needs treatment. It can also occur due to the emotional difficulties or strained relations.



What Are The Symptoms Of Male Impotence?

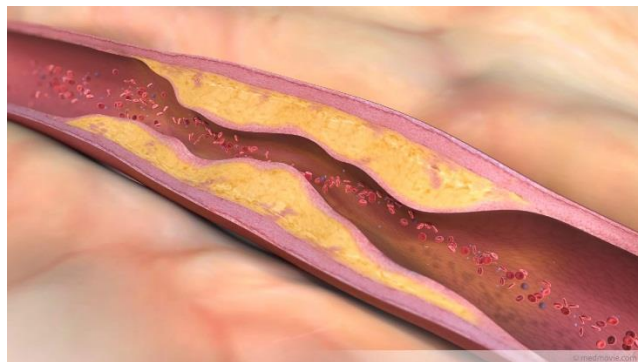
The main symptom of male impotence is the inability to get or sustain an erection. It can have a serious negative effect on the sex life of the couple. Serious psychological implications may occur due to this condition if the man begins to feel that he is not able to satisfy his partner. This can lead to a low self-esteem and self-confidence and even increase the risk of depression and worsen the condition! How ironic! Like a vicious negative downward spiral.

What Are The Causes Of Sexual Dysfunction?

Though ED can affect younger men, it tends to be more prevalent in the middle-aged and older men. Mental stress is also a major contributor to the occurrence of this disease.

The disorders commonly affecting men at an older age can also cause or worsen male impotence. The age-related causes of this condition include diabetes, hypertension, and atherosclerosis.

Atherosclerosis is a condition caused due to the buildup of cholesterol plaques in your arteries. This results in the narrowing of the blood vessels and makes it difficult for your blood to flow to the organs and tissues in your body, including your penis!. The reduced blood flow to your penis is what negatively affects your ability to get an erection.



Some Other Causes Of Impotence In Older Men Include:

- Thyroid disorders
- Obesity
- Lack of proper sleep
- Damage to the nerves
- Low levels of testosterone
- Trauma to the pelvic region or spinal cord
- The use of certain medications, such as antidepressants and diuretics
- Stress
- Overconsumption of alcohol
- Smoking
- Anxiety
- Malnutrition
- Diabetes
- High Cholesterol
- High Blood Pressure

Why Should You Use Herbs For Treating Impotence?

The modern medications used for treating ED, popularly belonging to the “little blue pills” category have now become quite infamous. Most of these medications contain Sildenafil Citrate that does help you to some extent to get an erection by improving the blood supply to your penis. However, this medicine has its own limitations, the side effects being just one of them. These medicines can be too disappointing if a man takes it without adequate sexual stimulation. Plus, they are contraindicated for the patients having a history of a heart attack or suffering from

hypertension. They are also not effective when your ED is the result of a factor other than the loss of blood supply to the penis such as obesity, diabetes, or high cholesterol.

With so many limitations, negligible pros and too many cons, these medications have lost their credibility that was created by making a big hype about Sildenafil Citrate. There was a time when almost all pharmaceutical companies came up with their own brand of Sildenafil Citrate. The all they had to do is add the suffix “gra” to any other relevant term. However, the big bubble these medications created when they first entered the field of medicine has burst. Men and even the doctors have realized the futile claims made regarding its efficacy and the risk it poses to your health.

On the contrary, herbal medications do not just target one particular cause of impotence. The herbs recommended by the Ayurvedic system of medicine are aimed at bringing about a holistic improvement in the health of a person, which acumulates into a harder and longer lasting erection.

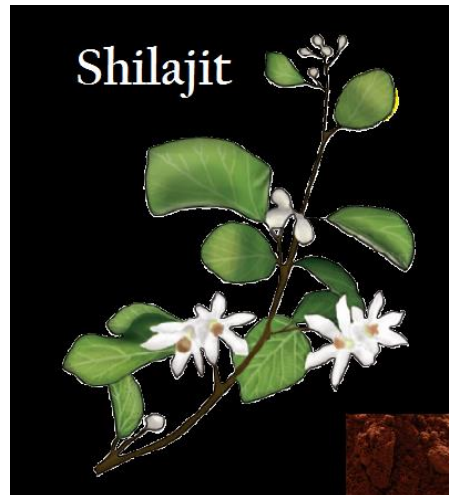


It also tackles the root cause of the problem such as diabetes, high cholesterol, hypertension, and obesity without causing any serious side effects. That’s the beauty of herbs!

In the coming chapters, I will disclose the herbs that I found to be the most effective in treating sexual difficulties.

Chapter 2: Benefits Of Shilajit Resin For Managing Your Erectile Problems

Shilajit tops my list of [Natural Solutions For Erectile Problems](#). In fact, this was the first medicine I tried because I had heard it was popular as the “Ayurvedic Viagra.” This herb is found in the Northern Himalayan range and possesses distinctive attributes and abilities. It has the ability to boost your sexual desire and eliminate sexual weakness.



What makes this highly reliable is that the research conducted by the experts over several years have proved its efficacy in managing sexual disorders. The results of these studies have been encouraging and that’s why; Shilajit has rightfully earned the tag of the best natural aphrodisiac. I am sure you must be eager to try this herb. Yes, you must do it and it will surely help you cure your sexual problems. But, how about first knowing how exactly does this herb work?

Here is the brief discussion about the action of Shilajit Resin in the treatment of Erectile Problems:

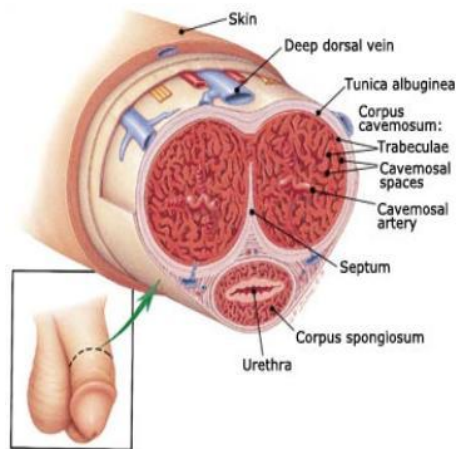
The Role Of Shilajit In Managing Erectile Difficulties

Shilajit helps in the treatment of Erectile Difficulties in a variety of ways as given below:

- Shilajit provides a rich source of several essential vitamins and minerals, which enhance the overall health and fitness of a person. These nutrients help to boost the efficiency of your nerves and muscles in the process of developing and maintaining an erection. It also makes your muscles stronger thus ensuring your erection is harder and more sustainable. Also, it has the property similar to that of flavic acids, which helps in transporting essential minerals to different parts of your body. This ensures your penile tissues are supplied with the necessary nutrients. The rich nutritional content of this medicine also helps to balance the levels of androgens in your body. It stimulates the secretion of fluids during intercourse.
- An adequate sexual stimulation is necessary to get a satisfactory erection. Most modern medications fail to provide the desired results because they lack the ability to boost your

sexual desire and concentrate only on improving your blood flow. Shilajit, by acting as a strong aphrodisiac, ensures that you could experience adequate sexual stimulation. This could help you to get stronger and harder erections.

- The immunity boosting ability of Shilajit helps in eliminating the factors that cause early ejaculation thus ensuring that your erection is long-lasting. It could help you to retain a harder and longer lasting erection.
- Shilajit creates a parasympathomimetic effect that accounts for the relaxation of corpus cavernosum. Wow! This one was not so simple to understand!!! Ok..ok... Don't fret! Let me explain. Our penis has 2 columns of spongy tissues running parallel to each other called the corpus cavernosa. It is believed that the parasympathomimetic effect created by Shilajit, which simply means simulation of some nerves in the body, helps to induce relaxation of the corpus cavernosum that, in turn, results in a great erection. [1]



Shilajit takes care of almost all causes of erectile problems. It really is a wonderful herb for sexually challenged men. I had very good results with this herb within just 2 to 3 months. I am using it regularly and habitually this has given my sex life the push it needed and stabilized my personal life as well. I am sure it could help you too! So, what are you waiting for? [Try Shilajit And Take A Positive Step Forwards On The Path Towards A Much Better Sex Life.](#)

References:

1. <https://www.ncbi.nlm.nih.gov/pubmed/23060465>

Chapter 3: How Could Pine Pollen Powder And Tincture Help You To Get Stronger Erections

Pine pollen is another highly effective herb for managing erectile difficulties and getting stronger erections. I would recommend this medicine if your difficulties are largely due to an extreme general weakness or low testosterone levels.

What Is Pine Pollen?

It is the pollen obtained from the pine tree. It can be found in the mountainous regions of several parts of the world. It is highly revered for its high nutritional content. For men suffering from weak erections, it could provide an ideal solution for what is not happening in the trouser department owing to your low nutritional status. The fact that this herb contains almost all of the essential vitamins and minerals needed to increase your testosterone levels makes it [A Perfect Natural Substance To Help You To Get A Supernatural Erection](#). It can be used in the form of pine pollen powder or tincture.



- **Pine Pollen Tincture**

It is a liquid extract of the Pine pollen mixed with alcohol. It is prepared by allowing the pine pollen to soak in a jar containing alcohol or vinegar for a few weeks. The benefit of using pine pollen tincture is it allows you to get the maximum absorption of the phyto-androgens, even DHEA.

Most often, these compounds are lost as they pass through the digestive tract when consumed in the form of a powder. However, since your digestive organs can absorb liquids better and faster than the solid powders, using a tincture can help you [Get An Instant Boost Of Testosterone](#).

- **Pine Pollen Powder**

Pine Pollen Powder is obtained by grinding dried Pine pollen. If you are planning to go the powder route, I would advise you to ensure you know how it is processed. The problem is Pine pollen is present within a cellulose shell, which can be cracked only by heating it. However, heating it too much can deactivate the enzymes present in it and make the herb less effective. So,

make sure the product you choose has been obtained after cracking the shell by heating it gently over a long period of time.

How Does Pine Pollen Help In The Management Of Your Sexual Problems?

- Pine Pollen Powder And Tincture are full of minerals, vitamins, and amino acids that collectively work to take your body functions a notch higher. Pine pollen contains several sterols, which are basically the naturally occurring steroids in plants. These sterols benefit you in a range of ways as given below:
- Brassinolide boosts your liver function thus ensuring an elimination of excess cholesterol. This helps to inhibit atherosclerosis, which is a major contributor to erection problems
- Castasterone acts as a natural antiviral agent and suppresses infections that can damage your penile tissue and reduce your ability to get a goof quality erection.
- Gibberellins helps to regulate your prostate size and stimulate the secretion of hormones thus increasing your sexual desire and testosterone levels, both of which are highly needed for a harder and longer lasting erection.
- Pine pollen works as an anti-inflammatory agent and antioxidant and cleans up the free radicals. This helps to slow down the aging process and allows you to enjoy good erections even as your age increases.
- Pine pollen contains natural arginine, which your body can put to use to build a stronger erection. It is also good for increasing the sperm production and improving your sperm motility.
- Superoxide dismutase is an enzyme found in abundance in Pine pollen. It helps to break down and eliminate free radicals and thus, reduce the oxidative stress that can worsen your sexual difficulties. [1]

So, now you have another weapon in your sleeves to combat your erection problems with confidence. [**Try Thi To Giv A Boost To Your Sexual Performance And Enjoy Your Sex Life To The Fullest.**](#)

References:

- 1 <http://www.ncbi.nlm.nih.gov/pubmed/20013181>

Chapter 4: The Medicinal Powers of Tongkat Ali In The Management Of Erectile Difficulties.

Though I was quite happy with the results I got with Pine Pollen and Shilajit, I couldn't resist myself from trying Tongkat Ali. I would call it a human greed; we are never satisfied with what we have. So, even after having [Excellent Erections](#) with the other herbs, I was tempted to do better with my sexual prowess.

Tongkat Ali grabbed my attention as several studies concluded it to be a highly effective herb for treating erectiledifficulties. This herb, officially called the Eurycoma Longifolia, is obtained from the root of the tree, which is native to Southeast Asia.



As expected, this herb did prove to be a really beneficial natural solution for male sexual problems. I am sure; it will help you if you are having a hard time getting a hard erection due to other health problems like diabetes, hypertension and other causes. Let me tell you exactly how this herb works in treating male sexual problems through its amazing range of mechanisms.

1. Tongkat Ali Increases Your Testosterone Levels

The most important action of this herb in solving your sexual problem comes from its ability to increase your testosterone levels. It performs this act in several different ways. First, it increases the production of Luteinizing Hormone that is needed by the Leydig cells in your body to release more amount of testosterone from your testicles. By increasing the level of this hormone, it triggers a chain reaction, which results in an increase in the amount of testosterone available for boosting your libido and vitality.

Secondly, it blocks the action of a chemical called SHBG, which has the potential to block your sex hormones and thereby, negatively affect your sexual performance. [1]

2. Tongkat Ali Blocks Estrogens

Tongkat Ali is like a smart warrior who surrounds the enemy from all the sides and targets the potential threats to his victory. In your case, your main enemy is estrogen, which is considered a female hormone, but is produced in the bodies of us men in small amounts. However, a high

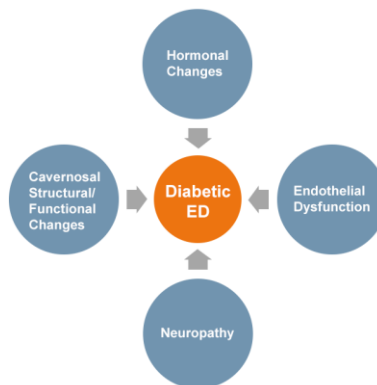
level of estrogen can lower the production of the male hormone, testosterone, and affect your masculinity.

Tongkat Ali has the ability to attack estrogens. The level of estrogen rises in men as their age increases, which results in the reduced amount of free testosterone. This explains why we start experiencing an inability to get a solid erection as we get older. However, with Tongkat Ali as your aid, you can fight this effect of aging and enjoy sex even in your old age. It could block the action of estrogens and inhibit your testosterone levels from lowering. It also produces an anti-ageing effect on your overall wellness and keeps you much healthier. [2]

The Role Of Tongkat Ali in Managing The Causes Of Male Sexual Problems

- Diabetes

Erectile difficulties is one of the most common complications of diabetes in us men. Diabetes causes male impotence due to the involvement of the nerves, blood vessels, and muscles. If you suffer from diabetes; taking Tongkat Ali could not only help you to kiss bye bye to sexual problems by increasing your testosterone levels, but also keep your blood sugar levels in control. This could help in halting the effect of diabetes on your sexual performance.



- Atherosclerosis And Heart Diseases

The normal level of testosterone is essential for the optimal cardiovascular function. A very low level of testosterone can increase your risk of heart diseases and atherosclerosis. These diseases, in turn, can worsen your existing sexual inadequacies. By stimulating the production of testosterone, Tongkat Ali decreases your risk of having these health problems and thus, inhibits the worsening of your sexual difficulties.

- Psychological Problems

Stress and anxiety are the common causes of sexual difficulties in young men. The constant stress to meet the deadlines and targets, keeping up with the planned schedules, traveling to the workplace, and lack of enough rest and sleep are some of the factors that contribute to high stress levels. This can have a serious effect on your personal and sexual life and also result in the deterioration of your general health.



A high level of stress can also increase the risk of diabetes, hypertension, and heart diseases, which further contribute to the development of erection problems. So, if you want to stay happy, healthy and sexually potent, you need to learn to manage your stress. This is where Tongkat Ali comes in handy. It could produce a positive impact on your moods by calming your nerves and increasing the production of feel-good hormones. It also takes care of the other psychological causes of sexual problems such as depression, low self-confidence, and low self-esteem.

Some more benefits of using Tongkat Ali for men...

- Increases the muscle mass and strength
- Boosts the energy levels and motivation
- Elevates Sperm Count
- Improves the sperm motility

If you are nearing old age or are suffering from the age-related diseases like diabetes; then, **[Try Tongkat Ali To Give A Healthy Boost To Your Sexual Functions](#)**. It could very well have a huge impact on your sex life, and help you to improve your erectile difficulties in a safe and natural way.

References:

- 1 <http://www.globalhealingcenter.com/natural-health/benefits-tongkat-ali-male-enhancement/>
- 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3669033/>

Chapter 5: The Health Benefits Of Horny Goat Weed For Men Suffering Sexual Malfunction

If you ask me how does Horny Goat Weed help to manage sexual problems, I will just summarize the answer in one word: Icariin. Now, you might think, what is Icariin? It is one of the main ingredients of this herb to which it's Erection enhancing properties are attributed. Here's how this wonderful herb can help you to [Tackle Your Sexual Sufferings:](#)



How Does Horny Goat Weed Work In The Management Of Erectile Difficulties?

Icariin is the key to why this herb works. Icariin delivers the desired results in two ways. These two mechanisms of action are the most appropriate and beneficial for you as opposed to women. These 2 functions of Icariin include the role it plays in Nitric Oxide Signaling and the enhancement of Testosterone utilization.

- Nitric Oxide Signaling

Icariin has the ability to rejuvenate and increase the mechanism of nitric oxide signaling. Nitric oxide is a gas molecule that occurs naturally in the human body. It is needed by your body to perform several different functions. However, one of its prime attributes is linked to the supply of blood to various parts of your body whenever required. This means your body is stimulated to release nitric oxide only when it receives a signal that a particular organ or a part needs more blood supply at a specific time.

In your case, this means it can stimulate the body to release nitric oxide whenever you are sexually stimulated. This, in turn, will increase the blood supply to the penis and result in a strong erection. By taking icariin through the use of Horny Goat Weed, you could re-instate your lost ability of your body to secrete and signal nitric oxide and thus, ensure a harder erection that lasts longer. [1]

- Improves Your Testosterone Utilization

Testosterone needs no introduction to the men suffering from erectile difficulties. However, just having enough of this hormone is not enough. Your body should be able to react to high levels of testosterone to enable your penis to have a good hard erection. Most men suffer from sexual problems in spite of having a normal level of testosterone. The reason behind this is their bodies are not able to utilize it properly. It is like having loads of money in your bank account without being able to spend it. This abnormality can be corrected by using Horny Goat Weed. Icariin present in this herb could enable your body to make optimum use of testosterone and thus, help

you to achieve your aim. Additionally, Icariin also produces a direct beneficial effect on your sexual performance by increasing your testosterone levels.

It also improves the way your body uses the pre-existing 'bound' testosterone. This results in an increased sex drive, which is what the prescription Erectile Dysfunction drugs simply do not cater for. In short, Horny Goat Weed essentially covers all the bases of your sexual requirements.

But wait... That's not all. Do not think that Horny Goat Weed is good enough only for your sexual problem. It is called a wonderful -herb not just for its ability at helping erectile difficulties and problems. It could offer many other health benefits. It also helps in improving your physical stamina and sports performance, inhibit osteoporosis, reduces stress, enhances bone health, and aid with depression. [Try This Herb To Avail Its Multiple Benefits And Improve Your General Health While Also Boosting Your Sex Life.](#)

References:

- 1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3551978/>

Chapter 6: How Does Cistanche Tubulosa Work Aid Men With Weak Erections?

Every man reacts differently to different medications. The same is true even for herbs. Though herbal medicines do not cause any serious side effects, they do differ in their effectiveness in different patients. Hence, it is always advisable to have your 'Plan B' ready if the herbs we discussed earlier didn't work out too well for you. Our 'Plan B' for 'Mission Solve Erectile Difficulties' is Cistanche Tubulosa. It is yet another [Effective Addition To Your List Of Herbs For Erectile Difficulties](#). [1]



Cistanche Tubulosa is commonly called just "Cistanche." In fact, its use for the management of male sexual problems dates back several centuries when men reaped its potent sexual enhancement benefits to impress their partner. Today, it has gained immense popularity among the herbalists as well as men suffering from weak erections worldwide.

How Cistanche Tubulosa Helps In The Management Of Male Sexual Problems?

- Causes Vasodilation

The chemical components present in this herb possess vasodilator properties. This means they could cause dilation of the blood vessels in your penile region. As a result, there is an increase in the blood flow to your penis. And since the blood flow is directly linked to your ability to achieve and maintain a good hard erection, taking Cistanche Tubulosa may very well help you with achieving to your goal of reversing your erectile difficulties.

- Boosts Your Neurological Function

Your nerves play an important role in your sexual activity. Without an adequate stimulation of the nerves, your penis can not follow the orders of your brain. Even the dilation of your blood vessels supplying blood to your penis is achieved through the stimulation of the nerves. However, this power of the nerves may be affected due to diseases like diabetes.

The persistently high levels of blood sugar in patients suffering from this condition causes damage to the nerves resulting in neuropathies that can hamper your sexual performance. The signals from the brain to the blood vessels and the penile tissues reach this region through the motor nerves.

So, obviously, when these nerves are not functioning optimally, the signals do not reach the penile region effectively causing your efforts to get an erection to fail. Cistanche Tubulosa could help to tackle this by correcting the nerve problem. It has the potential to repair damaged nerves

and allow it to function normally. It acts as a nerve tonic and supports the conduction of impulses from the brain to your penis. This helps you to get a perfect erection.

- Stimulates Testosterone Production

Male sexual problems are caused due to a low level of testosterone and could also be managed well by using Cistanche Tubulosa. Scientific studies have proven this action of Cistanche Tubulosa. The testosterone boosting effect of this herb may very well bring about a significant improvement in your sexual function. The increased levels of testosterone boosts your sexual desire and improves your ability to get a good hard erection. It could also increase the production of sperm and improve your sperm motility. [2]

What Else Cistanche Tubulosa Could Do For You...

Increases Your Sexual Desire: Cistanche Tubulosa is an excellent aphrodisiac. If you have been unduly stressed due to the errant nature of your boss, your sex life is bound to be in the doldrums. It would be understandably difficult for you to feel aroused enough to get an erection. If stress due to any factor and the resultant loss of your sexual desire is what is causing your weak erections; then, what you need is a strong aphrodisiac. Cistanche Tubulosa has the potential to increase your sexual desire and makes sure you are sexually aroused to help you to get a strong erection with ease.

Tackle Early Ejaculation: Sometimes, having a good erection may fail to accumulate into a successful completion of the act due to an early ejaculation. It causes you to lose your erection before you reach the state of orgasm. So, you end up feeling dissatisfied with your sexual performance. Over a period of time, this inability to achieve an orgasm could result in a low self-esteem. You lose your confidence, which, in turn, leads to erection problems. This chain of events originating from an early ejaculation and ending in erectile difficulties could be broken by taking Cistanche Tubulosa. It helps to boost your sexual performance by having a positive impact on the blood flow to your penis and producing a warming effect. This helps to inhibit an early ending and its consequences like erectile difficulties.

Cistanche Tubulosa provides comprehensive management for male sexual problems, thanks to its multiple medicinal properties. It has the potential to take care of almost all causes of sexual difficulties and help you get a satisfactory erection. [Make Sure You Get Your Hands On Cistanche Tubulosa At The Earliest Opportunity To Forget Your Sexual Problems.](#)

References:

- 1 <https://www.ncbi.nlm.nih.gov/pubmed/24146455>
- 2 <http://www.ncbi.nlm.nih.gov/pubmed/26004585>

Chapter 7: The Unique Ability Of Ashwagandha Tincture And Powder To Overcome Erectile Difficulties

Ashwagandha is like an elixir for human life. It provides so many health benefits that it is believed to keep any man or woman away from diseases and allow them to live a long and healthy life. So, how can it not be effective at helping men with weak erections?



Ashwagandha helps to [Manage Male Sexual Problems](#) by correcting the immediate abnormalities involved in the process of erection. It also takes care of the distant abnormalities that indirectly affect your ability to get a good hard erection. Let me explain in detail how Ashwagandha attacks the both direct as well as indirect causes of erection problems.

Direct Causes Of Erectile Difficulties:

1. Weak Penile Tissue

If you have a weak musculature, it is bound to affect your sexual performance as the erectile muscles play an important role in getting a strong erection. Ashwagandha is filled with several essential nutrients including vitamins, minerals and amino acids, which together tone up and strengthen your erectile muscles and allow you to get a strong erection.

2. Unregulated Blood Supply

The hardness of your erection is directly proportional to the amount of blood flowing into your penis. The normal mechanisms of an erection involve the dilation of the arteries supplying blood to your penis, which results in the filling up and hardening of the penile tissues. However, maintaining this erection is achieved through an effect on the veins drawing the blood away from your penis. The body sends stimuli to these veins to cause them to constrict. As a result, the blood flowing into your penis is trapped and takes a longer time to flow out from your penile tissues. This helps to maintain your erection for a longer duration of time. An insufficient constriction of the veins can allow the blood to flow away from your penis making it flaccid. Ashwagandha supports both the activities of your blood vessels: the arteries as well as the veins. It stimulates the nerves in your body in such a way that the arteries are dilated and the veins are constricted. This naturally causes the blood to be trapped into your penis, which is what we call an erection.

3. Low testosterone levels

Reduced production and release of testosterone is another direct cause of male impotence. Ashwagandha regulates the production of hormones in your body. It stimulates the secretion of testosterone, which is essential for a successful sexual activity to take place. This also helps to increase your sperm count and sperm motility. [1]

Indirect Causes Of Erectile Difficulties

1. Increased Stress Levels

Stress is one of the most common cause of erectile problems in men. It distracts your mind away from the sexual pleasures and reduces your interest in the activity.



The low moods also affect the balance of hormones in your body causing reduced levels of testosterone, which indirectly contributes to sexual difficulties. Ashwagandha acts as a natural aphrodisiac and helps to increase your sexual desire. It reinvigorates your interest in your sex life. This can have an encouraging effect on the production of testosterone and result in a good hard erection. The use of Ashwagandha is highly recommended for the men suffering from weak erections due to other psychological causes like depression, anxiety disorders, obsessive compulsive disorders, bipolar disorders, and simple sexual frustration. [2]

2. Damaged Penile Tissues

A number of metabolic processes are carried out inside your body on a daily basis. These processes result in the release of free radicals, which can severely damage the tissues and cells in your body. These free radicals are nothing but the uncharged molecules having an extra or unpaired electron. Now, this extra electron makes the free radical highly unstable making them search for a partner to bind with the unpaired electron to achieve a state of stability.

However, while doing so, it attacks the normal cells and robs one electron from them leaving them deficient in the same way. As a result, the healthy cell turns into a free radical looking out for a partner. This chain of reaction goes on with each free radical attacking the normal cells resulting in considerable damage to the organs including your penis. The best way to stop this

chain of reaction is to use strong antioxidants that can destroy the free radicals and save the normal tissues from damage. This is where Ashwagandha plays a role. It is a strong antioxidant that can protect your penile region against the damage caused by free radicals and thus, prevent any structural abnormality that can hinder your performance.

Ashwagandha is available in the forms of tincture as well as powders. There is not much of a difference between these forms of the herb. They may vary in their effectiveness to some extent depending on the brand. Yet, overall, they prove to be highly beneficial in managing sexual problems, as word, the tincture by its very nature is more potent due to increased bioavailability.

[You Can Use This Herb In Any Form Suitable For You And Get Yourself Ahead On Yhe Path Of Better Health And A Much More Pleasurable Sex Life.](#)

References:

- 1 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3863556/>
- 2 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3326875/>

Chapter 8: How To Improve Your Erections With The Help Of Maca?

Maca certainly does make a valuable addition to your list of herbs for erectile problems. It may increase your overall health and stamina thus [Boosting Your Sexual Performance](#). The use of Maca can be traced back to ancient times. According to folklore, the warriors took Maca root with them before going into the battle for increasing their strength. Funnily enough, they also found that it increased their libido, and you can imagine, how this effect, or should I call it a side effects, might have worked against them! The aphrodisiac action of this herb was so strong that the leaders later had to prohibit the warriors from carrying Maca during war times! Here is a brief discussion about how this herb works in the management of erectile difficulties:

- **Increases Your Libido**

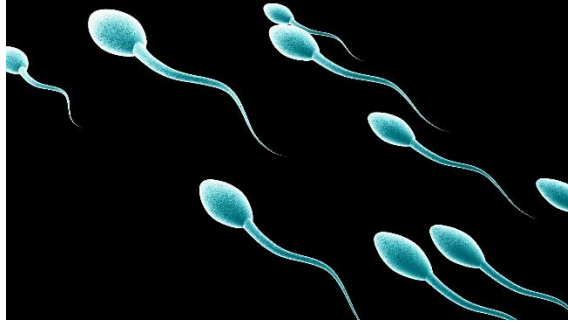
A study published recently in the Journal of Ethnopharmacology has indicated that Maca root could improve your sexual performance significantly. A proper sexual stimulation is what you need to get a good erection. [1] Once this first step is achieved, your journey for the next 20 or 30 minutes towards your goal of getting and maintaining an erection can be made easier. The libido boosting property of this herb is believed to be due to the high concentration of an aromatic component, p-methoxybenzyl isothiocyanate, in it. The strong aphrodisiac property of this herb may also counter the effects of stress and anxieties, which can have a profound effect on your sex life.



The best part of using Maca root is that both the short-term as well as a long-term use of this herb are beneficial. This means you need not use it for a prolonged duration to get the desired results. You may use it for a short period of time and stop using it when you wish to. If you want, you can use it on a regular basis for several months or even years. It is safe and does not cause any side effects. So, how you want to use this herb entirely depends on your needs.

- **Fertility Boosting Ability**

Maca Root Has Fertility Boosting Properties, which have been attributed to the high amount of glucosinolate in it. This property of Maca is beneficial for the men who have been suffering from a low sperm count resulting in an inability to impregnate their partner.



The psychological impact of low sperm count can be huge. When a man learns about his sperm count, it can take a severe blow on his self-confidence and self-esteem. They tend to link the low sperm count with an inefficient manhood without realizing that it is a simple medical problem just like diabetes that causes high blood sugar levels. Over a period of time, this low self-confidence begins to have an effect on their sexual performance potentially resulting in impotence. Maca could tackle this problem from the root! It has the ability to increase your sperm count. This serves as a reverse psychology and helps the man to regain his lost confidence. And naturally, as he gains his confidence, his ability to get a good erection bounces back!

If your purpose is to make love and enjoy sex; then Maca might be the herb you are looking for! Try this remedy to boost your sexual desire and get rid of male impotence; but do not forget to leave it behind if you plan to head for the battlefield!

References:

1. <http://www.ncbi.nlm.nih.gov/pubmed/11297856>

Chapter 9: Conclusion

Now, you have two options. The first one is to accept the situation and be prepared to face the consequences! This means you let erectile dysfunction take charge of your life and allow it to create havoc in your personal, and sexual matters! The second option is to try these herbal solutions and enable yourself to take charge of your erectile problems and not the other way round!

ED is not as simple problem as it seems to be. Just put one 'N' between the letters and see the difference! It's actually the 'END' of your sexual pleasures, your self-confidence, and your self-esteem as well! Do not take the problem of not being able to have an erection for granted. It can snowball into bigger problems over a period of time. Take action now and use these natural herbs to take your first step towards a happier, healthier and a successful sex life!

Wishing you good luck!