

Erectile Dysfunction Can be Successfully Treated with Natural Remedies

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ABSTRACT

Unquestionably the incidence of erectile dysfunction is increasing, even among younger men. In parallel, the number of sperm in ejaculations is decreasing, as is the number of births in first world countries. All this has intensified since the years of the Covid 19 pandemic. Understandably, the use of chemical agents such as sildenafil has increased. It is therefore advisable to be able to resort to natural remedies to counteract these developments. Here we present a combination of nine natural remedies from East Asia that together can offer a solution to these problems. These also have the effect of reducing an enlarged prostate in older men. Incidentally, we also found that there was an increase in blood flow to the user's central nervous system.

Keywords: Erectile Dysfunction, Aphrodisiac, Impotence, Fertility.

INTRODUCTION

Impotence and low libido are often taboo subjects. It is always "others" who are affected. Unfortunately, in today's stressful and hectic world, sexual desire is increasingly being lost and a performance ethic is emerging. Almost one in two men over the age of 40 suffers - at least temporarily - from erectile dysfunction or impotence. The search for natural remedies with the ability to increase libido and erection is as old as mankind. Men have trusted the power of herbal remedies since time immemorial, and little has changed. Medicinal plants for physical love do exist, just think of yohimbe (1,2) or ginseng root (3). These so-called love elixirs are called aphrodisiacs, named after the Greek goddess of love, Aphrodite. On the other hand, there are chemical agents that improve erections, such as sildenafil.

WE PRESENT A NOVEL MIXTURE OF NATURAL REMEDIES

The substances combined here come from East and South-East Asia. We tested a new composition in capsule form (500 mg content) on more than 1,000 users and found a positive effect in all cases. In particular, the following effects were observed Increase in male performance; longer-lasting erections; increase in the quantity and strength of sperm; better control of ejaculation if the act is to last longer; greater satisfaction for couples during a night of passion; effect lasting up to a week.

RECOMMENDED INTAKE

The product has been shown to be almost perfect for men, effective even in older men. A further effect in these men was a reduction in prostate enlargement, visible on ultrasound and noticeable in improved urine flow. The capsules do not contain any chemical substances, as tested and proven by spectrography. The effect of improved blood flow to the penis is

complemented by increased blood flow to the brain. This results in the only "side effect": if the man previously had reduced blood flow to the brain (e.g. due to cerebral sclerosis), he may experience some head pressure as a result of the improved blood supply to the brain. This will disappear after a few doses. There are no other known side effects.

Positive : Absolutely natural products, no additives, no chemicals, no steroids, no other artificial substances. Tested in a European laboratory, no impurities were found and the certificate of free sale as a food supplement was granted for the entire European Union (EU). Take one capsule at least 4-6 hours before sexual activity. The effect or increase in libido can be felt for up to a week. The minimum dose is 1/week, but 2/week is better. Below is an explanation of each ingredient in this product:

Coix Lacryma Jobi / Job's Tear Herb (4,5,6)

Job's tear, also known as Chinese pearl barley, belongs to the grass family and is believed to have been cultivated for 4000 years, mainly in East Asia. Job's tear is very rich in protein and has a high vitamin B1 content. Job's tear has diuretic and detoxifying effects, regulates total cholesterol levels and cleanses the intestines of animal food and fat deposits. Job's tear strongly increases libido, potency and erection, improves fertility and has curative and preventive effects on civilisation diseases such as arteriosclerosis.

Cinnamon Cassia / Cinnamon (7)

Cinnamon has a positive effect on cholesterol levels and reduces tension in the walls of the blood vessels. This improves blood circulation and therefore erection, as the erectile tissue of the penis is also better supplied with blood. Cinnamon also lowers blood sugar levels. Cinnamon's main property, and most important benefit, is its antioxidant effect. This spice is also known for its antibacterial, stimulating, antiviral and antifungal properties. Cinnamon favours the metabolic process in tissues, including the genital area. The fragrant spice also has a positive effect on erection and inevitably leads to the normalisation of potency.

Lycium Chinense / Chinese Sea Buckthorn / Goji (8)

Chinese Sea Buckthorn berries provide the most important nutrient, 18 amino acids. They are known for their many positive effects on human health and are considered a superfood. The goji plant was first mentioned in China around 4600 years ago. And it has long been regarded in Traditional Chinese Medicine (TCM) as a magic bullet for eternal youth, beauty and health. Goji berries strengthen the immune system, delay the ageing process by creating new cells not only in the skin but also in the brain, and have a preventive effect against cancer and many other diseases. Goji berries contain essential minerals, trace elements and vitamins.

Cuscuta Chinensis / Chinese Dodder (9)

The plant is used in Tibetan medicine for its warming properties, as well as for its stimulating effect on the liver and kidneys, and for aching limbs. It improves sexual function, too. And it works anti-inflammatory, anti-aging, anti-cancer, hormone regulating. It is known in TCM/Traditional Chinese Medicine for over 2000 years.

Ziziphus Jujube / Chinese Jujube / Chinese Date (10,11)

Ziziphus Jujube works by releasing stimulating sex hormones and stimulating sperm production. It can also boost the immune system and reduce inflammation. Known as a tonic in

traditional Chinese medicine, the fruit is now widely used by American men to improve sexual function. It works by improving the release of nitric oxide, similar to L-arginine.

Dioscorea Opposite / Chinese Yam (12,13)

In Asia, Chinese yam is said to have potency and aphrodisiac properties, probably due to its high starch content. Yam root is now used worldwide as a sexual enhancer. Yam root capsules are used to treat joint disorders such as rheumatism, gout and arteriosclerosis. In addition to its anti-inflammatory properties, the yam root also affects the body's hormonal balance through its high levels of diosgenin. It stimulates the adrenal glands to produce steroid and sex hormones.

Cordyceps Sinensis / Chinese Caterpillar Fungus (14,15)

For generations, this mushroom has been known in Tibet and China as the herb of men. They call it the Viagra of the Himalayas. Cordycepin is a powerful kidney activator and lowers blood cholesterol. It increases blood flow in general and improves blood flow to the penis, increasing strength and semen flow.

Schisandra Chinensis / «Berry with Five Flavors» (16,17)

Also known as China berry, it is native to Japan, Korea and China. In China, it is mainly grown in the north-east of the country. It is one of the most effective tonics in Chinese herbal medicine. Thanks to its tonic properties, the list of possible uses is quite long. Simply put, it increases vitality. Newly established in our stressful times, Chinese Berry is a plant with a long history and tradition. It was mentioned as far back as the Han Dynasty (206 BC - 220 AD). The Chinese name "Wu-Wei-Zi", the herb of the 5 elements, also testifies to the plant's long history.

In addition to its tonic properties, the Chinese berry is also said to have sedative properties. It can therefore also be used for insomnia. What appears to be a contradiction in terms is actually a holistic explanation. A vital, healthy person will not suffer from insomnia. According to ancient records, the berry is said to increase energy and combat fatigue. In addition, the berry is said to increase sexual desire and virility, making it an over-the-counter sexual enhancer. In addition to improving general performance, the plant was valued as a sexual tonic.

Cervus Nippon Horn Extract / Mandarin Sika Deer Horn Extract (18,19)

The effects of deer horn extract on cell growth have been studied many times. Researchers have identified several growth factors. Deer antler velvet has also been found to contain amino acids that increase growth hormone levels in the human body. In a 2000 study, animals fed deer antler powder grew significantly faster than the control group. A University of Alberta study followed 18 men on a 9-week strength training programme. The results showed that deer antler powder increased the subjects' strength and endurance compared to the control group. The researchers found significantly increased testosterone levels in the deer antler group.

Modern scientific research shows that deer antler powder has the following health benefits: Increases testosterone levels, improves blood flow to the arteries, lowers high blood pressure, increases physical energy and endurance, increases muscle strength, improves flexibility, increases muscle regeneration, prevents and reduces inflammation, improves sexual health, acts against osteoporosis, stimulates the immune system. Of course, no deer are killed or their antlers removed from their bodies, but the shed antlers are used.

CONCLUSIONS

Aphrodisiacs (20,21,22,23,24) have always played an important role in the history of East Asia. The mandarins in China, for example, had several wives who expected regular sexual satisfaction. Ancient civilisations such as the Chinese, Indian, Egyptian, Roman and Greek cultures believed that certain substances could hold the key to improving sexual desire, sexual pleasure and/or sexual behaviour (25). This was important because some men suffered from erectile dysfunction and were unable to reproduce. There are Hindu poems from around 2000 to 1000 BC that talk about sexual enhancers and tips on how to use them (22).

In post-classical West Africa, a volume entitled "Advice for Men on Sexual Interaction with Their Wives from the Timbuktu Manuscripts" served as a guide to aphrodisiacs and remedies for infertility (26). It offered advice to men on how to "win back" their wives. According to Hammer, "at a time when women's sexuality was barely recognised in the West, the manuscript, a kind of Baedeker to orgasm, offered tips on how to maximise sexual pleasure for both partners.

The psychological impact of impotence should not be underestimated. It therefore seems appropriate to offer a product that combines nine plants and is highly effective. In addition to erection, other effects can be observed: A reduction in an enlarged prostate and an increase in blood flow to the brain. Both are particularly valuable for older men with a certain degree of arteriosclerosis.

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