

Dealing with Impotence Naturally

Free Report

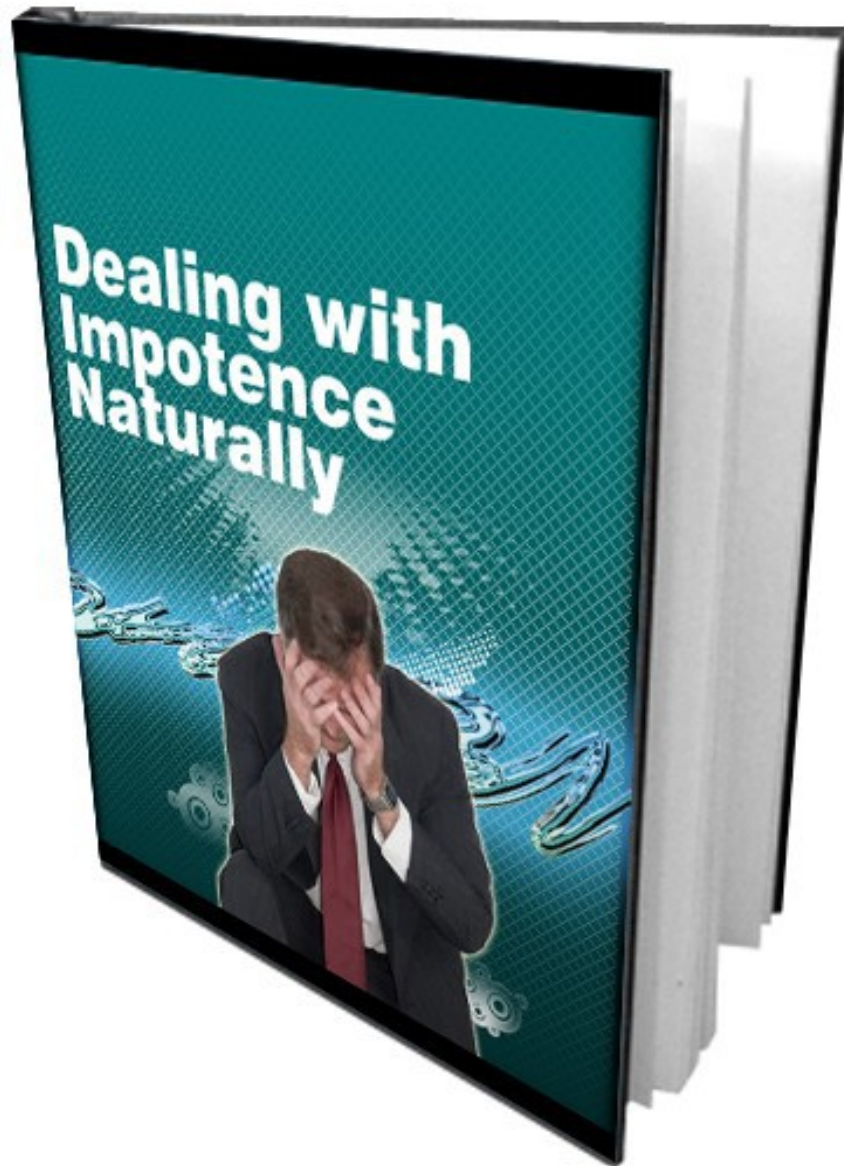


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Introduction

Whether we like it or not, for many men it gets increasingly difficult to perform sexually as the years advance.

While every individual is different, for a significant percentage of the male of the species, impotency can become an ever worsening problem as the years roll by, although because it is a condition that can be caused by a wide range of medical problems, it is actually a condition that can strike any man at any age.

There are sound scientific reasons why this condition afflicts so many men, and we will consider these reasons in the early part of the book. Over the past few years, many new drugs have come onto the market to counter impotency, and there is no doubt that many of these drugs are effective for a significant proportion of men who suffer from the condition.

The downside of these preparations is that they are chemically based, because it is well known that pharmaceutical chemicals almost always have side-effects, some of which can be nothing more than unpleasant, while others can be downright dangerous.

For the purposes of presenting as complete and comprehensive picture as possible, we will also consider some of the more popular pharmaceutical impotency preparations in his book. However, I am going to focus attention on some of the known possible side-effects of the drugs, because the purpose of this book is to draw attention to the benefits of using natural impotency treatments rather than chemicals. I should also point out that there are going to be no references to any of the more 'imaginative' solutions that some individuals might think of when they think of 'natural impotency cures'. There will for example be no references to risqué movies or publications, because those are not the types of 'natural cures' we are interested in.

Let us therefore start by looking at what causes impotency.

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. On the one hand, psychogenic impotence caused by mental or emotional factors, and on the other hand 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, because no-one has (as yet) found a way to successfully prevent aging.

However, impotency can also be a result of the effects of stress (either physical or mental), excessive tiredness, depression (sometimes brought on by an inability to perform sexually) or over-consumption of either alcohol or tobacco. Recreational drugs can be another potential cause.

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.

However, not every cause of impotency is going to be quite as temporary, as it can often 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 (and especially in older men who are inevitably more likely to suffer from organic impotence), it is absolutely essential that a full medical evaluation is sought before any kind of impotence treatment (whether natural or drug based) is embarked upon. This evaluation should include a detailed cardiac assessment, measurements of both blood

pressure and lipids, blood sugar tests, and a full assessment of current lifestyle.

In this 'current lifestyle' assessment, it is likely that your healthcare professional will look at and advise upon such considerations as weight control, sleep quality management, diet improvement and other similar lifestyle changes that could help to elevate your ability to achieve or maintain an erection.

The fact is, there are many poor health or lifestyle choices that we all make which can eventually increase the chances of suffering Erectile Dysfunction. These poor choices will adversely affect your overall body condition, and deteriorating sexual performance is often the result. For example, if you are seriously overweight, the chances of suffering ED are significantly increased, and too much smoking or drinking is certainly not going to help. This is all exactly the kind of information your medical practitioner needs.

Armed with this information, it is likely that your doctor will be able to isolate the cause of your problem, and in most cases, something can be done to reverse it.

But, do you want more drugs?

If you have a medical problem that causes impotency, or your condition has been caused as a side effect of a medication that you are already taking, then it is sensible to consult your doctor to discover the cause of the problem.

After that, however, you may have a decision to make, because it is highly likely that your healthcare professional is going to prescribe pharmaceutical drugs of some description to deal with your problem, and you have to decide whether they are something that you are happy to take.

For example, if you are already on some kind of medication for another condition that is causing your ED problem, your doctor is likely to prescribe an alternative medication to deal with the original problem, an alternative that they believe will not cause impotency. Knowing that chemical-based pharmaceuticals almost always have side-effects of one form or another, is switching from one such drug to another something that you want to take a chance on?

Alternatively, if the cause of your impotency is a recognized medical or mental condition for which you have not already received treatment, do you want to begin that treatment by taking pharmaceutical drugs? For example, imagine that your impotence problem is caused by depression, and your doctor therefore wants to prescribe

antidepressants. The following screen-shot shows a handful of the most common types of antidepressant drugs.

Look at the side-effects of these drugs, and consider whether they are something that you would want to live with:

Of course, there are medical situations that cannot be adequately dealt with by using anything less than serious medical intervention, and that inevitably means that there are times when natural treatments are not going to be enough. However, given the evident 'horror show' of possible side-effects from pharmaceutical antidepressant treatments, there is definitely a strong argument for seeking out natural cures before turning to pharmaceutical drugs only after establishing that natural remedies do not work.

We will consider these natural cures later, but for the time being, the important thing to appreciate is that almost every pharmaceutical drug comes with side-effects. Even the 'wonder drugs' that are used to treat impotence directly are no exception to this rule.

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 reduce or remove the negative effects of impotency like [Viagra](#), [Levitra](#) and [Cialis](#) are effective for the majority of men who decide to use them, with a success rate that is generally believed to be around 65% to 70%. 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 are to happen'. The effects of the drug can then be felt for a few hours afterward, 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.

All of these drugs are available by prescription only, but because there is an ever increasing online market for drug based impotency treatments, there are many places where you can obtain these drugs easily on the net.

For example, use any of the major search engines for information about where you can 'buy XYZ' (e.g. 'buy Viagra') and you will find that there is absolutely no shortage of appropriate information available:

Where to [buy viagra](#) online? CERTIFIED U.S. Physicians, we accept ...
 Where to [buy viagra](#) online? CERTIFIED US Physicians, we accept all major credit cards Info and Announcements.
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 Save hundreds ordering Viagra at certified online pharmacies. You can buy both brand or generic medications at low price! Much cheaper than buying at your ...
www.gfhospitals.org/ - 6k - [Cached](#) - [Similar pages](#)

24.6 million pages of info for 'buy viagra'

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Even if you do not have a suitable prescription, it is still possible to get supplies of any of these drugs online by answering a detailed questionnaire so that a doctor who is working with the website from which you are interested in buying can generate a prescription for you. You will find the whole process of buying Viagra online described on [this webpage](#), as an example.

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. Even the companies that make these drugs admit that if you have high blood pressure, diabetes, heart problems or any one of a range of other medical conditions, these drugs are definitely not advisable for you. They also admit that they can cause unpleasant or even dangerous side-effects such as headaches, backache, stuffy or runny nose and even temporary blindness or deafness.

These are just the side-effects that the drug companies behind these products are willing to admit to. As [this article from about.com](#) (which is a site not generally given to over-exaggeration) makes clear, there can sometimes be far more serious side-effects which, of course, the drug companies themselves do not mention.

However, they do mention that there is a risk to taking any of the three drugs if you are already taking nitrate medications, the kind of medications that millions of people take to control heart disease or

angina. In fact, the risk of combining [nitrate medications and Viagra](#) or any of the others mentioned is extremely serious.

Once again, if you search Google, you will discover that there is an awful lot of information about the adverse side-effects of these drugs, so it cannot reasonably be suggested that any of these drugs is completely safe:

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This is a critically important factor to consider, particularly if you are considering buying any of these drugs online, because irrespective of how detailed a questionnaire a website uses is, it can be no substitute for a detailed medical examination.

Think about it this way. If you are answering personal medical questions contained in an online questionnaire, it is obvious that you can only give them information about conditions or problems that you already know about. For many men, it is not going to be the preexisting medical conditions that they know about which are likely to be the problem – it is the ones which they are entirely unaware of that could potentially be dangerous or even lethal.

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.

For the remaining Life Changing Information – Get the complete copy of:

[Dealing With Impotence Naturally](#)

