



What is Impotence?

Impotence or **erectile dysfunction** is the consistent inability to achieve or maintain an erection. While it is quite normal to struggle to sustain an erection from time to time, it can become a problem when this becomes a regular occurrence. **Impotence is very common**, and approximately 10 to 15 million American men are trying to cope with this type of **sexual dysfunction**.

Men who suffer from **impotence** may either be unable to achieve an erection at all, may have difficulty maintaining it for more than a brief period of time, or their ability to sustain an erection can be variable, being able to on certain occasions and on other occasions not all.

Impotence is largely due to a lack of blood flow (poor circulation) to the penis, resulting in the **inability to achieve or maintain an erection**-- leading to poor or unachievable sexual performance. This condition is often very **difficult and embarrassing** for men to discuss, because their sexual performance is usually considered an indication of their virility.

It can also **affect personal relationships**, and can lead to a loss of intimacy, conflict, anxiety, added stress and even anger.

An erection usually occurs as a result of sensory or mental sexual stimulation, but it may also occur spontaneously, often at night during erotic dreams. When a man is sexually stimulated, **nerve signals trigger the flow of blood** from the arteries into the spongy tissue of the penis.

The blood creates pressure, causing the penis to expand and become erect. When the penis muscles contract to stop the inflow of blood and open outflow channels, the erection subsides. If there is any interference with the **nerve signals or blood flow** responsible for activating erections, **impotence** may occur.

Symptoms and Signs of Impotence

The **symptoms of impotence** may range from mild to severe. Men with mild **symptoms of impotence** may achieve an erection occasionally. They may have difficulty engaging in intercourse because the erection cannot be sustained. Very often the erect penis is not long, hard or elevated enough for penetration. Some men may stop having erections during sleep or upon awakening. Others with **low testosterone levels** may develop enlarged breasts, raised voice pitch, shrinking testes, loss of energy and muscle mass. Men suffering from severe **impotence** are rarely able to achieve an erection.

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Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY website.

Diagnosing Impotence

The diagnosis of **impotence** is based on a physical examination as well as symptom history. A thorough examination of the man's genitals may be performed to assess the function of the nerves and blood vessels that supply flow to the genitals.

An examination of the rectum may also indicate if there is a problem with the nerve supply to the penis. **Blood tests** will also be able to help to determining whether certain diseases such as diabetes or infection are the cause of **impotence**. To check for any blockage within the arteries of the penis, an ultrasound examination may be performed.

What Causes Impotence?

There are many **physical and psychological factors** that may contribute to **impotence**.

Physical factors include **disorders that decrease blood flow** or narrow arteries, cause neurological damage, and/or reduce energy levels.

Physical factors include:

- Arteriosclerosis
- Blood clots
- Diabetes
- Heart and vascular disease
- Kidney disease
- Spinal disease
- Multiple sclerosis
- Peripheral nerve disorders
- Stroke
- Low levels of testosterone
- Alcoholism
- Drug abuse
- Fatigue
- Stress
- Obesity
- Certain prescription or recreational drugs
- Physical inactivity

Psychological factors

- Depression
- Performance anxiety
- Guilt
- Fear of intimacy
- Previous sexual abuse or rape
- Ambivalence about sexual orientation

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Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

There are a wide variety of treatment options available for [erectile dysfunction](#).

Natural Remedies

There are also a number of natural and holistic treatments such as nutritional supplements, **herbal remedies** and acupuncture that are highly effective in **treating impotence**. A variety of herbs have been identified as having strong aphrodisiac properties along with the ability to **improve sexual functioning** and overall systemic health.

Herbs such as Epimedium grandiflorum, also known as Horny Goats Weed, are **natural sexual stimulators** that encourage performance and testosterone production. Tribulus terrestris contains aphrodisiac properties and also promotes muscle strength and prowess.

One of the most well-known herbs, Eleutherococcus senticosus (also known as Siberian ginseng), promotes male or 'yang' energy, aids circulation, supports natural vitality and also acts as an overall systemic supporter.

In addition, Smilax ornata (also known as Sarsaparilla) is used as a supportive tonic for male genital development, while Kola vera combats fatigue and increases energy levels. Be sure to source your **natural remedies** from reputable companies to ensure maximum safety, efficacy and therapeutic dosage.

Conventional Medicine

Medications such as Viagra and Sildenafil increase blood flow to the penis, which **enhances sexual performance**.

Although these drugs can help to treat the problem, they have some adverse side effects which include headache, upset stomach, flushing and vision problems, and even cardiovascular problems.

More serious conditions such as low blood pressure and heart attacks may occur as a result of these side effects. Men may also choose to have drugs injected or inserted into the penis, which **widen the arteries that supply blood to the penis**.

For men who have **abnormally low testosterone levels**, testosterone replacement therapy may help to correct the hormone deficiency. Less expensive treatments such as constriction (binding) and vacuum devices can also be used to achieve erections.

In more severe cases when [impotence](#) does not respond to treatments, surgery may be required. A device that simulates an erection (prosthesis) can be surgically implanted in the penis. Psychological therapy and counseling may also benefit **men suffering from impotence**. In cases where [impotence](#) has a physical cause, therapy can still be very helpful, as it **improves mental and emotional factors** that contribute to [impotence](#).

Certain types of therapy techniques such as psychotherapy can help the man suffering from depression or anxiety about sexual performance.

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Tips for Coping with Impotence

- Eat a healthy, balanced diet that is rich in fresh vegetables, fruit and fish
- Exercise regularly to increase stamina, improve circulation and fitness levels
- If you are overweight, lose excess weight in a healthy, natural way
- Increase your intake of vitamin supplements such as vitamin A and D
- Manage your stress levels by listening to music, running or partaking in a detox program
- Learn as much as you can about [impotence](#)-- the more you know, the more you will be able to find a solution that best suits your lifestyle
- Limit your intake of alcohol and stop smoking naturally
- Avoid using recreational drugs, as they contribute to [impotency](#) problems
- Communicate openly and honestly with your partner about your problem because you are going to need their support
- Together with your partner, try alternative methods to obtain sexual satisfaction and pleasure

The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.



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Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, **natural medicines can work quickly and safely to promote healing**.

In many cases, they can **succeed where pharmaceutical drugs have failed**. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines**.

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While **‘standardized’ extracts** may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely**. Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who

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want to take responsibility for their own health.

Related Natural Remedies:

Ikawe: Promotes normal male sexual functioning.

Ikawe - the Xhosa (a language native to South Africa) word for 'warrior' - is a 100% safe, non-addictive natural herbal remedy. Ikawe has been used for many years to safely **maintain health and systemic balance in the male reproductive system**.

Ikawe for Men contains a selection of herbs from around the world that are traditionally **identified as having aphrodisiac properties** and are 100% safe and non-addictive. They are known for their supportive function in maintaining sexual health and well-being.

Ikawe for Men helps maintain healthy functioning of the male reproductive system, balanced **flow of blood to the penis and testes**. Ikawe can make all the difference, without compromising health or risking serious side effects.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Ikawe](#)

PureCalm: Promote inner calmness and peace naturally.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects or sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain health.

PureCalm can especially benefit those individuals needing **support overcoming worry, managing stress and promoting inner calm** related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

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