

LIBRACIN NATURAL MEDICINE IND. LTD



WEAK ERECTION

CAUSES & NATURAL REMEDY

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What are erection problems?

A man has erection problems if he cannot get or keep an erection that is firm enough for him to have sex. Erection problems are also called erectile dysfunction or impotence.

Most men have erection problems every now and then. This is normal. These problems can occur at any age. But they are more common in older men, who often have other health problems. Treatment can help both older and younger men.

Overview

When men become sexually aroused, hormones, muscles, nerves, and blood vessels all work with one another to create an erection. Nerve signals, sent from the brain to the penis, stimulate muscles to relax. This, in turn, allows blood to flow to the tissue in the penis. Once the blood fills the penis and an erection is achieved, the blood vessels to the penis close off so that the erection is maintained. Following sexual arousal, the veins to the penis again open up, allowing the blood to leave.

At some point in a man's life, he may have difficulty achieving or maintaining an erection. Erection problems occur when you can't achieve or maintain an erection that's firm enough to have sexual intercourse. For most men, this problem occurs occasionally and isn't a serious issue. However, if you are unable to achieve an erection one-quarter of the time or more, you may have a health problem that requires medical attention.

Erection problems are also known as:
erectile dysfunction (ED)
impotence
sexual dysfunction

What Are the Common Causes of Erection Problems?

The causes of ED can be physical, psychological, or a combination of the two. Physical causes of ED are more common in older men. They occur because of disorders that can affect the nerves and blood vessels responsible for causing an erection.

Physical causes of erectile problems include:

heart disease
hardening of the arteries
high blood pressure
diabetes
obesity
high cholesterol
Parkinson's disease



SYMPTOMS

- multiple sclerosis
- Peyronie's disease
- certain medications, including diuretics, beta blockers, muscle relaxers, or antidepressants
- alcoholism or substance abuse
- long-term tobacco use
- trauma or injury to the spinal cord or genital region
- congenital genitalia problems
- liver or kidney disease
- treatment for prostate problems

Erection problems can also be due to issues of the mind. Emotional issues can distract a man of any age from becoming aroused, and include:

- worry over not being able to achieve or maintain an erection
- prolonged emotional distress related to economic, professional, or social issues
- relationship conflicts
- depression

Erection Problems in Young Men

Men ages 20 to 30 may experience ED as well. The numbers suggest more occurrences of ED in young men than previously reported. The Journal of Sexual Medicine reports that 26 percent of men ages 17 to 40 experience trouble having an erection. These cases range from moderate to severe.

Research says erection problems in young men have more to do with their lifestyle and psychological climate than a physical problem. Younger men were found to use more tobacco, alcohol, and drugs than older men. The British Pregnancy Advisory Service suggests that erection problems in young men often stem from anxiety.

SYMPTOMS

The only symptom of an erection problem is being unable to get and keep an erection that is firm enough to have sex. But even with an erection problem, a man may still have sexual desire and be able to have an orgasm and to ejaculate.



COMPLICATIONS

What Are the Potential Complications?

The complications that come with erection problems are significant and can impact your quality of life. If you experience erection problems, you may also experience:

stress or anxiety

embarrassment

low self-esteem

relationship problems

dissatisfaction with your sex life



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