

# ERECTILE DYSFUNCTION

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## IMPORTANT

**The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein.**

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## Introduction

Erectile dysfunction is the inability of the male to establish and maintain an erection that is sufficient for satisfactory sexual intercourse. This condition is more common in males over the age of 65; however, it can occur at any age.

Erectile dysfunction is also known as impotence.

There is a range of causes of erectile dysfunction that include both physical and psychological issues.

Physical causes include:

- Diabetes
- High cholesterol
- Hormonal problems
- Narrowing of the blood vessels going to the penis - commonly associated with hypertension
- Poor blood flow to the penis
- Prostate problems

Psychological causes include:

- Anxiety
- Depression

- Relationship problems

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## Supplements

The most important Amino Acid is:

L-arginine - 500 mg, 3 x daily - See further information later in this material.

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The most important vitamins for erectile dysfunction are:

Vit B complex - 100 mg, up to 3 x daily

Vit C - up to 5,000 mg daily

Vit E - 400 iu, 2 x daily

The most important minerals are:

Zinc - 25 - 50 mg daily - See further information later in this material

Selenium - up to 125 mcg daily

The tissue salts:

Calc Phos - 4 x tabs, 4 x daily

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## Other Supplements to consider

Swedish Bitters

Hydrogen Peroxide Therapy

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## Relaxation Techniques

Hypnosis, visualisation, and relaxation programs have been known to help cases of erectile dysfunction. See <http://campbellmgold.com> for titles.

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## Other Natural Remedies

There are five natural remedies that are often recommended for erectile dysfunction.

### 1) L-Arginine

L-arginine is an amino acid that the body uses to make nitric oxide, which signals smooth muscle surrounding blood vessels to relax; which, in turn, dilates the blood vessels and increases blood flow.

Consequently, relaxation of smooth muscle in the penis enhances blood flow, leading to a successful erection.

L-arginine is found in foods such as meat, dairy, poultry and fish. It is also available as a supplement, which some manufacturers market as a "natural Viagra".

There have only been two studies which have evaluated the effectiveness of L-arginine for erectile dysfunction:

### **Study 1**

This study involved 50 men who took L-arginine (5,000 mg daily) or a placebo. After six weeks, significantly more men taking L-arginine experienced an improvement in sexual function compared with men taking the placebo. Additionally, it only benefited men who had initially low levels of nitric oxide.

### **Study 2**

This study, which used smaller doses of L-arginine and a shorter treatment duration, found no real benefit with L-arginine use. The study involved 32 men with erectile dysfunction who took oral L-arginine supplements (500 mg, 3 x daily) or a placebo for 17 days. Oral L-arginine was no better than the placebo.

### **Side Effects**

Side effects may include digestive complaints. High doses of L-arginine may stimulate the body's production of gastrin, a hormone that increases stomach acid. Consequently, L-arginine may be harmful for individuals with ulcers and people taking drugs that are hard on the stomach.

L-arginine may also alter potassium levels in the body, especially in people with liver disease. Consequently, it should not be taken by people who are on medications that alter potassium levels, such as potassium sparing diuretics and ACE inhibitors.

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## **2) Propionyl-L-Carnitine**

A study examined the use of two forms of carnitine (propionyl-L-carnitine and acetyl-L-carnitine) in a group of 96 men who experienced erectile dysfunction after prostate surgery:

**Group One** were given a placebo

**Group Two** took propionyl-L-carnitine (2,000 mg daily) plus acetyl-L-carnitine (2,000 mg daily), and Viagra when needed

**Group Three** used the Viagra alone.

Propionyl-L-carnitine and acetyl-L-carnitine were found to enhance the effectiveness of Viagra, and resulted in improved erectile function compared to Viagra alone.

Another study examined the effectiveness of propionyl-L-carnitine supplements plus Viagra in men with erectile dysfunction and diabetes who were previously unresponsive to Viagra alone. Participants in this study received either propionyl-L-carnitine (2,000 mg daily) plus Viagra (50 mg, 2 x weekly) or Viagra alone. After 24 weeks, propionyl-L-carnitine plus Viagra was significantly more effective than Viagra alone.

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## **3) Ginkgo**

The herb ginkgo is used for erectile dysfunction, particularly in people who experience sexual dysfunction as a side effect of antidepressant or other drugs. Ginkgo appears to relax smooth muscle and thus enhances blood flow in the penis.

In one study of 60 men with erectile dysfunction, there was a 50 per cent improvement rate after six months of ginkgo treatment. However, by contrast, two other studies found that ginkgo was no better than a placebo.

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#### **4) Zinc**

Significant depletion of zinc, associated with long-term use of diuretics, diabetes, digestive disorders, and certain kidney and liver diseases, has been shown to lead to erectile dysfunction. Consequently, zinc supplementation has been noted to help in cases of sexual dysfunction.

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#### **5) Ashwagandha**

The herb ashwagandha (*Withania somnifera*) is sometimes called "Indian Ginseng" because it is thought to have similar effects on the body. It is believed to increase energy, stamina, and sexual function.

Side effects of ashwagandha include drowsiness; consequently, it should not be combined with sedative drugs.

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## Appendix

### Yohimbe

#### **WARNING**

#### **THIS COMPOUND IS NOT RECOMMENDED**

The bark of the West African yohimbe tree is a source of yohimbine, a compound that has been found to stimulate blood flow to the penis, increase libido, and decrease the period between ejaculations.

However, Yohimbe is not recommended, because it is potentially dangerous, even in small doses.

Side effects include:

- Abdominal pain
- Anxiety
- Death
- Dizziness
- Fatigue
- Hallucinations
- Heart failure
- Nausea
- Paralysis
- Severe drop in blood pressure
- Hypoglycaemia

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