

Erectile Dysfunction Herbs

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The three best erectile dysfunction herbs.

A problem that many men don't want to talk about is erectile dysfunction, it is however more common than you think. There are many causes for this problem, which include stress, age, diet and medications used to treat the issue. If you are a guy who is suffering from erectile dysfunction and don't want to use conventional medicines, then why not try a more natural way, by using one of the natural erectile dysfunction herbs that are available. Three of the more popular ones are Saw Palmetto, Ginseng, and Ginkgo.

One of the better erectile dysfunction herbs is Saw Palmetto:

Saw Palmetto as for many years been used as a natural treatment for enlarged prostate it has also been used successfully to treat the urinary tract. What most men don't realize is that the prostate and urinary tract play a major role in erectile performance. So when you make sure that these areas are healthy, you could see an improvement in your ability to maintain an erection.

Ginseng is one of the better erectile dysfunction herbs:

Ginseng is used by many people to restore their energy, and can be found in several supplements, as well as many popular energy drinks are on the market today. It has been known for centuries to have the ability to create stimulation in the body without causing stress or nervousness. However, it has only recently been used to treat men suffering from erectile dysfunction. The tests have shown that many men who have taken ginseng for approximately 8 weeks have shown a marked improvement in being able to maintain an erection. There is also documentation showing that men in ancient times did actually use this herb to increase stamina and libido.

Another one of the erectile dysfunction herbs is Ginkgo:

Clinical trials have shown that ginkgo relaxes and increases blood flow to the penis. It seems that men who are suffering from erectile dysfunction due to taking antidepressant medication benefit most from taking ginkgo. There is one trial that has shown 50% of men who have taken this herb showed an improvement in sustaining an erection.

You too could suffer from erectile dysfunction:

If you do suffer from erectile dysfunction then why not consider taking a natural and herbal approach to healing the problem, you could consider using one of three popular erectile dysfunction herbs that are available. Please note, that erectile dysfunction is far more common than many people think.

