

Six Natural Ways Prevent Erectile Dysfunction

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What is erectile dysfunction? Erectile dysfunction or impotence in males is when there is a recurring inability to maintain an rigid erection doing sexual intercourse.

What can cause erectile dysfunction? Some of the things that can cause erectile dysfunction are: stress, depression, low testosterone, tension, cardiovascular diseases, diabetes, age, kidney disease, smoking, arterial narrowing, medical complications, mental disorders, Parkinson disease, epilepsy, diets high in saturated fat, and performance anxiety.

The following are a list of foods that can help with erectile dysfunction.

KALE: An increase in nitric-oxide allows blood to flow with oxygen and nutrients to every part of the body. And, nitric-oxide improves your sex life. Kales over leafy greens are nutritional and they are packed with vitamins, minerals and omega-3s.

GARLIC: Removes plaque for the walls of the arteries aiding blood flow. Also, improves erectile dysfunction.

DARK CHOCOLATE: Helps with increase blood flow, low blood pressure, rich in flavonoids, make nitric oxide and with erectile dysfunction.

OLIVE OIL: Cold pressed/extra-virgin olive oil is pressed without chemical or high heat, this preserves antioxidants. Helps balance cholesterol in the body and has monounsaturated fat that is good for the body. Olive also, assists the body increase testosterone.

NUTS: Walnuts has the amino acid arginine that makes nitric oxide. Nitric oxide allow blood vessel to widen and increase blood flow to the penis enabling an erection.

WATERMELON: This fruit hydrates the body and can enhance your sex drive. It has and antioxidant called lycopene which is good for you skin, heart and prostate.

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