

**Five Herbs  
That Can  
Help With  
Erectile  
Dysfunction**

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## **Five Herbs That Can Help With Erectile Dysfunction**

- **Ginseng (*genus Panax*):** Ginseng has been used for centuries. Supports the following reduce inflammation, aid brain function (memory, mood and behavior), and erectile dysfunction.
- **Ginkgo biloba (*Ginkgoales*):** Has been shown to decrease the risk of heart attack, reduce high blood pressure, strokes and improve erectile dysfunction.
- **Meca (*Lepidium meyenii*):** It is use as a food or as medication. It contains minerals, macamides, macaridine, alkaloids, fiber, vitamins, and glucosinolates. Helps respiratory conditions, fertility and erectile dysfunction.

- **Diamiana (*Turnera diffusa*):** Historically, used for treating urinary and bladder issues. And, increase sexual arousal and stamina in men.
- **Yohimbe (*Pausinystalia yohimbe*):** it is made from the bark of an African evergreen tree. Commonly used to treat erectile dysfunction, fat loss.

## **References:**

**[https://en.wikipedia.org/wiki/Erectile\\_dysfunction](https://en.wikipedia.org/wiki/Erectile_dysfunction)**

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