

A Valentines Guide to Male Vitality

BY ERIKA GOLDSTEIN

These days people are turning more and more to natural supplements and herbs to help them deal with many of their minor health concerns. This also holds true for people who are looking to enhance their romantic life. Many people are curious about what is available to help them. Here are some options, right in time for Valentines day.

-Herbs-

Muira Puama: This herb, also known as potency wood, is one of the most effective plant extracts for erectile dysfunction or lack of libido. A recent clinical study has validated its safety and effectiveness in improving libido and sexual function in some patients. It is not known precisely how Muira puama works, but the plant's extract appears to stimulate nerve endings and the body's balance of neurotransmitter chemicals.

Panax Ginseng: Studies have shown that various types of ginseng preparations improve endurance, concentration and facilitate the body's response to daily stress. Ginseng is an "adaptogen", which means that it helps the body adapt to stress. There

is also an enzyme, called Panquilon, specifically found in Panax ginseng, which appears to stimulate hormones for sexual desire, based on preliminary studies.

Damiana: The extract from this plant's leaf has been reported to enhance sexual function for hundreds of years. Damiana is a wonderful men's tonic herb, affecting the central nervous system and hormone-secreting glands. Indeed, damiana leaf contains beta-sistosterol and other aromatic oils that have a stimulatory effect on sexual glands: it has also been theorized that the alkaloids in damiana have a testosterone-like action. This extract increases circulation, and is thought to slightly irritate the urethra, thereby increasing the sensitivity of the penis.

Ginkgo biloba: This herb is most known for enhancing memory, but is also a potency enhancer. Ginkgo works by stimulating better blood flow to all distant areas of the body. It has been shown to be extremely beneficial in the treatment of erectile dysfunction due to lack of blood flow.

Yohimbe Bark: The yohimbe tree is the source of yohimbine, the only FDA-approved drug for the treatment of erectile dysfunction. Because of the yohimbine content, the FDA classifies

yohimbe as an unsafe herb. It is true that many people are very sensitive to this herb and experience side effects such as anxiety, dizziness and heart palpitations. This should only be used under the supervision of a health care practitioner.

-Vitamins & Minerals-

Zinc: Most people have heard about oysters being an aphrodisiac, but this is mostly because of their high zinc content. Many individuals many individuals in the U.S. have a marginal zinc deficiency. Optimal zinc levels must be attained if sexual vitality and good health are desired. Zinc is concentrated in semen, and frequent ejaculation can greatly diminish zinc in the body. If a zinc deficiency exists, the body appears to respond by reducing sexual drive, to reduce loss of this important trace mineral.

Vitamin E: This vitamin plays key role in the manufacture of hormones. It also supports blood flow to the sexual organ.

-Life style-

Exercise has been shown, by clinical research to improve a man's sexual performance, not to mention his overall health.

Healthy eating habits are essential for overall health and vitality.

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A diet rich in fresh fruits and vegetables, grains, fish or another healthy protein source to assure proper testosterone production.

Sexual health is a result of overall health. A persons lifestyle and emotional wellbeing are the most important factors in cultivating a satisfying romantic life. Supplements can possibly help many people enhance performance, or help treat minor problems, but even the safest

herbs and supplements can be abused. It is very important to see a healthcare practitioner if you are experiencing problems, or taking medications before taking supplements.

Credits: The Men's Formula for Male Vitality. Roger Libby, Ph.D.

Health Counselor August 1997. Michael T Murray, N.D. Male Sexual Vitality. Prima Publishing 1994.

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