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Let's Talk About Impotency

By Oneil Wilson

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by: **Oneil Wilson**

Many men are experiencing problems getting rock hard erections. There are three ways that men can get over this, penis enlargement pills, viagra or natural enlargement techniques. All three will help with the problem. Below you will find an article which discusses viagra and one mans problem with impotency.

Today, I got a chance to talk to Simon Ellison 35, about over coming one of mans worst fears: 'Erectile Dysfunction' (ED).

EA: Hiya Simon, Would you like to introduce yourself?

SE: Certainly. I'm Simon Ellison I'm 35 years old and have been impotent for the last 6 years.

EA: 29 seems fairly young?

SE: Yes, but I blame it on my job. I'm in the Navy- very high up. My job although very enjoyable- is very stressful. It takes a lot out of me. At the time I was married- I'm divorced now. Due to work and ED my marriage went down hill. Looking back- that could have been a good thing...(sighs) but it's still a shame.

EA: How did your condition make you feel?

SE: ED made me feel very weak. I had no confidence- this feeling quickly spread to other parts of my life- my marriage and work began to suffer. Everyone began to notice the change in me.

EA: Weren't you scared?

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SE: Scared! Terrified more like! I couldn't understand why. Why me? I felt very angry and worried at the same time. So confused...it felt like a part of me had died....

EA: Worried...

SE: I was worried about my wife.....wondering when she would notice.....waiting for her to say something about the situation...wondering whether she'd go elsewhere

EA: What was the worst thing for you about the situation?

SE: I am a person who is highly energetic– I love to be involved in everything and anything is a challenge–I don't give up till I succeed. Can you imagine what it was like finding out I was impotent? Finding that a part of me didn't work was so hard–and it happened when I was fairly young–that made the situation worst–it affected everything– my job, my outlook–I became highly depressed–I felt I had no one to talk to. I became increasingly frustrated, both sexually and mentally. I knew I needed to take

action–but it was so hard.....but it got a lot easier as time went on.....

EA: What was the first step you took?

SE: The first and probably the hardest step I took was admitting the problem to myself– after I had admitted this I could then go on to help myself.

EA: What about your partner?

SE: After I had admitted it to myself, I then went on to admit it to Mandy, my wife. This wasn't actually that hard– by this time the situation had got so bad she had realised that something pretty serious must be up.

EA: How did she react?

SE: Mandy was fantastic. We are still great, close friends. We only divorced about 18 months ago. Mandy really supported me; she comforted me and totally took the lead. This was exactly what I needed–She told that it didn't matter–I had done the hardest thing– admitting it her and myself and the rest would follow and fall into place.

EA: What happened next?

SE: From this point on Mandy took charge of me and looked after me. She told me that it didn't matter and that we were a team.....that together we would fight and sort out the problem. Together we began researching into solutions.....We also went to see a councillor

EA: Did that help you?

SE: Yes, it did. It enabled me to put the whole thing in proportion. I realised that I wasn't the only open

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who was suffering there are many more out there—not as lucky as I was. It also pointed me in the right direction. The councillor gave us many pointers as to what step to take next.

EA: What was that next step?

SE: Mandy and I began researching on the Internet. I'd heard of Viagra—but didn't know anything about it—it just seemed to be the butt of everyone's jokes. Mandy then suggested that we went to the Doctors—just to ask about it— to find out whether I was suitable candidate for the drug.

EA: Was it hard to take this step?

SE: No not really....by this time I'd already been to see the councillor. My Doctor has been my Doctor for the last 10 years— I see him as more of a friend than a Doctor. He helped me considerably. He explained all about Viagra and the pros and cons. He then screened tests to see if I was suitable for taking the drug—which I was!

EA: Go on....

SE: Well I started taking Viagra and the Viagra Experience just simply took hold of me. It was fantastic—it was like a new lease of life. Confidence came flooding back. It was like a second Honeymoon. That

first night I was so nervous— it was so special it was like consummating our marriage all over again. I was warned that it might not work—but I had to give it a try—I'll give anything a try once. I began to feel much more positive about myself—the change in my life has been amazing.

EA: Could you tell me about these changes?

SE: Mandy and I got divorced about 18 months ago. We're still great friends and I will always be so grateful to her. We just out grew each other. I have a serious girlfriend at the moment, we live together. She's 4 months pregnant— can you believe that? One drug has given me so much—it's changed my life so much.

EA: Finally Simon, what's your advice for other men?

SE: My advice is simple—just tell someone and take the first step. The results are life changing— my life is evidence of that.....

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Why Adopt Hypnotherapy For Sexual Issues?

By Terry Doherty

Sex– the word itself brings about a wide range of reactions. While some might smile, others would be shocked at the use of the word publicly. We all are amused and intimidated by sex to a certain extent. And an even larger truth is that although a large number of people might be facing one or other kind of sexual issue/problem, there are very few who are aware of the problem, and a lesser number of those will have the guts to actually acknowledge it. It is often an unspoken taboo. In such a scenario going to a hypnotherapist too can become a problem, but once you make that leap of faith, things will only go uphill from there.

It might sound hard to believe, but like a lot of other problems, sexual issues also can be successfully dealt with, through hypnotherapy. And as bizarre as it may sound, it might not be such a bad idea to approach a hypnotherapist for solutions to your sexual problems. It has been proven that hypnotherapy can very successfully solve a range of sexual problems such as impotency, premature ejaculation, frigidity and low sex drive amongst others. Hypnotherapy is now available in High Wycombe and Buckinghamshire as well.

What a hypnotherapist does is that he actually tries to get to the core of the problem, and does not look at it just at face value. He delves into your subconscious mind, and takes you on a journey of discovery. Any sort of a sexual problem, could be either physiological or physical. In a surprisingly large number of cases, the physical symptoms are a by–product of the psychological problems. While undergoing hypnotherapy for sexual issues, the hypnotherapist gradually leads you to the actual problem. This might take some time and a lot of self– questioning. You and your hypnotherapist take this journey together, and the hypnotherapist is your guide in some ways. Once you have unraveled the actual incident which might have been the core issue behind your sexual issues, the healing process can start. Anxiety, commitment phobia, negative self image and a childhood incident of abuse are just some of the reasons that could cause the problems. Hypnotherapy can definitely help you overcome these and a lot more and you can avail of its benefits in High Wycombe and Buckinghamshire.

One of the biggest advantages of hypnotherapy is that it allows you to get rid of a lot of the negative emotions that may be within you. And until these emotions are taken care of, one should not expect a breakthrough in the therapy, because the purpose of the therapy is to unravel your emotions and find out what it is that is causing the problem. Auto suggestions and positive reinforcements, are some of the techniques that help you in improving your self image and self worth...and this in turn also positively affects all other areas of your life. To sum it all up, hypnotherapy will not only deal with your sexual problems, it is also the best tool to help you regain your confidence and self esteem.

Terry Doherty is a world renowned Hypnotherapist and life coach. Find out more about his Hypnotherapy in High Wycombe practice and Hypnotherapy in Buckinghamshire, go to -

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