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Male Impotence Myths

By Chris Morrow

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Hippocrates, the father of medicine, said: "There are in fact two things, science and opinion; the former begets knowledge, the latter ignorance". Those words still ring true today.

Many of the myths and legends about impotence, borne out of ignorance thousands of years ago, still influence our sexual culture. Primitive cultures believed that male virility was intricately interwoven with power, wealth and domination.

So it's not surprising that beliefs still persist in a number of cultures that to lack virility, or worse still, to be impotent, is to lack the very essence of life. Manhood and the "ability to perform" are inextricably linked, so impotence is viewed as a "lack of manhood".

Despite the fact that the twentieth century brought about radical changes in gender roles, on ethnic, economic, social and cultural levels, sexuality and impotence are still shrouded in mystery, secrecy and a good deal of confusion.

Myth #1 – "Real men" don't experience impotence

ALL men over the age of 30 experience impotence as least once in their lifetime. It's estimated that over 150 million men worldwide have impotence; in fact, reports suggest this figure could be as high as 300 million or more. Estimating the numbers is difficult because less than 2 men in 10 seek treatment for impotence problems.

Impotence (or erectile dysfunction) is defined as the inability to produce and maintain an erection sufficient for sexual intercourse. Impotence is not considered to include lack of libido, inability to ejaculate or achieve orgasm, a lack of strength or the loss of "manhood".

Myth #2 – Impotence is "all in the mind"

Male Impotence Myths

Less than 20% of impotence cases have a primary psychological cause. The majority of men with impotence have an underlying physical condition such as diabetes, heart disease, high blood pressure or prostate cancer. Stress, anxiety and loss of self-esteem are often secondary psychological factors that occur if the impotence remains undiagnosed and untreated.

Myth #3 – Impotence is a natural part of growing old

Although it's evident that the chances of experiencing impotence increase with age, this is largely due to the increased risk of having an underlying physical condition such as diabetes, high blood pressure or heart disease. To compound this factor, a number of medications prescribed for these conditions can cause impotence.

Myth #4 – There is no "cure" for impotence

Although medical science hasn't come up with a permanent "cure" for impotence, a number of very effective therapies are available. Oral medications such as Viagra have revolutionized the treatment of impotence, however impotence pills don't work for everyone. Other safe and effective treatments include vacuum pumps, injections and penile implants.

Once the impotence is effectively treated, most men go on to lead active, satisfying sex lives.

Myth #5 – Impotence is a man's problem

Both partners in a relationship can experience problems when impotence goes untreated. Often failure to communicate and denial of the problem lead to depression, anxiety, and lack of self-esteem for both partners. A tendency to avoid sexual contact can often leave the partner feeling unloved, unattractive and unwanted.

Myth #6 – Impotence is too embarrassing to discuss with anyone

A number of men find it very difficult to discuss any problems they may be experiencing, particularly impotence. Impotence can often be the symptom of an underlying medical condition and won't simply "go away" if it remains untreated.

Once the condition is diagnosed, suitable treatment can begin immediately and the problem can usually be alleviated.

Myth #7 – Men should know all about sex

The general consensus of opinion is that men instinctively know how to have sex. But clinical studies confirm that impotence can result from lack of knowledge and ignorance about the "mechanics" of sex.

A common misconception is that sex is a simple and straightforward process for men. Not true. Many men find it difficult to discuss the subject, and asking questions would reveal their ignorance and lack of knowledge and possibly threaten their masculinity. Media images of the virile male in action only

serve to further alienate those men who don't understand "the basics".

Talking to a specialist counselor or therapist will quickly clear up any misconceptions and help overcome problems due to lack of knowledge.

Myth #8 – Men always want sex

The myth that men are always "ready, willing and able" is simply not true. The commonly held misconception of the "dominant male" has been proven to damage the sexual, physical and psychological wellbeing of a number of men.

A recent Swedish study on sexuality and marriage carried out on 286 couples of varying ages found that men who perceived themselves to be the "dominant male" were more likely to experience temporary impotence if sex was requested by their partner, when they weren't in the mood.

Healthy relationships should be about equal partnerships, good communication and respect for the feelings of both individuals. It's not uncommon for one partner to want more frequent sexual activity, and sexual desires can fluctuate between partners and at various times. Discussing these issues

reasonably and rationally so that each partner understands the needs of the other helps maintain a happy and healthy sexual relationship.

For more information about impotence, male sexuality, female sexual dysfunction, and many other topics related to impotence and sexuality, please visit

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Male Sexual Dysfunction

By Phil Beckett

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What is male sexual dysfunction?

For any man as with any woman, good sexual health does of course mean the ability to have a satisfying sex life.

However, there are issues that any man may have to contend with over the course of his life (possibly you included) that women don't.

First and foremost concerning male sexual dysfunction is the ability to have an erection and sustain it. Then you must be able to control it and determine the point of ejaculation.

Also of importance is the hardness and fullness of the erection.

As such, any man has a different set of male sexual dysfunction issues to deal with than a woman does.

Causes Of Male Sexual Dysfunction:

Well for most men the causes of male sexual dysfunction can be many, including...

Psychogenic Causes Of Male Sexual Dysfunction:

Psychological or 'psychogenic' male sexual dysfunction accounts for about 15 – 20% of impotence cases. It is brought about from anxiety, depression or even lack of a suitable partner.

In these cases there is no apparent substantial somatic or organic impairment. In other words there is no physical damage which could be the cause of the sexual dysfunction.

Impotence brought about by the use of anti depression

drugs and beta blockers to reduce blood pressure could be considered a subset of this section as could erectile insufficiency brought on by excessive alcohol intake.

Neurogenic Causes Of Male Sexual Dysfunction:

This is the term used when male sexual dysfunction is associated with a neuropathy (e.g. nerve damage in the

nervous system affecting the penis arising from, for example, surgery or a pelvic injury).

This is the cause of male impotence in about 10 – 15 percent of cases.

Organic Causes Of Male Sexual Dysfunction:

This is by far the greatest cause of diminished male sexual dysfunction and for that matter, sexual dysfunction for both a man and a woman.

Fortunately it is also the easiest to deal with. Male sexual dysfunction caused by organic means may vary from complete impotency to just a general lack of libido (sexual desire) and loss of youthful erection hardness and ejaculatory strength.

There are multiple causes of organic erectile insufficiency but the end result is the same which is the lack of arterial blood flow to and within the penis. Without an unimpeded flow of blood to the penis and all its capillaries an erection is just not possible.

The most common cause of lack of blood flow is due to atherosclerosis of the arteries carrying blood to the penis.

Atherosclerosis of the arteries is a condition that cannot be rectified over night, but it can in time. However, for those men for whom this condition is affecting their sexual health and sex life in general, they need a solution now.

There is a solution for up to about 70% of men and that is either through the use of a prescription drug or the use of some natural substances. Both of these male sexual dysfunction options and how and why they work will be addressed later in this report.

Lack of libido or sexual desire is a different type of problem and sometimes a man who has an erectile problem still has strong libido and vice versa. Some men do not have erectile

problems but have very low libidos.

Drugs such as Viagra cannot address this male sexual

dysfunction issue but some natural formulations do.

What Options Are Available For Male Sexual Dysfunction?

Psychological Options For Male Sexual Dysfunction:

If you think that your male sexual dysfunction problems are psychological and you can't figure out the underlying problem, or, simply don't know how to deal with it then you should seek professional help.

Enquire with your physician or other health professional if there is a highly recommended male sexual dysfunction sex therapist in your area that could help.

Mechanical Options For Male Sexual Dysfunction:

For those men with male sexual dysfunction problems there is a device which is essentially a vacuum pump which can be placed over the penis to help draw blood into it and thus create an erection.

After an erection is achieved a rubber ring is placed at the base of the penis to help sustain the erection. Not a popular option and understandably so.

For more information on male sexual dysfunction, please visit:

<http://www.man-health-fitness-solutions.com/male-sexual-dysfunction.html>

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