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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Male Sexual Dysfunction

By Phil Beckett

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Male Sexual Dysfunction Solutions That Work For Any Man!

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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...

Male Sexual Dysfunction

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.

Male Sexual Dysfunction

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>

Phil is a Certified Fitness Trainer and Weight Management Specialist and writes health & fitness articles published by 400 health-related magazines, newsletters, and website's. To contact Phil visit <http://www.man-health-fitness-solutions.com>

Female Sexual Health & Orgasms

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There has been increased interest in female sexual health in the past few years largely due to the development of effective treatments and orgasm boosters.

Physicians are now learning what happens with females during sexual excitement and orgasm.

With the knowledge of normal physiology during orgasm, physicians as well as therapists, can now help females with their sexual difficulties.

Sexual wellness for a woman translates simply to being able to have a satisfying sex life. Sex can only be truly satisfying if an orgasm is achieved and there is no discomfort during sex.

Many women go throughout life never experiencing the joy of an orgasm let alone multiple ones. Sometimes sex can be uncomfortable if not downright painful. There are multiple reasons for female sexual health problems like this that we'll examine.

Female Sexual Dysfunction & Female Sexual Health:

Psychological female sexual health dysfunction tends to be relatively common. Mental and emotional contributors, which include stress, changes in body image, relationship issues, and changes in sexual expectations all contribute to psychogenic Female Sexual Health problems.

There is no physical damage holding back a satisfying sex life.

Female sexual dysfunction brought about by the use of anti depression drugs, antihistamines and beta blockers to reduce blood pressure could be considered a subset of this female sexual health problem.

A Neurogenic female sexual health problem is a term used when female sexual dysfunction is associated with a neuropathy, which interferes with sensations between the brain and the sexual organs.

Organic causes of female sexual dysfunction, which is extremely common, are more complex and varied than of men.

The female sexual health function is a complex interaction of hormonal events and psychosocial relationships. Apart from the emotional or psychological causes, atherosclerosis of the arteries still plays an important role as do physical changes which can include vaginal dryness or atrophy which in turn contributes to vaginal pain or irritation, fatigue, sleep disturbances, hot flashes, night sweats, and other general female sexual health concerns.

Some synthetic progestins commonly used for contraception have also been associated with a decrease in libido.

It's because of the complexity and the scope of the organic causes of female sexual health problems that drug companies haven't been successful in producing the female product equivalent to male 'Viagra'.

Female sexual health problems have to be studied using a natural approach from many different areas.

Recovering Your Sex Life & Eliminating Female Sexual Health Problems:

Male Sexual Dysfunction

If you think that your female sexual health problem is psychological and you can't determine the root cause or just aren't sure how to deal with it, then you should seek professional help.

Talk with your physician or other female sexual health professional to find a good sex therapist in your area that could help you.

Other than unique devices such as vibrators that help to arouse you sexually, there are other products, although not very effective, that have been approved for use by women suffering from female sexual health problems.

These are for the most part suction devices designed to be placed over your clitoris to try to help force blood into the general area and to engorge the clitoris in readiness for

sexual activity.

Not exactly a very effective or sexually exciting thing to do.

Although trials are underway with drugs to help eliminate female sexual health problems, the current feedback is not promising.

This is understandable because although there are some similarities in women's sexuality as in men, such as the need for the clitoris (as with the penis) to become engorged with blood in order to reach orgasm.

One problem however is that this is just one function of the female sexual response. Nonetheless you can be sure that research will continue and there is no doubt that at some time an approved drug for female sexual health problems will be released.

Dana Huston is a woman's sexual health expert at Women's Health And Fitness. She is one of the top female sexual health experts. She's helped thousands of women over the past 10 years with their sexual health problems. Please visit <http://www.womens-health-fitness.com> to contact her.



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