

## Diet for Erectile Dysfunction

Erectile dysfunction is a sexual dysfunction that is really a symptom of a larger medical or mental condition, and is not a condition that develops on its own.

You will learn simple diet modifications that have been shown in countless medical journals and in Ayurvedic medicine to return the body systems to balance and eliminate erectile dysfunction naturally.

### Diet for Erectile Dysfunction in Young Men (Age 20-40) and Older Men (Age 50-75) with Erectile Dysfunction Symptoms

- A poor diet high in trans-fats, cholesterol and sugar leads to cardiovascular disease, weight gain/obesity and Type 2 Diabetes, which are leading causes of erection problems.
- Trans-fats and cholesterol leave deposits on the inside walls of the arteries and blood vessels that restrict blood flow to the corpus cavernosum.
- Stop smoking. Cigarette smoke contains 4,000 cancer-causing carcinogens that make the smooth arterial walls rough, which results in arterial sclerosis and blood clots.
- Reduce or eliminate alcohol consumption. Excessive alcohol use numbs the central nervous system and weakens male libido (sexual desire).
- Older men should exercise a minimum of 15 minutes per day 3 times per week, and younger men should exercise a minimum of 30 minutes per day 3-5 times per week.
- Exercise has been shown to reduce or eliminate symptoms of depression, reduces high blood pressure, and improves blood flow in older men over age 50.
- Make work or lifestyle changes to eliminate stress and anxiety, which can lead to anger, depression and insomnia. These are three causes of psychological impotence.



- Add dark red and purple fruits and vegetables to your diet, which is a natural source of lycopene, zinc, iron and other nutrients, that naturally relax blood vessels to reduce erectile dysfunction and is a natural male enhancement.
- Get 7-8 hours of sleep per day.

## Foods as a Treatment for Erectile Dysfunction



- Dark green and purple vegetables. Dark green and purple vegetables are a good source of zinc and iron, which improves blood flow to the major organs, and has been shown to improve blood flow to the penis and improves prostate function.
- Foods High in Potassium (especially for older men age 50 and above). Potassium is a natural combatant to high levels of sodium in foods.
- Red fruits and vegetables, such as watermelon, strawberries, pomegranate, and tomatoes contain lycopene, which relaxes blood vessels and improves blood flow, similar to Viagra, and without the side effects.
- Eat foods low in sugar. Eliminate high consumption of sugar, which is one of the major causes of Type 2 Diabetes and weight gain.
- Eat foods low in fat. Eating foods high in fat increases unhealthy levels of trans-fats and cholesterol, such partially hydrogenated oil, which leads to heart disease and diabetes.
- Eat foods low in LDL cholesterol and trans-fats. Low Density Lipoproteins (LDL cholesterol) is the “bad cholesterol” that builds up in the arteries causing coronary heart disease and a leading cause of heart attacks.
- Increase foods high in High Density Lipoproteins (HDL cholesterol), which is the “good cholesterol” that scrubs the arteries of the plaque build-up that hardens arteries and impairs good flow of blood through the body.

- Foods high in Omega-3 Fatty Acids. Eating foods high in Omega-3 Fatty Acids are essential to control heart disease, reduce hypertension, control rheumatoid arthritis, Alzheimer's disease, and diabetes.
- Foods high in Omega-3 Fatty Acids that should be in your diet are fish, flaxseed, walnuts, eggs, Canola Oil, and pumpkin seeds.
- Fruits, including bananas, strawberries, cantaloupe, oranges and watermelon are an essential source of phyto-nutrients.

### Benefits of Eating Foods to Prevent Erectile Dysfunction



- Improves blood flow the major organs of the body.
- Reduces chances of developing heart disease.
- Reduces or eliminates Type II Diabetes.
- Reduces weight gain that can lead to health problems and obesity.
- Helps men achieve an erection naturally without medication.
- Eating a healthy diet helps maintain a proper weight and BMI.
- Eating a healthy diet reduces hypertension, high blood pressure and LDL cholesterol.
- Eating foods low in LDL cholesterol, improves the utilization of insulin, which prevents Type 2 Diabetes.
- Diet and exercise reduces arterial inflammation and improves blood circulation, and helps the body produce and use nitric oxide in the blood, which helps men achieve and maintain an erection.

**In closing, studies have shown that making changes to your diet can act as a natural treatment for erectile dysfunction, similar to Viagra.**

## Genesis Erectile Dysfunction Treatment Program

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