

# HOW TO AVOID ERECTILE DYSFUNCTION? 7 TIPS

When the body ages, so does the vital organs. With age, erectile dysfunction in men becomes an alarming problem that requires immediate attention. The notion of the inability to satisfy a partner pursues even strong men. Thoughts about impotence often do not give rest, and many men begin their suffering in depression. There are certain [...]

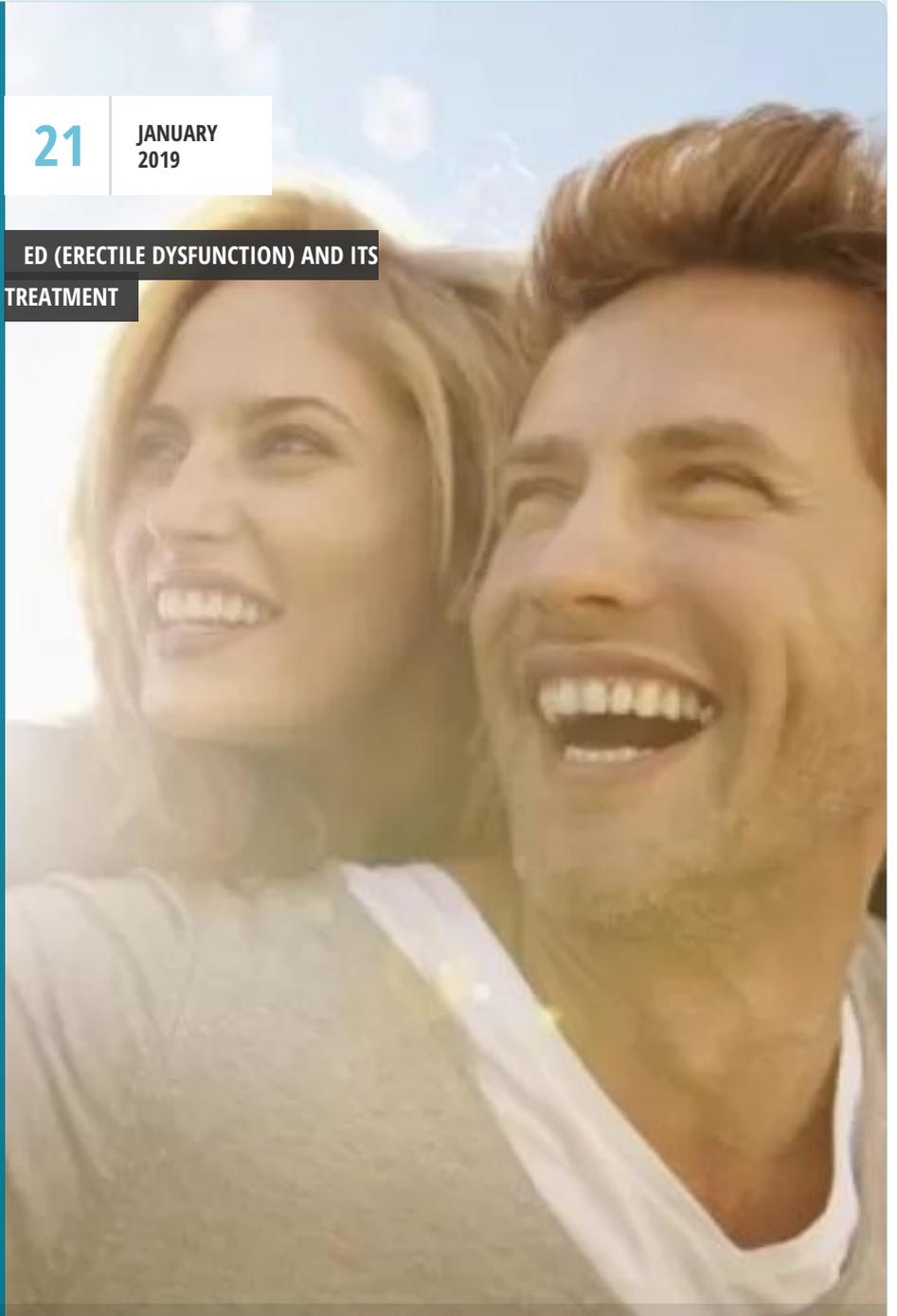
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JANUARY  
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ED (ERECTILE DYSFUNCTION) AND ITS  
TREATMENT



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When the body ages, so does the vital organs. With age, **erectile dysfunction** in men becomes an alarming problem that requires immediate attention. The notion of the inability to satisfy a partner pursues even strong men. Thoughts about impotence often do not give rest, and many men begin their suffering in depression.

There are certain rules that can keep you healthy. By sticking with them, a man can avoid [erectile dysfunction \(ED\)](#) after 50. However, it is important to understand that ED is not just your problem. In fact, billions of men who have reached the age of 50 suffer from a lack of quality erection.

## Experts give some tips on how to avoid ED problems:

1. **Keep track of nutrition:** Maintaining a healthy, balanced, low-cholesterol diet helps prevent vessel blockage and avoid impotence.



2. **Doing sports:** Another way to maintain normal circulation is exercise. It is worth trying to make regular jogging or swimming.





*Sports is a best way to avoid ED*

3. **Watch for pressure:** If you have high blood pressure, make sure you get adequate treatment. This can avoid the occurrence of hypertension and atherosclerosis, leading to the appearance of impotence.



*High blood pressure can cause Erectile Dysfunction*

4. **Reduce the use of toxins:** Legal and illegal stimulants, sedatives, antihistamines – all this affects the potency. It is necessary to quit smoking, reduce alcohol consumption to a minimum, and also completely eliminate the use of drugs – marijuana or steroids. You should also not eat herbal supplements, as they may affect sexual function.





*Did you quit smoking?*

5. **Review your medications:** Some medications – especially, diuretics, cholesterol-lowering drugs, anti-inflammatory drugs can affect sexual function.



*Antidepressants can make bad influence on your potency*

6. **Sleep:** Health is synonymous with healthy sleep. Lack of sleep causes nervous irritation and chronic fatigue – what kind of sex is there?





*To deal with ED – deal with sleep problems!*

**7. Regularly analyze your relationship:** Relationship problems affect problems in sex. If the pair is not all right, it can negatively affect the intimate side of communication. Do not be afraid to consult a psychologist or a sex therapist for advice.

[Causes of erectile dysfunction.](#)



*Take care on your relationships*



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## What is Kamagra?

The drug Kamagra is one of the first generic Viagra produced in India. This is a medicine what is kamagra with a brand name. Contains sildenafil, refers to inhibitors of PDE-5. Kamagra is a highly effective

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## Viagra: The Pros and Cons

Sildenafil (the original drug has the trade name Viagra) only affects the natural using the viagra mechanisms of erection. Scientists have developed a new drug to increase blood flow to the heart muscle

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## TADALAFIL (GENERIC CIALIS)

Tadalafil (Cialis) is the newest and most powerful drug to increase potency and treatment of erectile dysfunction in men.



## SILDENAFIL (GENERIC VIAGRA)

Sildenafil (Viagra) is the most popular and one of the most effective medicines to increase potency around the world.



## VARDENAFIL (GENERIC LEVITRA)

Levitra is the brand name of Vardenafil, a new drug for the treatment of male erectile dysfunction in the form of tablets.

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What is the effectiveness of using Viagra, Cialis and other ED pills?

Nowadays, many men and women experience problems of a sexual nature. And this directly affects the mental state and health. Therefore, they need to be addressed immediately. In this matter, special drugs that can enhance arousal and prolong the pleasure of intimacy provide tangible

help. Moreover, such funds are designed for both men (increase erection) and women (relax muscles and increase sensitivity). But what is the effectiveness of using Viagra and similar generics and is it worth it to use?

Viagra and various analogues (generics) like Cenforce 25, Super Vilitra, Super Vidalista for sale, Filitra Professional and others with proper use give an effect. This is an indisputable fact. More than once studies have been conducted by specialists in this field, during which the effect of Viagra and

the degree of its effectiveness were studied. The results showed that this drug and its analogues give a positive effect that helps to improve the quality of sexual life. In addition, many drugs also improved the hormonal balance of the body, due to the violation of which many problems of an

intimate nature could manifest themselves.

However, it should be noted that the effectiveness of Viagra, Vilitra 60 mg, Cenforce D for sale, Vidalista 40 will be noticeable only when the drug is used in strictly defined doses. Exceeding them can lead to a deterioration in the state of the body and various side effects. Therefore, you should

first consult your doctor regarding the use of Viagra and generics.

Also note that a lot depends on the quality of the drug. So, only proven funds should be purchased in well-established pharmacies. Unknown drugs with dubious contents can cause serious harm to the body. And because of this, you will not feel the full effectiveness of their application.