WORLDWIDE ERECTIONS EBOOK

SEXUAL HEALTH AWARENESS ERECTILE DYSFUNCTION THE NATURAL SOLUTION

START A HEALTHY JOURNEY TODAY!

8 COMMON CAUSES OF ERECTILE DYSFUNCTION

Erectile dysfunction (ED) may be a taboo topic of discussion, but is quite common. In fact, nearly 50% of men over the age of 40 experience ED to some degree. Impotence was previously thought to be caused solely by psychological issues, but studies have shown that for many men, ED is caused by physical problems that are treatable.

What could be causing my ED?

- 1) Clogged blood vessels (atherosclerosis)
- 2) High blood pressure (hypertension)
- 3) Diabetes
- 4) Obesity
- 5) Tobacco use
- 6) Psychological
- 7) Injury
- 8) Medication/Drugs

1. CLOGGED BLOOD VESSELS

Erectile dysfunction is commonly caused by atherosclerosis.

Atherosclerosis is a disease of the arteries characterized by the deposition of plaques of fatty material on their inner walls. Atherosclerosis limits the amount of blood flow throughout the body because the blood vessels are not able to dilate properly. Limited blood flow can lead to heart attacks, strokes, pain in the legs and even erectile dysfunction. In fact, erectile dysfunction can be an early sign of an impending heart attack which can follow within 3 to 5 years after ED develops. Atherosclerosis and erectile dysfunction are also related as they both share the same pathology of blood vessels wall (endothelial) dysfunction and the risk factors are same (high blood pressure, smoking, high cholesterol, and diabetes).

Treatment

It is important to treat the cause of atherosclerosis (including high blood pressure, smoking, high cholesterol and diabetes) as this will also improve your erectile dysfunction. In conjunction to treating atherosclerosis, erectile dysfunction can also be treated with the use of typical phosphodiesterase inhibitors such as Viagra®, Cialis® or Levitra®. Note that these oral erectile dysfunction drugs are often not safe with nitrates, many blood pressure medications, and medications of prostate hyperplasia. Another option is to directly restore the blood flow by reopening the blocked arteries that supply the penis. This is accomplished by balloon angioplasty which reopens that atherosclerotic or plaque filled arteries supplying your pelvis; potentially providing years of relief without having to take oral erectile dysfunction medications.

2. HIGH BLOOD PRESSURE

Erectile dysfunction and high blood pressure are fairly common together: The fact that patients with hypertension may also have ED is far from uncommon. In a recent survey, 68.3% of men with hypertension reported some degree of ED. Compared to the general population of ED cases, patients with hypertension had more severe ED (45.2% in hypertensives versus ~10% in a general population as reported by the Massachusetts Male Aging Study). Much of this is attributed to medications that are used to treat hypertension, along with the effects of hypertension. How it happens? The three ways that hypertension causes erectile dysfunction are:

- 1. Damage to blood vessels: When your blood vessels are subjected to constant high blood pressure, the interior lining of your blood vessels become damaged. This in turn doesn't allow your blood vessels to dilate adequately resulting in limited blood flow. When the spongy tissue of the penis called corpus cavernosum is deprived of adequate blood flow, it results in erectile dysfunction.
- 2. Medications: Commonly used drugs to treat hypertension such as thiazide diuretic and beta-blocker therapy or antidepressants maybe contributing to ED. Phosphodiesterase-5 (PDE5) inhibitors such as Viagra are effective therapy in men with ED attributed to hypertension. Oral erectile dysfunction medications act as mild vasodilators, dilating the damaged blood vessels. Talk to your doctor to determine if this is the right option for you.
- 3. Blockage: Another cause could be a blockage in the blood vessels that supply the penis. High blood pressure is known to accelerate atherosclerosis (plaque formation) in your blood vessels. These cholesterol plaques can occur anywhere in your body blocking adequate blood flow. Patients are able to restore their sexual performance when the blockage is removed.

3. DIABETES

Diabetes: Studies indicate up to 75% of men who have type 2 diabetes experience some form of erectile dysfunction and it usually occurs between 10 to 15 years earlier than men who do not have diabetes. Diabetes occurs when there is absence of insulin or insulin resistance. Possible causes include autoimmune disease, obesity, genetics or age. Diabetes may go unnoticed until organ damage begins. In particular, erectile dysfunction is the most common early presentation in the presence of nerve damage due to impaired blood flow.

Erectile Dysfunction and Diabetes

Erectile Dysfunction in diabetics should be taken seriously as it could be an early indication of coronary artery disease. It is believed that a coronary event follows in 5 years in these patients. This is because ED in diabetics is typically caused by peripheral vascular disease where arteries that supply blood to the internal organs, arms, and legs become completely or partially blocked as a result of atherosclerosis (plaque formation). When ED is caused by diabetes, it becomes particularly challenging to treat as diabetes is often resistant to typical medications used to treat erectile dysfunction such as Viagra® or Levitra®. If left untreated, diabetes induced erectile dysfunction can become irreversible therefore restoring diminished blood flow should be done as soon as possible. If your diabetes induced erectile dysfunction is caused by blockages in your blood vessels, the RESTORE Procedure maybe right for you. This procedure is accomplished by balloon angioplasty to remove blockages in arteries caused by atherosclerosis (plaque formation).

4. OBESITY

Why are obese men at an increased frisk or erectile dysfunction?

Low testosterone and impaired blood flow to the penis are the two main causes that heavier men tend to have erectile dysfunction.

Low testosterone can reduce the natural sex drive and the ability to have satisfying sex or even obtain a sustainable erection at all. Furthermore, having adequate blood flow is essential to getting and maintaining an erection.

A 2007 study of 1,667 men ages 40 and above found that each one-point increase in BMI was associated with a 2% decrease in testosterone. In addition, a 2008 study of 1,862 men ages 30 and above found that waist circumference was an even stronger predictor of low testosterone levels than BMI. A four-inch increase in waist size increased a man's odds of having a low testosterone level by 75%. (Harvard Men's Health Watch)

Being heavier also increases your risk of acquiring diseases closely linked to erectile dysfunction such as diabetes, heart disease and several others. Heavier men are 30% more likely to have problems getting and sustaining erections, according to a Harvard study.

But it is not too late. A Massachusetts male aging study found that men who <u>exercise in the mid life decrease the risk of getting erectile dysfunction</u> by 70% when compared to someone with a sedentary lifestyle. All it take is a 2 mile walk at a swift pace.

5. TOBACCO USE

Smoking: According the Centers for Disease Control and prevention, smoking causes 1 in 5 deaths in United States. It can negatively affect almost every organ in your body, but much of this can be reversed by cigarette smoking cessation. Within 2 to 5 years after quitting smoking, your risk for stroke could fall to about the same as a nonsmoker's. After ten years, your risk of lung cancer drops by half. For many men, the promise of better sexual performance can be enough for them to stop smoking. This strategy has been so effective that it has been used as antismoking campaigns.

Can cigarette smoking cause erectile dysfunction?

It's no surprise that smoking can negatively impact many aspects of your health, but can it impair your sexual performance? Absolutely!

It was previously thought that smoking may indirectly cause ED by amplifying risk factors like coronary artery disease and high blood pressure. However more recent studies like the European Urology Focus have shown a direct cause and effect relationship and also a dose dependent correlation-between-smoking-and-erectile-dysfunction. Smoking causes damage to the lining of the blood vessels, increasing oxidative stress by creating imbalance, and decreasing the amount of nitric oxide. The study concluded that smoking cessation results in restoration of erectile function.

Another study suggested that 86% of <u>smokers have an abnormal penile vascular (blood vessel) evaluation</u>. Problems in your blood vessels can greatly reduce the blood supply to the penis. If diminished blood flow is the cause of your ED, <u>RESTORE</u> <u>Procedure</u> may be right for you.

6. PSYCHOLOGICAL

Psychological causes can be difficult to diagnose, but once these issues are identified, they can be properly addressed by lifestyle modifications, counseling and medications. Common symptoms to watch out for are decreased libido or loss of interest in sex.

- Stress If you allow stress to build up, it can negatively affect your health and also your sexual performance. The comorbidity of stress and high blood pressure or high cholesterol typically results in erectile dysfunction because they are often found in cohesion.
- Depression This can be especially challenging to diagnose in men because men may not easily recognize the symptoms of depression and are less likely to seek attention. Depression can present as loss of interest in sex or decreased libido.
- Relationship Problems Good communications is the key to avoiding relationship problems. Financial problems, arguments and anger can effect sexual performance.
- Anxiety Anxiety is characterized by feelings of worry or fear that are strong enough to interfere with one's day to day activities. It is important to seek attention from a medical professional that can help you manage anxiety.
- Body dysmorphic disorder Body dysmorphic disorder is a mental illness involving obsessive focus on a perceived flaw in appearance. At times, it may affect men who obsess over their penis size.
- Pornography Porn can desensitize a man to sex, and, eventually, he can be unable to get excited by ordinary sexual encounters. With the ever increasing amount of porn easily accessible on the internet, this has become a problem for many.

7. INJURY

Among the more common type of penile injuries include traumatic force during motorcycle/automobile accident, penile fracture, penetrating penile injuries from ballistic weapons, and soft tissue injuries. These traumatic injuries require immediate surgical evaluation and intervention; but even after the surgery, many young men suffer from erectile dysfunction due to vascular injury. This is because these types of vascular injuries lead to atherosclerosis (plaque buildup) in the blood vessels that supply the penis leading to erectile dysfunction (ED). Spinal cord injuries are also likely to cause erectile dysfunction if the nerve connection is missing or lost then the brain cannot control parts of body parts. Nervous system is crucial in getting and maintaining erection.

How Injury leads to atherosclerosis in younger men

Even though plaque formation is more common in older men, younger men with blunt trauma such as seen in a motorcycle accident or a straddle injury are prone to focal endothelial dysfunction (blood vessel wall dysfunction) leading to focal atherosclerosis (plague build up on the blood vessel wall) according to these two studies: pathogenesis of atherosclerosis and a study on vascular smooth muscle cell (SMC) response to injury. What this means is that even young men exposed to traumatic injuries are at risk of blockages in their arteries. The plague formation begins with an injury to the endothelium (lining of blood vessels) which releases inflammatory cytokines (small proteins that are important to signal cells) that stimulates rapid increase in smooth muscle and infiltration of macrophages (white blood cells). Cholesterol and calcium builds up inside the lining of the artery wall, forming a substance called plague. As these material build up over time, it leads to narrowing and blockage of the blood flow.

8. MEDICATIONS/DRUGS

Medications and street drugs can play a role in erectile dysfunction for up to 20% of men. Erectile dysfunction is an adverse effect commonly found in wide range of medications used to treat many different disorders. The most common culprits are certain blood pressure drugs antidepressants.

Some common class of medication include those listed below.

- Blood pressure medication cause is unknown but it is suspected that they maybe be effecting neurotransmitters in the brain
- Antidepressants cause is unknown but neurotransmitter may be effected
- Antihistamines alters men's nervous system
- Diuretics water pills
- Parkinson's disease drugs
- Antiarrhythmics
- Muscle relaxants
- Non-steroidal anti-inflammatory drugs
- Histamine H2-receptor antagonists Causes ED when taken in high doses
- Hormones
- Chemotherapy medications
- Prostate cancer drugs
- Anti-seizure medications

Talk to your doctor to find out if a medication side effect is the cause of your ED and discuss possible alternatives.

GET YOUR SOLUTION TODAY!

Since sexual health is an essential element of overall health and well-being, yet medical providers and patients often do not discuss this topic... therefore we hope that this Free EBook Sexual Health Awareness Erectile Dysfunction The Natural Solution is helpful for you!

<u>NOW</u> if you're interested in taking the Next Step to a healthier solution to taking care of your sexual health the natural way... Check out our <u>Root Therapy</u>:

Root Therapy is the world's leading #1 natural herbal male enhancement supplement designed specifically for men. It's scientifically formulated and proven to increase nitric oxide levels resulting in a stronger libido, firmer erection and may support your overall health. It's 100% natural, safe & effective, awakens desire/arousal, increases stamina/energy, improves blood-flow, long lasting, and is made in an FDA compliant facility in the USA. This natural supplement is a mixture of the best herbs from around the world that works effectively to support your sexual health.



THE LEADING #)

NATURAL

SOLUTION

AVAILABLE

TODAY



WOULD YOU LIKE TO TRY A SAMPLE?

WorldWide Erections LLC. Start A Healthy Journey Today!

Frequently Asked Questions??

Many of the Erectile Dysfunction products available in the market today produce lots of side effects and are not good for your health.

Is Root Therapy safe?

Root Therapy is an all natural herbal product made of natural plant-based ingredients and nutrients from around the world. The ingredients that are used in the formulation of Root Therapy are the safest and most renowned. This supplement is formulated with the foremost care and detail. It is manufactured in an FDA compliant facility in the USA and is GMP certified following hard safety norms. Quality testing is done from the raw materials to the finished goods.

Why Root Therapy?

Erectile Dysfunction mainly occurs when a man gets inadequate blood supply in the area of genitals which makes it impossible to gain an erection. Natural Erectile Dysfunction Solution 'Root Therapy' affects circulatory system stimulating circulation of the blood naturally and activating cells of the brain cortex that are respondent for venereal excitement.

This herbal supplement increases the intensity and frequency of erections and boosts nitric oxide levels in the body. Root Therapy promotes firmer and stronger erections, boost up male libido and vitality and enhance lovemaking desire and strength.

START A HEALTHY JOURNEY TODAY!



GET YOUR SAMPLE TODAY!

Can I Use Root Therapy?

Do you suffer from symptoms of erectile dysfunction?

Low sex drive and lack of energy affecting your performance?

Are your erections becoming less frequent?

If yes, then 'Root Therapy' is for you.

Follow a regular course of <u>Root Therapy</u> for 2 to 3 months to achieve maximum benefits from this product.

How long will this product take before I begin to notice results?

You will begin to see positive results and overall improvement in your health within the first use but for maximum benefits and long lasting effects, please take this product consistently for 2 to 3 months.

NOTE: As herbal supplements are not DRUGS, you cannot expect an overnight result. It is recommended to take this product consistently for at least 2-3 months to get optimum results. Herbal supplements are 100% herbal and safe. You can take herbal supplements for long term without any fear of side effects.

We make No Fake Promises and No False Commitments! Root Therapy is not a miracle pill. It can take some time to show its positive effects. Herbal products act naturally and gently to your body system and thus do not produce any side effects. Remember healing of organs is a natural and slow process. Root Therapy will work provided you follow the course in a regular and disciplined manner.

Beware of Fast Acting Drugs... they produce several long term side effects and their effects are temporary! Chemical based products which offer immediate or fast acting results do a lot of damages to your body and their effects are also short term. Whereas herbal products are natural, free from side effects with long lasting results. Natural products nourish your body from inside and eliminate problems from the root.

How can I buy Root Therapy?

You can buy <u>Root Therapy</u> online through our official website 'www.worldwiderections.com' or directly from your private [WE] Independent Distributor through their affiliate portal by paying cash or through credit card, debit card and PayPal.

Can I get Root Therapy from local medical stores?

We are the leading supplier of this herbal product and we recommend that you buy <u>Root Therapy</u> easily from our official website

'www.worldwiderections.com'. Some medical stores try to sell low quality duplicate products. To avoid this, we sell our products only through our official website and through our independent distributors affiliate portals.

How long does it take to reach my ordered products to me?

It generally takes 3 to 5 business days to reach your ordered products to you. All orders are shipped via USPS, FedEx, UPS Mail from the USA.

Will my privacy be respected?

Your privacy is of prime concern and will be given maximum priority. Your order will be shipped to you in discreet plain packages and follows national and international regulations that are the norm in the shipping industry.

So why should you wait and ruin your life and happiness? Step forward to maintain your sexual health and love life NOW! It is your choice to avoid this embarrassing problem or to become a part of it. Don't Ever Be Embarrassed In Bed... Be Confident!





GET YOUR SAMPLE FOR ONLY \$15
ORDER TODAY!

Must Be 18 Years Or Older / Sample = 2 single capsules
WorldWide Erections LLC.
Start A Healthy Journey Today!