

Kegel homeopathic and other ED alternatives

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Erectile Dysfunction: Alternative treatment options

People are realizing, though gradually, that the side effect profile as well as the expenses involved in treating ED through allopathic prescription drugs is proving to be dissatisfactory. This is making an increasing number of people turning towards alternative therapy options for combating their ED problems. In case you hear people talk about alternative treatments for ED, it is possible that you are wondering what they are what are available to you. This article is aimed to make you aware of the several options you have when it concerns alternative treatment options for ED.

But before that, there are a few important facts to remember while you are seeking alternative options: (to buy herbal alternatives to viagra or levitra and even cialis from an online pharmacy choose a list or herbal alternatives in the menu)

4 Important Points for Alternative Treatments

1. Any alternative treatment would largely depend on the cause behind your erectile dysfunction, since the root of the problem could be either psychological or physiological.
2. Alternative medicine experts confirm that with nutritious diet and supplements and herbal therapy, ED conditions can improve vastly.
3. Natural therapies also include penile exercises like Kegel exercises, etc.
4. Alternative medicines also include homeopathic medication.

Natural treatment:

Some lifestyle factors like alcohol consumption, smoking, drug abuse or poor choices in nutrition can all add up to erectile dysfunction. Natural treatment addresses all these issues and you need to consult a naturopath to understand the cause of the disease so that appropriate treatment can be given.

Food choices:

Making good choices in terms of your dietary intake could improve ED conditions. For instance, eating fish, and avoiding processed foods to begin with. Eating a lot of fruits, vegetables, whole grains, soy, beans, nuts, olive oil and cold-water fish like salmon and tuna have proved to correct ED conditions. Sugar, dairy products, fried or refined are recommended to be avoided. 50% of your body weight in ounces of water should be consumed per day. Though food supplements help in rectifying the condition, you ought to consult a doctor first, before you start taking any supplement for ED management. Bioflavonoids, Flaxseed meal Selenium, Vitamin C, Vitamin E and Zinc are proven therapies taken at the recommended doses by the doctor.

Herbal medicines:

These medicines are best since they hardly have any side effects. The maximum side effect that you could expect from a herbal medicine is temporary headache or a short-lived feeling of nausea or even an upset stomach. As with any medication, you ought to stick to the recommended doses only as any overdose could result in serious consequences. The herbs, which are usually favored for treating ED, include: Asian ginseng (*Panax ginseng*), Damiana (*Turnera diffusa*), Ginkgo biloba, and Muira puama (*Ptychopetalum olacoides*). Though many of these herbs have not been tested scientifically for safety and efficacy, these are famous for centuries and have been used widely in many cultures, for the treatment of male impotence, enhancement of libido and overall male sexual health.