

Natural Help for Erectile Dysfunction



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Erectile dysfunction (ED) is a topic most men would like to avoid discussing. Unfortunately, despite our best efforts, wishes and even prayers, it happens. ED is a condition that has been reported to affect 10 to 30 million men in the United States alone.

The basics

Erectile dysfunction, also known as impotence, is defined as an ongoing inability to sustain an erection sufficient for sexual intercourse. At some point in our lives, almost every man faces the inability to achieve an erection, usually due to stress, fatigue, excessive alcohol intake, recreational drug use, illness or even lack of desire (sorry, dear). Occasional difficulties are normal, but when the problem persists, it becomes a disease known as ED.

Poor blood flow

ED signals an interruption in the sequence of events that prompts blood to fill the penis. Common diseases that have been shown to affect blood flow to the penis include heart disease, hardening of the arteries, high blood pressure and diabetes. The number one risk factor for ED is smoking, as smoking damages blood vessels and interferes with blood flow. ED may also indicate that the body is not responding to the brain or local nerve impulses correctly.

What to do?

ED may be treated with penile injections, vacuum devices, surgery, drugs such as Viagra™, acupuncture and supplements. Current research now shows that ED can also be successfully treated with arginine.

Arginine to the rescue

Arginine is a semi-essential amino acid that plays several roles in the human body. Arginine is a precursor to an enzyme that makes nitrous oxide, which is responsible for dilating (relaxing) blood vessels and increasing blood flow. Penile erection requires the relaxation of the vessels in the penis (cavernous smooth muscle), which is triggered by nitric oxide (NO). Laboratory and animal studies have shown that arginine can stimulate the relaxation of vessels to the penis.

Arginine and pycnogenol

Another study published in the Journal of Sex and Marital Therapy reported that 40 men with ED were treated with arginine and pycnogenol, a component of pine bark. After three months, 92.5% of the men had experienced normal erections. Based on these studies, both arginine and pycnogenol are effective and safe treatment options for ED.