

# Natural Help 4...

## Male Sexual Performance



### What is Male Sexual Performance?

For the longest time, men have been stereotyped as sex machines that are ready to perform at the drop of a hat. While this may be partly true for some men, for many it is not. Men, just like women, can also be overly tired, stressed or **not be in the mood for sex**.

Factors such as these may trigger **sexual problems**. Because this particular topic is quite sensitive, men tend to avoid speaking about **sexual dysfunction** and don't seek the help they need.

### Diagnosing Male Sexual Performance Problems

There are various **sexual problems** that men may encounter such as **erectile difficulties** or impotence, premature ejaculation, erectile dysfunction, low libido or **sexual performance anxiety**. These types of **sexual disorders** can result in an unfulfilling encounter for one or both partners and might lead to a man questioning his virility.

### What Causes Male Sexual Performance Problems?

The inability to perform sexually can lead to anxiety which, combined with the memory of the previous failure, can lead to the avoidance of sexual activity. Poor self esteem, reduced intimacy in the relationship and a lack of spontaneity can all also hamper sexual responsiveness and performance.

Modern day living can also impair sexual Performance with increasing work stressors and family demands resulting in fatigue and a lack of energy.

### Help for Male Sexual Performance

**Improving your sexual health** and having great sex is certainly an achievable goal. Many men use male sexual performance enhancers to enhance their sexual performance as well as their partner's experience. Most of these enhancers have been designed to help a man achieve a fuller erection and to maintain it long enough to achieve ejaculation and satisfaction for both partners.

While there are many different types of enhancers on the market, not all of them deliver on their promise. Sexual performance enhancers such as sex solution pills, topical creams, male enhancement pills, penile enlargement pills and penile pumps are all sold as aids to achieve the desired sexual experience.

Popular drugs such as Viagra have some serious side effects and when taken with

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other medications, may even cause a heart attack. More serious sexual problems such as infertility may need to be evaluated by a doctor and counseling may also be recommended.

In order for any sexual performance enhancer to work successfully, men need to first and foremost look after themselves. **Maintaining a healthy lifestyle** that includes eating well balanced meals, regular exercise, reducing stress and practicing safe sex can all contribute to healthy sexual performance and libido.

Natural and holistic treatments have been used for centuries to treat **sexual disorders** and enhance performance. Treatments such as herbal and homeopathic remedies are safe and gentle to use without adverse side effects.

Eleutherococcus senticosus (Siberian Ginseng) is an overall system toner and improves performance and stamina while Smilax ornata (Sarsaparilla) is used as a tonic for male sexual potency. Sabal serrulata is clinically proven to treat the symptoms of prostate enlargement (BPH) and impotence.

In addition, Lirosma ovata improves sexual desire while Kola Vera is a potent source of energy and an effective stimulant. Be sure always to source your **natural remedies** from reputable companies to ensure maximum safety, efficacy and therapeutic dosage.

## Tips to Enhance Male Sexual Health

- Eat well-balanced meals that include fresh fruits and vegetables
- Exercise regularly by going to gym, running, swimming or cycling
- Drink lots of water for adequate dehydration
- Increase your intake of vitamin supplements
- Ensure that you get plenty of rest
- Reduce stress levels by listening to music, meditating, or watching a movie
- Stop smoking naturally and reduce your intake of alcohol
- Keep your cholesterol in check

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have

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grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## Related Natural Remedies:

**Ikawe™** : Promotes normal male sexual functioning.

Ikawe - the Xhosa (a language native to South Africa) word for 'warrior' - is a 100% safe, non-addictive natural herbal remedy. Ikawe has been used for many years to safely **maintain health and systemic balance in the male reproductive system**.

Ikawe for Men contains a selection of herbs from around the world and which are traditionally **identified as having aphrodisiac properties** and are 100% safe and non-addictive. They are known for their supportive function in maintaining sexual health and well-being.

Ikawe for Men helps maintain healthy functioning of the male reproductive system, balanced **flow of blood to the penis and testes**. Ikawe can make all the difference, without compromising health or risking serious side effects.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

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