



The effect of nutrition on impotence and sexual problems



Hormonal factors

- ▶ Blood supply
- ▶ Nervous system problems
- ▶ Other factors

There are several treatment options for ED depending on the reason

A doctor may recommend:

- ▶ Medications such as Viagra, Cialis, and Levitra
- ▶ Testosterone replacement therapy
- ▶ Diet and lifestyle

Changes in diet, exercise, smoking, and alcohol consumption can reduce the risk of diseases that lead to ED, such as obesity and cardiovascular disease.

They may also help to improve your overall health, manage your stress levels, and lead to healthier sex life.

ED is less common among those who follow the Mediterranean diet.

Weight loss improves ED in overweight or obese people.

Consume cocoa.

There are many different types of flavonoids, but sources include:

- ▶ Cocoa and dark chocolate
- ▶ Fruits and vegetables
- ▶ Nuts and cereals
- ▶ Tea
- ▶ Wine

Flavonoids increase blood flow, and the concentration of nitric oxide in the blood play a role in creating and maintaining an erection.

- ▶ Choose pistachios.
- ▶ Eat watermelon.

▶ Sexual disorders in women ◀

Sexual dysfunction is a common problem among women. About half of women experience persistent sexual problems, such as lack of libido in the body, difficulty reaching orgasm, or pain during sex.

Medical or physical condition

Heart disease, diabetes, thyroid disease,




neurological conditions such as multiple sclerosis, and even simple fatigue can have sex unpleasant or painful.

Other possible causes include hormonal imbalances or physical changes related to the following:

- ▶ Pregnancy
- ▶ giving birth
- ▶ Breastfeeding
- ▶ Menopause
- ▶ Mental and emotional issues
- ▶ **Depression** ◀
- ▶ Anxiety
- ▶ Pressure
- ▶ Sexual abuse in the past
- ▶ Low self-esteem
- ▶ **Drugs and alcohol** ◀

Some medications can have sex less pleasurable, reduce libido, or cause vaginal discomfort. Types of medications include:

- ▶ High blood pressure medications
- ▶ Antidepressants
- ▶ Antipsychotic drugs
- ▶ Epilepsy medications
- ▶ Cancer-specific drugs
- ▶ Medication for urinary tract infections
- ▶ Steroids



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- ▶ Walnut
- ▶ Almonds
- ▶ Fish
- ▶ Whey
- ▶ Fruits
- ▶ Leafy vegetables
- ▶ Zinc



Food is one of the main parts of your daily life and your overall health. So, you may not be surprised that your diet can affect your sex life. Changes in eating habits do not seem to be a cure for sexual problems, but they are the start point place.

healthy diet

Fueling your body with the right foods can help boost your mood and energy levels to support a healthy relationship and sex life.

Arginine and L-citrulline

Arginine, also known as L-arginine, is an amino acid that your body uses to produce nitric oxide. This chemical helps to relax blood vessels, which enhances good blood flow.

Some foods like watermelon contain L-citrulline. Arginine is found in many foods, including:



The link between zinc and sexual health is unclear, but it appears to affect testosterone levels in your body

It is also necessary for the growth of sperm and semen in men.

▶ Overweight ◀

Obesity is associated with reduced fertility. Being overweight or obese can also damage your self-esteem, which can affect your libido and intimacy.

Common sexual and nutritional problems
Erectile dysfunction (ED) is when a man finds it difficult to get or maintain an erection.

Physical reasons may be related to the following: