
The Layman's Erectile Weakness Busters

[6 Ways To Get Back Your Hard Erections]

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1. Why You Should Be Concerned About Your Erectile Weakness

Erectile weakness generally refers to a man's inability to have an erection hard enough for successful sexual intercourse. This condition affects an estimated 30m men in the US alone.

If you are experiencing any weakness in erection hardness, you already know how frustrating it is for both your partner and yourself.

Sex is one of the best gifts in life.

Everyone, man or woman, enjoys the exquisite feeling of making love and the final delicious sensations of a powerful orgasm. Although you can still achieve an orgasm without a hard erection, it is like drinking Mocca without the chocolate - it's simply not the same.

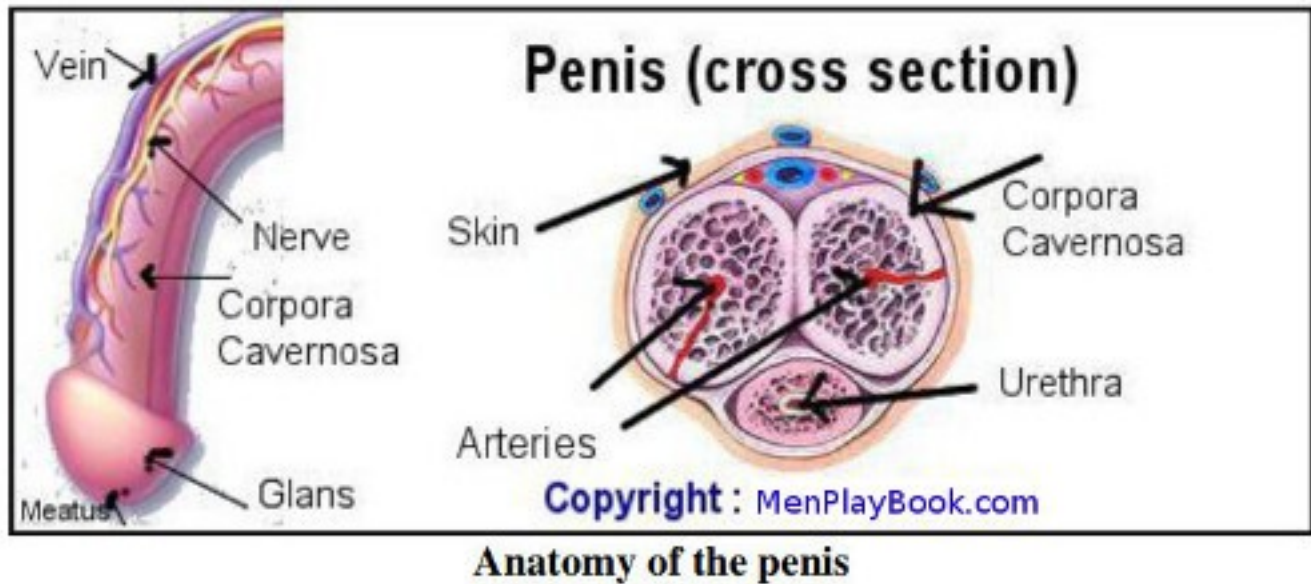
Erectile weakness not only affects your sex life and your self esteem, it is also a warning from your body that not all is well with you. We are not here to scare you but to alert you to the possible health warnings from a weak penis. More on this later...



For now, all you need to do is to determine if you have weakness or anything close to it. Because only by admitting that you have a problem can you then look for a solution. In the spirit of the layman and without being too technical or scientific, here a definition of weakness : if you have difficult holding your erection long enough to penetrate your partner, you probably have some sort of erectile problems.

But to understand how this happens, you first need to know what goes on in your penis and how an erection occurs....

What Your Penis Is Made Up Of



If you are a man, you already know what a penis is and how it looks like. But scientifically, the penis is considered the male sexual organ. It contains the following parts:

- 1. Corpora Cavernosa** - which consists of 2 cylinder-shaped chambers. These chambers run the length of the penis and they are made of spongy erectile tissues which contain lots of blood vessels and sinuses.
- 2. Urethra** : the channel in which urine, semen and sperm flow. This "canal" runs alongside the Corpora Cavernosa (see cross section diagram)
- 3. Erectile tissues** - these spongy tissues make up most of the Corpora Cavernosa and surrounds the urethra, two main arteries and several veins and nerves.
- 4. The Penile Shaft**, the longest part or length of the penis.
- 5. The Glans** : the penis head located at the end of the shaft.
- 6. The Meatus** : the gap at the tip of the head where urine, sperms and semen are discharged

How An Erection Occurs

As with everything else we do with our body, an erection starts from the brain, that powerful organ between our ears that controls everything we do.

When you receive a physical and/or mental stimulation, this stimulation causes nerves in your brain to send chemical messages to the nerves in your penis. By the way, this is done via the chemical nitric oxide which is the transmitter agent.

This signal "tells" the penile blood vessels to relax so that blood can flow freely into the penis. Once in the penis, high pressure traps the blood within both corpora cavernosa. The trapped blood makes the penis stiff and erect, giving you the sensation of an erection.

As you can see, the more blood gets trapped in the corpora cavernosa, the harder the erection you can get. Conversely, your erection is reversed when the inflow of blood is stopped and opening outflow channels open, allowing the penis to become soft.

So what happens if not enough blood get "pushed" into the corpora cavernosa? You get a weak erection (or no erection) and your erection is not hard enough to penetrate a woman's vagina. That's erectile weakness for you.

But an erection problem is not only an indicator of sexual weakness, it is also an indicator of the weakness of your overall general health. Why is this so?

Why The Hardness Of Your Penis Tells A Story Of Your Overall Health

According to doctors such as the famous urologist, Stephen Jones, the penis is an indicator of the overall health of a man's body. Dr Jones famously said that you should **imagine your penis as an island and your body as the mainland or hinterland.**

The island gets all its supplies from the mainland and should anything goes wrong with the mainland, your little island feels the strain straight away. This is a fascinating analogy worth remembering.



Imagine your penis is an island

Your penis gets all its nutrients and blood supply from your body. It can be considered as a sensitive indicator of your overall health because it contains lots of tiny blood vessels and nerves that carry messages from and to the brain. So should anything happen to your health, it will most likely be reflected in your penis's performance, namely, its hardness, first.

Thus a soft penis is a sure sign of danger!

That's why it is so important that as a man, you must have good erectile strength, never mind your age. A weakness in erection is a clear sign that something is not quite right with your overall health. More on that later when we talk about the health conditions that result in erection weakness in men.

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2. The Four Main Causes Of Erection Weakness You Must Be Aware Of

Erectile weakness or male impotence can be caused by many factors. Some are common, some are not so common. But it is important to know them because only by knowing what cause erection problems can you prevent or take remedial steps to correct it.

So here are the 4 main causes of erectile weakness in men :-

Vascular Disease - Atherosclerosis

Vascular disease happens when the blood vessels get constricted or become smaller due to deposit of plaques in the inner layers of the blood vessels. An example is Atherosclerosis in which calcium deposits accumulate on the arteries due to a high cholesterol and high fat diet. This causes the arteries to get clogged which is not only a heart attack risk but also can cause erectile weakness due to slower blood flow.

Nerve Damage - Neuropathy

Nerves play a pivotal role in the erection process because they are responsible for sending signals to and from the brain. The brain uses these signals to make muscles relax or contract in order to regulate blood flow. If nerves are damaged like in the case of a surgery gone wrong, injury to the spinal cord or even medical conditions like diabetes, etc, then erectile weakness may happen since the brain cannot regulate blood flow efficiently.

Psychological Factors - Stress

Psychological factors are very common causes of erectile weakness, although these tend to be rather temporary. Stress and performance anxiety can cause a man to lose his erections at the most crucial time. A low self esteem may also perpetuates a weak erection since the sufferer thinks that he is not up to it. When a man keeps thinking that "the spirit may be willing but the flesh is weak", then that's what he gets!

Prescription Medications

Prescription Medications are known to cause erectile weakness too. For example, drugs for heart disease, high blood, prostate cancer, etc, can interfere with the body's chemicals and affect the signalling system for erections. If in doubt, you should always check with your doctor to find out whether or not your medicine can cause erectile problems..

So you have it, the 4 common causes of erectile weakness in men. As you can tell by now, the problems with erectile weakness have to do with insufficient blood flow into the penis chambers. No blood, no erections. Therefore knowing the reasons for erectile weakness will help us combat or rather deal with this dreaded disease much quickly and easier.

So are you ready for the 6 Layman's Erectile Weakness Busters Or Remedies? Let's dive in ...

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3. The Six Erectile Weakness Busters Every Layman Should Know About

Now that you know how an erection occurs and what causes weak erections, it is time to find out how to get rid of this dreaded "curse of men" or at least reduce its effects on your abilities to enjoy great sex.

You can find 6 Erectile Weakness Busters for the layman in this chapter.

Buster #1 : Bust the unhealthy lifestyle

Kick the smoking habit - say a firm no to cigarettes

Smoking damages your arteries which in turn increases your risks of having erection problems. These smoking sticks are already known to be the number reason for cancer (itself the #1 killer in the world). It not only kills you but kills your penis, do you want to die of impotence? I hope not. But there is good news - it is not too late to stop quit smoking and get back your hard penis.



Kick out the fat and other high cholesterol foods

A fat belly blocks the formation of the male hormones, testosterone, and slows the blood flow that can help erectile functions. Fat deposits can clog up your arteries, leading to slower blood flow to the brain and the penis, thus increasing your chances of getting erection problems, among other health hazards. Cutting out fat and high cholesterol foods not only helps strengthen your erections, it will also prevent a fatal heart attack. How's that for a double whammy?

Kick out the bad medicines

It is a known fact that certain prescription medicine can in fact cause erectile problems. Check with your doctor to make sure that whatever medicine you are taking for other health ailments like high cholesterol, etc, are erection friendly. If not, ask your doctor for an alternative drug or remedy that does not cause impotence. For example, Zocor and statins are known to cause male impotence so beware.

Buster #2 : More cardio exercises and more time for relaxation

More cardio exercises

According to Dr. Steven Lamm, author of the book, "**The Hardness Factor**", the health and fitness level of a man is crucial for his erectile fitness. Dr Lamm recommends that daily cardio exercises (any exercises that make the heart pump faster) are essential for a hard penis. These exercises improve blood circulation and encourage the body to produce more nitric oxide, the chemical used as a signal for telling the blood vessels to loosen up and allow more blood to be trapped in the penis for a harder erection. You should strive to achieve your ideal body weight and cut down that fat belly.

More time for relaxation

Stress can be a huge psychological factor for erection weakness. In order to reduce your stress level, take some time to relax everyday. In fact, you can relax better after a good workout because your body secretes a certain hormone to help relax your muscles after exercises. Listening to slow, soothing music can be a good way to relax too.

Buster #3 : Eat more healthful, sex friendly foods

Nature is full of abundance and there are no lack of healthful, natural foods that have aphrodisiac properties and can help improve your libido and thus blood flow to the penis in many ways. Here are 4 common but powerful foods you can try :

Chocolate - A Natural Aphrodisiac

Chocolate is a powerful and natural aphrodisiac. Chocolate contains anandamide which is a chemical that gives you a natural psychoactive good feeling. In addition, chocolates, especially the dark ones, contain phenylethylamine, the 'love chemical' that releases dopamine in the brain's pleasure centres for great sex.

Oysters

Oysters are an effective aphrodisiac food because of its high level of zinc which is known to help produce sperm, increase testosterone and libido in men. They are believed to keep a man sexually active well into old age. The aroma of oysters is similar to that of the female pheromone and has been proven to be sexually arousing... not to mention that its shape resembles that of the female vulva.



Honey

Honey contains several B vitamins & other minerals which are essential for producing testosterone, the male sex hormones. Studies show that the mineral boron in honey can also enhance testosterone levels in the blood - as we all know testosterone is responsible for sex drive and orgasm in men.

Bananas

The banana's phallic shape sometimes overshadows the fact that this tasty fruit is filled with B vitamins, potassium and magnesium. You can turbo charge your libido can with bananas because of the chelating minerals and bromeliad enzymes that are found in them too.

Buster #4 : Flex your PC muscles!

Having a hard erection is all about pumping and retaining enough blood in the penis chambers to form a turgid penis. According to doctors, you can improve your erectile strength by doing the same exercises that help you last longer in bed - the Jelqing or PC muscle exercises. Yes, the PC muscle (the one that helps control your urine flow) can apparently help keep blood trapped in the penis longer.

What are these PC exercises? Here's a short routine you can try:

i) contract and hold your PC muscle for 10 seconds while sitting

- ii) release it and rest for about 1 second
- iii) repeat the process at least 20 times each day

Soon, you will discover that you can not maintain your erections better, you can also last longer during sex.

Buster #5 : ED drugs and the blue pill (caution in using these)

If your erection problems are not caused by a bad lifestyle or state of your health, then you may have to resort to ED drugs. But you must treat this as a last resort, not a first resort.

Note that ED drugs such as the famous Viagra are prescription medicines. They contain synthetic substances that usually have negative side effects on your health. For example, ED drugs can affect your heart functions or your liver functions. In any case, ED drugs only treat the symptoms and not the root cause of Erectile Dysfunction.

In fact there are now herbal alternatives to Viagra (some like to call them herbal viagra but that's only for convenience). These herbal erection enhancer pills attack erectile problems at the root and in many ways, are a better solution to prescription drugs. More on this below...

Buster #6 : Why Herbal Erection Enhancer Pills Are Your Best Solutions For Getting Back Your Rock Hard Erections

Dr Steve Lamm, the author of "The Hardness Factor" recommends supplementing your diet with all natural, herbal supplements that can help support your sexual functions for better erectile health.

He particular likes [VigRx Plus](#), a long established male sexual enhancement supplement that contains potent aphrodisiac ingredients all specially blended together to help you attain optimal erectile power.

Herbal erection enhancers attack the problem at the root by improving blood flow, increasing sexual functions, improving the production of testosterone and generally nourishing your sexual system for optimal performance. All these will ensure that you have rock hard erections when you need them.



VigRX Plus

RATED THE #1 MALE ENHANCEMENT SUPPLEMENT FOR 10 YEARS!

RECOMMENDED BY
Doctor Steven Lamm
guest of ABC's hit show **THE VIEW**

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How Herbal Erection Enhancer Pills Really Work

Herbal erection enhancer pills like [VigRX Plus](#) uses botanical ingredients and aphrodisiacs that have been tested and used since the ancient generations of China, Europe, and South America. These ingredients nourishes the male sexual system, increasing bloodflow, improves prostate health and increase semen and sperm production.

All these functions are vital for a virile male to perform at his peak.

Although herbal erection enhancer pills do not work instantly like Erectile Dysfunction (ED) drugs, they are far safer to use. Prescription drugs are not suitable for everyone as it comes with side effects. These drugs will give you an instant erection (minus the horny feeling) but comes with a hefty price tag and health risks.

On the other hand, a good, **all natural, herbal male enhancer pill** not only treats erection weakness at its root, it also attends to other sexual irregularities such as undersized erect penis , premature ejaculation, decreased sexual vigor and lack of sexual desire. In other words, you can get back your hard erections plus other benefits.

Manufacturers of herbal erection enhancer pills claim that every man can take advantage of their products' potencies without fearing significant health hazards since their **ingredients are all natural**.

With [VigRX Plus](#), you may even be surprised that many of your body's weaknesses will improve right after consumig a pill. For the ingredients can prevent irregular heartbeats, lower cholesterol level and decrease blood pressure.

It only takes two or three pills a day and a glass of water to have that lasting, satisfactory erection with no pain, no blood, and no hysterias.

[Click here for more details on Vigrx Plus now ==>](#)

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4. Conclusions

Clearly, erection weakness in men stamps primarily from a weak body system. What this means is that when your health is bad, your penis will be soft but when your health is tip top, you can expect that your penis is going to be hard and tip top too when the call of duty comes.

As shown before, if you have erection difficulties, there are some things you can do to recapture your past glory. While there are different strokes for different folks, a common underlying thread is the need to improve blood flow into the penis chambers for a rock hard erection. You can achieve this by keeping health and fit and ensuring that your sexual health is good.

Our preferred solution among all the erection weakness busters discussed above is the use of all natural erection supplements that contain ingredients known to improve blood flow and strengthen erections safely and quickly.

This is important because the herbal ingredients provide the necessary nourishment that your body and your penis need to function optimally.

We highly recommend the most trusted and established [VigRX Plus](#) because of its reputation and effectiveness and of course its 100% risk-free money back guarantee.

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