

# Erectile Dysfunction

Pramod Vora, Natural Health Counselor

**Erectile Dysfunction (ED) is the inability to have or sustain an erection long enough to have a meaningful sexual intercourse. Erectile Dysfunction tends to occur gradually until the night time or early morning erections cease altogether or are so flaccid that successful intercourse does not occur.**



**Today millions of men, young and old, suffer from Erectile Dysfunction (ED) due to:**

- (1) High levels of synthetic Hormones (known as Xenoestrogens) in our Diet / Environment;
- (2) Nutritional Imbalanced Diet resulting from poor quality of produce; and
- (3) Extremely low levels of Testosterone.

**Xenoestrogens have now entered the food chain and affect our Body through:**

1. The grains – wheat, rice, lentils, etc., Milk, Eggs and Meats that we eat;
2. The Petrochemical products like Herbicides, Pesticides and Fungicides; Mosquito and Cockroach sprays;
3. The Pollution we breathe; and
4. The Contraceptive pills, Hormone Replacement Therapy (HRT) and Testosterone Replacement Therapy (TRT) being used.

**This Hormonal Pollution has approximately affected:**

- 25% males in the age group of 20 to 35 years;
- 50% males in the age group 36 to 50 years; and
- 75% males in the age group 51 to 75 years.

In short, Erectile Dysfunction (ED) has reached ***Epidemic Proportions***.

There is an urgent need for the authorities like the “Health Ministry”, “Food & Agricultural Ministry” and the “Environmental Protection Agency (EPA)” to wake up to this Stealth Epidemic that is undermining the health of the people.

Today, it is quite common to see 25 year olds, in the prime of their youth, having exceedingly poor levels of Testosterone, similar to those encountered in 75+ year old people. They have the physical body of a 25 year old, but the emotions, mental and muscular capacity of a 75 year old. This shocking fact is little known in society today.

## These 25 year olds suffer from the following symptoms:

- Mood swings / Depression
- Inability to loose weight
- Anger / Irritability
- Foggy thinking
- Memory Loss
- Reduced Muscular strength
- Lower Libido
- Lack of interest in Sex
- Hair Loss
- Insomnia
- Lack of Sex drive
- Inability to perform as Executives

## Left undiagnosed / unattended, these symptoms further evolve in later life to

- Swollen feet / ankles
- Low Blood Sugar
- Enlarged Prostate
- Difficulty Passing Urine
- Burning sensation passing urine
- Incontinence
- Prostate Inflammation
- Prostate Cancer
- Osteoporosis
- Diabetes

At present, ED has resulted in over 1.0 Billion dollar sales of vasodilator drugs like Viagra. This drug has many known side effects like: facial flushing, headaches, dizziness, dyspepsia, visual disturbances, nasal congestion, other ocular effects such as blood shot eyes, eye pain, and gastric disturbances. In addition, it is not recommended for people with cardiovascular insufficiencies. More side effects are coming to light as the number of years of use of this drug increase.

One of the methods to naturally correct Erectile Dysfunction would be, to correct the nutritional and hormonal imbalance of the body. Many naturally occurring Herbs could be quite helpful if used in conjunction with a properly designed Hormonal and Nutritional Correction Program.

## Tribulus Terrestris

Tribulus Terrestris is a herb used for its medicinal effects around the world. It is a natural nutritional supplement. It has been used for centuries by the Chinese to calm the liver, treat headaches, dizziness, and premature ejaculation. It rejuvenates the urinary tract, kidneys and reproductive organs. It promotes the flow of urine and is useful in treating kidney stones, burning in the urinary tract, painful or scanty urination and gout. It also has a beneficial effect on the prostate gland.



It strengthens the reproductive systems of both males and females. It helps to treat impotency in men and sterility in women. It helps to control excessive bleeding during menstruation or in pregnant women threatened by an abortion. It calms the mind, promotes mental clarity and is used in the treatment of diabetes and to tone the heart. It is used as a safe natural diuretic and as an aphrodisiac.

- Tribulus Terrestris is ecologically pure.
- Tribulus Terrestris is a natural aid to help impotence, low libido, and male infertility.
- Clinically proven effective in enhancing energy and vitality.
- Helps build muscle and strength for bodybuilders.
- Tribulus Terrestris is safe to use as it is not a hormone.

In bodybuilding, Tribulus is used for its testosterone boosting properties more than any-

thing else. Studies have shown over 50% increase in testosterone levels when taking Tribulus Terrestris in fairly healthy males with no nutritional imbalance. Testosterone helps build muscle and strength, that's why some proathletes use steroids and other prohormones to enhance performance.

Tribulus Terrestris is NOT a hormone! It works completely different from Andro and DHEA. Tribulus increases testosterone through increasing Luteinizing Hormone (LH) in your body. LH tells your body to produce testosterone. LH stimulates the secretion of sex steroids from the gonads for both males and females. In male testes, LH binds to receptors stimulating synthesis and secretion of higher levels of testosterone. In females, the cells in the ovary are stimulated by LH and secrete higher levels of Progesterone/Estrogen. Tribulus merely works within the body's natural limits helping you achieve better muscle and strength through increased muscle mass.

## Tribulus Research

Studies have shown positive benefits of supplementing Tribulus Terrestris, and almost no adverse effects since it is from a natural plant source.

- A study done with healthy individuals taking 750mg of Tribulus per day showed a 72% LH increase, and a 41% increase in testosterone.
- In a study conducted with 20 males and females, 75% of the participants had increases endurance, 80% had increased libido and sexual performance, and 95% of the females reported no PMS symptoms.
- A study conducted with 200 males suffering from impotence showed increase in LH

and testosterone levels after supplementing Tribulus. The study also found an increase in sperm production.

## Tribulus Terrestris Formulations

Because Tribulus Terrestris is such a neutral and beneficial supplement, it's often formulated with other Herbal Supplements like Winter Cherry which is known to help increase growth hormone secretion in the body, and other herbs which help enhance its performance. In the modernization of Herbal / Ayurvedic Medicine, herbs are now a days often combined with other nutritional supplements. This has resulted in a new subject called Modern Ayurveda or Modern Medicine where herbs are used from all over the world rather than be restricted to one continent alone as was done in the old Ayurveda.

## Tribulus Side Effects

Tribulus has been used for thousands of years, and no studies have found any adverse side effects of Tribulus. The only adverse side effect experienced by a small percentage of users is, an upset stomach, which can be eliminated by taking Tribulus with food.



## Tribulus Side Benefits

When properly formulated and taken at an appropriate dose by healthy individuals, Tribulus can safely mimic the action of wonder drug Viagra or Eli Lilly's long acting Cialis, by naturally stimulating sustainable and harder erections day after day. Tribulus addresses one of the root causes of Erectile Dysfunction, which today is primarily lower levels of Testosterone. It does so in a healthy and more natural way, in synergy with the body's natural needs, to give you an experience of a life time.

## Herbal Viagra

The concept of herbs as vasodilators is not new. It has been known for thousands of years. Herbs like Yohimbe, Mucuna Pruriens, Muira Puama and Lepidium Meyenii have long been safely used as aphrodisiacs without the dangerous side effects inherent in all drugs.

These herbs can be very effectively formulated by combining them with other Dietary /

Nutritional Supplements which help enhance their effect. The use of B-Complex Vitamins and Vitamin B<sub>3</sub> (Niacin) in particular at Therapeutic dose levels of 50 to 200 mg acts as a dilator of blood vessels like Viagra. Organic Vitamin C (not Ascorbic Acid) is also known to have a stimulating effect on the Pituitary Gland which is responsible for releasing the Luteinizing Hormone (LH). This increases Testosterone levels which in turn result in helping alleviate the symptoms of ED.

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