

Erectile Dysfunction (ED/Impotence)

What Is Erectile Dysfunction?

Erectile dysfunction, otherwise known as impotence, occurs when a male is unable to sustain an erection during sexual intercourse. The penile erection occurs when blood enters and is retained within the penis. This is often caused by sexual arousal, where signals are sent from the brain and directed to the nerves within the penis.

What Causes Erectile Dysfunction (Impotence)?

The important cause is cardiovascular disease. Diabetes and neurological problems (such as trauma or prostatectomy surgery), hormonal insufficiencies, and drug side effects can all cause erectile dysfunction.

Erectile Dysfunction (Impotence) FAQ

Q: I would very much appreciate your knowledge/thoughts. My husband (27 yrs) has had lifelong Erectile Dysfunction (ED) (since puberty). We have tried all kinds of treatment. He cannot use Viagra, etc. due to side effects. Through combing the web, I found the term 'venous insufficiency' and a blog where a few guys discussed the exact symptoms my husband has. Blood may initially flow in, but an erection is simply not maintained. Have you heard of this? Has it been successfully treated? Thank you.

A: There are two things I recommend:

1. HealthyFlow - for improving blood flow
2. MacaPro - for maintaining a strong hormone balance

So you know, my wife and I take them for their great effects.

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"I have been taking the Serrapeptase as recommended by you. I was struggling to maintain an erection. It was embarrassing for both me and my wife, who one day soon hopes to have a baby. I wasn't holding any hope that anything could help me and simply put it down to my age. Now I can see that by taking the Serrapeptase and following a healthy lifestyle as you suggested, the blood flow is improving - and so are things in the bedroom!"

- Tom, Bolton

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Follow the Health Plan as recommended for the best results:

ERECTILE DYSFUNCTION (IMPOTENCE) HEALTH PLAN

The following health plan is designed to provide relief and support for erectile dysfunction (ED) and impotence. When this plan is committed to and combined with a naturally healthy lifestyle, it's possible to see results in a few short weeks, for ED to improve, and to achieve the ultimate goal: lifelong good health.

*Your 4-8 Week Plan, From My eBook, by Robert Redfern
Supplements to support men's health - in order of priority:*

- **Serranol** - SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Take 2 capsules x 3 times per day, 30 mins before eating a meal. Take with water and reduce to 1 x 3 after a good relief. Clears any inflammation, may improve health of arteries, may improve sexual function up to 3 times better than Viagra (in an 8 week study). It may also contribute to healthier arteries.
- **HealthyFlow** - Takes 2 teaspoons, 2 times a day in water or food. Provides healthy blood flow to enhance sexual function and may also contribute to healthier arteries.
- **Rosavin** - Take 1 capsule, 2-3 times daily. Relieves fatigue and stress. A 3 month study showed substantial improvement in erectile dysfunction.
- **Nascent Iodine** - Iodine is essential for a completely healthy body. Take 5 drops x 3 times per day in 20ml of water, swish around the mouth for 30 seconds before swallowing. Build over 2 weeks to 15 x 3 until well and then slowly reduce back to 5 x 4. Take 1st dose on waking, 2nd midmorning and 3rd midafternoon. Note that Iodine needs a supplement containing Selenium to activate it, such as Active Life, D.I.P. Daily Immune Protection or B4 Health Spray.
- **MacaPro** - Take 1 scoop, twice daily. Balances the endocrine and hormonal system.
- **Active Life Capsules** - Essential vitamins, folic acid, 77 trace minerals and elements, electrolytes, and 18 amino acids to help replenish storages in your body that are naturally depleted each day. Take 3 capsules, twice daily.