

Sex, or Lack of it?

There is a lot of advertisement out there about medications that will increase one's sex drive and function. Of course, my inquisitive mind had to wonder why so many people are having problems with sex. Then it occurred to me that almost everyone these days is on some sort of pharmaceutical medication. People are on pills for hypertension, depression, pain, cholesterol and any reason to take pills. The thing is, almost all these medications, taken long term have sexual side effects.

It is worth mentioning the limbic system. The limbic system is the part of the brain that is involved with feelings of pleasure and emotions. The reason I am mentioning this is that SSRI's (selective serotonin reuptake inhibitors) and other antidepressant medications effect this area of the brain. This is not an "anti"---antidepressant ploy. I do find them to be useful in many situations. However, one of the down sides of using these medications for long- term therapy is the decrease in a healthy sex drive. This can be taxing on couples and on an individual's sense of well being. Please, I do implore everyone to keep their children off medications that tamper with their development. There can be dire consequences.

The good news is that there are many natural supplements that can treat erectile dysfunction and increase stamina and libido(sex-drive). There are a number of herbs that enhance the amount of active testosterone in the body. There are amino acids that increase blood flow to the area of interest, such as L-arginine. L-arginine has the same effect as Sildenafil (Viagra), producing nitrous oxide---a vasodilator. Niacin is another potent vasodilator, which can be very effective. The best option to successfully treat erectile dysfunction and increase libido is a combination of oral supplementation with a topically prepared cream. There are even creams prepared with Viagra in them, which bypasses the need to take anything systemically(orally). Last but not least, good diet, exercise, and rest, has been proven to be a superior remedy for increase libido and better sexual function. All that I have mentioned applies to both men and women. So, stay well and enjoy all of life's wonders as long as you are on this earth.