



Impotency and Infertility

Natural Approaches to Male Reproductive Problems

In human history, a man has always been considered “potent” if he could perform normal sexual activity. Impotency refers to a man’s inability to have or maintain a normal erection, loss of sexual desire, premature ejaculation or any combination of these conditions. These problems, although not life-threatening, can cause a great deal of damage to a man’s self-esteem.

When reproductive problems are present, remember that like all other body processes, reproductive function requires an adequate supply of minerals and other nutrients. Start by eliminating the empty calories, such as sugar, refined grains and canned goods. In their place, try a diet of fresh produce, whole grains and organically raised meat, fish or eggs. Also, avoid alcohol, cigarettes and unnecessary drugs.

Besides these basics, it is also essential that a man be aware of his cardiovascular health. The ability to maintain an erection is dependent on a good blood supply in the pelvic region. Check for problems with high cholesterol, hardening of the arteries or high blood pressure. MegaChel or Blood Pressurex may be helpful in improving circulation, which can enhance reproductive function.

High blood pressure can also mean that a man’s nervous system is in a state of sympathetic excess, i.e., stress. For a man to perform sexually, his nervous system must relax into a parasympathetic state. So, nervines such as Stress-J or NutriCalm, which reduce stress and enhance parasympathetic nervous system function, may be beneficial. Of course, emotional factors can also come into play here. Often, if a man stops worrying about his “performance,” relaxes and focuses on giving his partner pleasure, the parasympathetic nervous system will kick in gear and so will the man’s arousal.

Lack of libido is often a mental/emotional problem more than a physical problem. Generally speaking, a person must feel safe and respected in order to fully enjoy an intimate relationship. Hence, a “bad” relationship with a spouse can spell disaster for libido. Feelings of guilt and shame about one’s sexuality can also cause a loss of desire.

Assuming the cause isn’t mental or emotional, there are physical causes for a lack of desire. One of the primary problems is simple fatigue. Here, good nutrition, adequate rest and perhaps a change of pace (mini-vacation) can do the trick. Essential oils can enhance the mood and help, too. These include sandalwood, ylang ylang and jasmine.

Other physical causes for loss of libido include high or low blood pressure, high or low cholesterol levels, hypoglycemia, diabetes, migraines/cluster headaches and hormonal imbalances.

Many prescription drugs can also be responsible. Consult other resources for natural remedies for these problems.

Though the population of the world is soaring, so are problems with infertility. The inability to have a child can be a serious problem in a marriage, especially to a couple who strongly desire a family. While there are many possible causes for infertility (and a couple should seek appropriate medical assistance to determine the cause), there is a world-wide decrease in male fertility. This is believed to be due to the presence of xenoestrogens. Xenoestrogens are chemicals in the environment which mimic estrogen in the body. Primary sources include pesticides and plastics.

These environmental estrogens appear to be reducing male fertility, causing males to develop breasts and may also be responsible for prostate cancer and reduced male virility. Men can avoid these compounds by choosing organic foods (or washing commercial produce in a natural soap like Sunshine Concentrate). Eating soy and other legumes, dark green leafy vegetables and whole grains also help to minimize the effect of xenoestrogens in the body.

Supplements can also be helpful. B-complex, vitamin C, mineral electrolytes and trace minerals are essential to nutritionally supporting a strong libido. A good source of minerals for improving reproductive function is Mineral Chi Tonic.

Herbs may also enhance libido and reproductive performance and function. Many herbs have reputations in various countries as aphrodisiacs (remedies that enhance sexual function and desire). Herbs reported to have aphrodisiac qualities include Korean ginseng, American ginseng, damiana, maca, muira puama, yohimbe, horny goat weed, licorice and chocolate.

A specific formula which may help with male infertility and impotency is Men’s X-Action which contains damiana, muira puama, horny goat weed and yohimbe with DHEA. These herbs have earned reputations in various countries for enhancing male sexual performance. This formula provides a natural alternative to drugs, but is not always the long-term solution to the problem. Other potential remedies for male fertility and impotency problems include Korean ginseng, maca, KB-C and X-A, which are more appropriate for long term use.

For help in designing a program that is right for you, talk to your local herb specialist or consult some of the references below.

Selected References

Prescription for Nutritional Healing by James F. Balch and Phyllis A. Balch
The One Spirit Encyclopedia of Complementary Health, Nikki Bradford, Editor
Professional Guide to Conditions, Herbs and Supplements by IntegrativMedicine

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