5 Worst Causes of Erectile Dysfunction
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Jack Bridges here! Reporting in with a guide on the...

5 WORST Causes of Erectile Dysfunction

The most common question men ask themselves when they get diagnosed with ED is...

“How could this happen to ME?”

Men, who live seemingly healthy lives can feel their hearts sink to their heels when a simple doctor’s check-up turns into a rollercoaster of questions, frustration and anxiety over a diagnosis of ED.

However, things go even more downhill when doctors start figuring out the causes and treatments for your ED.

“You are the doctor.” Four simple words. A single, short sentence that’s repeated every day. Sounds innocent enough, yet these 4 words can cost you your sex life. Do you know about...

Lab Errors: Doctor-operated labs have double the error rate of independent labs.

Dangerous Prescriptions: Up to 20% of all the prescriptions you get in some hospitals could be just plain wrong.

And most importantly... Dangerous Misdiagnoses: 1-in-5 patients is completely MISdiagnosed by their doctor.

To avoid all of these dangerous situations and make sure that you actually know why this is happening to your body, let’s get into the 5 WORST Causes of Erectile Dysfunction.
CHAPTER 2: The Causes

#5 - Sedentary Lifestyle

How many hours do you spend sitting? If you work from a chair or simply spend the majority of the day sitting then it may lead to ED. A study from 2007 revealed that men who sit for more than 5 hours daily have a 300% increased risk of ED. So get up once in a while and do some stretching and walking!
CHAPTER 2: The Causes

#4 - Smoking

You were expecting this. Everyone knows about the horrible outcomes from smoking and if we’re talking about ED – smokers are twice as likely to have ED than non-smokers. If this is making you roll your eyes, then just remember a simple rule – everything that is bad for your heart is bad for your penis, too.
#3 - Medication

It’s no secret that society today is heavily medicated and even minor illnesses are treated with heavy antibiotics. However, only some medication can lead directly to ED and here’s a full list of them:

- diuretics
- high blood pressure drugs
- antidepressants
- anti-anxiety drugs
- antiepileptic drugs
- antihistamines
- non-steroidal anti-inflammatory drugs
- Parkinson’s disease medications
- antiarrythmics
- muscle relaxants
- prostate cancer medications
- chemotherapy drugs
- histamine antagonists
- and others...

If you want to preserve your sexual health and be able to have erections, then stay away from these, but always consult your doctor about healthier alternatives.
#2 - No Sex

Not using your muscles results in atrophy, which means that their function is unnecessary. They shrink and don’t remember how to work.

Men who rarely have sex report ED much more often and research has found that the more sex you have the less likely you are to develop ED.

The science behind it is that the cavernous tissue of the penis needs oxygen to function properly, and if you don’t use your penis, a lack of oxygen, or hypoxia develops.

This results in the deterioration of the penis.
CHAPTER 2: The Causes

#1 - Poor Diet

Healthy food is one of the most important factors in having great erections. There are foods that dilate your arteries and make blood flow to every part of your body, including the penis. Remember that blood flow is the driving force of erections.

Sugary foods are the biggest disruptors of good blood flow and we all know that sugar is pumped into most of our foods today.

However, foods such as walnuts and cacao are great artery dilators and they can help in getting your erections back as long as you lay off the sugar.
CHAPTER 3: Conclusion

Now that you are familiar with the possible causes for ED, you can see what parts of your lifestyle may affect your sexual health.

But what about actually treating ED? As I mentioned in the beginning...

Up to 20% of all the prescriptions you get in some hospitals could be just plain wrong... (and there are plenty of natural solutions to combat ED...)

>> Revealed: #1 Weird Trick Destroys ED

(Try this tonight!)

If you’re a man in your 40s, 60s or 70+...

Then you’ve been lied to -- ED is not a natural part of aging as we were led to believe. And...

It is not your fault.

In this quick video you discover:

* The 3 biggest dangers to your performance, stamina and energy...

* Exactly what you need to eat - step by step - to beat ED permanently...

* The truth that doctors never tell their patients about ED. And...

* How to never lose confidence in bed again... so that you can snatch back your manhood and keep it for good.

I urge you to watch this video in full now, because when multi-billion dollar “blue-pill peddlers” find out - I can’t guarantee this page will stay online.
They DON’T Want You To See This:

then you may have been lied to!

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Click here to see the truth about ED that NOBODY is telling you... >>