



EDTREATMENT.INFO

Curing Erectile Dysfunction

YouTube Episode 01

The *ED Treatment Information Center* provides information, resources, help and support for erectile dysfunction sufferers and their partners.

We post authoritative information on the causes and treatment of erectile dysfunction. Where ever possible, we include references and citations to clinical research to support the information we provide.

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Curing Erectile Dysfunction - Intro

I'm Robert Nicholson, and I'm the president of the ED Treatment Information Center.

This is the first in a series of videos about Erectile Dysfunction.

Curing Erectile Dysfunction – Intro Continued

Some you out there may be more comfortable reading rather than watching a video, and if that's the case, we have a ton of information on our website, [EDtreatment.info](https://edtreatment.info). Not only that, but our website includes references to clinical research and studies, so when we tell you something, you know WHY we're saying it.

<https://edtreatment.info/>

Now, if you're still with me, let's get started. I'm going to talk today about *Curing Erectile Dysfunction*. If you or your partner suffers from ED, you don't want to hear about treating it, you don't want to hear about living with it, you want to FIX it.

But I'm going to be honest with you... for most guys, the prospects of a cure are not good. In this video, I'm going to explain why, and I'm going to talk about the cases where a cure is possible.

What is Erectile Dysfunction?

Let's start with the basics, just to be sure we're all on the same page. ED is the persistent inability to achieve or maintain an erection firm enough for penetrative sex. Notice that word *persistent*.

If you've got a big project at work, and you're working 70 hours a week, and you go home to your girlfriend and you can't get it up, that's not ED, that's *exhaustion*.

If you just got a notice from the IRS that they're auditing your tax return and you owe them \$10,000, and the last thing on your mind is sex, that's not ED, that's *stress*.

Normally, a doctor will only diagnose Erectile Dysfunction if the condition has been going on for several months, and there are no obvious external causes.

If you're not sure whether this applies to you, there's a five-question test on our website, and these are exactly the same questions that your doctor would probably ask, to determine if you have ED.

<https://edtreatment.info/do-you-have-erectile-dysfunction/>

What Causes Erectile Dysfunction?

There are a lot of different things that can cause Erectile Dysfunction. This chart is from our website, and if you see charts on other sites, the breakdown may be a little different. The exact numbers aren't important. The main thing to understand is that there are different underlying CAUSES for ED, and for a lot of men, there are multiple causes.

That's why, when somebody tries to sell you some herb that will cure ED, you know it's bullshit, because there is no magic pill that can cure all of these conditions.

So, let's talk about the specific cases where there is a reasonable chance of curing your ED.

Psychological Causes

There are a lot of psychological issues that can cause ED, including Anxiety, Depression, Stress, PTSD, and Relationship Issues

I know, most guys say, “there’s no way this is all in my head.” But the mechanism that produces erections is really complicated, and it involves a lot of signals that start out in the brain.

Let me give you an example. Let’s say you have problems dealing with stress. That can raise the level of adrenalin in your bloodstream. Adrenalin causes the small blood vessels in your extremities to constrict, so your body can pump more blood to major muscle groups for the *fight or flight* response. And guess what... those small blood vessels are needed to pump blood into penis so you can get hard. So it’s easy to see how stress can cause ED.

If you know that you are dealing with one of these issues, and if your doctor can eliminate physical causes for your ED, then you may be able to actually CURE your condition with the help of a qualified intimacy therapist or coach.

Ask your doctor for a referral, or use the search function on our website. Be sure that the counselor you choose has experience dealing with ED!

<https://counselors.edtreatment.info/>

Prescription Medications

There is a very long list of prescription drugs whose side-effects can cause Erectile Dysfunction. This is something to talk to your doctor about.

I would not suggest that you stop taking your medications, but it's possible that your doctor may be able to switch you to another medication that doesn't trigger ED. This may take some experimentation, because every person reacts differently; the goal would be to find a medication that is equally effective for whatever your medical problems may be, and that doesn't cause ED.

Substance Abuse

There is ample evidence linking ED to substance abuse.

If your overall health isn't enough to motivate you to get into a substance abuse program, think about the fact that your use of this stuff may actually be the reason you can't get hard!

Long-term substance abuse can cause permanent damage to your body, so when you stop using these substances, there isn't a guaranty that it will cure your ED... but it's possible in many cases.

To get help with substance abuse, we're going to give a shout-out to our friends at REHAB.COM. They can hook you up with someone who can help you through your problems.

<https://www.rehab.com/>

Hormone, Vitamin, or Mineral Deficiencies

As I mentioned previously, the mechanism that causes erections is really very complicated... a lot of nerve and chemical signals that all need to be working right.

There is clinical evidence that a deficiency of various hormones, vitamins, or minerals can cause Erectile Dysfunction.

Your doctor can determine this with a blood test, and if they find a deficiency, specific hormone treatments or supplements may cure your ED.

I want to emphasize that these treatments are only effective if you have a deficiency. If you don't, then taking these things is not going to help you. Adding MORE Zinc, or Vitamin D, or Vitamin B12 is not going to help you unless you are deficient in those particular things.

Surgically Correctable Conditions

There are a very limited number of cases where the conditions that cause your ED can be fixed with surgery. A urologist can determine this with an ultrasound.

Let's look at a couple of examples of conditions where surgery can help.

A venous leak allows blood to flow out of the penis, rather than trapping it to produce an erection. This can **SOMETIMES** be corrected with surgery.

An arterial blockage may prevent blood from flowing into the penis. Again, this can **SOMETIMES** be corrected with surgery.

I want to emphasize that these are very unusual cases.

The Rest of Us

All of the cures that I've talked about are tied to very specific causes and circumstances. But remember that the most common cause of Erectile Dysfunction is a vascular or circulatory problem. This can be a contributing factor, even if you have other underlying conditions.

As we age, our blood vessels are slowly blocked by a plaque buildup. That's why ED is more common among older men. Lifestyle choices, such as a poor diet and lack of exercise, can make this worse.

Unfortunately, changing your lifestyle probably isn't going to clear up the buildup enough to cure your ED... but it can help, and it can also prevent your ED from getting worse.

We're going to be posting an entire segment on lifestyle and diet changes, so follow our channel and watch for it.

Questions?

I hope this has been helpful.

The goal of the ED Treatment Information Center is to provide the information that men and their partners need to deal with Erectile Dysfunction, so if you have questions or feedback, please use the Contact Form on our website to let us know what's on your mind!

Till next time!

Bye!