



Reclaim your Confidence in the Bedroom

5 Simple Tricks and Latest
Treatment to Cure Erectile
Dysfunction





If you are unable to get or keep an erection, which prevents you from having or finishing sexual intercourse with your partner, you may be suffering from what is called Erectile Dysfunction (ED).

While many men experience erectile dysfunction once in a while as a result of stress, tiredness, alcohol, or emotional issues, some men have recurring episodes of ED that occur most of the time.

You may want to [**Talk to a Doctor**](#) about erectile dysfunction if you're:

- Unable to get an erection at any time.
- Able to get an erection sometimes but not every time you want to have sex.
- Able to get an erection, but it does not last long enough to complete intercourse.
- Not having sexual urges or desires.

Although erectile dysfunction is commonly associated with older men, it is important to understand that ED is not solely age-related as studies reveal that a good number of younger men also suffer from it. So, whether young or old, if you're struggling with erection problems, know that you are not alone!

8⁵ Simple Tricks to Cure Erectile Dysfunction You Should Try Out

First things, first. Your health and well-being is a priority, so nobody will recommend herbs (Agbo) for you here because they do more harm than good to your kidneys. Ever wondered why there are so many cases of kidney failure nowadays?

Here are lifestyle changes that you should rather make for a lasting cure for erectile dysfunction. They've been proven to work once you are consistent:

1 ► Stick to a Healthy Diet:

By maintaining a balanced diet, you promote your heart health which positively impacts blood circulation that helps erectile function. Do away with junk foods, alcohol and carbonated drinks. Make the following your favorite: strawberries, watermelon, leafy greens, fish, poultry, coconut, date and tiger nuts.



2 ► Regular Exercise:

Engage in regular physical activity, such as brisk walking or other aerobic exercises. Exercise improves blood flow, helps maintain a healthy weight, and can positively help you in having better erections.

3 ► Weight Management:

If you're overweight, losing a couple of kilograms can contribute to you having a firmer and lasting erection. Losing excess weight through a combination of diet and exercise will help improve your overall performance in bed.

4 ► Stress Management:

Chronic stress can contribute to erectile dysfunction. So, regularly practice stress-reduction techniques like creating time to relax, reducing your workload, deep breathing exercises, or playing soft music while resting. If you smoke, you should also consider quitting smoking.

5 ► Adequate Sleep:

There are many links between lack of sleep and ED. Not having enough sleep affects your testosterone levels and sexual performance. Ensure you get enough quality sleep. If you can't, then **Consult a Sleep Doctor** to get the help you need.

You can have a [**Qualified Doctor on KompleteCare**](#) prescribe any of these drugs to help you maintain an erection:

Sildenafil (Viagra):

Taking sildenafil an hour before engaging in sexual activity can help you have and maintain a firmer erection. It can be taken with or without food. Note that this medication may take longer to work if you consume a meal that is high in fat.

Tadalafil:

A doctor may prescribe Tadalafil for the treatment of erectile dysfunction especially for men who also suffer from hypertension. You can take tadalafil 30 minutes before having sex but should not take more than one pill in one day.

Vardenafil (Levitra):

This is a tablet that dissolves in the mouth, so you do not need to drink water to swallow it. It is preferably taken an hour before sexual intercourse. You should immediately place the tablet on your tongue after removing it from its blister pack.

Disclaimer



The information provided above is not intended to be a substitute for professional medical advice, diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified healthcare provider.

What is the Fastest Way to Cure Erectile Dysfunction?

The truth is, for fastest results, it's best to [Consult a Doctor](#) to get appropriate treatment recommendations that are most suitable for you. This is because effective treatment of erectile dysfunction depends on the underlying cause of the condition. The root cause of ED for one individual may be diabetes while that of another individual may be drug abuse.

Therefore, it is usually when [the Doctor](#) narrows down where the issue is coming from for you, that he can proffer a treatment option that will bring you a lasting solution.





Have any questions about your sexual or physical health?

Get the right answers, more personalized medical advice, and drug prescriptions from our expert doctors from wherever you are. Your privacy and confidentiality are guaranteed. [**Connect to a Doctor**](#) today.