

Erectile Dysfunction (ED)

What is Erectile Dysfunction?

Erectile dysfunction (impotence) occurs when a male can no longer get or keep an erection firm enough for sexual intercourse.

Signs and Symptoms

Inability to get or keep an erection firm enough for sexual intercourse.

What Causes Erectile Dysfunction?

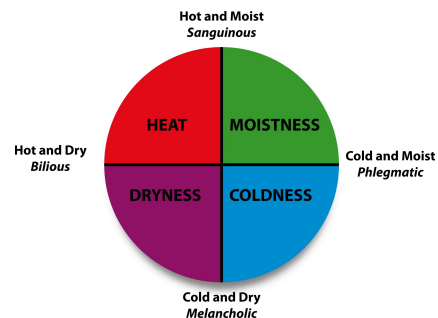
Erectile dysfunction is the result of a problem with one or more of the brain, hormones, emotions, nerves, muscles or blood vessels. There are many physical causes for ED including heart disease, hypertension and diabetes.

Risk factors for ED include increasing age, being overweight or obese, heavy tobacco use, certain conventional medications, and recreational drug abuse.

Tibb View of Erectile Dysfunction

According to Tibb, ED is associated either with qualities of **moistness with cold or heat with dryness**. Moist & Cold imbalance typically exists in older men or in obese or diabetic patients. In these their metabolism slows down and moistness accumulates. Hot & Dry imbalance is often present in men who suffer from performance anxiety, stress and who abuse alcohol.

Moist & Cold ED is linked to individuals with phlegmatic dominant/sub-dominant temperament, as they have innate qualities of coldness and moistness. Individuals with a bilious dominant/sub-dominant temperament are more inclined to develop ED linked to qualities of heat with dryness.



Treatment and Management of ED

Treatment and management is aimed at **reducing the excess qualities** associated with ED, by implementing Tibb Lifestyle Factors that will either **increase the qualities of heat and dryness** in cases of ED which are linked to **excess moistness with coldness**, or increase the **coldness and moistness** in cases of ED which are linked to **excess heat with dryness**.

Tibb Lifestyle Factors

Erectile Dysfunction Associated with Qualities of Moistness with Cold:

Food and Drink

- Eat **mostly Hot & Dry foods** - such as bittergourd, avocado, eggs and cinnamon, **followed by Cold & Dry foods** - like beef, tomatoes, lemon and beans.
- Eat **less of Hot & Moist foods** - such as bread, pastas and bananas, and the **least amount of Cold & Moist foods** - like milk, butter, and rice.
- Avoid foods which promote fatty deposits in the reproductive organs. Cut down on saturated fats, especially saturated ones.

Other Lifestyle Factors

- Exercise – A weight training programme will reduce the chance of ED, restore self-esteem, and probably diminish performance anxiety. Regular physical exercise, such as 30min moderate physical exercise at least three times per week, will also help

Medication

Herbal Remedies

- Mix a small fresh egg yolk, 2 teaspoons of honey, and 1 teaspoon each of fresh ginger juice and onion juice. Take twice a day

Tibb Medication

Erectogen forte tablets - This male sexual stimulant helps to restore libido and counteract psychogenic impotence. It also stimulates blood flow to the sexual organs.

ProMan capsules - This provides a range of vitamins and co-factors which help restore harmony within the body, stimulates energy formation and boost the immune system.

Erectile Dysfunction Associated with Qualities of Heat with Dryness:

Food and Drink

- Eat **mostly Cold & Moist foods** - such as broccoli, cucumber, watermelon and milk, **followed by Cold & Dry foods** - like oranges, yogurt and coconut oil.
- Eat **less of Hot & Moist foods** - such as mutton, ginger, cheese and sugar, and the **least amount of Hot & Dry foods** - like alcohol, egg, walnuts and alcohol.

Other Lifestyle Factors

- Breathing. ED may respond to practicing deep breathing exercises, as this is known to counteract stress.
- Cutting down or stopping smoking, as nicotine lowers sexual desire
- Emotional support. The person affected should learn to relax, as ED often arises from performance anxiety.

Medication

Herbal Remedies

- 2 teaspoons of poppy seeds, 2 cardamom pods, and 10 almonds. Soak overnight in 100ml of water, liquidise in 150ml of boiled milk and add 2 teaspoons of sugar. Strain and drink twice daily on an empty stomach.
- Consume watermelon regularly, as it contains agents which boost blood flow to several body organs.

Tibb Medication

Erectogen forte tablets - This male sexual stimulant helps to restore libido and counteract psychogenic impotence. It also stimulates blood flow to the sexual organs.

ProMan capsules - This provides a range of vitamins and co-factors which help restore harmony within the body. It also stimulates energy formation and boost the immune system.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament

<http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes:

"**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix