

Treating Erectile Dysfunction with Acupuncture and Chinese Herbs

By Toni Eatros, MS, Dipl Ac, AP

Men, when they reach their 40s and 50s, typically undergo a transition into a new stage of life called andropause. Overall health will determine how much testosterone levels may drop during this time. The bigger the “beer belly”, the more dramatic the drop in testosterone. Excess fat in the abdomen creates hormonal imbalance by producing inflammatory chemicals and excess estrogen, which inevitably shuts down testosterone production. Noticeable physical symptoms of this are erectile dysfunction, circulation issues, less energy and lack of vitality. Dr Oz refers to the penis as the “dipstick of men’s health.”

One striking difference between western and traditional Chinese medicine is that western medicine focuses and excels in crisis management, while traditional Chinese medicine emphasizes and shines in holistic and preventative treatments. Therefore, in emergencies, such as gun shot wounds or surgery, western medicine is generally the treatment of choice. However, for treatment of chronic idiopathic illness of unknown origins, where all lab tests are normal and a clear diagnosis cannot be made, traditional Chinese medicine is distinctly superior.

Sexual disorders such as erectile dysfunction, are treated with drugs such as Viagra (Sildenafil) and Cialis (Tadalafil) by our western medical system. These drugs generally have a quick onset of effect, and they work primarily by increasing blood flow to the penis. However, these drugs may cause unwanted side effects such as headache, upset stomach, diarrhea, dizziness or lightheadedness, flushing, nasal congestion, blindness, breast enlargement, rash, painful erection, prolonged erection, fainting, chest pain, and itching or burning during urination. These drugs may work for the short term, however, they do not cure the problem or address the root of the dysfunction.

Traditional Chinese medicine takes a different approach. In Chinese medicine, Kidney yang deficiency is often the reason for male sexual dysfunction. One main function of Kidney yang is the regulation of sexual and reproductive functions. Yang tonics have been used for thousands of years in traditional Chinese



medicine to treat male sexual disorders. Vitality, by Evergreen Herbs, is formulated with yang-restoring Chinese herbs that are directly linked to the increased secretion of endogenous sex hormones.

Vitality is a Kidney yang tonic formula that treats sexual disorders, such as decreased libido in men, impotence, premature ejaculation, and spermatorrhea. Though this formula is very effective, it does not have an instantaneous effect, but rather requires continuous use of two to three months for maximum effect.

The Vitality herbal formula is contraindicated in people with a pacemaker. Individuals who take anti-arrhythmic drugs or cardiac glycosides such as Lanoxin (Digoxin) or patients who are on anticoagulant or antiplatelet therapies, such as Coumadin (Warfarin) should not use this formula. Vitality should be used with caution in patients with pre-existing hypertension, since many herbs in this formula are warm or hot in nature and may raise the blood pressure to some degree

Acupuncture has been shown in hundreds of studies to increase blood flow, reduce stress and improve mood. Acupuncture also successfully relieves the adverse effects of antidepressant medications on sex drive and sexual function. The combination of herbs and acupuncture is amazing at restoring kidney yang.

Both drugs and herbs are effective for treating sexual disorders. Pharmaceuticals have a quick onset of action, but they only have one specific indication and have numerous significant side effects. Herbs have a gradual onset of action, but may be used to address the root cause of a wide variety of sexual disorders. Furthermore, herbs are safe and natural, and have few or no side effects. Finally, it is important to remember that neither drugs nor herbs prevent pregnancy nor do they protect either partner from sexually transmitted diseases and HIV.

We are happy to assist you in maintaining or regaining the vim and vigor you had as a younger man. Your comfort and confidentiality are priority at Acupuncture and Natural Health Solutions. Call today, 239-260-4566, to schedule an appointment.

*Yours In Health & Wellness,
Toni L. Eatros, AP*

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