IMPOTENCE

Diet:

Best diet is probably the Mediterranean type Diet
Include pumpkin seeds (high in zinc) in your diet

Avoid:

Smoking is one of the biggest problems with erections, causing a narrowing of the flow of blood to the penis.
Coffee drives blood pressure up by restricting the flow of blood (everywhere)
Alcohol may be a problem, especially drinking alcohol prior to having sex.

Herbs:

Damiana for helping blood flow
Sarsaparilla is often included in male formulas
Wild yam contains natural steroids for help
Saw Palmetto normalizes the prostate function
Other: gotu kola, yohimbe, , licorice root, Dong quai

Acupressure: **Pinch under fingernails, push back base of skin/cuticle hard.**

Hydrotherapy: **Use cool, whole baths if the body is warm. Alternate hot and cold packs morning and night for ten minutes of the kidney, pancreas and adrenals (especially during Addison's Disease).**