

ERECTILE DYSFUNCTION

NATURAL

REMEDIES TO

KNOW BEFORE

2027

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Introduction

Greetings everyone! I am Eliyah Mashiach, a natural herbalist. In this book, I will share with you remedies that will benefit your entire family and neighbors alike. I truly hope that you will find each one helpful for your specific needs.

Introduction to the Topic Of Erectile Dysfunction

For hundreds of years, and even now, men across the earth have struggled with erectile dysfunction or impotence.

It is true that men who suffer from erectile dysfunction have been victims of humiliation, abuse, rejection, neglect, disrespect, anxiety, stress, and depression.

It is unfortunate that this condition has been affecting so many young men in recent times. As a matter of fact, complaints from males between the ages of 14 and 35 indicate such. These are some of the common reports from men: "I am not having morning wood," "I am not having an erection," "I get hard, but it does not stay for long," "My dick is not hard enough to penetrate," "My penis gets hard but then soft when I am about to penetrate," "My erection is weak."

What Is Erectile Dysfunction?

Erectile dysfunction is a condition that exists when a male is unable to have or maintain an erection. A man is made in such a way that once he is sexually aroused, his penis should naturally or instinctively become erect. Erection occurs when the penis fills with blood and becomes firm and hard, which enables penetration of the female's vagina.

Signs of Erectile Dysfunction

There are some signs to look for when ED is present. Below is a list of the common ones:

- Weak erection
- Unable to have an erection
- Difficulty getting an erection
- Unable to maintain an erection
- Anxiety
- Low sex drive
- Loss of sensitivity in the penis
- Stress
- Lack of confidence and manhood
- Having a strong desire but being unable to penetrate your wife using your penis.

Weak Erection

A weak erection is when a male is unable to keep an erection long enough for penetration.

Unable To Get An Erection This is when a male struggles to get an erection.

Difficulty Getting An Erection This is when a male fails to get and keep an erection.

Unable To Maintain An Erection This is when a male gets an erection, but it does not last long before it becomes soft. Penetration only takes place partially or not at all.

Low Sex Drive Low sex drive in males is when there is a lack of interest in sexual activities. There is little to no sexual desire.

Loss Of Sensitivity in the Penis

This can occur for multiple reasons, some of which are:

Low testosterone

Numbness in the area due to sitting in a certain position for a long time.

Feeling very little to no stimulation whatsoever.

Causes of Erectile Dysfunction

There are many reasons why a male is unable to have or maintain an erection. Below are some common causes of erectile dysfunction: Chronic health conditions or complications.

- Depression
- Stress
- Anxiety
- Poor circulation
- Trauma
- Injury to penis/scrotum/testicles
- Blocked blood vessels
- Excessive use of drugs and
- alcohol
- Poor diet
- Smoking
- Relationship issues
- Low testosterone

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Chronic health conditions or complications.

- Kidney disease
- Diabetes
- Heart disease
- High blood pressure
- Obesity
- High cholesterol
- Multiple sclerosis
- Spinal cord and nerve damage

Depression

- Feelings of inadequacy
- Feelings of sadness
- Low self-esteem
- Feelings of anger
- Feeling unappreciated
- Low self-worth

Poor Circulation

- Blocked arteries
- Damaged nerves
- Normal aging
- Poor diet

Trauma

- Sexual abuse as a child
- Stress
- Marital issues
- Pelvic injuries
- Damage to the erectile tissues

Excessive Use Of Drugs And Alcohol

- Decreased sexual desire
- Nerve damage
- Damaged blood vessels
- Premature ejaculation
- Permanent damage to the cells of your testicles

Faulty Diet

Eating foods that clog the arteries and blood vessels.

Gaining excess body weight/obesity.

A diet that includes harmful substances and drugs that affect our overall health and wellness. A diet that contains mostly processed/artificial foods and drinks.

Predominantly eating fruits and vegetables that are sprayed with hazardous chemicals.

Injury To Penis/Scrotum/Testicles If a male receives an injury to his penile blood vessel or a fracture to his penis, this can lead to erectile dysfunction.

- Damage to nerves in the penis
- Testicular trauma
- Chronic scrotal pain

- Prostate disorder

Relationship Issues

- Stress and anxiety at home with a partner.
- Financial incompetence
- Low self-esteem
- Constant quarrels and debates between partners.
- Lack of self-confidence.
- Stress at work.
- Loss of interest in spouse.

Smoking

Excessive smoking affects the erectile health of a male. This is because chemicals found in the item being smoked damage blood vessels in the penis.

Herbs for ED Caused by Trauma/Anxiety/Stress/Depression

- Chamomile
- Ashwagandha
- Schisandra
- Nettle
- Horny goat weed
- Cayenne pepper
- Ginseng
- Ginger
- Turmeric
- Garlic
- Cinnamon
- Onion
- Ginkgo biloba
- Hawthorn

Herbs for Low Testosterone

- Ashwagandha
- Saw palmetto
- Horny goat weed
- Fenugreek
- Ginseng
- Ginkgo biloba
- Pine bark

Herbs for ED Caused by Smoking, Excessive Use Of Drugs & Alcohol

- Mullein
- Thyme
- Ginger
- Aloe vera
- Sage
- Cloves

Herbal Remedies for Better Blood Flow

Steep in 3 cups of hot water for 10 mins, 2 teaspoons of Ginkgo biloba and 1 tablespoon of chopped ginger. Strain and drink 1-3 cups a day.

Mix in 1 cup of warm water, 1/2 teaspoon of cayenne pepper. Drink 30 mins before sexual intercourse.

Boil in 4 cups of water for 10 mins, 1 sprig of thyme, 1 tablespoon of ginger, and 4 chopped garlic cloves. Strain and drink 1-3 cups a day.

Blend with 1&1/2 cups of water, 1 cup of beetroot, 1 cup of pomegranate, and 1 teaspoon of honey. Strain and drink.

Steep in 3 cups of hot water for 10 mins, 3 teaspoons of hawthorn herb. Strain and drink 1-3 cups a day.

Steep in 4 cups of hot water for 10 mins, 3 teaspoons of nettle, 3 cinnamon leaves, 1/2 teaspoon of cinnamon powder, and 1/2 teaspoon of maca. Strain and drink 1-3 cups a day.

Steep in 2 cups of hot water for 10-15 mins, 1 tablespoon of grated turmeric and 1 tablespoon of grated ginger. Strain and drink 1-2 cups a day.

Steep in 1 cup of hot water for

10 mins, 1 teaspoon of horny goat weed. Strain and drink 1-3 cups a day.

Steep in 3 cups of hot water for 10 mins, 1 teaspoon of maca and 2 teaspoons of horny goat weed. Strain and drink 1- 3 cups a day.

Boil in 4 cups of water for 10 mins, 1 sprig of rosemary, 1 tablespoon of chopped ginger, and 4 chopped garlic cloves. Strain and drink 1-3 cups a day.

Blend in 1½ cups water, 1 cup of ginger root. Drink in 2 servings throughout the day.

Blend in 2 cups of water, 1 cup of seeded watermelon fruit, 1 cup of watermelon skin, and 1 teaspoon of cayenne pepper. Strain and drink in 2 servings.

Boil in 4 cups of water for 10 mins, 4 teaspoons of yohimbe bark. Strain and drink 1-2 cups a day for 7 days, then take a break.

Steep in 4 cups of hot water for 10 mins, 1 sprig of basil and 2 teaspoons of maca. Strain and drink 1-3 cups a day.

Steep in 2 cups of hot water for 10 mins, 1 teaspoon of horny goat weed, ½ teaspoon of turmeric, and 1 teaspoon of grated ginger. Strain and drink 1-2 cups a day.

Steep in 2 cups of hot water for 10 mins, 1 teaspoon of ginseng, ½ teaspoon of turmeric, and 1 teaspoon of grated ginger. Strain and drink 1-2 cups a day.

Boil in 6 cups of water for 10 mins, 1 teaspoon of Ginkgo biloba, 1 teaspoon of horny goat weed, 1 teaspoon of cayenne pepper, 1 teaspoon of turmeric, 1 tablespoon of grated ginger, and 1 teaspoon of ginseng. Let cool, strain, and place in the refrigerator. Drink 1-2 cups a day.

Steep in 2 cups of hot water for 10 mins, 1 teaspoon of Ginkgo biloba, ½ teaspoon of turmeric, and 1 teaspoon of grated ginger. Strain and drink 1-2 cups a day.

Blend in 1 cup of water, 2 cups of chopped spinach, and ¼ teaspoon of Rhodiola rosea. Strain and drink in 2 servings

Note: For better prostate health.

Steep in 2 cups of hot water for 10 mins, 1 teaspoon of saw palmetto, and 1 teaspoon of nettle. Strain and drink 1-2 cups a day.

Steep in 2 cups of hot water for 10 mins, 1 teaspoon of Uva ursi and 1 teaspoon of saw palmetto. Strain and drink 1-2 cups a day.

Steep in 1 cup of hot water for 10 mins, 1 teaspoon of fenugreek seeds. Strain and drink.

Steep in 2 cups of hot water for 10 mins, 2 teaspoons of Tongkat ali. Strain and drink 1-2 cups a day.

Steep in 2 cups of hot water for 10 mins, 1 teaspoon of ashwagandha and 1 teaspoon of maca. Strain and drink 1-2 cups a day.

Steep in 3 cups of hot water for 10 mins, 1 teaspoon of hawthorn, 1 teaspoon of horny goat weed, and 1 teaspoon of ginseng. Strain and drink 1-3 cups a day.

Steep in 3 cups of hot water for 10 mins, 1 teaspoon of saw palmetto, 1/2 teaspoon of turmeric, and 1 teaspoon of Ginkgo biloba. Strain and drink 1-3 cups a day.

Steep in 1 cup of hot water for 10 mins, 1/4 teaspoon of guarana. Strain and drink before bed.

Blend in 1 cup of water, 2 cups of watermelon, 1 teaspoon of maca root, and 1 tablespoon of grated ginger. Strain and drink 1-3 cups daily for up to 7 days.

Steep in 1 cup of hot water for 5 minutes, 1 teaspoon of maca, 1 teaspoon of musli, and 1/4 teaspoon of saffron powder, then use tea to blend 1 cup of spinach. Strain, then add 1/2 teaspoon of cayenne pepper. Mix well, strain, and drink 1 cup before bed for 7 days.

Steep in 1 cup of hot water for 10 mins, 1 teaspoon of horny goat weed and 1 tablespoon of grated ginger. Strain and drink 1 cup before bed.

Blend in 1½ cups of water, 1 cup of spinach, 2 cups of chopped pineapple, 2 tablespoons of grated ginger, and ¼ teaspoon of *Rhodiola rosea*. Strain and drink 2 cups a day for up to 7 days.

Steep in 1 cup of hot water for 10 mins, 1 teaspoon of saffron. Strain and drink for 3-7 nights before bed.

Mix 1 tablespoon of ashwagandha, maca, and fenugreek in a container. Take 1 teaspoon of the mixed herbs and steep in 1 cup of hot water for 10 mins. Strain and drink 1 cup for up to 7 nights.

Steep in 1 cup of hot water for 10 mins, ¼ teaspoon of *Rhodiola rosea*. Stir well and drink 1 cup 30 mins before sexual intercourse.

Blend in 1½ cups of water, 1 cup of chopped spinach, 2 cups of chopped pineapple, 2 tablespoons of grated ginger, and 1 teaspoon of cayenne pepper. Strain and drink 1-2 cups daily.

Blend in 2 cups of water, 2 cups of watermelon (including skin), 2 cups of chopped pineapple, 1 green apple, 5 tablespoons of lemon juice, and 1 teaspoon of *Ginkgo biloba*. Strain and drink 1-2 cups a day.

Blend in 2 cups of water, 2 cups of chopped beetroot, 1 teaspoon of cayenne pepper, and ¼ teaspoon of *Rhodiola rosea*. Strain and drink 1-2 cups as needed.

Steep in 2 cups of hot water for 10 mins, 1 tablespoon of chopped ginger and 1 teaspoon of cayenne pepper. Strain and drink 2 cups a day.

Blend in 2 cups of water, 1 cup of blueberries, 1 cup of chopped pineapple, 1 cup of watermelon, 1 teaspoon of grated ginger, 1 teaspoon of Tongkat ali.

Strain and drink 1-2 cups a day.

Blend in 2 cups of almond milk, 1 ripe banana, 1 teaspoon of maca, and 1 teaspoon of ashwagandha. Drink 1-2 cups a day.

Blend in 2 cups of cane juice, 4 tablespoons of pumpkin seeds, 1/4 teaspoon of *Rhodiola rosea*, and 1/4 teaspoon of cayenne pepper. Drink 1-2 cups a day.

Blend in 1 cup water, 4-5 tablespoons of pumpkin seeds and 1/2 teaspoon of yohimbe bark. Drink 1-2 cups a day or as needed.

Blend together in 2 cups of coconut water, 2 cups of watermelon fruit and skin and 1 teaspoon of mint. Blend together and drink 1-2 cups a day.

Steep in 3 cups of hot water for 10 mins, 1 teaspoon of ashwagandha, 1 teaspoon of maca, and 1 teaspoon of saw palmetto. Strain and drink 1-3 cups a day.

Blend together in 2 cups of coconut milk, 1/4 cup of peanuts, 1/4 cup of walnuts, 2 ripe bananas, 1 cup of oats, 1 tablespoon of Irish moss jelly, 2 tablespoons of honey, 1 pinch of cinnamon, and 1/2 teaspoon of horny goat weed. Drink 1-2 cups a day or as needed.

Blend in 2 cups of coconut milk, 1 cup of oats, 1/4 cup of almonds, 1/4 cup of Brazil nuts, 1 teaspoon of maca powder, 1 ripe banana, and 1 teaspoon of blackstrap molasses. Drink 1-2 cups a day or as needed.

Blend in 3 cups of almond milk, 1 cup of oats, 2 ripe bananas, 1 teaspoon of kelp, 1 teaspoon of maca, 1/4 cup of cashew nuts, 1/4 cup of peanuts, 1 tablespoon of blackstrap molasses, and 1 pinch of nutmeg. Drink 1-2 cups a day or as needed.

Important Nuts and Seeds for Erectile Dysfunction

Below is a list of important seeds and nuts that enhance male reproductive health and libido:

- Pumpkin seeds
- Pomegranate seeds
- Fenugreek seeds
- Fennel seeds
- Pistachio
- Almonds
- Peanuts
- Brazil nuts
- Cashew nuts
- Walnuts
- Pine nuts

Conclusion

“Erectile Dysfunction Natural Remedies To Know Before 2027” is a powerful guide designed to help men who have been struggling with ED and reproductive health.

The remedies shared throughout this guide are clear, simple, and direct. We hope that you benefit greatly from the general knowledge shared as you read it.

May our heavenly father Yahweh

Elohiym and our savior Yahshua Ha Mashiach guide you on this journey to a long life and salvation.