



## Everyone wants to love and be loved

### Erectile Dysfunction a new Lifestyle?

When a man can't get an erection to have sex or can't keep an erection long enough to finish having sex, it's called erectile dysfunction or impotence. Erectile dysfunction can occur at any age, but it is more common in men older than 50.

Erectile dysfunction, or ED, can be a total inability to achieve erection, an inconsistent ability to do so, or a tendency to sustain only brief erections. These variations make defining ED and estimating its incidence difficult. Estimates range from 15 million to 30 million, depending on the definition used.

If you can't keep your blood sugar or your blood pressure under control, you can get erectile dysfunction. It's important that you take your medicines for these problems just the way your doctor tells you. Sometimes your hormones get out of balance and this causes erectile dysfunction. Your doctor will decide if you need blood tests to check your hormones.



### What causes erectile dysfunction:

- Diabetes (high blood sugar)
- Hypertension (high blood pressure)
- Atherosclerosis (hardening of the arteries)

Some medicines can cause erectile dysfunction. If this is true for you, your doctor may take you off that medicine or give you a different one.

Drinking too much alcohol, smoking too much and abusing drugs can also cause erectile dysfunction.

Problems in your relationship with your sexual partner can also cause erectile dysfunction. Improving your relationship may help your sex life. If you decide to seek PREVENTION, it will probably be most effective if your sex partner is included. Couples can learn new ways to please one another and to show affection. This can reduce anxiety about having erections.

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## **Multiple roles of the messenger molecule cGMP in testicular function**

**Assistance for frequent sex problems**  
**You want - she not!**  
**She wants more - You are exhausted!**  
**You come too early - she too late!**  
**She screams - you groan!**

**When in bed problems or burning, neither helps you the fire department nor the ADAC!**

**But we have solutions for the 21 most common sex problems:**

### **1.) She just can't get an orgasm**

The word "orgasm" (Οργασμός) in itself has nothing to do with the plural "have" to do. Rather the "orgy" (Οργιο) is used. Pure sex orgasm has no current: Approximately every other woman needs an extra stimulation. If you for hours pedal like mad successfully, you should change the tactic before permanent back damage. Caress her body with hands, lips and tongue, then you will come closer to the orgy, like from ghosts hand! Ask her to show you how she makes it. Some women are experts because they can only come to the climax, even if they are satisfied or during sexual intercourse stimulate additional. Firstly, the looking is very erotic and secondly, you can still learn a lot and then take over.

### **2.) She is insatiable**

It is the dream of many men: You do not want to stop... but the great sex-hunger can also be quite nice to go the substance. If you are the "lucky" with a friend, it's logical that you should just try to trigger as many orgasms as possible. If the penis after some time no longer plays, make hand and mouth valuable services. Here too it may quietly lead your hand. And: You can take also an Massage stick to accept help, even if the hand does not participate more...

### **3.) She screams and screams and screams...**

Excessive passion rather turns on. Nevertheless, it is not for everyone. If it bothers you, you can simply take Ohropax - although the voice is not increasing erotic ("What did you say, my darling?"). A better solution: Talk to her about the fact that bothers you, if you only think about your neighbors, you should think about sound wallpaper, or at least keep the windows closed. Otherwise, it could be expensive: A court annoyed neighbors preferred a law, a busy couple sued and prohibited them "about loud noises during sexual intercourse." In infringement would be up to 250,000 Euro, or two years imprisonment could be possible (in Germany). So take care of yourself...

### **4.) The middle your joy is away**

If your penis in the middle of the takes back the arms, then the head was probably by it. Only when the mind and body fully is to the thing, it works until the end. Erotic fantasies are learnable. Maybe you told your wildest joy times thoughts, so that new excitement on him or her? And if you both like, may also be a rich deposit of porn videos helpful.....

### **5.) Vaginal cramp with pinching of the penis**

Do not worry - your best piece will not be hurt! For many, the so-called "Vaginal cramp" even just a myth, in any event occurring in jokes. Others suggest that relationship problems or other unprocessed experiences of the partner, a cramp of the lower third of vagina is triggered. She is holding the sensitive of you two. The spasmolytic suppositories are in range, which he can introduce the partner (in the buttock!) Will soon be "off the hook". What also helps is a surprising pinch in their bottom. The effect of the horror only a twitching and then relax the muscles.

### **6.) Scratched back**

Blood red furrows demonstrate great passion, but unfortunately do irre hurt when the first sexual ecstasy (Εκσταση) is dissipated. Who with his girlfriend in "danger" running backs to get scratched, should times a precaution against tetanus vaccinated - especially when the sweetness happy times with potting soils. It is also recommended to spit their own Saliva on the scratches area. Saliva contains substances disinfecting - that's why dogs lick themselves constantly! Pavement's doing well - and who even takes permanent scars, with laser technology can be removed.

### **7.) Penile fracture**

The nightmare - but fortunately only rarely becomes true, because the penis bone breaks only in hard condition. The hard Erectile tissue skin tears that the blood flows from the Erectile tissue outwards under the skin and is causing massive bruising. The strong stabbing pain is accompanied by a loud cracking noise or a

schnalzenden hand. An erection is now of course is no longer just for thought - Do not hesitate, but immediately call the ambulance. It should probably be operated, so from now because of Nakos no longer eat or drink. After the surgery you will probably about six weeks without.....but better than permanent erectile dysfunction or Penile bending, without waiting for you OP, right?!

### **8.) Chafing of the penis**

If the glans is sore and reddened, then you have either put too much energy (Bravo!) Or an allergy against contraceptives (ooh). A sex-break calms the situation. The act was not wet enough (ouch) you should see it with an intense foreplay, or try to draw water lube(pharmacies/sexshops). If necessary, you can alleviate the pain by ointment or if you hang the problem area in a large glass with hand-warm chamomile tea. If the pain is not going away you should visit an urologist, because behind the pain and redness of the genital organs also fungi or other communicable venereal diseases can hide.

### **9.) You can not enter or move in her because she has pain**

When so-called "Vaginisms", the insertion of the penis makes it impossible to help only one sex therapy. If it always went well otherwise, can cause pain in the enforcement of sexual intercourse be due to the sexual arousal that it is not enough. Again, 90% comes from the desire of the psyche and imagination. Only 10% contributes to the friction with tingling. If all your thoughts of joy and designing a pornographic story - it helps! Furthermore, a jube help that it's better.

### **10.) Condom-accident**

Is this condom blown up, you seem to have fun. Forget everything you have to extract and rinsing've heard - all this does not provide reliable protection against paternity actions! What really helps is the "Emergency contraception." Costs 6 euro and a doctor visit. The pack contains four pills: There must be two times two tablets at intervals of twelve hours. Security: 97 - 98%. However the first two tablets at least 72 hours after the "accident" must be taken. Therefore, you can drive at the weekend in the gynecological hospital admission. Do not wait from Friday evening until Monday! And woe you if you send her off alone.....

### **11.) Pain in the testicles by clumsy movement**

With relish wrangling may very well be an awkward movement. If bone takes on the testes are the consequences of evil: devastating pain in the testicles with a bruise and swelling, sometimes with nausea and vomiting. Blades of pain after an hour, then it's a harmless bruise. An ice bag in the towel promises speedy relief. For longer lasting pain, severe swelling and bruise you should immediately visit an urologist. Gruesome consequences such as infertility, may, within two hours of surgery to be averted - or is no longer the testicles to help.

### **12.) Permanent erection**

At this very painful erection, which still persists, if the desire for sex has long been experienced, the glans can bluish discolour and is soft. But this is no reason for bragging but rather an emergency! There is the danger of Blood clots and Erectile tissue hardening, if not immediately treated. Laying on of hands or by the partner blowing let's not enough. Go immediately into the hospital or call the ambulance to prevent permanent damage. A small syringe is enough...

### **13.) Too weak erection**

Are you really with the idea of having sex or you observe how much more stiff is your penis? Tiredness or too much alcohol can cause for the weakness of his penis. Only one glass of wine or champagne on the other hand, contributes to making the blood vessels to expand and promote the erection, you may also do so a few times, when did you want the urinary stream interrupt. The so-called PC muscle, you tense up it acts as a pump and sends on the nerves of the right hemisphere, where the quality of the pleasure feeling determined wird.Oder much do you bike? Perhaps a potency killer on a saddle? A recumbent preserves the potency...

### **14.) Premature ejaculation**

One of our most common problems ... The penis has to learn that he is in the vagina can move without having to ejaculate. He is after the first introduction a few so far to shrink, that he almost is pulling out himself (ie ability to re-exit, shrink, exit, etc.). These movements may not initially be exported to the penis to ejaculate irritate and can trigger orgasm. In this way, the orgasmic reflex dis-conditioned. So, Good sex will now have - also have their charm breaks...

### **15.) Nothing with ejaculation**

You can devote too little, relax, let go? Then, first physical and mental cramps resolved. If you, by other practices (fellatio, with the hand) to come to orgasm? Then you can have it so until the "point of no return" irritate and only then they eindringen. Relay yourself and you concentrate on the feeling in your penis...

## **16.) Painful ejaculation**

Hopefully you used a condom!

Behind the pain may be bacteria, and thus hide an inflammation, with your partner can be infected. If you do not necessarily enjoy pain, you should have sex session from now on without the aid of the penis to continue. For pain relief you take best of ice in a towel, then you should prefer to take a urologist advice...

## **17.) She has no desire**

Every now and again can happen. It may also be behind the problem that they do not come at their expense. Listlessness is often the result of a lack of orgasm. Watch Movies on a joint, whose act (Yeah, that's it) they have previously read and approved hat. Scientists found the women of (good) porn angeturnt are. Otherwise, our first tips: Tenderness, sex kisses and whispers to the erogenous zones are often wonders...

## **18.) She is spermaallergic (Σπέρμα)**

Take a condom from the start (from the end also...). Is it already happened, so help a Chamomile bath washing lotions or whey on the basis of itching, redness or swelling of the vagina. Not to do it also clear, lukewarm water... The best against a semen allergy is still fellatio. In the case of a pregnant, you need not unnecessarily suffer with your semen - the stuff penetrates the case anyway allergy to egg by. Where you prefer to a gynecologist to discuss alternative fertilization methods to speak!

## **19.) She is latex allergic**

Nature is but just better...

A good reason to switch to the pill! When a new acquaintance, you can of course also latex-free condoms (eg, Avanti by Durex) use.

## **20.) She wants sex - Αλ Τσαντίρι Νιουζ**

Get persuade no problem, if you after a busy day at the Αλ Τσαντίρι Νιουζ Show want to relax, while they only calls for sporting excellence. How important is sex too - every now and then phases of listlessness must be accepted, it has finally Keeps migraine... Very clever use of the situation to reach a compromise through which they have long been in mind: The Quickie in the commercial break! And if it really only goes to Lakis: A video provides a good service here and is (see above) is also good to use otherwise...

## **21.) Sexuality and disease**

But other factors have in the food growing influence on the sex life: age-related physical changes, illness, taking medicines and menopause. After a heart attack, for example, many people fear that sex could endanger their lives now. Abstinence is not necessarily needed. Sex is less heart stressing than, for example, driving, or fighting or playing with children in the garden. Regular exercise prevents heart attacks even before.

## **Problems in men and women aged 40**

Sexual activities can not be a stroke (apoplex) nor are they trigger for stroke patients is harmful. A stroke can be an influence on physical performance have. In men, it often leads to difficulties in the erection (Erectile Dysfunction) and ejaculation. Also, the menopause women are no reason to focus on sexual jurisdiction. During this time, the hormone production. This is sometimes the mucous in the vagina very thin, is less moisture and is more sensitive to inflammation. Lubricants can help. This should be based on allergy-free, water-soluble products are respected From the 40th Year of life, men - even if they are completely healthy - more frequent erectile problems. The erection may require a longer time and more intense stimulation. For many men this leads to fear of failure.

## **Erectile Dysfunction (erectile impotence or erectile dysfunction)**

In addition to psychological stress, stress or fear failure are especially circulatory disorders caused by power disturbances. Even after a prostate surgery can cause impotence come. Diabetes can also be triggers for his erectile dysfunction. Often it is even an early symptom of diabetes mellitus. Sexual desire and interest remain unaffected.

Men and women experience sexuality and intimacy very differently: Men want sex through intimate proximity produce, while women on intimate proximity to come to sex.

Important is a low-salt diet, every kilo lost lowers high blood pressure and gives a better quality of life.

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