Seriously Fighting Erectile Dysfunction with Mushrooms by Mack Shepperson

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Even the most seemingly virile of men has probably heard itâ€™s common, it happens to every guy, and itâ€™s not a big deal for their respective girlfriends or spouses. Erectile dysfunction is like that elephant in the room that no couple wants to talk about, even though they should. While the most common solution is to pop the much ballyhooed blue pill, there are men who are looking for a more natural alternative.

Believe it or not, a natural solution to potency problems comes in the form of a little fleshy fungi. Mushrooms such as Cordyceps sinensis are known as effective in increasing the male libido, and they are often sold as supplements by medicinal mushroom suppliers that can be found all over the country. Cordyceps sinensis is just one out of a genus of hundred. Other genuses of Cordyceps grow all over the world, but mainly in Asian countries.

Cordyceps was once considered quite rare and was actually reserved for the use of Chinese emperors back in ancient China because of its scarcity. It was used in traditional Chinese medicine as a treatment for coughs, emphysema, and kidney problems. Despite being relatively well-known in the East, Cordyceps only gained widespread popularity in the Western world in the last few decades.

One of these medicinal mushrooms benefits targets the kidney, and it serves as an oxygenating agent that also helps protect the lungs. In traditional Chinese medicine, it is believed the male libido flows through the kidney channels. Cordyceps invigorates the kidney channels, which is why it reportedly acts as an effective stimulant of male libido. Additionally, Cordyceps also increases energy and endurance, so many athletes supposedly take this supplement as well as men who are looking to improve their performance in the sack.

Itâ€™s not all sexual though because new research suggests that medicinal mushrooms benefits lead to overall health. Cordyceps contains elements of sterols (which lowers cholesterol), polysaccharides (stabilizes blood pressure), and nucleosides (sometimes utilized to treat cancer). Intake of Cordycep supplements is not advisable for pregnant women as well as people with autoimmune diseases, multiple sclerosis, or rheumatoid arthritis though.

Performance problems can now be addressed by usingâ€”who knewâ€”mushrooms. Medicinal mushrooms benefits target overall health which is what truly helps the male libido. If you are interested to learn more about medicinal mushrooms, you can find pertinent information on websites such as mushroom-appreciation.com/cordyceps-sinensis.html and herbarium.usu.edu/fungi/FunFacts/Caterpillar.htm.

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