

# PEMF therapy for Sexual Disorders

Erectile Dysfunction (ED) affects the ability to maintain a firm erection during sexual intercourse. Having occasional inability to maintain an erection is normal, but if it happens regularly then it consistently disrupts your sex life.

Health professionals suggest that the risk of developing ED increases with age. In fact, some studies show that ED is the most common type of sexual dysfunction that affects men.

The prevalence, however, varies widely. A [2018 review](#) estimates that ED affects about a third of men. Another [review of 2019](#) concluded that the ED prevalence globally ranges from 3 percent to 76.5 percent. Even though the [Massachusetts Male Aging Study](#) is older, but it is usually cited by experts in discussions of prevalence. The research suggests that 52 percent of men experience ED, and that total ED increases from 5 to 15 percent between ages 40 to 70.

Although ED is commonly found in older men, there is a possibility for young men to experience it. According to a [study](#) published in the *Journal of Sexual Medicine*, ED affected 26 percent of men under the age of 40.

## What's Normal?

Occasionally having erectile dysfunction is normal and you don't have to worry about it because it doesn't necessarily mean you have ED. The [Cleveland Clinic](#) suggests that it is usual to have trouble having or maintaining an erection for up to 20 percent of sexual encounters. When you have trouble getting an erection 50 percent of the time then this is something to be concerned about.

## What are the Causes of Erectile Dysfunction?

Erectile Dysfunction is typically caused by external stimuli or an individual's lifestyle. Here are the factors that trigger erectile dysfunction:

### Smoking

Just like obesity, cigarettes restrict the blood circulation to your genitalia, which is smoking cigarettes is a major cause of having ED.

### Obesity

Having excessive fat can severely damage your blood vessels, which results in erectile dysfunction. Weight loss will reduce your risk of getting ED. [Learn more about PEMF therapy for weight loss.](#)

## Alcoholism and Drug Abuse

Excessive use of alcohol and other drugs may affect men's erections. The consumption of illegal substance not only affect the brain cells but also cause loss of sexual desire.

## Injuries near Pelvic Area

If blood vessels near the male's sex organs are damaged, it may cause complexities for having erections. If this is the case, then the patient requires a particular treatment.

## Psychological Causes

When it comes to sex, your brain should be in harmony with your brain. Following are the emotional/psychological causes of erectile dysfunction:

- Anxiety and depression
- Childhood traumas
- Stress
- Intimacy fear
- Family conflicts

## Risk Factors

People with the following problems have higher chances of developing ED:

### Diabetes

It can cause nerve damage and circulation problems, which may lead to ED.

### Age

Another primary risk factor of ED is aging. ED is usually more common in older men than young individuals.

### Depression

[The study](#) suggests a strong correlation between depression and erectile dysfunction. In some cases, it is not clear whether depression causes ED or ED leads to depression.

## Obesity

People with excess fat have an increased risk of developing ED. As many as 79 percent of men with ED have a body mass index (BMI) of more than 25.

## Other Risk Factors

Men with different conditions, such as metabolic syndrome, physically inactive, low testosterone, cardiovascular diseases, smoke, high cholesterol, or high blood pressure, are at significant risk of having ED. Learn how [PEMF therapy can help reduce the blood pressure](#).

## PEMF Therapy for Sexual Disorder/Erectile Dysfunction

Pulsed Electromagnetic Field Therapy (PEMF) involves electromagnetic waves at different frequencies to stimulate and encourage your body's natural recovery process.

Typically, x-ray machines and microwaves are harmful to one's health, but PEMF technology is useful for treating erectile dysfunction. It all depends on the frequency and duration.

PEMF devices create waves that occur in brief bursts and are very-low-frequency, like the electromagnetic waves found in nature.

## How Does PEMF Therapy Help with Erectile Dysfunction?

Erectile Dysfunction massively affects the sex life of a man. A [research](#) conducted by the Bundeswehr University showed that exposure to a PEMF device for three weeks had a positive impact on the symptoms of erectile dysfunction. **PEMF therapy for sexual disorder/erectile dysfunction** provides the following benefits:

### Polarization of Red Blood Cells

Exposure to the magnetic waves improves the muscle tonus of arteries, capillaries, and vessels by polarizing red blood cells. It offers nutrient-laden blood to the sexual organs.

### Improves Blood Flow

PEMF therapy has a vasodilating effect as it improves the blood circulation in the pelvic region and rejuvenates flaccid tissues. Obstructed blood flow in sexual organs is a major cause of ED, which is efficiently treated by PEMF.

## Activation of Parasympathetic Nerves

These nerves mainly focus on causing and maintaining an erection. **PEMF therapy for sexual disorder/erectile dysfunction** stimulates these nerves to increase the efflux of Ca<sup>2+</sup> ions, which contributes to the vasodilation of nerves.

## Sense of General Wellbeing

The magnetic waves provided by the PEMF device encourage the brain to imitate it. The brain adjusts according to this frequency, which produces a calming effect on your state of mind.

## Clinical Studies on PEMF Therapy for Sexual Disorder/Erectile Dysfunction

**PEMF therapy for sexual disorder/erectile dysfunction** has proven to be effective by many studies. A clinic study was conducted by a team of I. I. Gorpichenko on 105 men indicates that PEMF therapy increases the chance to recover sexual capability by a third and also an improvement in every second patient struggling with ED.

## PEMF Frequencies for Erectile Dysfunction (ED)

Low-intensity PEMF therapy has been proven to be effective in treating Erectile Dysfunction. A low-frequency therapy session of 6Hz for 20 minutes is considered to be effective for effectively treating ED.

## Do I Need PEMF Therapy?

Healthy sex life plays an important role in improving your overall relationship. However, some men are unable to perform well in bed or satisfy their women, which create relationship problems.

Not only that, doctors suggest that sexually active people are comparatively less sick than those with low testosterone/libido levels. Even they have lesser chances of having cardiovascular diseases or prostate cancer. If you are struggling with erectile dysfunction, you need to go for PEMF therapy.

As mentioned earlier, a huge population of men suffer from erectile dysfunction and other sexual disorders. Taking medications is not considered safe. On the bright side, PEMF therapy is the approach that you can consider for treating erectile dysfunctions.

PEMF enhances the blood flow in the penile region to develop and maintain an erection. Hundreds of individuals now trust the PEMF therapy for sexual disorders/erectile dysfunction. So, if you are also suffering from such problems, then using PEMF can be beneficial for you.

## Foods that Reduce Erectile Dysfunction

Having and maintaining a healthy diet also plays a major role in treating erectile dysfunction. Following are the certain foods that you should add to your daily routine for a better sexual health:

- [Spinach to boost testosterone levels](#)
- [A daily cup of coffee for better sex](#)
- [Apple peels to prevent prostate cancer](#)
- [Supercharge your libido with avocados](#)
- [Chili peppers to spice up the bedroom](#)
- [Carrots keep your sperm healthy](#)
- [Oats for a bigger O](#)
- [Tomatoes are great for penile region](#)

## Does Exercise Boost Sexual Activity?

Pelvic floor exercises improve the strength of the pelvic floor muscles. These exercises are commonly called Kegel exercises which can help men reduce erectile dysfunction. You can perform these exercises anywhere, anytime. If you can't find motivation or forget about working out, put a note in your calendar and you will be able to work out regularly.

## Is PEMF Therapy Safe?

[PEMF therapy](#) for sexual disorder/erectile dysfunction is effective and safe to consume. TeslasPEMF is the platform that provides PEMF devices with natural magnetic frequencies of the earth, including 0.5-15Hz. The FDA approved the use of PEMF devices for treating erectile dysfunction, so it is completely safe to use.

## Why Should You Choose TeslasPEMF?

Pulsed Electromagnetic Field Therapy (PEMF) has proven to be effective in treating erectile dysfunction and other sexual problems. If you are looking for a high-quality PEMF device, the TeslasPEMF is the platform to rely on. We have the most [affordable and powerful PEMF devices](#) with low-intensity sessions to deep penetrating high-intensity sessions.

## Summary

In a nut-shell, PEMF therapy is an effective and safe way to have a healthy sexual life. TeslasPEMF is the best platform that offers high-quality PEMF therapy devices.

Regardless you are struggling with erectile dysfunction or other sexual problems – you can get the best quality PEMF device from TeslasPEMF. So, what are you thinking? Place your order now and get your PEMF device delivered at your doorstep.