

Improve Erection

 **YourWebDoc.com**
Healthcare Product Reviews

Improve Erection

Food can influence your sexual life a lot. Before having a heavy dinner think of possible problems you may have. There are food products, which help people boost their libido, and there are also some, which increase the quality of sex itself. Some nutrition products may even help you to solve certain sexual problems, including **erection improvement** and erectile dysfunction treatment. And there are food products with strong smell, which are good stimulants.

1. Coffee: Many of you noticed that a single cup of coffee can boost your energy, improve your physical and mental performance, it also affects your sexual drive. A magic cup of coffee can help men improve erection.
2. Oysters: This famous seafood has a very sexy reputation. Oysters have two elements that are vital for testosterone: vitamin B6 and the mineral zinc. The lack of these elements in your body in some cases can be a reason of weak erection.
3. Chilies: What else is needed for making the relationship spicier? When you eat curry you can feel the flush of your face, and that happens so thanks to the expansion of blood vessels. Speaking in a scientific parlance, an erection is pure hydraulics case - more fluid (your blood) being pushed into tiny pipes (capillaries) in your male organ - therefore in order to prevent impotence problems you should have a good-working heart and healthy, un-clogged arteries.
4. Bananas: Bananas are also good for hearts. Potassium which they contain is good for health in many ways. It helps to keep an eye on blood circulation, improve erection while keeping sodium level at a normal point. Whether your daily meal contains much salt and you hate bananas, you can receive potassium needed from oranges or skin of jacket potatoes.
5. Salmon: The "good fats" in seafood help make your blood thinner, improving blood circulation in the penile area. It's just what a person needs to avoid impotence problems! Consume seafood such as tuna fish, Spanish mackerel and bass two times each week to prevent your arteries from clogging.
6. Pork: Pork will help you to enlarge your resources of vitamin B1 which is vital for your nervous system and helps your swimmers move well in the right direction. And you can also receive B1 from wholemeal bread and beans.
7. Cherries: Cherries are known to protect your arteries from clogging. Artery walls are protected when your organism is packed with anthocyanins, colourful plant chemicals, from cherries. If you don't like cherries, try other berries or fruit of bright colours: nectarines, peaches and plums, for example. They all will keep your arteries very smooth.
8. Onions: Onion and garlic are rich in phytochemical allicin which acts as blood thinning agent and enhances blood circulation, helping also to avoid clogging and clotting. (And the unsexy garlic-onion-breath can be easily removed by chewing peppermints and parsley).
9. Wine: Wine opens the arteries and improves nitric oxide production, thus improving erection. Red wine is especially good for your heart as it is a great source of phytochemical resveratrol. It in its turn will open the blood vessels just like Viagra does. But the pills work out just one problem when nitric oxide helps the body in general including your main arteries. But wine is good only in small amount. Two glasses are more than enough for the positive effect.

Improve Erection

While you are considering different medicine to **improve erection** remember that you need to start with proper diet. Food products containing zinc oxide, E vitamin, omega-3 fatty acids, vegetables and fruits help improve erection. Food items full of fat, sugars and salt only aggravate your condition.

Featured Erection Improvement Pills

VigRX Plus

Featured in: [Male Enhancement](#), [Penis Enlargement](#), [Erectile Dysfunction](#)

VigRX Plus is the next generation of the well-known original VigRX. VigRX Plus is a natural herbal formula for male enhancement and penis enlargement that helps you strengthen erections when you are aroused, treat erectile dysfunction and impotence problems, increase penis size, and prevent premature ejaculation. The following ingredients were added to the original formula to increase male enhancement actions: Bioperine, Tribulus and Damiana. Damiana and Tribulus have successfully shown their ability to increase male libido. Bioperine makes all other herbal ingredients twice more effective.

VigRx Plus has a 60 day + one week guarantee: if for any reason you are not completely satisfied with results of taking VigRx Plus, simply return the unused portion in the original container within 67 days of receiving your order (60 day trial + one week return shipping), and the company will refund you 100% of the purchase price, excluding shipping and handling.

Contents of **VigRx Plus**: Bioperine, Damiana, Tribulus Terrestris, Saw Palmetto, Muira Pauma Bark Extract, Epimedium Leaf Extract, Ginkgo, Ginko Biloba Leaf, Asian Red Ginseng, Cuscuta Seed Extract, Catuaba Bark Extract, and Hawthorn Berry.

[Order VigRX Plus](#)