

Is Stress Hurting Your Sex Life?

by G. Bossik on August 10th, 2011 at 7:00 am

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Do you find it hard to unwind when you get home from work? Are you too anxious to get intimate with your wife? If you're like many American men, you're stressed out.

Last week, USA Today reported that Americans are now taking antidepressants to deal with everyday stress.¹ There's a problem with that. According to Johns Hopkins Medicine, antidepressants can cause [erectile dysfunction](#) (ED).² And ED can prevent a man from getting or keeping an erection.

Unfortunately, stress can *also* cause erectile dysfunction. You see, the process of getting an erection is both physical *and* psychological. Arousal begins in your brain, which sends an electrical impulse to your penis. The impulse causes the penis to release chemicals that relax muscles lining the chambers of the penis. Blood then flows into these chambers, making the penis expand.

Cornell University says, "It is possible for the man's stress and anxiety to interfere with nerve impulses from his brain when he attempts sexual intercourse."³ One study found that combat veterans with [post-traumatic stress disorder](#) (PTSD) had a higher rate of sexual dysfunction than veterans without PTSD.⁴

The physical demands of everyday life can be *extremely* stressful. It takes endurance to keep up with work, family, and friends.

There may be ways to fight fatigue, though. In a study, nine athletic men from college took the herb, *Eleutherococcus senticosus*, for eight weeks.⁵ Their endurance improved by twenty-three percent.

Tufts Medical Center says that the Soviet scientist, I.I. Brekhman, referred to *Eleutherococcus senticosus* as an adaptogen.⁶ An adaptogen is an herb that helps you resist physical and psychological stress.

Scientists have found that meditation can also be helpful for resisting stress. In one instance, they studied 178 people and found that the participants who used meditation techniques were better able to deal with work-related stress.⁷

No matter what you do to alleviate your stress, you'll find that doing so is important for your sex life.

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Sources

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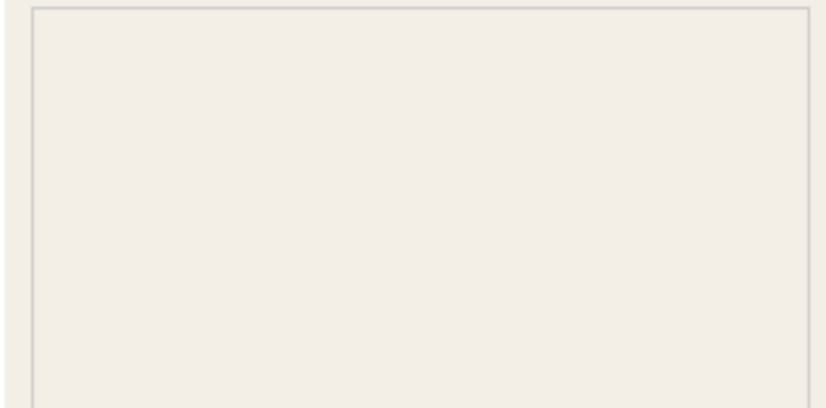
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