

10 Tips For

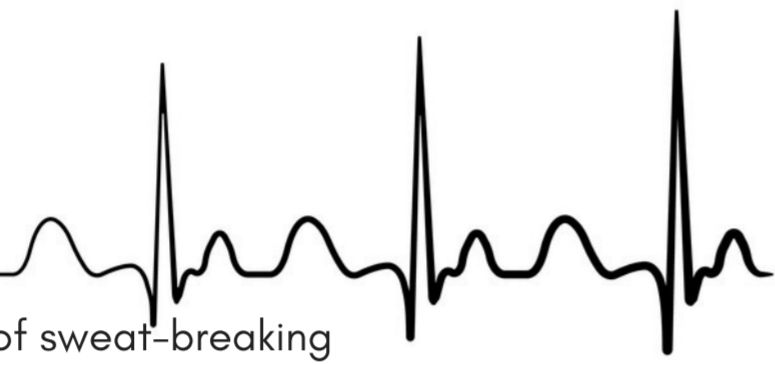
IMPROVING MALE SEXUAL HEALTH

Cam Priyadarshana | Kama Wellness

1

Cardio

Thirty minutes a day of sweat-breaking exercise can boost your libido.



2

Leafy Greens

Eating dark green leafy vegetables increases your nitrate intake and improves blood flow.



3

Deep Breathing

Diaphragmatic breathing reduces stress and lowers cortisol levels, which boosts your libido.

4

Cut Back

Stimulants like alcohol and nicotine narrow blood vessels and are linked to impotence.



5

Get Some Sun

Vitamin D is important for the wellness of male sexual function and improves erections.



6

Watch Less

Increased porn consumption can cause sexual health and erection problems.

7

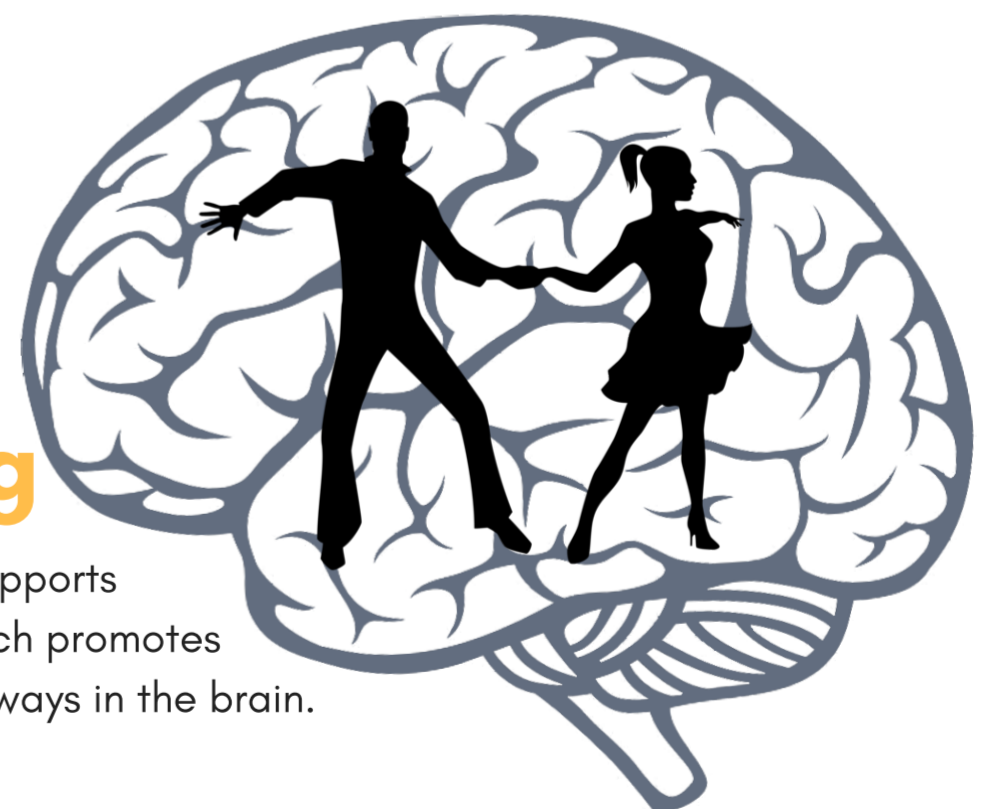
Edging

Orgasm control can heighten sexual pleasure and increase the duration of sexual activity.

8

Dancing

Creative moving supports neuroplasticity which promotes new pleasure pathways in the brain.



9

Kegel Exercises

Regularly squeezing the pelvic floor muscles improves pelvis strength and erections.

10

Spinal Health

Lower back pain causes sexual problems but can be alleviated by stretching and moving.

