

Chinese Herbs for Sexual Wellness

Traditional Chinese medicines (TCM) has always had a focus on sexual wellness which ranges from erectile dysfunction (impotence), to reduced sexual energy.

Unlike prescription drugs like Viagra that work directly on the genitals to stimulate an erection, TCM's approach is to build up the body's overall health so that an active sexual life naturally follows.

TCM's approach may take weeks and even months to take effect. People have their general health improved along the way with their sexual wellness, whereas Viagra ignores the underlying cause of impotence, and its extensive use may ultimately drain the sexual energy.

You may have seen advertisements for Chinese herbal remedies that promise to work like Viagra. The truth is, no substances derived from herbs, whether Chinese or otherwise, have been found to work as well as Viagra. If any sexual enhancement pill ever works as well as Viagra, it is almost certain that the active ingredient in Viagra has been secretly added to the pill.

How does traditional Chinese medicine aid sexual wellness?

Sex is an interplay of multiple factors: physiological, psychological, social, and anatomical. For example, erectile dysfunction can be caused by the mechanical aspect of the erection process, disease, depression, or side effects from prescription drugs. Treating impotency in these cases needs to address not the symptom itself, but the underlying cause.

From a TCM perspective, most erectile dysfunctions are a result of Kidney deficiency. This is consistent with the TCM theory that the Kidney is fundamental to all organs and is the source of sexual vitality. Kidney functions decline with age, and signs of Kidney deficiency generally start to occur in a man's forties, if not earlier. One of the most common symptoms of Kidney deficiency is

a weak, but persistent pain in the lower back and knees.

We have several Chinese herbal medicines for impotence caused by Kidney deficiency. These include **YounGain™**, **You Gui Pian (YanVive Plus™)**, and **YanVive™**. **YounGain™** combines multiple sexual wellness-promoting herbs, and has the strongest action. You Gui Pian and YanVive™ are well-known ancient formulas that have a more mild action. They are all recommended for impotency associated with soreness of loins, cold limbs, weakness, and loose stool. As we discussed above, they do not work instantly like Viagra.

In most cases, Kidney deficiency does not result in impotence. However, it affects the sexual wellness with respect to the frequency and duration of sexual encounters. In addition to the sore waist, the signs of Kidney deficiency may fall into two patterns: Yin or Yang deficiency. The Yang deficiency pattern includes cold limbs, weakness, and/or pale complexion. On the other hand, the Yin deficiency pattern involves sweatiness, hay fever,

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dizziness, thirst, and/or tinnitus. At the beginning of the deficiency, you may only experience symptoms after sex, when you're overworked, or repeatedly staying up too late.

Several Chinese herbal medicines are well respected for nourishing Kidney Yin and Yang. These include **YanVive™** for replenishing Kidney Yang, **YinVive™** and **Zuo Gui Pian (YinVive Plus™)** for replenishing Kidney Yin. They are widely prescribed in China for signs of Kidney Yin or Yang deficiency. Millions of people take one of these Kidney tonics regularly for general Kidney maintenance, or to help the body recover from semen loss, work-related stress, and a demanding schedule.

Don't wait until signs of Kidney deficiency appear before you take action! If you're over 40, stressed or overworked, sexually active, and stay up late frequently, keep an eye out for these early symptoms. If you feel too tired for sex, or experience reduced firmness or duration of erections, with a sore back the day after sex, taking YinVive™ is highly recommended.

YinVive™ and the other Chinese herbal medicines mentioned here are not just for men, it can also be used to foster sexual wellness in women.

All Chinese Herbs we carry are 100% natural herbal remedies. They are time-tested and safe, with no pharmaceuticals, no preservatives, no artificial colors.

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