

# How to improve blood flow and promote vasodilation to help combat erectile dysfunction



*One of the most exciting recent discoveries in physiology is about the role nitric oxide plays in optimizing circulation. What's exciting is that there's a natural approach to boosting nitric oxide. Among the new crop of nitric oxide supplements, my favorite is the professional quality formulation from Berkeley Life. Read more about how it works, especially as it relates to the common issue of ED.*

*—Dr. Ronald Hoffman*

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*The discovery of Nitric Oxide and its function is one of the most important in the history of cardiovascular medicine.*

*—Dr. Valentin Fuster*

*1998 President of American Heart Association*

I have dedicated the better part of my career to providing solutions for men with sexual dysfunction. The topic can be tricky – fraught with misconceptions and potential patient embarrassment. Over time, I've specialized in helping men with moderate to severe Erectile Dysfunction. The right solution often varies by patient, but one thing remains consistent across all cases; supporting adequate blood circulation via Nitric Oxide helps promote vasodilation and improved outcomes.

### **Your Body Requires Nitric Oxide**

In 1998, a Nobel Prize in Medicine was awarded to three American scientists for their discovery concerning 'Nitric Oxide as a signaling molecule in the cardiovascular system.' Nitric Oxide (NO) is a molecular, chemical compound naturally produced by our bodies. This Nobel Prize-winning research shows us that NO plays an essential role in our cardiovascular and whole-body health.

Erectile Dysfunction (ED) can be an early warning sign of current or future heart problems (1). ED is commonly associated with atherosclerosis, which is the buildup of fats, cholesterol, and other substances inside your blood vessels that limits blood flow to the penis. It is important to understand the interconnectivity between these two systems; cardiovascular and sexual. By supporting adequate function in one, you may help improve the other (2).

### **Healthy Levels of Nitric Oxide Can Increase Blood Flow**

Blood moves throughout the body, providing oxygen and nutrients. NO helps promote vasodilation by helping the walls of the blood vessels relax. When relaxed, blood vessel widens and allows for more blood to flow throughout the body. For patients with ED, blood flow to the sexual organs is critical for obtaining and maintaining an erection (3).

### **Markers of Dwindling Natural Nitric Oxide**

When we are young, Nitric Oxide is made naturally in the body. It is a signaling molecule responsible for the relaxation of smooth muscle cells, resulting in the dilation of circulatory pathways.

Age, environment, stress, and pharmaceuticals can impact a person's ability to make their own Nitric Oxide.

As we produce less Nitric Oxide, our blood vessels become less efficient and our arteries deteriorate. This means less blood flow to deliver oxygen and nutrients to tissues and organs, including the heart and genitals. This is where supplementation of Nitric Oxide becomes critical.

### **Berkeley Life Professional: Safely Boost Systemic Levels of Nitric Oxide**

Berkeley Life Professional's system of products helps support Nitric Oxide levels through supplementation.

In my experience, Berkeley Life provides a superior system for boosting Nitric Oxide, as I explain in this video:

The proprietary formulation in the Berkeley Life supplement provides an infusion of dietary nitrates – a critical building block to Nitric Oxide. The once-a-day

supplement can conveniently boost systemic levels of Nitric Oxide for 6-8 hours. I like to pair this supplement with the Berkeley Life Test Strip, which provides a non-invasive tool to assess improved Nitric Oxide levels from home. I consider Nitric Oxide support to be the first step on a journey to healthy sexual function, and Berkeley Life makes it easy for my patients and I to incorporate it into a healthy regimen.

For those looking to restore healthy blood flow and improve sexual health outcomes, Berkeley Life offers the tools needed to support healthy levels of Nitric Oxide back to the body.



**Access Berkeley Life with Dr. Hoffman's 10% discount and free shipping by using code "HOFFMAN" at checkout.**

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*Greg is the Director of Marketing and New Business Development for Stanley Specialty Pharmacy as well as the Men's Health Specialist. His experience working in Men's Health and Sexual Wellness led him to develop his Penile Rehabilitation Protocol which is a comprehensive treatment plan for men with sexual dysfunction, as well as a comprehensive sexual function intake questionnaire for the Stanley Specialty Pharmacy website. The Stanley Penile Rehabilitation Protocol is currently featured in a five-article series in the International Journal of Pharmaceutical Compounding.*

*Greg is co-founder of Stanley Pharma Group, a firm dedicated to providing care for post-prostatectomy patients and patients suffering from sexual dysfunction through direct consultation as well as physician and pharmacist engagement and training. Greg works extensively with men suffering from erectile dysfunction and urinary incontinence after treatment of prostate cancer and other medical conditions and consults patients from around the country.*

## References

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