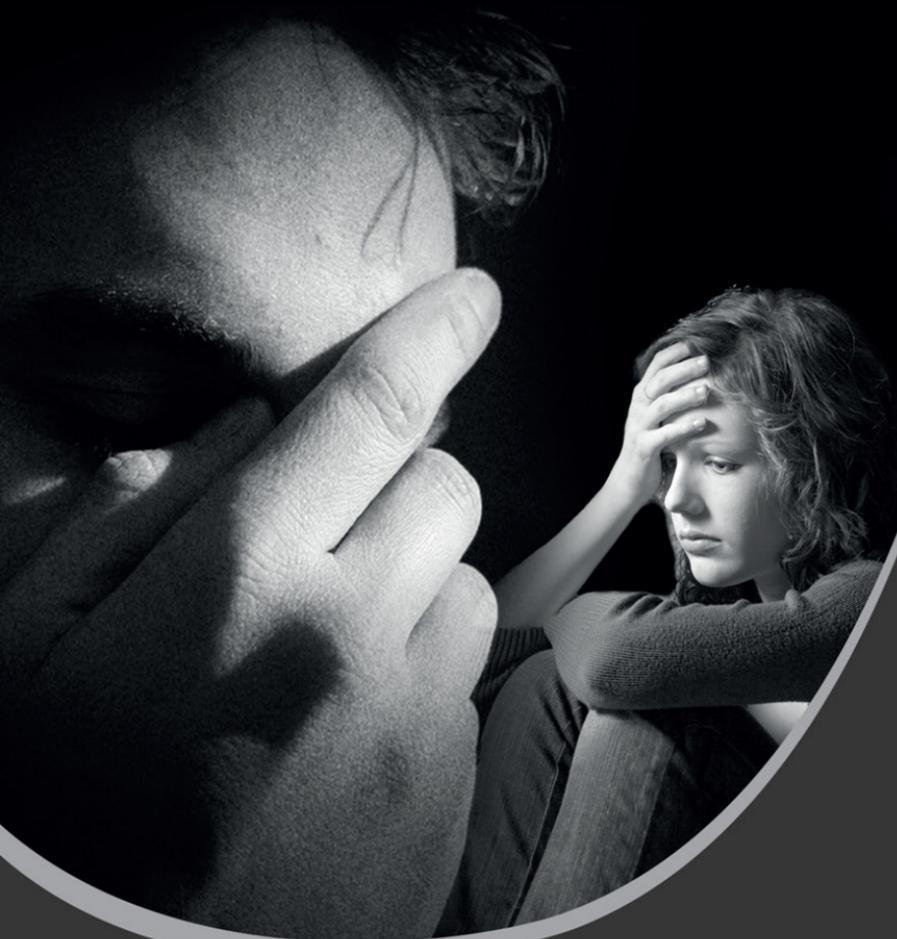


HOW TO OVERCOME **IMPOTENCE**

(ED)



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IMPOTENCE: HOW TO OVERCOME IMPOTENCE?

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ABOUT THE BOOK

This book was written under the guidance of Dr. Chandradasa Madampe (BA and PhD) who is a famous psychologist in Sri Lanka. This book includes practical and natural treatments which were used to cure patients who came seeking solution to overcome ED (Erectile Dysfunction) which is common in Sri Lanka where many people live under stress.

All the information mentioned here are scientifically proven by doctors. We hope to make people aware by this book about the disorder and natural way to get rid of it through mental exercises. You are free to use mental exercise mentioned here but consult a doctor before going for tests or drugs mentioned.

ABOUT THE AUTHOR

Priyatha Hettiarachchi is a counselor for psychology under Dr. Chandradasa Madampe. He has written this book over the experience he gained while treating patients. The book has been written under the guidelines of the doctor as a practical book which may help many who suffer from ED which is a common symptom all around the world.

WHAT IS ERECTION

The two chambers of penis (corpora cavernosa) which run through the organ are filled with spongy tissue. The corpora cavernosa are surrounded by a membrane, called the tunica albuginea. The spongy tissue contains smooth muscles, fibrous tissues, spaces, veins, and arteries. The urethra, which is the channel for urine and semen runs along underside of the corpora cavernosa.

Due to sensory or mental stimulation, or both, the erection begins. Due to impulses from brain and local nerves the muscles of corpora cavernosa relax and allow blood to flow in and fill the spaces of spongy tissue.

The flow of blood creates pressure in the corpora cavernosa, making the penis expand. The tunica albuginea helps trap the blood in the chambers, thereby sustaining erection. When muscles in the penis contract to stop the inflow of blood and open outflow channels, erection recedes.