CBD For Erectile Dysfunction

Published on April 21, 2018

Erectile dysfunction can happen to men of all ages. There are many different reasons that this could be happening to you from hormonal imbalances to mental illness. Lucking cannabidiol works so closely with the endocannabinoid system, granting it access to a wide variety of symptoms.

How Cannabidiol Works

CBD is a chemical that comes from the cannabis plant that interacts with our endocannabinoid system. This system is in charge of regulating our body through a process called homeostasis. Many illnesses and disorders stem from a malfunction within your body’s regulation, including erectile dysfunction. CBD helps to regulate this system through elevating endocannabinoids, opening pathways and ion channels in the brain, and stimulating receptors.
CBD enhances the two endocannabinoids anandamide and 2-AG. The endocannabinoids bind to cannabinoid receptors, CB1 and CB2. The anandamide binds to the CB1 receptor, which has the function of regulating the neurological system. This includes pain, your mood, sleep cycle, and appetite. The 2-AG endocannabinoid binds to the CB2 receptor which runs the immune system.

These cannabinoid receptors give CBD a lot of room to help all throughout the body. Primarily because these receptors are located all over your organs, tissues, and cells. If you have any of the following illnesses or conditions that are causing erectile dysfunction, CBD could be the solution to replenishing your sexual health.

**Depression**

Sex is more than just physical; it is also a mental experience. A study found that **82% of men with erectile dysfunction suffered from depression**. Both depression and many anti-depressants can cause a malfunction with sexual hormones.

**CBD oil can help alleviate symptoms of depression** while acting as an anti-depressant. The one thing that is different from this particular type of pill is that it **doesn’t have side effects that will mess with your sex drive**. CBD elevates your mood by elevating the endocannabinoid anandamide, helping you feel a clean spout of happiness. It can also help retrain your brain into thinking more positively because you won’t be as bogged down by irrational thoughts that leave you in the dark.

**Fatigue**

If you aren’t getting enough sleep, have an extremely stressful life, or have Chronic Fatigue Syndrome, it’s going to be difficult to get and hold an erection during sex. This can make your life even more stressful being unable to satisfy yourself or your partner.

**CBD oil can help with fatigue** in a variety of ways. The endocannabinoid anandamide that CBD enhances is also involved in your sleep cycle. Taking CBD during the day can help you have a more restful night’s sleep. The chemical anandamide also gives you a natural boost of energy, helping you not feel so bogged down by everyday life. One of
the most popular reasons people are choosing CBD is that it can also reduce stress and anxiety that are causing you so much trouble in and out of the bedroom.

**PTSD**

Whether your PTSD is from abuse or a traumatic event, it can interfere with your sex life. PTSD can make your harbor fears and anxieties that get in the way with sexual desires. While therapy is a wonderful option to help conquer those fears, many people who suffer from severe anxiety from their PTSD take medication as well to help cope with the stress.

While CBD can’t take all of your memories away, it can help you cope with them better. When you are abused, you can develop irrational thoughts that bring you down. Beliefs that you aren’t good enough, no one loves you, or that you’re worthless. None of these things are true in the slightest! You can also have flashbacks of traumatic events or hold onto that anxiety from the times you can’t forget. CBD can help by calming down the activity in your brain that runs to these irrational thoughts the moment there is a lull in your thoughts. While therapy is still needed to overcome this obstacle, taking CBD can make positivity easier to obtain and help you become the strong and confident man that you know you can be.
Atherosclerosis

**Atherosclerosis** is when your arteries narrow because of plaque buildup. This makes it hard for blood to move into areas you need it, like your penis. While it is important to change your diet and exercise to combat this condition, it can get to the point where you need to take medication or even go through surgery. One of the medicines that can help with this condition is CBD.

CBD enhances the endocannabinoid anandamide which has shown to have some beneficial effects in your arteries. This endocannabinoid reduces hypertension which is a major risk factor for this condition. It also plays a role in **stopping inflammation as well as the plaque build up in your arteries.**

Diabetes

Poor long-term sugar control and damage to nerves and blood vessels can **cause erectile dysfunction** in people who have type 2 diabetes. Diabetes can cause high blood pressure and heart disease which also are contributing factors to this condition. This is another cause that can be treated with a new lifestyle in changing your diet and exercising, but with insulin resistance, it can be difficult. That is why many with type 2 diabetes are turning to CBD.

Resistin is the hormone that can cause you to become resistant to insulin. **Resistin** has also been linked to muscle dysfunction, blood clotting, and inflammation. CBD has shown that it can reduce resistin production, helping to regulate your blood sugar levels and **has shown to reduce instances of diabetes.**

Many people with cardiovascular issues and diabetes are overweight. **CBD can also help with weight loss** through its interaction with the metabolism. When you eat food, your body turns the energy into white fat for storage. When you need energy, your body will brown this fat, and it can be burned. **CBD enhances the fat browning process,** giving your body more energy and helping you trim down faster.
Prescription Medications

Many medications such as anti-depressants, anti-anxiety meds, painkillers, blood pressure medication, anti-inflammatories, and more can cause sexual dysfunction. If you are experiencing a side-effect related to your sexual health from any of these types of drugs, CBD may be able to replace those prescriptions with the help of a doctor.

Quitting medicine without the help of a doctor can lead to damage to your body and mind. CBD can help with many different conditions, but make sure you are in conversation with your doctor while you are making the switch. This way they can monitor you and make sure you are getting the best possible treatment.

Drug Use

Excessive use of alcohol and illicit substances can cause sexual dysfunction. These actions can cause nerve damage, liver failure, and kidney disease which are also causes of erectile dysfunction. The issue with alcohol and illicit substances is that they are addictive. Even though these things are harming your body, you still feel the need to have them. This is where CBD oil comes in.

When you develop an addiction, you are retraining your brain to recognize something as necessary. Your brain has a built-in reward system that lights up anytime you do something good for survival such as eat, sleep, have sex, and nurture. When you drink alcohol, caffeine, smoke a cigarette, or do these illegal drugs they are overstimulating your reward system, becoming something more important than things like sleeping and eating.

The cravings that you get are your reward system telling you that it needs that substance. You can reduce those cravings by taking CBD oil. Cannabidiol can regulate the reward system, preventing it from becoming overactive and driving you to get more alcohol or drugs. It can also help with many of the withdrawal symptoms that give you pain, making it easier to live a cleaner life.
Toxins

Free radicals from smoking cigarettes, the sun, and air pollution can do damage inside and outside your body. When it comes to sexual health, these free radicals are destroying nitric oxide in your body which is needed for an erection.

The way you get rid of free radicals is by using an antioxidant. Antioxidants go through your body attacking these free radicals to reduce the damage. **CBD oil has shown that it is a potent antioxidant** in labs and studies.