

Impotence - Trouble with the hydraulics

by Lee Honiton 11.11.05

It is estimated that 30% of sexual problems are purely psychological rather than physical. Use Sounds Positive's hypnotherapy products to reprogramme your brain.

We don't talk about it.

So we never realise that we've all had 'trouble in the hydraulic department' at some point in our lives. And when it happens to us, the vicious cycle begins.....

Even if the first time a man experiences erectile dysfunction, it is due to physical factors such as illness, alcohol, fatigue etc, it is common for him to start worrying about what will happen the next time he wants to make love. This inevitably causes stress and a tendency to dwell on the possibility of failure in the future, neither of which is conducive to a happy and relaxed sex life.

Furthermore, it can have a devastating effect on self-esteem and confidence.

According to Lysette Offley of Sounds Positive Hypnotherapy, it is estimated that 30% of sexual problems are purely psychological rather than physical. Most are a combination of both. "If you get spontaneous erections in the morning, the likelihood is that, physically, everything's in working order. It's always a good idea to check with your doctor, though, just to be sure it's not a symptom of something else that needs medical attention," she says.

But if you suspect that the problem is even partially psychological, then you may be very interested in some of the latest discoveries about the brain and how it works because, through hypnotherapy you can access that part of it that's causing you the anxiety and 'reprogramme' it.

Hypnotic relaxation with specific positive suggestions tailored to your own particular situation feels very similar to daydreaming – when you feel very relaxed and comfortable. It's a very pleasant experience and people often report feeling content and sleepy, calm and positive.

Hypnosis is a rapid, permanent and effective cure for the psychological aspects of impotence because it gives you back the unconscious control you once had, reminding your brain of its former pattern of success of effortlessly achieving and maintaining an erection, while ridding you at the same time, of any anxiety you've developed.

There are a couple of ways of using hypnotherapy to help you. One is to have a one-to-one consultation with a qualified clinical hypnotherapist and the other is to use hypnotherapy products at home. Either way, many men have discovered that they needn't suffer in silence.

They needn't suffer at all.

Get Sexual confidence for Men

For more information visit: <http://www.SoundsPositive.com>

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