



Dr Michael Elstein

# Eternal Health Medical Centre

## Treating Erectile Dysfunction

Aside from optimising testosterone and especially addressing the underlying factors such as weight gain and ill-health that compromise testosterone status, there are a number of natural strategies that can be utilised to address erectile dysfunction.

Research indicates that taking the herb Panax Ginseng at a dose of 1000 - 1800mg daily, the amino acid L-arginine, 5 grams daily, subcutaneous injections of a substance called Melanotan-II and propionyl-L-carnitine, 2 grams daily, can improve erectile dysfunction.

Deficiencies and excesses of growth hormone and thyroid hormone can also be implicated and when these are appropriately treated sexual dysfunction might improve.

### Eternal Health Medical Centre

Suite 603, Level 6  
3 Waverley Street  
Bondi Junction NSW 2022  
Phone: 02 9337 3589

Email: [drelstein@eternalhealth.org](mailto:drelstein@eternalhealth.org) Web: [www.eternalhealth.org](http://www.eternalhealth.org)