

Shalom Bayis Newsletter Issue 39

Supplements for Sexual Health?

Chazal considered the topic of sexual dysfunction significant enough to include it in Shas. Perhaps the strongest statement is Rabi Yochanan declaring, “That is precisely what revived my youthful vigor” regarding a formulation known in those days.



Clearly, then, the discussion is an important one.

Before continuing, a brief note: this piece is more direct than usual, as I will be speaking about the resources I offer for those struggling with these issues.

Nowadays, lots of things are touted (and heavily marketed!) as being helpful for improving sexual function. But like any other aspect of healthy functioning – **and this is something many people try to skip** – before looking into special aids it is crucial to have the four primary pillars in place: sufficient sleep, proper diet, decent exercise, and (perhaps most importantly) caring for your mental health and emotional wellbeing.

Generally speaking, I am not averse to trying things traditional medicine holds are helpful so long as it is comfortably affordable and risk of adverse effects is very low. This article, though, will touch only on supplements that have a decent scientific basis.

Before moving forward it must be said: if one is struggling with a health issue – be it sexual or otherwise – **it’s important to consult an appropriate medical practitioner**. There are conventional medications that can be very helpful. Furthermore, **sexual dysfunction is sometimes an indication of serious underlying conditions**. As always, these articles are meant for informational purposes only.

As far as men are concerned, two of the most common complaints are premature ejaculation and erectile dysfunction. The former being reported more commonly amongst younger men, and the latter more common amongst older men.

Now, **sexual function is far more complex than most of us realize**, and pinning down the precise vector of dysfunction can be challenging. It is often not a single factor, but an intricate interplay of physiological, neurological, emotional, and relational systems.

In my [ICSE courses](#), I address these matters in a much deeper, broader, and systematic way; providing a comprehensive approach with practical “take-home tools” (such as my Intimacy Focused Life Inventory, Ice Breakers, GRATIFY, and more).

More on that soon. For now, though, let’s focus on a well-established point, at least as far as erectile dysfunction is concerned: **the fitness of blood vessels and how the blood flows through them is a major factor**. And nitric oxide has been found to play a *very* significant role in getting the vessels to “loosen up”, allowing sufficient blood flow to support erection.

While research does not show it as effective as conventional medications, **L-Arginine is one of the more evidence-supported supplements**, as it is used by the body to produce nitric oxide. **L-Citrulline** may be even more effective, as the body converts it into Arginine in a more steady and sustained way.

Korean Red Ginseng (Panax Ginseng) also appears to have potential benefit – along with an additional libido-enhancing effect.

Antioxidant combinations may also hold some promise by relieving the body of oxidative stress. Substances like superoxide – a reactive oxygen species – sometimes accumulate faster than the body can neutralize them (for example, during inflammatory states). These molecules reduce the bioavailability of nitric oxide, and the oxidative stress can damage the inner lining of blood vessels.

Accordingly, supplements that lower oxidative stress can help the body to deploy nitric oxide and restore proper blood flow.

As far as premature ejaculation is concerned, there is significantly less evidence supporting supplemental intervention. This is likely because **ejaculatory function involves an extremely delicate balance of neurological and nervous-system processes.**

That said, certain supplements – such as **zinc and magnesium** – have enough plausibility to be worth trying, particularly for individuals who are deficient in these minerals. The rationale is that they support testosterone levels and help regulate the nervous system, which can contribute to improved ejaculatory control.

While these approaches can be helpful in certain cases, **they typically address only one aspect of a much broader system.**

And as far as female sexual dysfunction is concerned, sadly, there is far less research. This is likely due, at least in part, to the fact that it is harder to define, measure, and standardize. Additionally, there is a significantly higher placebo response rate which makes it more difficult to demonstrate efficacy of interventions.

Either way, historically – and even currently – **female sexual dysfunction receives far less funding, priority, and attention.** This is a truly regrettable state of affairs.

However...

Next week, *bli neder*, I will discuss a few things that, at least anecdotally, have been found helpful for many women.

Now, a common problem is that people try to address these issues piece by piece, without a clear overall framework for understanding what is actually going on. While certain supplements may help at the margins, they still do not address the full picture.

And if any of this is hitting close to home, then you already know how confusing—and quietly discouraging—these issues can be. You may also know that trying to figure it out on your own can be a long, frustrating, and disappointing process.

For those struggling with ongoing frustration around intimacy, recurring problems that don't seem to resolve, or just a sense that "something is **not** working", these are **exactly** the types of situations the ICSE modules are built to specifically address.

For something that affects such a central part of life, **it can be one of the most worthwhile investments a person can make** as reflected in the feedback that I've received:

*I am married for over 20 years and **never in my life was I given so much clear and practical Torah-based guidance** on the how to, what not to; the ins and outs of everything!!! A million thanks for putting this together!!!*

I cannot thank you enough for how your course has changed my life and made it so much better.** I had years of struggling with kedusha issues, b"H now I am clean, and with your course you made the Torah way so sweet and smooth, **and my shalom bayis is just 5 star.

***Your courses helped us tremendously.** We gained a wealth of information, and everything was both interesting and well articulated.*

*With broad knowledge and obviously extensive research, **you've covered most issues that can arise in any given situation.** The beauty of it is that **everything is given over in a Torah perspective.** It's gevaldig that we get all this information in one kosher place.*

*I am just astonished with the information you are giving over and I wonder where the world was 'till now; **you should have a million people buying your courses!!** The oilem needs to hear this. We were never given this information so clearly. Wow!*

If you've been on the fence about getting real guidance in this area, this is probably the point to stop pushing it off.

To learn more about the ICSE courses (and see the full breakdown of what's included), click here:

<https://inspiredtorah.com/icse-series/>

You can also email me to request the detailed outline (it includes fully forthright terminology, so it is not available on my website).

In addition to the ICSE series, I offer comprehensive shalom bayis guides. Sameaich Tesamach for men, and Chochmas Nashim Bansah Beisah for women. For many couples, these guides are more directly aligned with their specific struggles.

And for those who want precise, custom-tailored guidance for their specific situation, I am available for private consultations.

To sum up, if you are looking for clear, practical guidance in this area, I offer:

- 1) **Comprehensive shalom bayis guides** (PDF download)
- 2) **ICSE** – The Intimacy Challenges Solutions & Enhancements series of focused courses (streaming audio)
- 3) **Private consultations**

For those who need it, there is a clear next step.



Rabbi Yehoshua Berman

Author • Lecturer • Consultant

Shalom Bayis, Chinuch, & Personal Safety

Subscribe to the SBN: <https://stats.sender.net/forms/egO2ke/view>

For inquiries or bookings email me at: rbsa613@gmail.com