

Irexis-Direct.Com Created to Assist Men Suffering From Low Libido

NEW YORK, NY, USA, October 2, 2013 /EINPresswire.com/ -- Irexis male enhancement pills are formulated with a potent blend of natural herbs, extracts and aphrodisiacs researched and known to help enhance libido and support sexual function.

Irexis-Direct.com was designed to assist men suffering from [low libido](#). Who hasn't heard the stereotypical female telling her sweetie "Not tonight, dear." Yet one in five men aren't interested in having sex. In fact, nearly 30% of women say they have more interest in sex than their partner does.

Irexis-Direct.com researches what's behind low male sexual desire? Aging is a factor, and like most other human traits, sex drive varies by the individual. Men with very low sexual interest suffer from hypoactive sexual desire disorder (HSDD). Some of the causes may be due to:

Psychological issues. Stress and anxiety from daily life, relationships problems, or depression are among the any reasons that can influence sexual desire.

Medical problems. Diseases and medications can negatively affect sexual desire.

Hormonal causes. Testosterone is the male sex hormone affecting desire. [Low testosterone](#) levels usually translate to low sexual desire. These levels dip as men age.

Low dopamine levels. Sexual desire involves the brain. The brain's chemical messaging system, one of which is dopamine, is linked to sexual desire. Doctors have observed that Parkinson's disease patients treated with dopamine-stimulating medications benefitted from increased sexual desire. These drugs have been shown to help some men with HSDD.

Irexis-Direct.Com Offers Several Tips to Help Men Combat Low Libido:

1. **Get Ample Sleep.** For many men with low testosterone, insufficient sleep is an important factor. A lack of sleep affects a variety of hormones and chemicals in your body including the male sex hormone testosterone. Aim to get 7 to 8 hours of sleep per night. If you're having problems getting a good night's sleep on a regular basis consider a [natural sleep aid](#) like Ambiatol.

2. Maintain a Healthy Weight. Overweight or obese men often have low testosterone levels. Losing the extra weight can help bring testosterone back up, to normal.

3. Stay Active. Testosterone adapts to the body's needs. When physically active, the brain sends the signal to produce more hormones. Even moderate exercise can help, such as:

- a. Briskly walking for 10 to 20 minutes a day.
- b. Strength training with weights or elastic bands
- c. Don't go overboard. Extreme amounts of exercise can actually have a reverse effect and lower testosterone.

4. Control of Stress.

Men under constant stress will produce the stress hormone cortisol which has a diminishing effect on creating testosterone. Controlling stress is important for keeping testosterone levels up.

How to minimize stress?

- a. Cut back on long work hours. Aim for 10 hours or less when possible.
- b. Spend 2 hours daily on relaxing activities such as reading or playing music.

5. Review Medications.

The following medicines can cause a drop in testosterone Men concerned about testosterone levels, should discuss their medications with a doctor.

- a. Anabolic steroids for developing muscles and advancing athletic performance
- b. Glucocorticoid drugs for example prednisone
- c. Opioid drugs for instance fentanyl, MS Contin, and OxyContin

6. Natural Male Enhancement Pills. Some male enhancement pills are formulated with natural herbs and extracts that have been shown to help encourage testosterone production, helping to boost sexual desire and function.

About Irexis-Direct.com: Irexis natural male enhancement is designed to help improve sexual performance by enhancing libido, stamina as well as sexual confidence. Join the thousands of men who have experienced improved sexual performance with Irexis, the finest natural male enhancement pill available.

Press release courtesy of Online PR Media: <http://bit.ly/154QFKK>

Jennifer Hughes
Jennifer Hughes
jenniferhughs@gmail.com
[email us here](#)

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