

# Irexis Male Enhancer Alerts Men on Protecting Their Potency

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*Irexis is formulated with a medley of natural ingredients researched and shown to be effective to promote enhanced sexual function.*

NEW YORK, NY, USA, October 17, 2013 /EINPresswire.com/ -- Sexual issues become more common as men age. However, that is not to say all men necessarily experience sexual difficulties as they age. Irexis, a leader in [male enhancement](#) since 2004 advises men to adhere to this list of potency tips:

Watch the diet.

A man's diet should be heart healthy. Simply put, a poor diet that is damaging for a man's heart will not be beneficial for his ability to have an erection.

Research has shown that heart attack inducing diets, high in fat, oils high in trans fats, and over-processed foods, that may trigger restricted blood flow in the coronary arteries may be capable of also impeding blood flow within the penis.

Good blood flow is compulsory for the penis to become erect. A poor diet can contribute to decreased blood circulation throughout the body, including the penile area.

Recent studies show that both heart health and healthy [sexual function](#) is common among men who eat a traditional Mediterranean diet, which includes fresh vegetables and fruits, whole grains, heart-healthy fats (nuts and olive oil), fish, and red wine.

Maintain a healthy BMI.

Keeping a healthy weight or body mass index (BMI) not only benefits the heart but it improves sexual function. Men who are overweight (BMI 25-29.9) or obese (BMI 30+) are prone to many health problems including diabetes and high blood pressure (also called hypertension). Strive to keep a normal BMI of 20-25.

BMI is a measure of body fat that is a ratio based on weight and height. Staying within a normal BMI will help to avoid high blood pressure, which can damage blood vessels, including those that bring blood to the penis. If a man's blood pressure or cholesterol is not normal, get it treated. However, it should be noted that blood pressure medications can make it difficult to get an erection.

Limit alcohol.

Heavy drinking can be a basis for liver damage, nerve damage, and other health conditions that may interfere with the normal equilibrium of male sex hormones. Studies have shown that red wine is high in antioxidants and heart healthy when consumed in moderation. A four-ounce glass of wine is considered one serving. It is suggested men will benefit from consuming 1- 2 servings per day. Here is the low down:

What is one alcohol serving?

- 5 ounces of wine
- 12 ounces of beer
- 1.5 ounces of 80-proof distilled spirits, such as vodka

Exercise regularly.

Science has linked a sedentary lifestyle to [sexual dysfunction](#). Aerobic exercises such as running or swimming has been have been known to help thwart sexual problems. A word of caution to men: avoid exercises that put excessive pressure on the perineum, which is the area between the scrotum and anus. Blood vessels and the nerves that support the penis can be harmed from excessive pressure in this particular area. Men who bike ride often should wear padded cycling pants, and stand up frequently while pedaling.

Avoid Smoking and Steroids.

Smoking harms blood vessels and can curb the flow of blood to the penis. Nicotine is known to cause blood vessels to contract, again hampering blood flow to the penis.

Steroids are often abused by athletes and bodybuilders. The issue is they can shrivel the testicles and deplete their ability to produce testosterone.

Irexix has safely sold over 10 million male enhancement pills since 2004. Formulated with natural herbs and aphrodisiacs researched and shown to help promote maintenance of erections, support sexual function, increase sexual desire and enhance performance.

Irexix is manufactured according to Good Manufacturing Practices (GMP) issued by FDA guidelines. Irexix risk free purchase comes with a 90 day money back guarantee. For more information on Irexix visit [Irexix-Direct.com](http://Irexix-Direct.com).

About [Irexix-Direct.com](http://Irexix-Direct.com): Irexix 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 Irexix, the finest natural male enhancement pill available.

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