

## ARTICLE : **FIGHTING SEXUAL DYSFUNCTION**

It is time for another of those conscience conversations you know where a voice goes off in your head as it reasons with you. Today our chit-chat it is about what you can do to reduce the occurrence of sexual dysfunction also known as sexual problems.

The problems can be the result of biological (physical), psychological or environmental conditions. On close examination some of these dysfunctions can be avoided. When was the last time you measured your waist? If it has been a while then grab a tape measure. Hold one end of the tape measure at your belly button and stretch the other end behind your back and then around to the front of your stomach keeping in line with your belly button. Don't make it tight and pay attention to see if you are unconsciously holding your breath. Note the reading.

Doctors advise that the circumference of men's waist should not be more than 40 inches while women's should be 35 inches and under. If you are over these recommended sizes then you are a possible candidate for Type 2 Diabetes, high blood pressure; high cholesterol levels and coronary disease. Considering that these are among the leading causes of death in our country's males, aside from violent crimes, is it wise to surmise our men have guts.

You already know what you have to do to reduce the excess weight. Exercise and diet combined yield fantastic results. If you know that you don't have willpower then get someone else to commit to exercise with you and hold you accountable.

Clearing the gut of waste is doable. Eat lots of green vegetables, avoid sugars (including the sneaky ones in fruits), and drink tons of water.

Lifestyle habits like alcoholism and drug use contribute to failing health. So what makes one drink and use drugs? Is it the psychological pressure of work or family that make them stressed? You need to heal you by learning not to sweat the small stuff. When situations arise stare them down and tell yourself its not worth your reaction because you are bigger than that. The poem Desiderata offers sound advice "Avoid loud and aggressive people they are vexations to the spirit".

Depression medication, nerve problems and organ failure also contribute to sexual dysfunction. Think positive thoughts and get the required eight hours rest. Do not abuse substances that can damage your organs. Get regular check ups to ensure any conditions you may already have are controlled.

Sexual trauma including damage to your sexual organs caused by injuries can lead to dysfunction. Protection is the key in this instance. Wear a condom everytime to avoid contracting a sexually transmitted infection and where there is a STI see a doctor to get it treat it immediately. Wear protective gear when playing sports.

The behaviour change that may be required can be simple and for others may require exerting a bit more effort. But one thing is for certain the time to take responsibility for your sexual and reproductive health is now.

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