



Yohimbe Bark

Benefits and uses: Male aphrodisiac, impotence.

Information: Herbs/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbs/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at www.VibrantHealthCommunity.com (or call 1-866-378-8253) before starting or changing your program.

Details

Yohimbe Bark is considered a potent and effective aphrodisiac for both men *and* women. In men, it is said to be particularly effective in boosting sexual performance. It is particularly useful in cases of impotence and erectile dysfunction, whether brought on by age or stress or fatigue, and is thought to enhance the quality and staying power of erections. Many women have reported significant arousal and increased pleasurable sensations, and it has been helpful in cases of frigidity and lack of sexual interest.

The phytochemicals in Yohimbe Bark include ajmaline, corynantheine, coryanthine, tannins and the important yohimbine.

Yohimbe Bark has been mainly used as an aphrodisiac that increases libido in both men and women.

It is thought to encourage blood flow to the penis and stimulate the pelvic nerve ganglia, enhancing sensations and helping men with erection problems; and as a stimulant to the general nervous system, it is also said to treat impotence brought on by fatigue, tension and stress. Yohimbe Bark contains the alkaloid, yohimbine, a compound that is also included in pharmaceuticals that treat erectile dysfunction, improving both the quality and staying power of erections by increasing the production of the norepinephrine that is essential for the formation of erections. It is said that Yohimbine is an alpha2-adrenoreceptor antagonist that increases the plasma levels of noradrenaline by increasing noradrenaline release from the sympathetic nervous system. Blocking of alpha2-adrenoreceptors results in increased blood supply to cavernous body tissue. Aphrodisiac activity of yohimbine may be caused by its dilation effect on the genital blood vessels and the enhancement of sensation to genital tissue and an increased reflex excitability in the sacral region. In

addition, it seems to help older men by reducing the effects that ageing may produce on hormones that cause constriction of blood vessels. Recent research claims that diabetic-related impotence may also be helped with the use of Yohimbe.

Women's libido also seems to benefit from Yohimbe Bark. The herb has a stimulatory effect on the nervous, circulatory and respiratory systems, and as such, appears to have the ability to increase blood flow to the genitals and increase the flow of adrenaline to nerve endings, both of which help to enhance arousal and pleasure. Women have reported increased arousal and general pleasant sensations, and the herb has been thought to effectively treat frigidity and lack of interest.

Some athletes claim that Yohimbe Bark helps to increase performance and stamina when used as an alternative to anabolic steroids, and it has been used to improve athletic performance and endurance.

Used externally, Yohimbe Bark is considered a local anesthetic that is good for skin conditions, including pain, itching and yaws (skin infection).

Contraindications: Yohimbe Bark should be used with caution and always with the advice of a health care provider, since it interacts with a very high number of prescription and over-the-counter medicines. It is subject to certain restrictions in some countries and states. Pregnant and nursing women should avoid Yohimbe Bark. The herb should not be used excessively nor for prolonged periods of time. People with heart disease, diabetes, blood pressure, renal (kidney) or hepatic (liver)

problems or schizophrenia, should avoid Yohimbe Bark. Yohimbe may significantly increase heart rate and blood pressure, and other potential side effects may include sleeplessness and agitation. Because the herb may be an MAO inhibitor, it should not be taken with chocolate, most French cheeses, liver or organ meats, red wine, alcohol or nasal decongestants. Those with ulcers or prostatic enlargement should consult their doctors before

taking Yohimbe. Additional side effects may include unpleasant digestive and central nervous system symptoms, renal failure, seizures, tremors, depression and anxiety. It may induce mania in patients with bipolar disease.

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