

Erectile Dysfunction: An Alternative to the Little Blue Pill

At every point in a man's life, there will come a time when he will find it difficult (and sometimes impossible) to achieve an erection.

The penis, despite popular belief and probably your grandest wishes, isn't a miracle worker. It won't always perform at 100 percent. And that's okay.

If you ever experience erectile dysfunction, you may feel as if it's the end of the world. The good news: It is not. Before you cry on your partner's shoulder, sobbing "I'm too young for Viagra!"; take a deep breath and remain calm.

Why the Pill Talk?

Erectile dysfunction drugs are not always the answer. In fact, if you're like most men, you probably just need to keep your penis in good shape. Several men who use "penis exercises" report their erections are harder than ever, including men who are in their retirement years. Several men on our penis forums have reported fixing their ED with exercises.

What kind of exercises do these men use? They range from the kegel to the jelq.

See our [Erectile Dysfunction Forums](#).