

By the time you've finished reading this whole article, you will know how to achieve that elusive rock hard erection you used to take for granted when you were younger. As you age, you will find that sustaining a hard erection becomes more difficult. And if you are over 40, you may even find it hard to get it up in the first place. This is not your fault. ED, or erectile dysfunction, affects more than 40 million men globally and as the baby boomers age, this is becoming a bigger and bigger issue. We feel your pain. Not having a hard erection when you need one is a terrible thing. It is bad for your morale, it is not good for your self esteem. If you want to get back that hard erection, then you must read this article from this point to the end. Why? Because we are

going to reveal three critical things you can do to make your penis harder without risking your life or breaking the bank.

## **Here are 3 ED busters that can help you get a harder erection**

### **1) Get rid of your unhealthy lifestyle**

Most men go down the slippery road to ED hell because they don't simply ignore their health. They eat all kinds of junk food and smoke like there is no tomorrow. You must realize that your penis is a very important and sensitive part of your body and health. It needs all the good nutrients your body can give it and if it does not get any of these, it gets soft.

That is because bad, high cholesterol foods clogged up your arteries and slow down blood flow. When this happens, lesser and lesser blood get pumped into the penis

chambers which means the penis cannot get as hard as before. Likewise for the “cancer stick”. Nicotine damages blood vessels and can hamper healthy blood circulation. This is a “no no” for your erectile strength.

So remember to lose the cigarette and cut the fat and high cholesterol foods from your diet. Not only is this good for your erections, it is also good for your overall health.

## **2) Get rid of the bad medicines**

It is a sad fact of life that in our modern society, we are depending more and more on prescription medicine to help us with all kinds of ailments. We are becoming drug addicts without knowing it. To make things worse, some of these prescription medicine can cause ED. For example, some medicine

for treating high cholesterol levels have negative side effects including causing erectile difficulties in men.

So if you are on any kind of prescription medicine, be sure to check with your doctor on the side effects. If there are, ask him or her for another brand that does not cause ED.

### **3) More cardio exercises**

By now, you probably know that the health of your penis is closely tied to your overall health and fitness. In fact, your penis is an important early indicator of any impending sickness in your system. That's because it is sensitive to blood flow and circulation which are crucial for good health.

According to Dr Steven Lamm, the author of the book "The Hardness Factor", the health and fitness level of a man is crucial

for his erectile fitness. Dr Lamm recommends that daily cardio exercises (any exercises that make the heart pump faster) are essential for a hard penis. These exercises improve blood circulation and encourage the body to produce more nitric oxide, the chemical used as a signal for telling the blood vessels to loosen up and allow more blood to be trapped in the penis for a harder erection. You should strive to achieve your ideal body weight and cut down that fat belly.

## **Conclusion**

Now that you know the above 3 ED busters, you can start to take concrete actions to get back that elusive rock hard erections you used to take for granted as a teenager. But these 3 strategies are just the beginning and not the end.

Although they do help tremendously and will put you well on path to harder erections, there are many more things (ED busters) you can do to make success more likely. Check out my author resource box for more information.

[Source](#) by [Gary T](#)