

Important or Impotent? ... Yoga Therapy Clarifies the Difference

By Matthew J. Taylor, PT, PhD, RYT

Q ● In what ways can Yoga therapy support men's health, especially in regards to sexual function?

A ● We certainly have an interesting cultural perspective on sexual function and identity. I find it instructive to step back and examine our current Madison Avenue perspective and then contrast it with a more timeless and scientifically more accurate view founded on age-old Yoga descriptions.

Male Identity from Madison Avenue

Buffed body, graying temples (it's ok for men), catlike litheness ready for action at a moment's notice, whether that means accurately throwing a football through a swinging tire (subtle performance image there!) or sitting in a bath tub overlooking the sunset on the beach. That's not you? Too bad.

We've been sold by Madison Avenue and Big Pharma that we are what we do and what we have. Power equals performance and results. The means, not so important as long as the end result is achieved. Youth is worshipped, age and wisdom are discredited. You should be at 55 at least what you were at 25 years old and if you aren't, "we can get you there." Power and potency are synonymous. Six-pack abs, bulging biceps and able to "roll all night long." And did I write 55? I meant 65 or 75! The old dog should be the young buck...forever. Seems a little silly when I write that way, doesn't it? So what's the science about male performance?

How about some facts based on science to contrast the manipulations of marketing? Consider the following:

- Male potency peaks in the late teens and early 20's
- There's a reason evolution set our genes for that rhythm. Think about it.
- Stress decreases blood flow to the reproductive organs. The ED drugs are? Vasodilators that relax the arteries to the penis.
- Bad posture, faulty breathing and tight hip and back muscles set up a cycle of tension that signals the brain there is stress even when there isn't a stressor present.
- Self-image in men is tied to their work. If the work is unsatisfying or meaningless, that drives hormone production and ultimately performance. How's work...really?
- Women crave intimacy with partners most of all, how "firm" are your emotional IQ muscles? The more integrated your emotional awareness, the more flexible and relaxed you are for physical intimacy.
- New study April 2011 Viagra is linked with causing deafness!...uh, oh!



How Can Yoga Therapy Help?

In contrast to Madison Avenue, Yoga therapy teaches individuals to appreciate all of the above aspects of potency in an integrated, common sense approach. Please understand that Yoga therapy is the application of Yoga philosophy and techniques, not just your average Yoga stretching class peddled at most places. I'm also not talking about the hijacked aspect of Tantric Yoga and Karma Sutra that has been packaged as Yoga Viagra so to speak. When you enlist the guidance of a Yoga therapist, you gain the expertise of an educator and guide to develop not just looser hamstrings (yes you can...really), but a whole person plan to optimize your health, vibrancy and yes, male performance as a bonus, not the focus.

Here's how:

1. Understand how your life circumstances fit in a larger scheme of health and begin to change what you can.
2. Discover habits and patterns that are adversely affecting your performance.
3. Learn techniques and skills to change those habits and patterns to enhance performance without drugs or exotic rituals².
4. Reinvent or optimize your relationship with your work (www.ergopresence.com).
5. Create patterns of discernment to avoid future traps or marketing schemes that derail your physical, emotional and spiritual health (within the confines of your current spiritual practice).

There are very real and effective things you can do beyond reaching for a pill that now may rob you of your hearing as well as risk the possibility of an emergency medical situation with an erection lasting over four hours! You deserve the right to reclaim your power...in all its forms and affordably.

Call 480-699-4867 or visit www.drofyoga.com to learn how you can do what is important to you.

1. Khan,SK et al. Viagra deafness—Sensorineural hearing loss and phosphodiesterase-5 inhibitors. *Laryngoscope*: Apr 2011.
 2. Dorey, G et al. Pelvic floor exercises for erectile dysfunction. *BJU Int.* 2005 Sep;96(4):595-7.



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