



Increase potency with CBD?

3 Ways Cannabidiol Can Improve Your Sex

Does CBD oil boost your potency? Does it help with erectile dysfunction? Does it provide longer-lasting erections? Is CBD oil an aphrodisiac and boosts libido?

We have been studying the cannabinoid known as CBD for years and are convinced of its effectiveness. Unfortunately, it is transfigured by some authors as a miracle cure and thus loses credibility.

Therefore, right from the start: CBD is by no means the "new Viagra". The effect of CBD is much too subtle for that. Nevertheless, in some cases it can counteract erectile dysfunction. In this article, you'll find out which cases these are and how CBD can improve your sex life. We'll also tell you when CBD and THC can harm your potency!

What is erectile dysfunction and what causes it?

Erectile dysfunction (ED) means that the penis does not become erect or becomes flaccid again after a short time. Without a sustained erection, satisfying sex is often not possible. Sexual desire can also be affected or remain completely unaffected. In the case of a strongly pronounced libido, the physical inability to have sex can be particularly stressful for those affected.

As a rule, potency problems increase with age. Impotence can be caused physically and psychologically. Predominantly (in about 70 percent of men), there are physical causes (usually an illness). This mainly affects men in the 50+ age group.

A combination of physical and psychological problems is also possible. Physical limitations can weaken the self-confidence and self-image of affected men. As a result, the fear of failure increases, pressure and stress increase, and erectile dysfunction intensifies. Not infrequently, a vicious circle develops.

Since in many cases there is an underlying disease, ED requires medical clarification to rule out physical causes such as the following:

- Cardiovascular disease (arteriosclerosis, hypertension, hypercholesterolemia, peripheral arterial occlusive disease).
- Diabetes (diabetes mellitus)
- Hormonal disorders (especially low testosterone level)
- Neurological diseases (multiple sclerosis, Parkinson's disease, stroke, tumors)
- Damage to the spinal cord (paraplegia, herniated disc)
- Injuries (of the erectile tissue or the penis)
- Genital malformations



ED can also be caused psychologically. Possible causes include:

- Depression
- Stress and pressure to perform
- Fears, inhibitions and lack of self-confidence
- Partnership conflicts

Cannabidiol has been shown to have a mood-lifting and anxiety-relieving effect. Thus, taking a CBD oil can be especially helpful for ED caused by mental health issues.

It also has a hormone-regulating effect and can increase your potency (sexual performance) in this way. What exactly happens to your hormonal balance when you take CBD is what we're going to explain below.

3 ways CBD can improve your sex life

CBD works in concert with the body's endocannabinoid system (ECS). The ECS runs throughout the body and consists of cannabinoid receptors (cell receptors) and matching endocannabinoids (neurotransmitters). Among other things, the ECS influences our hormonal system and is partly responsible for maintaining homeostasis (biological balance) in the body.

In terms of erectile dysfunction, there are 3 main mechanisms of action:

- hormone regulating
- mood-lifting
- anxiety-relieving

1. CBD & testosterone: the hormone-regulating effect of cannabidiol.

If the body releases more cortisol during periods of high stress, the effect of testosterone is inhibited (the two hormones act as so-called counterparts). CBD has a hormone-regulating effect and reduces the release of the stress hormone cortisol. Thus, it indirectly supports the effect of testosterone. You benefit from this effect even if you do not have erectile dysfunction. In most cases, a higher testosterone level means a more pronounced libido. If you have lost the desire to have sex, you may be suffering from a testosterone deficiency.

In contrast to artificial hormone preparations, side effects of CBD occur only in very rare cases. In addition, they are usually mild and subside quickly.

You can read more about the mechanisms of action of cannabidiol and possible side effects in our articles [CBD Effect](#) and [CBD Side Effect](#).



2. the antidepressant effect of cannabidiol and the positive effect on your libido.

Sometimes ED is the result of a dwindling libido. The sexual unwillingness can - in addition to a testosterone deficiency - have a depression as its cause. If you feel permanently depressed and listless, you may also lose the desire for sex.

Numerous studies and testimonials prove the antidepressant effect of cannabidiol. By CBD lifting your mood, you get more desire for physical closeness and sex again. This is also true for women.

3. stress & pressure to perform: how CBD can alleviate fear of failure.

In psychologically induced ED, pressure to perform and fear of failure are often causative factors for man not being able to. CBD cannot resolve partnership or personality conflicts. If you feel pressured by your partner, only one thing helps: talk to each other.

If, on the other hand, you put yourself under pressure, get nervous easily or suffer from anxiety, then CBD can be a great help for you. Clinical studies certify that CBD has a calming and anxiety-relieving effect. Numerous users confirm this effect and many of them managed to bring their panic attacks under control with CBD.

Cannabinoids that harm your potency

Not all cannabinoids have the same effect on your sex life. Unlike the anxiety-relieving effects of CBD, THC can have the opposite effect and increase anxiety. Therefore, caution is advised and you should always make sure that your CBD oil contains less than 0.2% THC.

In high doses, CBD can also have a negative effect on your sex life. Cannabidiol lowers blood pressure, has a sedative to soporific effect on some users, and can cause dry mouth. All of these are not good prerequisites for pleasurable sex. Therefore, pay attention not only to the quality of your CBD oil, but also to the correct dosage.