

Change in diet can yield healthy sex life

While there are many qualities needed for a man to be a good [father](#), a sense of confidence that he's using the right [parenting advice](#) may be one of the more important ones.

But what happens when a father's confidence begins to weaken because of erectile dysfunction? For the estimated 30 million men in the U.S. who experience this condition, the treatment can be quite costly.

Typically, it calls for pills that could have some adverse side-effects.

According to a recent New York Times article, symptoms of ED can be caused by psychological issues or an underlying health problem. While the first may call for a therapist session, the second may be treated with a lifestyle change.

Past studies have shown that fathers who lose weight and adhere to a healthier diet can improve their sexual health, which in turn can give them a shot of confidence.

"There is increasing evidence that we can reverse erectile dysfunction with lifestyle changes," Dr Drogo K. Montague, director of the Center for Genitourinary Reconstruction in the Glickman Urological, told the Times.

<http://www.greatdad.com/tertiary/274/4018/change-in-diet-can-yield-healthy-sex-life.html>