

# Erection strength?

March 30, 2018 | 9 upvotes | by [empatheticapathetic](#)

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Ok so bit of a fucked and embarrassing thread. Would appreciate any advice.

I'm 29, always had erection issues. Been in bed with two girls at 21 and couldn't get hard. Did nofap at 25 and started getting hard much easier. Got a virgin oneitis and we nearly banged but it didn't work out.

Read TRP started lifting and went to an escort 2 times and lost V. Was hard enough to bang somewhat. Was cool but I sucked lol.

Went back to her 4 more times and couldn't get hard enough. Couldn't enter her. Saw a different escort and couldn't get hard enough to enter. All the escort visits were 2016.

Since then I've moved away, got a new job, freedom started taking fitness and diet seriously. Live in a place where I have SMV finally while also raising it. Life has never been better. I'm hoping by being super fit my erection health gets better so I can actually start fucking.

I've chickened out from most escalation opportunities that could lead to sex due to this ED fear. But at the same time I've build some self esteem and confidence by flirting with girls here and there and seeing that viable lay opportunities do exist.

Took a private T test last week and the results are here: <https://m.imgur.com/a/IriDM>

Bought a fleshlight and tried it this morning to some POV porn. Was cool, reminded me of when I was with the escort that second time but my erection quickly died and I was bending my dick trying to repenetrate.

My vitamins, diet and nutrients are on point. My T is pretty good but I am now focusing on lowering SHBG and raising free T (more carbs and boron).

Another part of this is I have phimosis. Been making some progress recently stretching it and the fleshlight today helped me pull the foreskin back the most it's ever been (part of the reason I bought it). I'm hoping my phimosis is the last barrier to better erections but I don't think it's the only factor here unfortunately.

So was wondering: are most people's erections rock hard every time? No one ever has a problem penetrating? And does anyone have any further insight towards helping me resolve this issue?

On my off days I do yoga but this hasn't helped my erection strength in any particular way.

Thanks

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## Comments

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chomponthebit • 8 points • 30 March, 2018 07:29 PM

Talk to your doctor about ALL these issues. ED is generally the first sign of problems elsewhere (cardiovascular & diabetes 1&2 are at the top). May be psychological. No porn and no fap to be sure. RP are not doctors

empatheticapathetic[S] • 2 points • 30 March, 2018 10:03 PM

Reddit has been 1000x more useful than any doctor I've ever seen. Apathetic defeatist drug pushers mostly. My urologist suggested daily small dose cialis but then decided my blood pressure was too low to take it. I've taken cialis and viagra before and they do nothing due to my low BP.

absolute\_filth • 2 points • 30 March, 2018 06:56 PM

I found Vitamin D helps ~ 6000UI, but YMMV

empatheticapathetic[S] • 3 points • 30 March, 2018 10:01 PM

My vitamin game is on point. I take vitamin d3 10,000, k2, Brazil nuts (l arginine, selenium), omega 3. zinc, magnesium, b6. And now boron. Nitric oxide is sufficient as I take cacao powder.

GayLubeOil • 2 points • 6 April, 2018 02:02 AM

Your sex hormone binding globuline is high and it's eating up your free testosterone. That's the real issue here

empatheticapathetic[S] • 1 point • 6 April, 2018 02:11 AM

I thought so. I'm taking a boron supplement and eating white rice, oats and raisins now after being fairly light on carbs. Will see what happens. Cheers

GayLubeOil • 1 point • 6 April, 2018 02:52 AM

Anabolic University: Biological problem or ugly bitch?

The\_\_Tren\_\_Train • 1 point • 31 March, 2018 01:56 AM

what is your blood pressure like?

are you overweight?

have you tried citrulline?

empatheticapathetic[S] • 1 point • 31 March, 2018 02:19 AM

101/69 was my BP reading in November.

Probably 19% body fat at the moment.

I was looking again at l-citrulline earlier to see if there is anything I already eat that has it in. I have cacao powder everyday with my protein shake which supposedly increases my nitric oxide. I have it literally every day.

The\_\_Tren\_\_Train • 1 point • 31 March, 2018 04:13 AM

that blood pressure is on the lower side of good.

citrulline is good stuff

maybe look into pt-141

blackedoutfast • 1 point • 31 March, 2018 02:09 AM

how often do you have "morning wood" when you wake up? that's one of the main ways to determine if ED is a psychological or physiological issue.

empatheticapathetic[S] • 3 points • 31 March, 2018 02:14 AM

Very very rarely and its weak. Sometimes it's there. 95% of the time once I have a piss it's gone.

blackedoutfast • 2 points • 31 March, 2018 02:35 AM

that implies that it's a physiological issue with your body like cardio problems or something and not just a psychological issue like sexual insecurity or performance anxiety.

empatheticapathetic[S] • 1 point • 31 March, 2018 02:43 AM

I have a lot of mental baggage as well but a successful sexual encounter or two would probably clear a lot of them. I've cleared the logic of most of it thanks to TRP.

Have you got any idea or suggestions of what to look into?

AWorseManThanYou • 1 point • 31 March, 2018 03:11 AM

What's your cardio like? How fast can you run 5 miles? 3 miles? 1 mile?

Do you do any recreational drugs?

What do you do for fun? Is anything ever "addictively fun?" Do you enjoy anything so much that you have to discipline yourself to keep from doing it too much? (Eg video games, eating junk, drugs, etc.) What is the most hedonistic thing you do, but keep from doing too much?

How's your sleep? Hard to get up after 8 hours? Trouble sleeping?

Any rapid weight loss or gain?

es1426 • 1 point • 31 March, 2018 03:24 AM

<sup>drugs</sup> are a good question here, but I think OP might need to someone about this. He seems to be RPin like a pro, but the stiffy doesn't wanna stiff.

empatheticapathetic[S] • 1 point • 31 March, 2018 03:32 AM

Hey. I do HIIT at the moment. I've improved a lot recently for some unknown reason, most likely more frequency and recovery. I'm not sure on distances, I have to look into that tbh.

No drugs and little alcohol these days. But I was never much of a wreck head compared to my peers.

Yes I have a horrible addiction to my smartphone/the Internet. Im aware of the dopamine issues this is causing and frequently leave my phone at home for entire days. I don't honestly have any other mega addictions except for maybe music but I can control that easily. I may suffer from low dopamine in general is a conclusion I've reached a few times after research.

Trouble sleeping sometimes due to excessive smartphone stimulation. I wear ear plugs and an eye mask otherwise to block out noise and light.

No rapid weight gain or loss but I'm an endomorph.

AWorseManThanYou • 1 point • 1 April, 2018 01:01 AM

This is seriously strange. Your circulatory system seems fine from your cardio. Your T is at the upper range. Your lifestyle seems on point. Unless you have a disease or prescription meds you aren't telling us we've ruled out the common physical issues.

All that's left are psychogenic (it's all in your mind). I hate to get personal with you, but this is the last line I can think of to try and help.

Can you masturbate with ease? You mentioned POV. Can you masturbate to other porn? (I ask because your POV experience caused an intrusive thought. I want to know if you can get and remain aroused in general.) When not doing no-fap, did you masturbate often?

BurnieSlander • 1 point • 31 March, 2018 06:43 AM

I was having similar issues and finally just went to my doc and asked for dick pills (tadalafil). A couple marathon fuck sessions later and I was pretty much cured.

Like you, I had been slowly making progress with ED issues, but the pills helped me blast through all remaining psychological barriers.

I don't need the pills anymore (though I do indulge once in awhile when I'm feeling sporty).

empatheticapathetic[S] • 1 point • 31 March, 2018 04:27 PM

Never heard of that pill before. Is it like viagra? ED pills don't work for me due to low blood pressure. Nothing happens. I'll look into that one though. Cheers

Wah\_Kapoor • 1 point • 22 April, 2018 02:50 PM

Tadalafil is cialis.

rayrayray1234 • 0 points • 30 March, 2018 06:42 PM

Mine are concrete solid every single time. But I also have very good cardiovascular health and good diet

empatheticapathetic[S] • 1 point • 30 March, 2018 10:02 PM

How old are you? My diet is on point. My cardio is something I'm working on at the moment but it's by no means bad.

iamcincobeats • 1 point • 31 March, 2018 02:01 AM

You may think I'm lying or whatever for saying this, but if you're eating meat, cholesterol builds up in your blood vessels that go to your penis as it would build up anywhere else in your body. You should look it up if you don't believe me. It's also a sign that you might have heart disease/ might have a heart attack soon

empatheticapathetic[S] • 1 point • 31 March, 2018 02:13 AM

Nah I was reading about this an hour ago, it makes sense. I've considered it likely being an issue for years. I smoke maybe once a month, drink pretty rarely atm. But I've had ED issues forever.

My cholesterol is high in my report there. My HDL is out of range but apparently that's ok. But my LDL is slightly out of range (too high) so I need to work on cutting out shitty fat and lowering it.

Do you think I should I look into another test to verify the exact status of my cardio health?

iamcincobeats • 2 points • 31 March, 2018 02:40 AM

Nah, what I would recommend would be eating more vegetables and cutting or even eliminating

meat from your diet completely. I was having high cholesterol issues a couple years back and went on a 100% whole food plant based diet. I got tested last year and everything was back to normal and I've never felt better. I've read that eating a plant based diet also helps create more testosterone and I believe it. I'm horned out way more often and feel like I could hook up with any girl. It's pretty awesome. You should look into it though. Sorry for the long post haha

empatheticapathetic[S] • 1 point • 31 March, 2018 02:50 AM\*

Ok well...I eat meat and a shit load of veg. Not much carbs (was keto for a while). My results here state high total T thanks to my meat (protein and fat) consumption and resistance training presumably.

But my free T is low and my SHBG is high; they exist as opposing forces to each other. I've looked into it and high SHBG is likely due to excessive fiber. I don't eat fruit much so this means too much veg, which I didn't think was even a thing.

Supposedly the treatment to lower SHBG is more white carbs (rice, oats and potatoes) and more boron (raisins and boron supplement). There might have been more but I can't remember.

My LDL cholesterol is only slightly high here. You may be right but the other outlier results are due to an excess of vegetables (and subsequently a lack of other 'carbs'). So this is my current strategy to see if I can raise my free T after raising my total T successfully to fix this (turns out that was a pointless affair as only free T is really relevant).

Edit: as a vegan do you lift?

iamcincobeats • 1 point • 31 March, 2018 11:58 PM

Carbs from fruit or vegetables aren't bad. Refined carbs such as Oreos, fries, chips etc are the carbs people recommend you stray away from. If you're interested or curious of the effects of a plant based diet, you should check out [nutritionfacts.org](http://nutritionfacts.org). It's run by a doctor who specializes in nutrition and uses unbiased studies to back up what he talks about. He also has a YouTube channel with the same name

Yes, I started lifting around last May and have gone from being 140 all my life to going up to 180 but I believe most of the weight I gained was fat since I was dirty bulking and now I have a belly, which I've never had in my life haha. I have started to cut recently to be lean for the summer but I now I know how to bulk up properly without gaining too much fat and hopefully I can gain mostly muscle next bulk

empatheticapathetic[S] • 1 point • 1 April, 2018 02:27 AM

High SHBG which causes low free T (both of which I have in my report) can be due to excessive fibre. And I eat a shit ton of veg. So basically I need to cut down and eat more free T promoting carbs. Maybe all vegans have high SHBG but eat enough other carbs to offset it, or maybe this is just my issue.

I'll check that website out, thanks.

So it's time for the question all my vegan friends hate: where do you get all your fat and protein from?

iamcincobeats • 1 point • 2 April, 2018 10:30 PM

There's protein in pretty much every fruit and vegetable out there. The one's that have a high amount of protein though are your legumes such as; beans, lentils and

chickpeas to name a few. I eat mostly beans, lentils and seeds daily since you need more protein when you lift. A plant based diet is typically low fat but I get my fats from flaxseed, chia seeds and peanut butter mostly