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Men and women during young age normally suffer with wet dreams but for many males this problem can continue even after adolescence and create problems, herbal treatment to cure ejaculation during sleep is very safe and effective way to cure the problem. Hormonal surges during young age increase sensitivity in male genital area and in the night just a little brush of bed sheet or loose trouser can cause excitement and male may ejaculate in the sleep, mostly people wake up after ejaculation or at a point when it is almost impossible to stop it.

During young age it is not considered as a problem and does not require any treatment. Once body gets used to of hormonal activity this problem subsides, but in many males this problem can resurface at later stage or it may continue even after adulthood and causes many types of problems. Herbal treatment for ejaculation during sleep can address all the aspects of the problem and elevates functioning of reproductive system to provide safe and long lasting cure.

In adult males this problem surfaces mostly due to weakness of nerves, lifestyle related issues like lack of physical activity, absence of exercises, long sitting hours etc can restrict blood flow to pelvic region, due to lesser blood flow the nerves do not get energized and get weak. This weakness of nerves allows a male to ejaculate on slightest stimulation. Hormonal fluctuations are other causes of the problem, improper thyroid functioning, problems related to pituitary gland, diseases like diabetes and side effects of certain medicines can cause hormonal fluctuations to cause problem of ejaculation during sleep.

Other problems like prostatitis, thinning of semen, urinary problems, and too much sexual fantasies during the day and poor emotional health also cause this problem. Herbal treatment to cure ejaculation during sleep can address all these causes of the problem and provide quick cure and also elevates overall health of an individual to keep problem away from resurfacing in future.

Shilajit is one of the most powerful and richest herb found on the planet, it contains more than 85 different minerals and nutrients which are capable of boosting up health immensely. It is one of the most powerful anti-ageing herbs and is renowned to provide everlasting youthful energy and vigor. This is one of the best herbal supplements to cure ejaculation during sleep and provides many other health benefits for sound and upbeat sexual health. Another very popular herbal treatment to cure ejaculation during sleep is provided by Bottle gourd. One glass juice of bottle gourd everyday also very effectively alleviates the problem by strengthening nerves and preventing ejaculation on slight excitement.

Saffron has long been used as aphrodisiac and also as herb to provide more control and endurance to males. Use of saffron also prevent involuntary discharge of semen and strengthens and keep nerves energized to keep semen locked for sufficient duration. The effects of these herbs have been time tested and bring in quick results but one should also support their effects by improving lifestyle like performing regular exercises and maintaining active daily routine, one should also stay away from unnecessary sexual stimulations during the day for better results.

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