Top Herbs That Improve Men’s Health

In today’s health conscious world, many men are searching for ways to improve their health. Some men have spent many thousands of dollars on experimental methods and promises made by companies to deliver a solution to their health goals, but some are turning to the older remedies used by past generations. The use of herbal remedies go back centuries, and the documentation of their efficacy has been handed down through generations. In modern times, we’ve begun to study these wonderful gifts from nature to see how and why they work to bring us closer to our health goals. This article will be a brief list of popular herbs to improve men’s health.

**Saw Palmetto**

Famous for its ability to treat the prostate and urinary health, Saw Palmetto is a powerful tool in the journey for male health. Science has shown us that Saw Palmetto is actually capable of reducing inflammation, and even fighting cancer growth in the prostate. Native Americans used it to boost virility, and it is known to help raise testosterone levels.

**Ginseng**

Studies have concluded that ginseng has the ability to treat erectile dysfunction. In the trials, they saw a significant increase in male arousal. You can get ginseng as a supplement as well as an herb.

**Pine Bark**

This herb has a similar use to Saw Palmetto, in that is has been historically used to promote health of the prostate. Pine bark has also been shown to increase sperm count and sexual response.

**Ginkgo Biloba**

Ginkgo Biloba has been made famous for its ability to thwart erectile dysfunction, but it also has rich benefits in the form of antioxidants, and has been found to improve memory function.

**Turmeric**

The use of turmeric has endured due to its powerful antioxidant properties. It is known for its ability to soothe muscles and inflamed tissues. Turmeric is another herb that is used to treat prostate issues and difficulties.

**Stinging Nettle**

This herb is known for encouraging normal hormone levels and prevents testosterone from becoming dihydrotestosterone. This new version of testosterone is partially responsible for the enlargement of the prostate.

**Smartweed**

This herb, known as Smartweed, has been known to have very high levels of antioxidants. Its ability to fight off free radicals that damage cells and cause cancer have been documented in recent years.

**Pumpkin Seed**

Pumpkin seed is rich in both antioxidants as well as a few trace nutrients. It has been used to encourage normal urine flow for men afflicted with an enlarged prostate.