

3.2.2.3.6.2 Yohimbe and other sexual enhancement medications

Sometime in the future, it will be possible through genetic engineering to create humans who are predisposed to live hundreds of years. Furthermore, it will be possible not only to engineer new lives predisposed to live much longer but also to re-engineer existing human life to live on and on. Existing humans will “infect” themselves with virus-like agents that will carry new genetic information into the nucleus of cells to get rid of diseases, and the aging process.

Procreation will be replaced by re-creation.

Alas, we are not quite there yet. And I myself am not optimistic that I will benefit from the advances in genetic science and become one of the individual humans living hundreds of years. Therefore, I am more concerned with what I can have in a relatively short lifespan, followed by a comfortable death.

I shall attempt to get the most out of my life, and to go a distance as far as possible, in a condition as good as possible. And this means: in a condition that allows me to enjoy sex as much as possible, and up to the time of my death.

For optimal sexual function, plain healthy living alone doesn't do the job. Without sexual enhancement medications, many aging men are not usually in a physical condition that would allow them a fulfilling sex life. And because improvements of sexual function by genetic engineering are currently not available, they largely have to rely on pharmacological means.

Options include:

1. Phosphodiesterase inhibitors such as sildenafil citrate and tadalafil.
2. Dopaminergics such as Parlodel (bromocriptine).
3. Tongkat ali and tongkat ali extract.
4. Yohimbe (the bark) and yohimbine (the pharmaceutical).

I have been using yohimbine for years, and it definitely worked for erections. But I have long stopped taking it because of the severe side effects it has on me, such as heart palpitations and insomnia for up to 30 hours. For those who do not suffer from these side effects, yohimbe and yohimbine may well be superior to phosphodiesterase inhibitors.