

### 3.2.2.3.6.4 Does yohimbe increase penis size?

The answer is yes and no.

Unlike a man's skull or brain, his penis is an organ with no fixed size. Sometimes it's bigger, and sometimes it's smaller.

The size of the penis at any given time depends on a multitude of factors: genetics, body chemistry, erotic thoughts, diet.

Or the adrenergic system. Yohimbe is an alpha-2 adrenergic receptor blocker. Or rather, yohimbine is. Yohimbe bark that does not contain the alkaloid yohimbine is a nuisance. It will cause a headache rather than an erection.

By being an alpha-2 adrenergic receptor blocker, yohimbine, does increase penis size. But only for as long as yohimbine is circulating in a man's body. When the yohimbine is cleared, the penis will retract to its flaccid baseline size, or, for a few hours, even be smaller than baseline.

This is not what people have in mind when they ask whether yohimbe increases penis size. They want to know whether there is permanent growth.

Sorry, no.