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Spermatorrhoea, else known as wet dreams is a health condition characterized by uncontrolled emission of semen during sleeping hours. This phenomenon, if left uncared is usually followed with irritation in genital parts. Untreated spermatorrhoea can induce both physical as well as psychological health disorders in person. Dizziness, low eye vision, trembling limbs, palpitation and signs of dyspepsia are some of the common health risks reported due to involuntary seminal discharge or spermatorrhoea. Depending on the actual cause of problem, duration of spermatorrhoea varies from one person to another. Main causes reported for the formation of involuntary seminal discharge include occurrence of nervous disorders, sleeping with full bladder and sensitive penile skin. Treatments are usually prescribed after analyzing the actual cause of problem. In order to reduce the bad effects of spermtorrhoea, people are advised to follow a healthy lifestyle by consuming nutritious diet schedule and doing regular exercises.

Over use of liquor is found to be as a main cause of weak parasympathetic nervous system. In order prevent this health trouble, people are advised to minimize or cease drinking alcohol. Sleeping pattern plays a vital role in controlling spermatorrhoea problems. In order to reduce the risk of health troubles, people are advised to sleep upon a hard mattress. Babul, a common ingredient used for the preparation of herbal medicines is a top recommended cure for treating spermatorrhoea or involuntary seminal discharge. In order to attain optimum result, people are advised to use babul regularly with milk. It improves energy production in cells and relieves the risk of fatigue, a common drawback of spermatorrhoea. Similar to babul, bishop's weed is another herbal cure for treating involuntary seminal discharge or spermatorrhoea. As per studies, bishop's weed extract is well known for aphrodisiac property. It acts internally and improves the functioning of reproductive organs safely with no health risk.

Ginger, a common ingredient in food recipes is a safe herbal remedy for spermatorrhoea or involuntary seminal discharge. It boosts the efficiency of parasympathetic nervous system and promotes the functioning of reproductive organs naturally. In order to attain maximum health benefit, it is advised to intake ginger juice in combination with honey and half-boiled egg. Onion is another popular aphrodisiac food item recommended for treating involuntary seminal discharge or spermatorrhoea. It increases libido and reduces the occurrence of health disorders. For best result, those people suffering from spermatorrhoea troubles are advised to include a good amount of onion in their daily diet schedule.

NF Cure capsule, enriched with aphrodisiac ingredients is an excellent herbal tonic to cure spermatorrhoea or involuntary seminal discharge. Nowadays, NF Cure is a widely prescribed herbal remedy for treating a large number of health disorders like weak erection, premature ejaculation and erectile dysfunction. All the ingredients added for the preparation of NF Cure capsule are completely safe and herbal in composition. Some among the active ingredients present in this herbal cure include mucuna pruriens, asphaltum punjabinum and asparagus adscendens. Intake of NF Cure capsule ensures long lasting result with zero side effects.

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