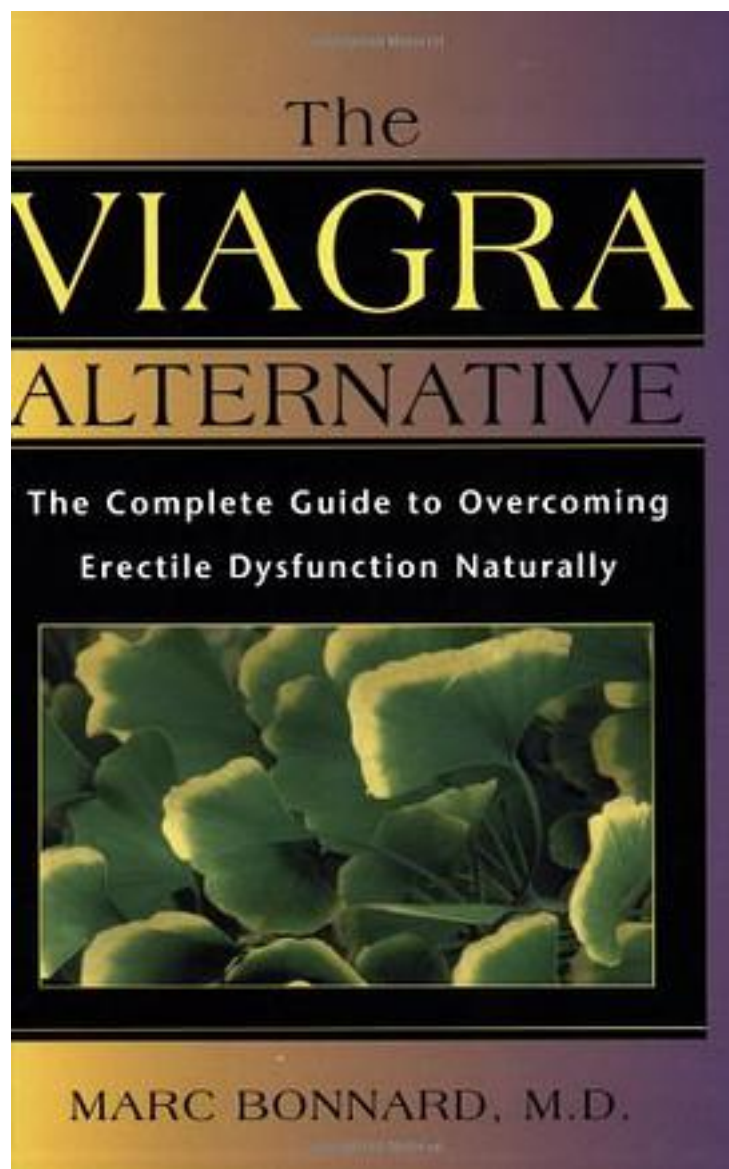


The Viagra Alternative



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When Viagra burst on the scene in 1998, it became the best selling drug of all time, surpassing even Prozac. More than 30 million men suffer from impotence and the introduction of a pill that could solve their problems revolutionised the treatment of erectile dysfunction. Or did it? Viagra has now been implicated in more than 69 deaths, as well as heart attacks, hypertension, colour blindness and other health problems. In fact, more and more evidence is showing that impotence can rarely be cured by a magic pill. For those men who wish to avoid the risks of Viagra, THE VIAGRA ALTERNATIVE offers the most up-to-date information on natural, safe and long-term cures for impotence. Recognising that a healthy sex life is impossible with our physical, mental and emotional wellbeing, Dr Marc Bonnard focuses on healing the whole person with treatments ranging from herbs such as ginkgo, ginseng and yohimbe to homeopathy, acupuncture, diet, yoga, aromatherapy and the introduction of new sexual techniques. The book places special emphasis on relationship therapy, by demonstrating that an enjoyable sex life can be restored without chemicals or supplements of any kind.

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