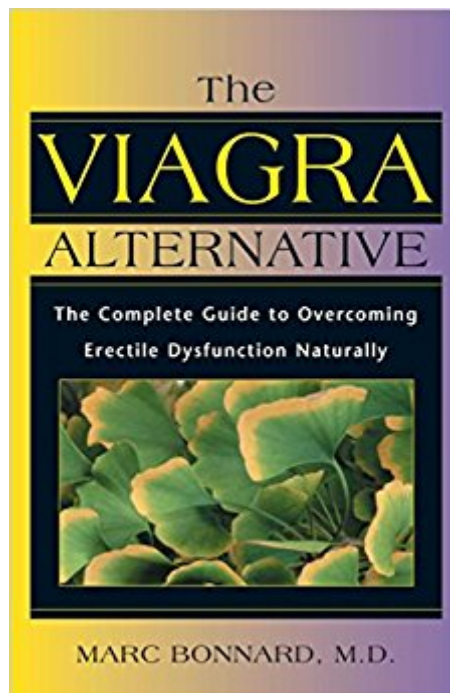




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# The Viagra Alternative: The Complete Guide To Overcoming Erectile Dysfunction Naturally



## Synopsis

• The most comprehensive guide to natural, safe, and permanent cures for impotence. • One of Europe's leading sex therapists introduces psychological and sexual techniques that can help the more than 30 million men who suffer from impotence. • Emphasizes holistic cures that treat body, mind, and spirit, including herbal remedies, homeopathy, yoga, aromatherapy, and diet changes. 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. Recognizing that a healthy sex life is impossible without physical, mental, and emotional well-being, Dr. Marc Bonnard focuses on healing the whole person with treatments ranging from herbs such as ginkgo, ginseng, saw palmetto, and yohimbe to homeopathy, acupuncture, diet, yoga exercises, aromatherapy, and the introduction of new sexual techniques. Dr. Bonnard places special emphasis on relationship therapy, demonstrating that more often than not an enjoyable sex life can be restored without resorting to chemicals or supplements of any kind. By exploring the range of options outlined in The Viagra Alternative, men need no longer rely on a dangerous little pill to improve their sexual lives.

## Book Information

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## Customer Reviews

"This book presents a good explanation of impotence, the drug Viagra, and previous remedies. Offers solid advice on alternatives such as diet, supplements, and yoga." (In the Leaves, The American Herb Association, 2000)"He delves into the various treatments: allopathic, future drugs, herbal, homeopathic and Bach Flower remedies, and diet and lifestyle changes." (Whole Life Times,

August 2000)

**MEN'S HEALTH** When Viagra burst on the scene in 1998 it became the best-selling drug of all time, surpassing even Prozac. An estimated 30 million men in the United States suffer from erectile dysfunction, and the introduction of a pill that could solve their problems revolutionized the treatment of ED. Or did it? Improper use of Viagra has been associated with more than 200 deaths, as well as heart attacks, hypertension, color blindness, and other health problems, and more and more evidence shows that erectile dysfunction can rarely be cured by a "magic pill." • In fact, taking Viagra can end up accentuating the greater underlying problem of which the ED was a symptom, whether it be lack of physical well-being, poor psychological health, or relationship difficulties. For those men who want all the facts on erectile dysfunction, *The Viagra Alternative* offers the most up-to-date information on natural, safe, and long-term cures, as well as analyses of Viagra and its competitors. Recognizing that a healthy sex life is impossible without physical, mental, and emotional health, Dr. Marc Bonnard focuses on healing the whole person with treatments ranging from herbs such as ginkgo, ginseng, saw palmetto, and yohimbe to homeopathy, acupuncture, diet, yoga exercises, and the introduction of new sexual techniques. Dr. Bonnard places special emphasis on relationship therapy, demonstrating that often an enjoyable sex life can be restored without resorting to chemicals or supplements of any kind. By exploring the range of options outlined in *The Viagra Alternative* and deciding which is best for them, men need no longer rely on a little pill to take control of their sexual lives. **MARC BONNARD, M.D.**, is a psychiatrist specializing in sex therapy and is a graduate of the French Association of Acupuncture. He lectures throughout Europe on the topic of erectile dysfunction and runs a private clinic near Bordeaux.

Too old though informative the dated info is just not on target in this age of tech advanced research and development. There are tons of things that can't be found in this book because it is way to dang old.

The book is out of date. Better information is available on the internet.

Rehash of old material but may be OK for someone without a background in the subject matter

Great reading material - would recommend it to anyone who is seeking alternative medical remedy for ED and sexual fitness.

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It was incomplete and behind the times and it lacked research. It did not tell the whole story of natural healing of erectile dysfunction..

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No good

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