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The Viagra Alternative: The Complete Guide to Overcoming Erectile Dysfunction Naturally

Marc Bonnard, Marc, M.D. Bonnard

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The Viagra Alternative: The Complete Guide to Overcoming Erectile Dysfunction Naturally Marc Bonnard, Marc, M.D. Bonnard
• 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.

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