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For those men who wish to avoid the risks of Viagra, this handbook offers the most up-to-date on natural, safe, and long-term cures for impotence.

- 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*

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Alternative, men need no longer rely on a dangerous little pill to improve their sexual lives.

"How To Please A Woman" instructs all men about how to understand, appreciate & communicate with women, how to meet their needs & how to make them happy. It applies to single and married men alike - & also to women; to understand themselves better & what they should expect.

How to maintain optimum testosterone levels for the male body through the use of herbs, nutritional supplements, and diet • Explains the phenomenon of male menopause and how to deal with it • Reveals scientific evidence of testosterone-blocking agents in the environment that alter men's essential chemistry as they age • Presents safe, organic plant medicines that can restore optimum testosterone levels • Contains the most up-to-date natural treatments for impotence, infertility, and prostate disease The recognition of andropause, the middle-age stage in male development comparable to women's menopause, is hampered by the lack of a clear outward manifestation of the chemistry and physiology specific to aging men. Men are still capable of reproduction well into and beyond middle age. Yet a man's sexual desire and potency varies, often according to his testosterone level. Recent studies show that the lowered testosterone levels endemic in aging men--a gradual drop that is quite

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normal--are being exacerbated by environmental agents. Testosterone-blocking estrogen agents are present in insecticides, industrial materials, pharmaceuticals, and foods. Men are daily inundated with a "cocktail" of estrogen agents that alter the fine balance of testosterone that makes them male. But as recent medical research has revealed, testosterone replacement therapy with Low T drugs is not a good option because of the increased risk of cardiovascular problems, such as heart attack and stroke, and because the body can become dependent on pharmaceutical testosterone and stop producing any on its own. In this updated edition of *The Natural Testosterone Plan*, Stephen Harrod Buhner shows why men need help to maintain their testosterone levels as they age and explains how naturally occurring phytoandrogens--plant medicines that contain male hormones--can safely remedy the depletion exerted by the environment. Buhner details how each phytoandrogen works, when its use is indicated, and the most appropriate method of application, providing all men with safe, natural, and effective means of maintaining optimum testosterone levels well into old age.

Noted health information expert Alan Rees organizes the best of complementary and alternative medicine (CAM) information resources in this new guide for librarians and patients. The book is divided into twelve sections beginning with an overview of CAM terminology, safety concerns, ongoing research and education, and the movement towards integrative medicine. "Best of" lists of books, magazines, newsletters, CD-ROMs, and professional publications

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are augmented with contact information for several hundred CAM associations and professional groups, an extensive section on the Internet as a source of CAM-related information, and reviews of 355 popular books on CAM.

Economics is the nexus and engine that runs society, affecting societal well-being, raising standards of living when economies prosper or lowering citizens through class structures when economies perform poorly. Our society only has to witness the booms and busts of the past decade to see how economics profoundly affects the cores of societies around the world. From a household budget to international trade, economics ranges from the micro- to the macro-level. It relates to a breadth of social science disciplines that help describe the content of the proposed encyclopedia, which will explicitly approach economics through varied disciplinary lenses. Although there are encyclopedias of covering economics (especially classic economic theory and history), the SAGE Encyclopedia of Economics and Society emphasizes the contemporary world, contemporary issues, and society. Features: 4 volumes with approximately 800 signed articles ranging from 1,000 to 5,000 words each are presented in a choice of print or electronic editions Organized A-to-Z with a thematic Reader's Guide in the front matter groups related entries Articles conclude with References & Future Readings to guide students to the next step on their research journeys Cross-references between and among articles

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Combine with a thorough Index and the Reader's Guide to enhance search-and-browse in the electronic version Pedagogical elements include a Chronology of Economics and Society, Resource Guide, and Glossary This academic, multi-author reference work will serve as a general, non-technical resource for students and researchers within social science programs who seek to better understand economics through a contemporary lens.

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