

With Valentine's Day comes the color red, symbolizing passion and love.

Stores fill with red hearts, red cupids, red candies and red roses. This is an easy holiday for some. Buy a dozen roses, prepare a romantic dinner, open a bottle of champagne and the mood is set for romance. But for 15 to 30 million men, the mention of romance sends the same red color, this time symbolizing embarrassment, blushing across their cheeks. These are the men who suffer from erectile dysfunction (ED). In fact, most Americans will blush at the mention of a sexual health issue. Yet now that the causes are understood and discussions are in the open, hope is replacing shame. And for good reason—treatment for ED is not limited to Viagra and other similar pharmaceuticals with risky side effects; nature has provided us with an abundance of herbs that, when formulated well, safely and effectively support healthy erectile function.

NATURAL V FOR
VALENTINE'S DAY—
**Supporting
Men's Sexual
Health,
Naturally**

by Gina Ladinsky

**WHAT CAUSES
ERECTILE DYSFUNCTION?**

According to the National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC), a service provided by the National Institutes of Health, ED, or impotence, can be caused by many different factors. Some examples are disease, injury, drug side effects and smoking. Other causes are drinking, stress, anxiety, depression and, of course, lack of testosterone. ED is defined several ways. It can be considered a total inability to achieve erection, an



inconsistent ability to do so, or a tendency to sustain only brief erections. As a result, the NKUDIC, estimates the number of men affected by ED range from 15 million to 30 million, depending on the definition used. ED increases with age. The NKUDIC states that the incidence of erectile dysfunction is found in about 5 percent of 40-year-old men and in 15 to 25 percent of 65-year-old men. Reduction of testosterone production is one of the many effects of age. Lowered testosterone can cause ED along with a loss of libido or sexual interest. There are a lot of factors that go into play for a man to have an erection, and if any aspect of the sequence is disrupted, ED can occur. Even though Americans are blushing less and talking more about sexual health issues, a man's self-esteem can be negatively affected by his inability to perform sexually. Sadly, his partner may feel inadequate as well. That's why it's so important for ED sufferers to know that there's a solution—and that the solution may be easier, safer and less expensive than they think.

NATURE TO THE RESCUE

Metabolic Response Modifiers (MRM) has created an herbal formula called Natural V to safely support male sexual performance. MRM has an excellent reputation due to its science-based, all-natural formulas, known to produce results. The Natural V formula contains a special blend of herbs that have traditionally been used to help increase free testosterone levels and enliven sexual desire. Each capsule contains *Tribulus terrestris*, *Avena sativa*, *Cnidium monnieri*, *Xanthoparmelia scabrosa* and *Eurycoma longifolia*, along with other vitamins and minerals.

Tribulus terrestris is also known as puncture vine or goat's head. Although the exact way that tribulus acts is not fully understood, it can increase the amount of luteinizing hormone (LH) that is produced by the body's pituitary gland. Once produced, LH stimulates the testes to secrete the male hormone testosterone. This herb balances out the body's hormones naturally. The stimulation of LH and the resultant release of testosterone increase the body's ability to produce muscle mass. For this reason, Bulgarian strength athletes have taken tribulus since the 1980s. Tribulus is not a hormone supplement; rather, it is used to promote the body's natural balance of hormones.

According to MRM, *Avena sativa*, or wild oats, works to free up testosterone that might be bound

to other compounds in the body. Testosterone that is bound is not as effective as free testosterone in heightening thoughts and pleasure associated with sex. Further, avena is believed to be one of the best remedies for feeding the central nervous system, especially when under stress.

Cnidium monnieri is a plant that grows in China, and its seeds are used in classical Chinese medicine not only for improved sexual libido but also to promote healthy skin. Both *cnidium* and *Xanthoparmelia scabrosa* are believed to produce nitric oxide to relax the smooth muscles of the penis for a healthy erection.

Natural V also includes horny goat weed, a traditional botanical medicine used in China and Japan. Although this herb has a history of traditional use for disorders of the kidneys, joints, liver, back and knees, its principal use is as an aphrodisiac. Horny goat weed is recommended by the Chinese Academy of Sciences to slow the aging process and to improve the overall quality of life. The addition of *eurycoma*, commonly known as longjack, or Tongkat Ali, further helps with the libido by acting as an aphrodisiac and, like *tribulus*, it helps boost blood levels of LH.

HEALTHY, HAPPY, SEX LIFE

A healthy sex life promotes longevity and, in general, a happier existence than a life without intimacy. As the years pass and testosterone levels decrease, Natural V by MRM helps enable men to maintain an intimate relationship while promoting good health for the entire body. It addresses more than the physical symptoms; it can have a positive effect on the self-esteem of both partners. With the onset of ED, it is always wise to be examined by a doctor to find out if there are any underlying causes that need to be addressed. However, if it's simply a matter of low testosterone, in addition to the decision to take Natural V, you may consider other lifestyle changes to promote all around good health. Find ways to reduce stress. Reduce alcohol intake and quit smoking. Since obesity and lack of exercise can result in ED, consider working out, going for a walk, or taking a swim. These activities naturally reduce stress and add to longevity. So enjoy this Valentine's Day, and keep the red blush of embarrassment away by supporting a healthy lifestyle and by taking MRM's Natural V. ■

References available at www.freedompressonline.com.



RESOURCES

You can find Natural V and other MRM formulas at health food stores and natural retail outlets. For more information, visit www.mrm-usa.com, or call (800) 948-6296.