

Breaking News—

## VIAGRA'S DARK SIDE...AND THREE WINNING NATURAL ALTERNATIVES



Viagra (sildenafil) first appeared as a miracle drug for the 15 to 30 million men who suffer from erectile dysfunction. However, recent research shows that sildenafil comes with some serious health risks. Most people do not

know that sildenafil is used to treat hypertension. In fact, it was hypertensive patients and their doctors who reported the unexpected side effect of an improved sex life that led to the advent of Viagra. After post-marketing side effects surfaced as a result of taking the hypotensive, in July 2005, the FDA mandated new labeling. One of the



negative side effects—non-arteritic anterior ischemic optic neuropathy (NAION)—causes a decreased or permanent loss of vision due to reduced blood supply to the optic nerve. And cardiovascular side effects, including sudden cardiac death, have also occurred.

The good news is that nature provides safe, effective alterna-

tives. Metabolic Response Modifiers (MRM) offers Natural V, a special blend of Chinese herbs that act to improve sexual libido by freeing bound testosterone and by promoting a natural hormonal balance. Enzymatic Therapy created Hot Plants to include an herb indigenous to the Andes Mountains that not only promotes a healthy sex life but also provides support for the immune system. Another option is VigorCare for Men produced by Himalaya HealthCare, an herbal remedy that acts to rejuvenate the reproductive system while increasing antioxidants. With these safe, natural solutions, there's no longer a need to risk your health in order to improve your sex life.

—Gina Ladinsky

## APRIL 2006 HEALTH AWARENESS DATES

### Alcohol Awareness Month

The National Council on Alcohol and Drug Dependence (sponsor)  
[www.ncadd.org](http://www.ncadd.org)

### Autism Awareness Month

Autism Society of America (sponsor)  
[www.autism-society.org](http://www.autism-society.org)

### Cancer Control Month

American Cancer Society (sponsor)  
[www.cancer.org](http://www.cancer.org)

### Cesarian Awareness Month

International Cesarian Awareness Network (sponsor)  
[www.ican-online.org](http://www.ican-online.org)

### Infants Immunization Week (23-29)

Centers for Disease Control (sponsor)  
[www.cdc.gov/nip](http://www.cdc.gov/nip)

### Irritable Bowl Syndrome Awareness Month

International Foundation for Functional Gastrointestinal Disorders (sponsor)  
[www.iffgd.org](http://www.iffgd.org)

### National Minority Cancer Awareness Week (16-22)

National Cancer Institute (sponsor)  
[www.cancer.gov](http://www.cancer.gov)

### National Public Health Week (3-9)

American Public Health Association (sponsor)  
[www.apha.org](http://www.apha.org)

### National STD Awareness Month

American Social Health Association (sponsor)  
[www.ashastd.org](http://www.ashastd.org)

### Women's Eye Health and Safety

Prevent Blindness America (sponsor)  
[www.preventblindness.org](http://www.preventblindness.org)

### World Health Day (7)

World Health Organization (sponsor)  
[www.who.int/world-health-day/2006](http://www.who.int/world-health-day/2006)