

It is time for men to take responsibility for their health. For too long men have ignored their health and few seek advice from their doctor if they are unwell. This classic and comprehensive book deals with all aspects of health and the male body. This new edition has been updated to include the latest on heart health and how to monitor cholesterol; exercises to combat stress; male depression and beating it with herbal supplements; relieving prostate problems with saw palmetto; and the latest word on Viagra and its herbal alternatives.

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