



# Dr. Moyad's Guide to Male Sexual Health: What Works and What's Worthless

*Mark A. Moyad*

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There is perhaps no medical topic that is discussed less than male sexual health. True that it is the basis of countless tasteless jokes, but seldom is the subject approached in a frank and understandable fashion.

Renowned expert on male sexual health and complementary medicine, Dr. Mark Moyad provides men with the “look under the covers” that they have been searching for.

What factors contribute to erections and what can a man do as he ages to promote a healthy sex life? What is the connection between diet, health, and sexuality? Are there true aphrodisiacs? What about the testosterone replacement therapy that commercials tout? Are there supplements that actually work to enhance male sexual function? Dr. Moyad takes an unvarnished and candid look at all the topics that men and their partners have wondered about and answers the questions that they have been afraid to ask.

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