

Newsletter March 2012 No 4

Dear Customers

In this Issue: Erectile Dysfunction

Erectile Dysfunction

This is a significant problem for a lot of men leading to lack of confidence and depression.

In this newsletter I hope to give some simple useful advice which can sometimes solve the problem without the use of risky drugs such as Viagra.

Firstly, do you sometime wake in the morning with an erection or even a weak erection. If not then you need to seek medical advice as there could be a physiological problem.

If you do have erections on waking then it shows you that your physiology is working; but not necessarily when you want it.

So how does an erection occur?

Firstly let me explain that it is not your heart pumping up your penis as such!

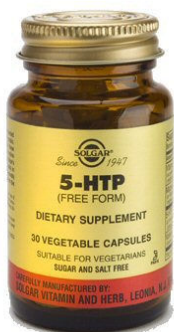
It is far simpler than that, all you body does is open a valve which lets blood flow in to the erectile tissues. This then cause the erection. To open this vale you actually need to relax it as it is actively kept shut!! So an erect penis is a relaxed penis.

What can you do to help

1. Firstly if you smoke - STOP. There is a huge association between smoking and impotency. They should put this on cigarette packets!!! It might deter young men from smoking if they thought they were going to be impotent by the time they are 50.

2. STRESS- if you are stressed or depressed you cannot expect your body to function well. It is highly likely you will become less potent. So address the stresses in your life. If you can't relax neither will that valve!! You could try 5-HTP to help you relax and feel less tense. Take one at bedtime and one in the morning.





[To buy 5-HTP 5-Hydroxytryptophan go to GoodVitality.com and search for code 1448](https://www.goodvitality.com/?code=1448)

3. MOOD 3 DROPS. These drops contain a herb that has been shown in trials to help impotency and weak erections. It has also been shown to help with premature ejaculation. So this is win win. You need to take 40 drops at bedtime on an empty stomach. Do not expect it to give you an immediate erection. Think more long term; our customers report a gradual improvement in performance.



[To buy Mood 3 Drops go to GoodVitality.com and search for code 7030](https://www.goodvitality.com/?code=7030)

Video on Erectile Dysfunction



[Goto GoodVitality.com, Health Tips, Erectile Dysfunction](https://www.goodvitality.com/Health%20Tips%20Erectile%20Dysfunction)

CDS Chlorine Dioxide solution

We have been asked numerous times to supply CDS or Chlorine Dioxide Solution by clients and so we are now manufacturing it to the highest standards here in the UK to Jim Humble's original specifications. Sold in 100ml dropper bottles. To find out more about this Google for Jim Humble.

[To buy CDS go to GoodVitality.com and search for code 8050](https://www.goodvitality.com/?code=8050)

