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healthnotes



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Illustration NILA AYE

HIGHLY DESIRABLE

Men seeking help for
impotence or lack of libido
may find help from a South
American plant extract
called muira puama,
or 'potency wood'.

Discovered in the jungle

at the end of the last century by

Dr Jacques Waynberg, a medical sexologist in Paris, the shrub has long been celebrated by the Amazonian Indians for its aphrodisiac powers. In one trial by Dr Waynberg of 2,000 men, all with erectile problems, 63 per cent reported a significant improvement, with no side effects. According to Dr Waynberg, muira puama is suitable for men whose impotence or loss of libido is not caused by severe psychiatric disturbance, drug addiction or organic (physical) disease. Muira puama. £15.99 for 120 vegetarian capsules.

