



## FOK Releases “Raise the Flag with a Vegan Diet” About Sexual Dysfunction

By Forks Over Knives  
January 24 2012

In our video, “Raise the Flag with a Vegan Diet,” Dr. Terry Mason explains that, “Erectile dysfunction is actually the first clinical indicator of generalized cardiovascular disease. It’s the canary in the coal mine.”

Since is a symptom of heart disease, we wanted to make an entertaining but educational video to spread the word that a [whole-food, plant-based diet](#) can improve sexual function much the same way it improves high blood pressure, high cholesterol, and type-2 diabetes.

The video features [Dr. Mason](#), Dr. Caldwell Esselstyn, [Rip Esselstyn](#), [Ruth Heidrich](#), and more!