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 erectile dysfunction 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!