

# Ayurveda AyuVigo

## Essence of Health for Men



Men in the 21st century are being jeopardised by many things and in many ways. Cramped, crowded and stressed by living and working conditions, a deteriorating environment, from the fast paced lifestyle and the many demands of life, our poor dietary habits and lack of exercise are just a few of the assaults on our bodies. Furthermore, modern lifestyle directly transforms a normal person to be over or under weight, losing focus and concentration, daydream, and the worst is losing direction of life due to social dilemma.

Based on a recent survey conducted in United Kingdom, among 2,500 men and women revealed that 76% of men have experienced depression or anxiety in their lives, with 90% admitting to suffering stress in varying degrees every single week. Work or study is the key trigger for mental health problems (blamed by 48% of men), with financial worries the second most common cause (44%). Fast paced living (27%) and relationship problems (25%) come in third and fourth place respectively in terms of the reason for feeling stressed, depressed or down.

There is a common saying that if you are a man, then you have to be strong and tough and cope with whatever life throws at you. But this research proves that for many men, common mental health problems are impacting on their lives. Men could easily succumbed to diseases and illness such as color blindness, flaky scalp, snoring, prostate cancer, hair loss, halitosis, male menopause, migraine, obesity, prostate problem, psoriasis, testicular cancer, male thrush, hernia, STDs, premature ejaculation, difficulty ejaculating, impotence besides the more common heart disease, stroke, diabetes, hypertension, memory loss, colon cancer, fractures, and depression.

Nevertheless, a revolution in healthcare nowadays can help aid and protect men and help ease their pain and suffering. With that, **K-LINK International** is proud to introduce the benefit of Ayurvedic herbs combined with contemporary technique known as **K-LINK AyuVigo**.

Men and women actually require different types of Ayurvedic herbal composition in their tonics since their physiological needs differ from each other. **AyuVigo** is composed of natural herbal ingredients that have great nutritional value. It is an energising and rejuvenating tonic for men. It improves general metabolic activity, ensures normal sleep, promotes health, vigour and a sense of well-being, besides helping to improve resistance against infection.

Below are some of the general benefits of **AyuVigo**:

- Promotes strength and vigor
- Helps in general weakness
- Helps in debility, ageing and stress induced disorders
- Improves resistance against infection

