

ENHANCING LIBIDO NATURALLY

BY DR. MOLLY FORCE, ND



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Whether you are a man or woman, low libido can affect you at any time during your life. You probably know that when it comes to sexual satisfaction, there are a variety of physical, hormonal, and emotional factors that come into play. If you are struggling with low libido or decreased sexual performance, it is important to address the cause of this disturbance.

Common Causes of Low Libido:

* Physical

- o Circulation problems
- o Artery disease
- o Erectile dysfunction
- o Vaginal dryness
- o Iron deficiency (Anemia)
- o Nutritional deficiencies
- o Diabetes

* Hormonal

- o Menopause
- o Andropause
- o Low testosterone
- o Low thyroid function

* Emotional

- o Depression
- o Anxiety
- o Relationship issues

Your symptoms are your body's way of warning you that something is not right or out of balance. When only the symptom is treated and the cause is overlooked, you are ignoring your body's call for help. For example, simply taking a pharmaceutical like Viagra or Cialis for erectile dysfunction (ED), may allow for temporary sexual performance, but it does not address why the man was having ED in the first place. ED could be a warning sign about a stressed cardiovascular system, a sign of diabetes, a hormone imbalance, or perhaps evidence of anxiety or an unaddressed psychological issue. These are examples of very important messages that your body may be trying to send to you.

I will share with you some common natural remedies for enhancing and restoring libido. In doing so, I must remind you that if the cause of your low libido is not addressed, these remedies may not be effective or they may cover up important messages your body is trying to express. Remember, the ultimate questions are- Why is my body expressing low libido? What is it trying to tell me?

Natural Remedies for Libido:

* Nutritional Supplementation

- o L-Arginine is an amino acid that increases blood flow through your vessels which is vital for the proper function of your sex organs.
- o Vitamin E can be used topically in the vaginal area to reduce vaginal dryness.
- o Zinc picolinate can increase testosterone levels, enhancing libido.

* Bio-identical Hormone Replacement

- o These are natural and exact copies of the hormones produced by your body. I prescribe them in my practice as a very effective way to correct menopausal imbalances and restore libido. Synthetic hormone replacement is not as effective in restoring libido and has many concerning side effects.

* Herbal Medicines

- o Ginkgo improves microcirculation, helping with blood flow and low libido.
- o Daminana is an aphrodisiac herb which is said to heighten sexual function.
- o Yohimbe is like a natural form of Viagra, and is therefore contra-indicated for some people.
It is important to use this herb only when directed by a healthcare professional.
- o Ashwaganda helps soothe the nervous system and adrenal glands.

* Homeopathy

- o Homeopathic remedies are individually selected for you and matched to your unique constitution.

The true gift of Naturopathic medicine is taking your health further than symptom management. When you identify and address the cause, you not only feel better, your health outcomes are better. As always, I am happy to answer any questions you have and help you optimize your health. Make an appointment by calling Prosper Natural Health at (360)385-5375 to discuss your journey to greater health.

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