

Chris Kilham, *Medicine Hunter*



Explorer/Writer/Teacher/Businessman

Chris Kilham is an Explorer-In-Residence at University of Massachusetts-Amherst, where he graduated in 1975 with a degree in Mind-Body Disciplines, a curriculum the university allowed him to design himself. This will tell you the most important thing one needs to know about Kilham. He's a trailblazer.

He's been called everything from "the herbal Indiana Jones" to "the medicine hunter," and his travels have taken him all over the earth, in search of plants that can be used to improve the quality of life. His expeditions have taken him to India, China, Siberia, Brazil, Venezuela, Peru, Lebanon, Syria, Ghana, Austria, and the US. He swam with piranhas, walked on fire, ate fried scorpion and drank snake liquor.

The Boston native was a marketing director for the Bread & Circus health food chain of stores. In 1995, after noting that 40% of pharmaceuticals currently in use come from plants, and that some plants used in that capacity are making a significant difference in the lives of many, he convinced a New Jersey-based herbal company to send him to the islands of Vanuatu. This would be followed by several more trips for several more companies, resulting in the development and popularity of many traditional plant-based food and medicinal products, including maca, horny goat weed, catuaba, tamanu oil, herbal beverages and dozens more.

Kilham is the author of twelve books, including *Tales from the Medicine Trail*, *Psyche Delicacies*, *In Search Of the New Age*, *Awakening Kundalini* and the newly published *Hot Plants!* He's also a frequent contributor to *Prevention* magazine.

He's been featured on ABC's "20/20" and NPR's "The Savvy Traveler," as well as in the pages of *The Boston Herald*, *The New York Times*, *The Wall Street Journal* and *USA Today*. He also spent several years as a radio host, in and around the Boston area.

Ask the Doctor and Ask the Medicine Hunter publications are available on the Internet at: www.ATDonline.org

Improving Sexual Performance Naturally

Sex. It's everywhere. It's on TV (a lot!). It's in the books we read and the movies we watch. Even the radio seems a veritable hot bed of sex. (What would hard rock, soft jazz, or Motown classics be without songs about sex?) Magazines are full of sex and it's not just the "naughty" ones with glossy centerfolds. From *Sports Illustrated*® to *Good Housekeeping*®, sex makes for titillating headlines and cover stories. In fact, 21st Century America seems to be awash in sex, except where it counts—in the bedrooms and love lives of married Americans.¹

No one really knows for sure how many of the 113 million married Americans are living as couples with DINS (dual income, no sex). Estimates range from 15 to 50 percent. Even couples who have sex fairly often feel like they're not having enough sex or that it's not as enjoyable as it was in the past, or both. And while women are stereotyped as the sex refusers and avoiders, surveys show that both women and men decline spousal advances fairly equally.²

What's really interesting about this lack of sexual activity in America, is that the very same thing is happening to husbands and wives residing in Paris and London, as well as Lisbon and Madrid. Research has shown that married couples who reside within Western civilized countries are much more likely to have unhappy sex lives than their counterparts living elsewhere in the world. That's because the married couples residing in the rainforests of Brazil, the streets of Beijing, and the mountains of Tibet have access to powerful plant medicines that keep their sexual relationships healthy and happy. In fact, in China and India alone, **over one billion** men and women routinely incorporate plant medicines for healthy and satisfying sex.^{1,2}

As a medicine hunter, I have discovered effective plants and herbs all over the planet that really do improve orgasms in women and erections in men. Now it's your turn. I'm going to teach you how to enhance your sexuality and introduce you to an entire arsenal of libido lifting plants to help make sex fun, vibrant, and satisfying for both you and your partner.

Q. These plants sound too good to be true. Do they really work?

A. Yes, they do. Part of their success is their ability to work with your body's innate mechanisms for healthy sex. Good sex is much more than just stimulated body parts. But it's a good place to start!

A man needs an erect penis that remains firm past foreplay and on into intercourse. He also needs to sustain that erection and experience forceful and pleasurable ejaculation when he and his partner are both ready for his orgasm. A woman needs to feel desire and feel **desired** for her nipples to be aroused, her clitoris stimulated, and her vagina lubricated—the basics leading to her orgasm.³

Plants that enhance sex can help men and women obtain these bare necessities of sex. And unlike other supplements, you'll know if the medicinal plant you've

purchased is actually doing what it promised to do. You can't really tell if the calcium supplement you take each day is making your bones stronger. But you *will* be able to tell pretty soon if Catuaba, for example, is increasing your sexual desire.

Q. Night after night, my husband falls asleep on the sofa. And the honest to goodness truth is that I'm too tired for sex, too. I love my husband and once upon a time I loved sex. But my job, the kids, those never-ending errands, and trying to keep up with the laundry is too exhausting. Is there a plant that can rev us up?

A. Many women are in the same sexless boat you're sailing around in and they don't like it any more than you do. In fact, women all over the world put their family's needs before their own, leading to some very tired moms and wives.¹

Life's demands can also impair sexual performance in men. Work stressors, family demands, and home maintenance result in fatigue and lack of energy. Men find that they have no energy left to devote to sex at the end of the day.¹

But, over 80 percent of married couples in the world have at their disposal a health care system that integrates sex into their personal health and well being. For centuries, millennia actually, practitioners of traditional medicine have prescribed Maca and Rhodiola to reduce "sexual fatigue" in women and men who are just too tired to make love.

Sex Enhancing Plants For Men and Women	How They Work
Maca (<i>Lepidium meyenii</i>)	For the past several years in Peru, where the Maca plant grows, physicians have prescribed extracts from this plant to men with low libido and diminished erectile function, with excellent results. Recently researchers studying Maca have discovered two compounds they think are responsible for improved sexual stamina, namely the macamides and macaenes. It is these same compounds that help men and women obtain more frequent and more powerful orgasms. ⁴
Rhodiola Rosea	<p>This hardy plant grows high in the mountains of Europe and Asia, enduring cold and snow and lack of sunlight for much of the year. Hoping to gain some of Rhodiola's energy and stamina for themselves, early Siberians used extracts of the plants to boost strength and stamina. Not only did they have more energy, they discovered they had more sexual stamina, too.⁵</p> <p>Rhodiola is an <i>adaptogen</i>, a plant that helps us adapt to changes in life and the stresses of everyday life.⁵⁻⁸ When we're stressed, our bodies shift into high gear causing a cascade of hormones to prevent and reduce harm. In cases of trauma (like a car accident or surgery) or simply nature at work (such as childbirth), these hormones are necessary. However, when we experience stress that's caused by work (your boss), or family (your teen-aged children), or personal struggles (your weight), this hormonal cascade can do more harm than good – causing fatigue, added weight gain, poor metabolism, and impaired sexual function.⁹</p> <p>Rhodiola helps make sure the hormonal cascade occurs when it's needed, to protect our health, not harm it.⁵ The result is better energy, better vitality, and better sex!</p>

Q. Since I had a baby four months ago, I have no desire for sex. This is making my husband pretty frustrated and me too, actually. I'd love to want sex again.

A. A married woman with a baby and a toddler or two can feel that her body isn't really hers. So much for feeling sexy! While this fact can be a source of great pride and joy, it can also drain desire.³

As women enter perimenopause – those years where they are still menstruating despite fluctuating estrogen levels – they often have no desire for sex. Since estrogen is the engine that drives women's reproductive function, when it starts to go, sex goes too. Women who have reached menopause may find their minds wandering during sex. Pondering the car's need for an oil change or if the milk in the refrigerator has reached its expiration date makes for pretty blah sex. It also makes it nearly impossible to achieve orgasm.¹⁰

Once more, traditional medicine has some answers:

Sex Plants For Women	How They Work
Ashwagandha (<i>Withania somnifera</i>)	Just like Rhodiola, Ashwagandha is an adaptogen, possessing powerful sex-enhancing powers. And just like Rhodiola, Ashwagandha has been helping women boost their desire for sex. Long considered India's most potent sex-enhancing plant, the country's women have used Ashwagandha for years to rev up their sex drives. ^{11,13}
Catuaba (<i>Erythroxylum catuaba</i>)	Catuaba is a tree that grows in the dense, lush Brazilian Amazon, the largest tropical rainforest on Earth. For hundreds and hundreds of years, tribal peoples have used Catuaba bark to stimulate sexual desire. According to folk legend, the Tupi Indians discovered Catuaba bark's sex-enhancing effects and passed the knowledge on to other rainforest tribes. Today, Catuaba is used worldwide by women desiring passionate sex. ^{14,15}
Eleuthero (<i>Eleutherococcus senticosus</i>) extract	Sometimes called Siberian ginseng, Eleuthero is actually not a ginseng at all, only a distant cousin. This leafy shrub is native to Eastern Russia and the mountains of China and has been used by tribal peoples for over 2,000 years to eliminate sexual fatigue. Eleuthero is another adaptogen, invigorating sexual function and restoring balance to all body functions. ^{16,17}

Q. My husband has a desire for sex, but sometimes it's not enough. Even if we're both in the mood, he can't maintain his erection very long. It's very frustrating for us both.

A. For men it's often their equipment that lets them down. As men age, they find they can't get an erection hard enough or

keep an erection long enough to satisfy their partners and themselves.

While women can fake an orgasm if they're tired, men have to perform every single time they have sex. Luckily, Mother Nature can help:

Q. There are hundreds of supplements that claim to make men hard and women weak with desire. I've tried some of these, and they don't do anything. Why should I believe that the herbs and plant medicines you have discovered are any better?

A. There are a lot of "snake oil" companies out there pitching products that promise to improve our sex lives but do absolutely nothing. One reason for this glut of useless supplements is simple demand. Men and women trying to make their sex lives better, are willing to give most products the benefit of the doubt and buy one or two. Sex sells – and even products that are purchased one time only will make big profits.

To get the most for your money, make sure the sexual supplement you are considering is from a well-respected manufacturer. Ask store staff, surf the Internet, and do some searching for the best nutraceutical companies. Make sure the herbs are standardized and that the extracts are concentrated for optimal benefit.

Q. Are these sex-enhancing plants safe?

A. Despite years of use by practitioners of traditional medicine, significant adverse effects have not been reported for most sex-enhancing plants. However, men who have already been diagnosed with certain health conditions such as high blood pressure, thyroid disease, prostate problems, or other illnesses should use caution when selecting any health supplement. The same advice applies to women, especially women who are pregnant or nursing. And always remember to keep your doctor informed about the supplements you are using, especially if you are also taking prescription drugs. But the sex-enhancing plants have been traveling on planet Earth for a long, long time. And hopefully they'll be here for a lot longer, continuing to work effectively and go about their business of safely improving orgasms and erections and making sex great for men and women all over the world.

Q. OK, exactly how did early native healers figure out which plants improve sex? Was it just simple trial and error?

A. It does seem pretty remarkable that tribal peoples have discovered the right plants to treat diseases and improve health without modern day scientific advances.

From my many years as a "medicine hunter" in rainforests and grasslands and marshes and mountains, I've learned that healing plants exist for virtually every health need. It's up to the medicine man or woman to put the plant into practice. These healers have been able to do this successfully for thousands of people, by intensively studying and working with the plants. By putting themselves into the plant's world, becoming part of the world around them, native healers have intuitively discovered which plant helps which disease. It wasn't mere luck that brought all those plants and all those healers together. It was the natural and spiritual connection existing between the two.

Q. Are there other "natural" remedies we can use to improve our sex lives?

A. The easiest way to naturally enhance your sex life is to practice, practice, practice! Because if you don't use it, you might lose it. Studies have shown that couples in the Amazon rainforest as well as couples in the concrete jungle of New York City have better sex lives if they make sex a priority. All the sex-enhancing plants in the world are useless if the men and women taking them don't put them to the test.¹

Men who smoke need to quit. Research has shown that cigarettes send men's sex lives up in smoke. Men who smoke more than 20 cigarettes daily have a 60 percent higher risk of erectile dysfunction compared to men who never smoked. That's because smoking decreases blood flow making it difficult for men to obtain an erection.²⁶

And finally, since sex is a visual and tactile endeavor, there are quite natural and creative ways to give it a boost. Visually stimulating images can arouse even the tiredest of the tired. *Premiere Magazine* recently compiled a list of the most erotic movie sex scenes ever.²⁷ You don't have to feel embarrassed when renting these movies (as you might with pornography) at the video store and they are guaranteed to light up your life:

1. Diane Lane and Oliver Martinez making love in UNFAITHFUL (2002)
2. Hilary Swank pleasuring Chloe Sevigny in BOYS DON'T CRY (1999)
3. Brad Pitt and Claire Forlani making love in MEET JOE BLACK (1998)

Sex Plants For Men	How They Work
Horny Goat Weed <i>(Epimedium species)</i>	This aptly named sex plant has been in use for over two thousand years, restoring sexual fire, treating impotence, and increasing production of semen. The green leaves of Horny Goat Weed are filled with numerous natural compounds, responsible for these sexual effects. Research shows that horny goat weed has activities very similar to the androgens, sex hormones that stimulate desire in men. ¹⁸
Yohimbe <i>(Pausinystalia yohimbe)</i>	Yohimbe is nature's Viagra – it helps men attain firm erections. Not surprisingly, Yohimbe has been used for a long time as a folk medicine aphrodisiac. The bark contains Yohimbine, a compound known to stimulate engorged vessels within the penis and nerves of the lower spine. It's no wonder Yohimbe has the well-deserved reputation as a superior sexual stimulant. ¹⁹⁻²²
Panax ginseng	One of the most highly regarded plants in traditional Chinese medicine, Ginseng stimulates the central nervous system, invigorates the brain, increases resistance to stress and fatigue, and sharpens the mind. Ginseng is also used by millions of men to enhance libido and sexual vitality. In an erectile dysfunction study, men who took Ginseng had a 42% improvement in erectile function compared to placebo. Researchers theorize that ginseng increases nitric oxide in the penis, dilating the vessels of the corpus cavernosum – the very same mechanism that makes Viagra work. ^{23,24}

4. Leonardo DiCaprio drawing Kate Winslet in the nude in *TITANIC* (1997)
5. Sharon Stone uncrossing her legs while she is being interrogated in a room full of men in *BASIC INSTINCT* (1992)
6. Patrick Swayze and Demi Moore in the pottery scene early on in *GHOST* (1990)
7. Michael Douglas and Glenn Close having sex in an elevator in *FATAL ATTRACTION* (1987)
8. Mickey Rourke caressing Kim Basinger's body with an ice cube in *9 1/2 WEEKS* (1986)
9. William Hurt and Kathleen Turner having sex in *BODY HEAT* (1981)
10. Julie Christie and Donald Sutherland making love in *DON'T LOOK NOW* (1973)

11. Rita Hayworth flipping back her hair and singing "Put The Blame on Mame" in *GILDA* (1946)

One Important Last Point

Sex *always* has consequences. And improving your sex life does not eliminate the requirement to practice it responsibly. Sexually transmitted diseases, hepatitis, and HIV/AIDS must be prevented, pregnancy must be considered and consent between partners must exist.

Conclusion

Sexual activity keeps us connected—both tangibly and spiritually to our heart's desire. It helps us feel secure and well loved and adds to our self esteem. In other words, good sex is important to good life.

But all of us need a little help now and then. Sex-enhancing plants that have been used for thousands of years by millions of people provide that help. You can have actual sexual healing with effective sexual supplements and maybe find out what you've been missing.

After all, 80 percent of the world's married couples can't be wrong!



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