

OVERCOMING LOW SEX DRIVE: NUTRITIONAL, MEDICAL AND HERBAL APPROACHES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. OVERCOMING LOW SEX DRIVE is packed with all the evidence-based advice you need to resolve your symptoms. Dr Sarah Brewer explains how your sex drive is controlled, and the many reasons why it can fail. As well as describing all the research behind herbal medicines, aphrodisiacs, vitamins, minerals and amino acid supplements, she gives an overview of pheromones, aromatherapy and hormonal treatments. Follow one of her twelve plans - five for men and seven for women - to help boost your low libido, whatever the underlying cause. Expect to notice a difference within just a few weeks. SEX DRIVE ESSENTIALS: What is a low sex drive? How is sex drive controlled? Why sex drive often fails. NUTRITIONAL APPROACHES: Should you go organic? Benefit from soy isoflavones, key vitamins and minerals plus l-arginine and co-enzyme Q10. Aphrodisiacs and how they may work. HERBAL MEDICINES: An overview of the scientific evidence for the most effective prosexual herbs, including Agnus castus, Ashwagandha, Bee Pollen, Black Cohosh, Catuaba, Damiana, Dong Quai, Fo-Ti, Garlic, Ginger, Ginkgo, Gotu Kola, Guarana, Horny Goat Weed, Korean Ginseng, Maca, Milk Thistle, Muira Puama, Pfaffia, Red Clover, Reishi, Rhodiola, Royal Jelly, Sarsaparilla, Saw Palmetto, Schisandra, Siberian Ginseng, St John s Wort, Tribulus Terrestris, Wild Yam and Yerba Mate. AROMATHERAPY: Why smell and pheromones are so important for sex drive. Discover how to give a sensual massage, using the most effective prosexual aromatherapy oil blends. MEDICAL TREATMENTS: How female menopause and male testosterone deficiency syndrome are diagnosed and treated. Hormone Replacement Therapy with testosterone, oestrogen, progesterone, tibolone or DHEA. How Sex Therapy and Counselling can help. SELF HELP PLANS: Follow a 12 week plan designed for you, whether you are...



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