

10 FREE WAYS TO NATURALLY ENHANCE FEMALE LIBIDO

It is a popular belief that sex is intended to be the ultimate pleasure and connection between a husband and wife. Here and now in the 21st century, however, aspects of our more complex lives can often take away from that pleasure and lessen a woman's libido, or sex drive as it is more commonly referred to. For many women, sex was once a source of incomparable physical bliss and the perfect manifestation of their intimacy. Now, to their dismay, it has become mundane and far from fulfilling.

A decline in a woman's ability to become aroused and/or experience sexual responsiveness can come from any number of factors. Hormonal alterations and imbalances occur in a woman's body as she ages and each woman's unique genetic makeup makes this factor a very personal one for each individual. Any type of "magic bullet" formulation that promises to address these deficiencies may well be insufficient based on your particular physiology. More common is women falling victim to issues of low self-esteem, depression, relationship issues and the understandable stresses of being a wife, mother and house maker/ career woman all at the same time. Quite plainly, being "all there" for both yourself and your partner is a much taller order than it used to be for previous generations of women.

Every woman deserves to be fully satisfied with her sex life, and to that end a number of libido enhancement supplements have popped up on the market in the last few years. It is wholly understandable though, that some women may not be comfortable purchasing these products, trusting their constituents, or having them in the home. If you are one of them, there are a number of natural approaches you can take to enhance your sexual pleasure and they won't cost you a dime. Take a look and consider each of them – after all, you're worth it!

1. KEGEL EXERCISES

Childbirth, aging and a sedentary lifestyle can lead to weakening of the muscles that control the responsiveness of a woman's vagina. The result is less stimulation and responsiveness to the insertion of the man's penis, more of a "vacuous" feeling that may make the woman feel she is more accommodating her partner rather than receiving mutual pleasure.

Kegel exercises are named after Dr. Arnold Kegel, a gynaecologist who discovered that repeated contraction and relaxing of the muscles of the pelvic floor can strengthen the walls of a woman's vagina and improve her sexual responsiveness. Learning to perform a kegel is easy; the next time you're using the bathroom, force yourself to stop your urination in mid-stream. There you go, you've done a kegel.

Practice this movement and once comfortable with it, perform three sets of 20 kegels every second day. With persistence, you should find that your vaginal walls are much more “in touch” with sexual intercourse and your responsiveness will be upped as a result. And while you’re at it, don’t be hesitant to share the technique with your husband – kegels can increase a man’s ejaculatory control, meaning he’ll be able to keep the show going and provide longer enjoyment in your renewed vagina!

2. PAYING CLOSER ATTENTION TO YOUR DIET

There is a concrete link between nutrition and sexuality, and researchers have long known there is a correlation between a sufficient intake of zinc and vitamin B and a healthy libido. Eating a healthy and varied diet full of fruits and vegetables is essential for every human, but women who are lacking in the sex drive department should consider incorporating more of the following foods into their diet:

- Avocados
- Bananas
- Celery
- Raw Oysters (special mention as they’ve LONG been regarded as a powerful aphrodisiac)
- Asparagus (a Vitamin B mega-source and considerable source of zinc as well)
- Figs
- Almonds (Testosterone, the male hormone that gives men their high sex drives, can also give a jolt to a woman’s libido. Almonds are an excellent source of the monounsaturated fats that can raise a women’s testosterone level without promoting male qualities)
- Eggs (an excellent source of acetylcholine, which helps regulate mood - no one’s going to be up for sex if they’re feeling down and that is particularly true of women)
- Brown rice (a much better choice than white rice, which is converted more easily from a starch to glucose and lead to mental health mis-adjustments and weight gain)

And here’s another that’s a no-brainer but may be overlooked by many women – DRINK MORE WATER! The 8 glasses a day everyone is recommended to drink will keep you hydrated, flush out toxins that can affect mood and sexuality, promote weight loss and keep you looking good for both yourself and your partner.

3. NATURAL STIMULANTS

Power to those of you who are leery of using synthetically created supplements for any physiological aim, including revamping your sex drive. We all have every reason to be sceptical of just what goes into them and whether or not they are effective at all. There are, however, a number of natural stimulants that have been purported to energize your libido. Now of course it would be foolish to rush out and ingest all of them at once, but

why not take a look at each of them, do your own research, and see if one or more of them might increase your thirst for sexual gratification? They include:

- Chocolate - An age old aphrodisiac for women. Women's brains are particularly receptive to the mood-improving constituents in the cacao. A happier woman is one more likely to crave sexual relations with her partner and be more satisfied within them.
- Black Liquorice – No misprint here. Black Liquorice contains glychrrizin, a sucrose which acts like sugar but is more effective in reducing the effects of cortisol, the stress hormone that often robs women of a large part of their sex drives.
- Gingko Biloba - Renowned for improving circulation around the vulva and particularly the clitoris, the very seat of female sexual stimulation. Also known for naturally increasing lubrication and lessening inherent vaginal dryness
- L-Arginine – An amino acid supplement that offers the same benefits as those listed for Gingko Biloba (increased blood circulation to the clitoris and vulva and enhanced lubrication) but some believe it is more directly and quickly effective.
- Tribulus Terrestris (Gokshura Herb) – Stimulates the manufacture of the Luteinizing hormone, one responsible for virility and sex drive in both genders.
- Damiana Leaf – Again, similar to Gingko Biloba and L-Arginine, but is reported to hypercharge clitoral sensitivity.

4. EXERCISE

This may seem like an obvious one as a woman's sex drive is connected to her sexuality, which in turn is regulated by how she feels about her body. But there is more to it than that, as regular vigorous exercise promotes the release endorphins, the "feel good" hormones, from your brain which bring up your mood, vitality and yes, sex drive. Getting your heart rate up for a period of time, even if it's just taking in a brisk walk for 30-40 minutes 3 or 4 times a week, also stimulates the production of BDNF, or brain-derived neurotropic factor. BDNF is quite literally fertilizer for your mind and body, and one of the things it does is re-energize your body's sex drive.

Now to be certain there are going to be some of you for whom vigorous physical exercise is an impossibility due to age, injury or another factor. If that's the case, apply yourself to the other tips listed here instead. For those of you who are up to exercising, it has been revealed that running or speed walking is best. It promotes greater sexual health and improves circulation in the lower body, which in turn means more efficient blood flow to the genital area for women.

Regular exercise paired with the aforementioned kegel exercises can make a real difference in a woman's ability to participate in and enjoy sexual relations, and enjoying sex means you're more likely to crave it. Welcome to your new and improved libido!

5. RELAXATION EXERCISES

It cannot be underestimated just how much being “wound up” and “frazzled” can take away from a woman’s sex drive. We live in a world where women increasingly face the same family, career and personal challenges that men do. Long gone are the days when a woman’s exclusive responsibility was caring for her family and the home. With these pressures comes stress, and stress is a formidable enemy to your libido. Men have heaps of testosterone coursing through their veins to keep their sex drive strong throughout the stresses of everyday life. Women don’t have that hormonal buffer, and are susceptible to large libido dips when life becomes overbearing. Accordingly, the fairer sex is much more in need of techniques that can help them unwind and open themselves up to sensually rewarding possibilities. Here are a few that, practiced regularly, may make you more open to intimacy with your man and help you enjoy it more:

- **Massage** – Truly an old faithful when it comes to both working out the tensions that may steal your libido and connecting more deeply with your partner. And we’re not just talking about those token backrubs. Massage is an excellent opportunity to develop a deeper understanding of you and your partner’s “hot spots” across your bodies that can, when worked properly, heighten your sensuality and put you more in the mood for sex. Massage is particularly effective when paired with a little bit of “setting the mood.” Try to create an environment where you’re both truly at ease; music, scents, lighting – whatever works for you.
- **Hot Baths** – Also a staple for washing away the stresses that may be making you too anxious to immerse yourself in lovemaking. For example, on a particular night when everything is in place for you and your partner to have an intimate moment (kids are out, no engagements, etc.), try slipping away for an extended soak in a hot bath. Make it complete with bubbles, fragrances and any other touches that you know will help clear your mind of worries and let you focus on being in touch with you inner-self. Your libido and your sexuality are sure to benefit from it.
- **Sensual Oils and Aromatherapy** – The use of sensual oils and aromatherapy can be incorporated on their own or as part of the preceding two suggestions. There are a number of massage oil products on the market that mimic pheromones, the hormonal scents that are excreted by both men and women to promote sexual attraction. Finding the one(s) that work best for you is very much a matter of personal preference. Your best bet is to visit a reputable aromatherapy or sex shop and ask for advice. Many of them will happily offer you a small tester to try out at home.
- **Meditation** – Meditative practitioners are all too happy to share the belief that centering your qi (chi) through meditation offers a whole host of mental and physical benefits to the individual. An increased sense of being in touch with your sexuality is one of them, and achieving this will almost certainly maximize your libido. Now whether or not you believe in the benefits of meditation is up to you, but it is worth a try if you are sincere in your wish to revitalize your sex drive and your ability to enjoy sex. If you’re hesitant to invest in a session or a home DVD there are a number of instructional videos on YouTube that you can try out for

free. Search “meditation for sexuality libido sex drive” and you’re sure to have a few useful ones returned in your search results.

6. SCHEDULING TIME FOR YOURSELVES

Many couples are uncomfortable with the idea of scheduling time for intimacy. The complaint that “it takes away the spontaneity of it” is fair enough, but it’s a fact that in our hectic 21st century lives it is often hard for a woman to simply flip the switch, if you will, when her man is trying to initiate intimacy. Again, men have a bank of testosterone in them that allows them to get into the mood at a moment’s notice – women do not.

Scheduling time for yourselves can be a real benefit for your libido and your ability to enjoy sex more because, quite simply, it allows you to prepare yourself with some or all of the tips listed above. You’ll be coming into the moment more at ease and aware of what’s in store for you and it is nearly impossible not to be more ready to partake in sex and enjoy it more fully. Don’t be surprised if your partner comes to the bedroom with more energy and creativity as well, and that will also bode well for your satisfaction. Lastly, the increased enjoyment and “in the moment” sensations you will likely feel as a result of being prepared for intimacy will have a long-term effect in brightening your view of your sex life.

As much as you may be concerned about “sterilizing” your sex life with this idea, do give it some serious thought. You may well be glad you did.

7. FANTASY / ROLE PLAY

Now some of you may be already balking at this suggestion as well. Fact is, however, fantasy and role play can add a very welcome spice to a couple’s love life. And it doesn’t exclusively involve the stereotypical pool boy or pizza delivery guy scenarios. The key to effective role play in your sex life is first communicating your desires honestly and plainly to your partner. If you believe it would help you recover some of your libido, state that clearly to your partner. If he genuinely cares about your being sexually satisfied, he’ll very likely oblige and partake in your role playing. It goes without saying that this boundary stretching in your love life is best undertaken by couples in established, long-term relationships. That’s not to say fresher couples can’t try it, but the suggestion of it is more likely to be unfavourably received by your partner.

Fantasy is an entirely different game. You are free to imagine your partner and your lovemaking environment in any manner you choose, and many women have reported that occasionally fantasizing during and/or leading up to sex has allowed them to participate more fully and receive greater enjoyment. The key here is “occasionally” – abusing fantasy can lead to a very dangerous disconnection from your partner and can threaten the solidity of your relationship. But hey, if you happen to be struck by an attractive man you pass during the day, go ahead and fantasize about him while

lovemaking with your partner. Just don't make a habit of it. It's a known fact that happily married men do it and it doesn't mean they care about their wife any less – so why shouldn't you? Women at any stage of a relationship can use fantasy to energize their libidos.

8. MASTURBATION

Thankfully, we are long removed from the days when masturbation was seen as a deviant act that only depraved individuals would engage in. Today, masturbation is widely regarded as a perfectly acceptable means of sexual self-gratification as well as being a way for women to become more in touch with their vaginal region. If you're at all uneasy at the thought of doing so, please – for your own sake – throw those inhibitions right out the window. Every woman should be doing anything and everything she can to maximize her enjoyment of sex and masturbation can lead to a greater understanding of what works for you in bed. You may finally be able to communicate to your partner how you like to be touched, what kind of foreplay is best for you, and direct him into positions that maximize your sensations.

In response to the loosening of social stigmas towards women's sexual independence, sex shops that cater exclusively to women are popping up all across North America. If you'd like to know more about products that can aid in your sexual self-discovery, visit one. The staff is ALWAYS all females to prevent any discomfort on your part and they'll be matter-of-fact in answering all of your questions.

Truth is, women should be frequently "playing" with themselves in their teenage years the same way the boys do. You can be sure your husband or partner was very proactive in this regard in his youth, and it's never too late for any woman to start.

9. PORNOGRAPHY

Much like the previous tip, pornography has always had a very negative connotation attached to it. Not so much anymore. It's important to remember that there are different types of pornography. Hard porn is very likely not going to be your cup of tea, but you may find that soft porn is helpful for getting you in the mood for sex and helping you enjoy it more. Compared to hard porn where the focus is exclusively on the sex act, soft porn puts a large part of its emphasis on the feelings and the sexual energy that builds between the two people leading up to sex. For many women, that can stir up similar feelings and inclinations that they can channel towards their husband or partner.

As they say, don't knock it 'till you try it...

It doesn't take much risk on your part to watch some soft porn and see if it does anything for you. If you're not comfortable watching or downloading it online, visit your local video rental store and rent a disc. No one's going to be judging you when you take the DVD up to the counter. Maybe twenty years ago they would have, but not today.

Trust us on this. If it's not to your liking, what have you lost other than a few bucks and some of your time?

10. REGULATING MEDICATION USE

It is a fact that many prescription medications take a heavy toll on a person's libido, and this is true of both men and women. Further, the extent to which they do so is very dependent on the unique physiology of the individual. Before going any further here, it is essential that the following is stated loud and clear:

DO NOT, UNDER ANY CIRCUMSTANCES, DECREASE THE DOSAGE OF ANY MEDICATIONS YOU ARE TAKING WITHOUT CONSULTING WITH YOUR PHYSICIAN.

Often, people begin taking medications at the therapeutic dosage recommended by their physician and continue at that dosage after their symptoms have abated. While that dosage may continue to be necessary, oftentimes it is not and a lower "maintenance" dosage will be sufficient. This is particularly true of anti-depressant, anti-anxiety, and the entire spectrum of mood-altering drugs. If you are taking ANY prescription medication for an extended period time and find your libido is lacking, make an appointment to discuss it with your physician. Again, **do not** make the decision to change or discontinue your dosage on your own.

Diet and lifestyle changes, including incorporating exercise and relaxation, can be paired with a physician's re-evaluation of your pharmaceutical needs to enhance your libido and enjoyment of sex. Lastly, always remember that substance abuse - be it alcohol, nicotine or any illicit drugs - can have a hugely detrimental effect on your libido and your overall health. If this is a concern, you owe it to yourself to be up front about it with your physician.

All of these suggestions are just that – suggestions. You can and should try those that you're comfortable with and those you believe would help you in recovering your libido. Others may not suit you or you can't bring yourself to be so adventurous. That's fine, and you should approach the quest for recharging your sex drive as a long and slow process that's going to require time and a methodical process of discovery. As stated, the reasons for your diminishing sex drive are going to be particular to you as an individual.

It is reasonable to assume, however, that many women out there simply have too much on their plates to rationally embark on such a quest. Many women who lament the loss of their libido are in a juggling act 7 days a week and that can be as true of career women as it is of homemakers, both of whom are handling the rigorous demands of

being a 21st century woman. For them, there's no shame in asking if in fact there is a "magic bullet" product that can return them to some semblance of their former sexual selves. If you are one such woman, don't hesitate to investigate the possibility of a product that may help you in re-discovering your libido. If there's one practical piece of advice that needs to be shared here though, it is that you need to look long and hard at any product you're considering and see that it is natural and has some degree of proven efficacy.

One that does match both those criteria and is receiving acclaim from women across the continent is _____ . It is proven to restore to you some of the healthy libido you enjoyed in years previous and requires nothing more of you than a diligent memory and a glass of water. By supplementing yourself consistently with _____ , you should in a matter of time find yourself with an increased appetite for sex, greater ease of arousal and increased sensitivity and responsiveness. If you've read this far, we imagine that sounds very good to you, and we thus encourage you to visit _____ to learn more about this exciting product.