

His & Hers

Herbs and botanicals for sexual health **By Michele Burkund, ND**

Physical touch and pleasure are some of the best activities to improve the overall health of your body and mind. And these natural aphrodisiacs will enhance desire, improve enjoyment, and boost sensation. Try them alone or with your partner for maximum results.

For Him

In today's medically advanced atmosphere, there are many pharmaceutical options for "improving" men's sexual abilities and health—most of which have undesirable short- or long-term side effects.

It's important to remember that for many of these male sexual issues, natural remedies already exist—ones with fewer known side effects (if any). Check out these potent herbs to stimulate blood flow, increase libido, and improve stamina.

Get the blood flowing with **yohimbe root**: Often called "the natural Viagra," this root is originally from Africa but has made its way around the globe because of its ability to stimulate blood flow. A German study found that yohimbe is superior to placebo for the

treatment of erectile dysfunction, and offers fewer side effects than most oral drugs. The active component, yohimbine, supports the dilation of blood vessels by blocking alpha-2 receptors while causing smooth-muscle relaxation in the penis, which brings more blood flow to the area. Avoid this herb if you're currently taking antidepressants or MAO inhibitors. This herb can be taken in capsule or powder form.

Ignite your passion with **passionflower**: This absolutely stunning flower acquired its

name from its sex-enhancing powers. Passionflower contains a well-known chemical called chrysin, which has shown the potential to increase testosterone and boost sex drive. In fact, a 2012 trial involving male rats published in the *Journal of Andrology* revealed that chrysin increased sperm motility, sperm concentration, and serum testosterone levels compared to the control group. Researchers believe that chrysin's ability to increase testosterone levels is due to its aromatase activity, which decreases the



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It all began when *Shape* magazine introduced the very provocative statement: "When you see a 50-year-old woman who can pass for 35, you can bet that good genes are responsible for her youthful glow." *Allure* magazine added to the excitement when its "Anti-Aging Special" issue highlighted human growth hormone (hGH) as the year-end call-out.

Clearly, the belief that growth hormone therapy may help reduce body fat, increase lean muscle mass, boost mood, heighten sex drive, get rid of wrinkles, tighten saggy skin, and provide plenty of youthful energy has been, for the most part, an "underground" thing for the wealthy. Why? Because as attractive as hGH therapy has become, the high cost of about \$15,000 a year (for monthly injections) limited its benefits to the very rich and famous.

That all changed when an oral compound capable of increasing hGH levels naturally by stimulating the body's own production of growth hormone to more youthful levels was discovered. It's called SeroVital®-high, and this patented formula has been clinically validated

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ing growth hormone am favorite. SeroVital study were exhibited at the Academy of Women's Health's 21st Annual Congress in Washington, DC, the 9th World Congress of Cosmetic Dermatology held in Athens, Greece, and the prestigious Obesity Society's international scientific meeting held in San Antonio, Texas, none other than the United States Patent Office issued not one but **thirteen** patents protecting the SeroVital formula from imitators.*

With all of this, SeroVital became the fastest-selling, most talked about "anti-aging" compound in America. And it's been another great year for SeroVital thanks to all the publicity, the U.S. Patent Office, and most especially to all of you who have used it and generously spread the word about SeroVital. We at SanMedica International™ want to sincerely thank you for contributing to SeroVital's overwhelming success, and to those of you who wish to learn more about this amazing, patented formula and get all the facts, please visit SeroVital.com or call 1-800-506-1504.

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herbal healing

conversion of testosterone to estrogen. It is commonly taken in a capsule form or applied topically as a cream.

powerful herb has been used for centuries to promote sexual health, and has been referenced in the ancient Indian Hindu book, the Kama Sutra, for its ability to increase sexual powers and libido.

The *Journal of Research in Ayurveda* also found ashwagandha, in combination with other Ayurvedic herbs, to be an effective treatment for menopausal symptoms such as hot flashes, poor sleep, and erratic mood. Along with its benefits for sexual wellness, ashwagandha has long been used for antiaging, stress relief, and brain health. It can be taken in capsule form or infused in a tea for an instant boost.

Get sensual with **shatavari**: Commonly used in Ayurvedic medicine to enhance desire and support fertility, this root is an amazing restorative herb for women. In fact, the name "shatavari" is derived from an Indian word meaning

"a woman who has a hundred husbands," due to its nourishing activity on the female organs. The *Journal of Research in Ayurveda* also calls shatavari a potential treatment for PMS, hormone imbalances, and PCOS. In traditional medicine, it is also said to enhance feelings of spiritual love and togetherness with one's surroundings.

Foreplay with **fenugreek**: Fenugreek was a well-known aphrodisiac in Rome, Greece, and Egypt long before making its way to America. This delightful plant has a sweet yet nutty

taste and offers many benefits. It has been used for centuries to decrease menopausal symptoms because of its actions as a phytoestrogen. In fact, a trial published in the *International Journal of Gynecology and Obstetrics* revealed that this spice could be an effective alternative to conventional hormone replacement therapy. Use fenugreek when preparing your favorite Indian dish, brew a fenugreek tea, or take in capsule form.

For Both

A holistic approach to sexual wellness should be multifaceted, combining physical treatments with psychological methods. Try lighting candles, emptying your mind, and engaging with your significant other on an intimate level. Sit facing your partner, look into each other's eyes, and sync your breathing. Embrace these chilly nights as the perfect excuse to cuddle up next to your sweetheart. And the following pleasure-promoting plants can help rekindle your passion and make your love life sizzle.

Damiana: This plant has been documented as far back as the Mayan and Aztec civilizations as a potent aphrodisiac for both men and women. Damiana offers unique benefits because it increases sexual desire while also helping relax the nerves. Traditional medicine has used this leaf for a variety of conditions, including easing anxiety, supporting mood, and stimulating digestion. A 2009 study published by the *Journal of Ethnopharmacology* suggests that the flavonoids present in damiana could be responsible for its prosexual effect. Try

it in a tincture or capsule, or brew the leaves in a tea.

Muiru puama bark: Also known as "potency wood," this formidable bark has long been used by the native people of the Amazon to promote energy, mental clarity, and relaxation. It's also said to help both men and women improve their sex lives.

A study of women who complained of low sex drive found that 65 percent of those who took muira puama in combination with *Ginkgo biloba* reported significant improvement in the frequency of sexual desire, intercourse, fantasies, and total satisfaction with their sex lives. Try it in a standardized tincture or capsule, or infused into a tea.

Shilajit: Abundant in more than 85 minerals, this plant-based resin is found deep in the Himalayan Mountains and treasured by locals for its healing powers. Shilajit is known to rejuvenate both spiritual and sexual energy as well as for its use as a "Qi tonic" in Chinese medicine, due to its ability to enhance vitality.

A recent double-blind, placebo-controlled study of males between the ages of 45 and 55 reported that subjects taking shilajit saw significantly increased free and total testosterone levels compared to those given a placebo. A chemical constituent called fulvic acid in this unique resin has also been extensively studied for its antiaging and restorative properties. Shilajit isn't as well known as other natural aphrodisiacs, but this won't last. It's commonly taken in capsule form.

Get Lucky Stay Lucky...

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did you know...

Passionflower contains a chemical called chrysin, which has shown the potential to increase testosterone.

For Her

According to the *Journal of the American Medical Association*, 43 percent of women aged 18–59 in the United States report some form of sexual difficulty in their lives. But even though these statistics might be alarming, nature offers many remedies for these common issues. These amazing plants will soon have you embracing your inner Aphrodite, the Goddess of Love.

Enhance desire with **ashwagandha**: This wonderful plant is able to elevate libido on many levels due to its adaptogenic properties, which balance hormones and nourish the reproductive system. This

Michèle Burkund, ND, is a practicing physician specializing in holistic health and preventive medicine. When she's not blogging, she's seeing patients, taking photographs, writing books, traveling, and speaking around the globe. Visit healthfashionista.com to learn more about Burkund and read her blogs.