

Not Tonight Honey...

Tips To Regain Your Libido

By Heather Osler, DHMHS, HD, Doctor of Homeopathic Medicine

In our busy-bodying, fast-food-eating, sitting-still-tv-watching society, it's no wonder that so many people are suffering from decreased libido. Fortunately there are several natural ways to get your groove back in time for Valentine's Day!

Eat right and take vitamins. Lack of libido can be due to nutritional deficiency so make sure to include the following:

- Zinc 30mg plus 3mg copper/day (eat raw pumpkin seeds)
- Vit B 50mg 3x/day (eat whole grains, oats)
- Vit E 400iu 2x/day (eat nuts/seeds, wheat germ, eggs, sweet potato)
- Essential Fatty Acids- like flax or fish oil.
- Drink ½ cup carrot juice daily

Bring on the oysters! Foods that are known to spark things up include oysters, organic dark chocolate, anise, basil, arugula, asparagus, and nutmeg,

Herbal teas/tinctures. Herbs like gotu kola, damiana, ginseng and don quai have been proven to increase libido. Do not take if you are on medication of any kind without first consulting your physician.

Aromatherapy oils- A few drops can be added to bathwater or massage oil to stimulate your drive. Try cinnamon, ylang-ylang, rosewood, and patchouli

Also remember to *slow down, rest and relax* so you have enough energy to produce sufficient hormones, *exercise* to improve circulation and make you feels better about your body, and if you have kids...*get a babysitter* once or twice per month to have some one on one time!

What If There's A Deeper Problem?

If these simple measures are not enough, there may be an underlying problem like poor circulation due to arteriosclerosis, hormone imbalance like estrogen or testosterone deficiency, or depression.

Whether the cause is psychological or physical, the root of the problem can be removed through personalized homeopathic treatment and nutritional counselling. Do not be embarrassed to seek help- you'll be so happy you did!

Heather Osler, HD is a classical homeopath and director of the Bloor West Homeopathic and Wellness Clinic.

To book an appointment for homeopathic or nutritional services, please call 416-588-0400 or email info@bloorwestwellness.com