

February 2011

# HomeCures

## *That Work*

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## 10 Exercises for Better Sex

Boost your bedroom skills by adding these moves to your exercise routine

Foods That Boost Sexual Performance In Both Males and Females

Impotence: 3 Men Fix Problems in the Bedroom

Helen Mirren And The Sexy Art Of Aging



**GRANDMA'S CURE CORNER**  
**SEXY GRANDMA: SIZZLE OVER 60**

# Home Cures That Work

## February 2011 – Sex

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# Impotence: 3 Men Fix Problems in the Bedroom

By Dr. Scott Saunders

**J**osh is over 70 and has a wife twenty years younger. He first came in to the office because of diabetes, but after several visits he admitted he could no longer have a sexual relationship with his wife. “I’m impotent,” he stated in his matter-of-fact way. We discussed his problem at length and found that he just couldn’t maintain an erection.

A sexual relationship is more than just for reproduction. It represents and acknowledges the intimacy and commitment between a husband and wife so it is an ongoing part of a healthy relationship. In the past, it was considered “normal” to become impotent (a lot of folks don’t like that word, which means “not powerful,” so the doctors now have a new term: “erectile dysfunction”) with age and nobody thought treatment would be an option. However, since the marketing of the drug Viagra there is a lot more attention paid to this problem.

Josh was on multiple medications for diabetes, heart disease, and hypertension. All of these medications can lead to erectile dysfunction, so we started him on a diet and exercise program to normalize his numbers and be able to go off of the medications. Within one year, he was off of all medications and his blood sugar and blood pressure were controlled – and he regained normal sexual function! In this kind of case, the home cure works better than the prescription drugs, such as Viagra.

Erectile dysfunction is a symptom of vascular disease in other areas of the body. If the penile blood vessels don’t work properly, then your arteries will be having trouble in other areas – like the heart and brain. The process of fixing the erectile dysfunction will also correct atherosclerosis (hardening of the arteries) in the rest of the body. It’s a win-win!



The other issue with Josh was his medications. The first thing I do when a man comes in with this problem is to look at any prescription drugs he may be taking; erectile dysfunction is a common side-effect. In such a case, it would be best to work with a doctor who knows how to help you get off the medication, rather than adding another one. As you add medications, you multiply their inherent risks.

Very often the first thing men ask about when dealing with impotence is their testosterone levels. It was postulated that since there was a correlation between the decline in testosterone and the decline in erectile function over time that replacing testosterone would fix erectile dysfunction. This, however, has not turned-out to be the case. The rarest of the known causes of impotence is low testosterone. It seems that some men will have an immediate effect from a dose of testosterone, but further treatment doesn't prolong that initial benefit. As with all hormones, enough is enough, and more is not better.



The most important way you can improve your testosterone is by not allowing it to become estrogen. As men gain fat in their abdomen they make more of an enzyme, called aromatase, which converts testosterone into estrogen. Many men make the mistake of taking testosterone supplements before addressing this problem, and just end up with more estrogen. It's the "belly fat" that contains this enzyme, so it's important to lose this first. The best way to lose abdominal fat is to decrease insulin levels.

Insulin is released from the pancreas whenever we eat sugars and starches. Another almost unknown secret is that you have taste buds in your intestines that affect insulin production, so even the taste of sweet increases insulin. Therefore, avoid all sweets, even "natural" or artificial sweeteners. A diet high in fiber is best – the more the better. Most Americans don't even get the minimum 20 grams of fiber, much less the recommended 30 to 40 grams. Lower insulin levels will decrease the "belly fat" and improve your testosterone-estrogen ratio without any supplementation.

Another instructive case for me is Jose. Jose is in his thirties and has been married for over ten years. We discussed at length his problem of being unable to have sex with his wife, but we found no problems. He had no diseases, and was on no medications. His relationship was OK and he hadn't had any affairs. He wasn't taking street drugs (alcohol and marijuana cause

both impotence and a lack of libido). Then I asked him about pornography and he admitted to staying up all night looking at pictures of women on the internet. We came to the conclusion that the fantasies he was generating were better than the real thing – to him. He went to a counselor to help him with his addiction.

With the advent of modern technology people have nearly unlimited access to all sorts of pornographic materials. Most aren't aware of how destructive this can be to a marriage until it's too late. A real woman can't compete with a fantasy, and the relationship suffers. Jose was able to save his marriage because he sought help.

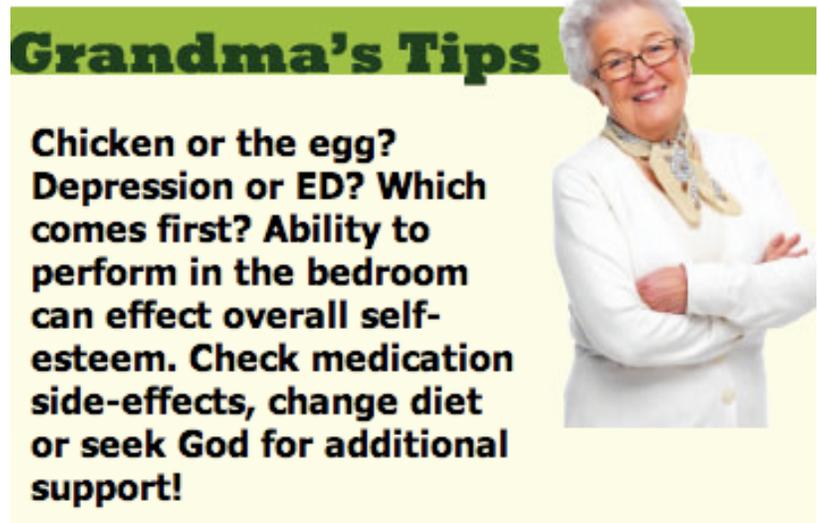
Depression is also a cause of lack of libido. Men who are depressed find no pleasure in a sexual relationship and often have impotence as a result. It is important to address the causes of depression first, and the erectile dysfunction will resolve on its own.

Sometimes we don't find the cause of erectile dysfunction. Ralph was in his late seventies and married for over fifty years. He was fit and strong because he worked-out regularly and was very active. He ate healthy meals, was not overweight, had no detectable heart or vascular disease, and was on no medications. His testosterone levels were in the low-normal range. We gave him a trial of testosterone for three months, but it didn't help. We ended-up putting him on a regimen of several supplements that improved his function, and his life.

Some supplements for erectile dysfunction:

**ZMA** – A patented zinc, magnesium and amino acid supplement that is thought to increase the available testosterone. Take as directed. It's a good supplement for men generally because most American men have both zinc and magnesium deficiencies.

**L-arginine** – An amino acid that increases the NO (nitric oxide) that relaxes the blood vessels and allows erection. Take 1 to 3 grams three times per day. Lower doses do not seem to be effective. Take the lowest effective dose since L-arginine can increase stomach acid and potassium levels.



Don't use this if you are on blood pressure medications. It may take a couple of weeks to work. [See this month's Product Review to order the recommended L-arginine supplement.](#)

**Propionyl-L-Carnitine** – Increases cellular energy, improves vascular function, and enhances the effect of testosterone. Take 2 grams per day. Give it 2 to 3 weeks to work.



**Dr. Scott D. Saunders, MD is a practicing physician, specializing in preventative healthcare, who utilizes eclectic health care for the whole family, including conventional, orthomolecular and natural medicine. He is also the medical director of The Integrative Medical Center of Santa Barbara in Lompoc, CA. He went to UCLA medical school and is board certified in family medicine.**



# Foods That Boost Sexual Performance In Both Males and Females

By David Randall

## Top 10 Grocery Store Items For Improving Couple's Libidos

Spanish fly. Rhinoceros horn. Phallic-looking foods. Throughout history, people have gone to a lot of trouble—not to mention in some cases putting their health in danger—trying to find libido boosters to improve their sex lives. Today, pleasure seekers have it easier because, as it turns out, the grocery store is the perfect place to find natural aphrodisiacs.

Bonus: In addition to making sex a little steamier, nearly all these foods have health benefits beyond the bedroom.

### 1. Chocolate

This dark, delicious dessert has long been associated with indulgence, but that's not the only reason chocolate puts you and your guy in a sensual mood. The treat contains caffeine, which helps perk you up and also boosts serotonin and dopamine, neurotransmitters that contribute to feelings of well-being and happiness.

Chocolate brings on feelings of euphoria because it is a psycho-stimulant so it has an arousal effect. This is caused by phenylethylamine, a chemical with an amphetamine-like affect that temporarily mimics feelings of falling in love. In fact, a 2007 British study found that letting chocolate melt in your mouth is more stimulating and raised heart rates more than kissing. Chocolate, particularly dark chocolate, is also loaded with antioxidants that improve circulation and lower cholesterol.



## 2. Pumpkin Pie

The next time you want to seduce a guy, bake a pumpkin pie. A study that measured blood flow south of the border in men ages 18 to 64 found that the scent of pumpkin pie rated the highest response—a 40% increase. Romantic lavender rated equally high, while close runners-up included donuts and black licorice, which boosted blood flow to men's nether regions by more than 31 percent. As surprising as it may seem, when it comes to sex, scent offers a greater libido lift than ingestion: 90% of what people call taste is actually smell. The scent of these foods may reduce anxiety, which helps remove inhibitions.

## 3. Licorice

You probably won't look at the candy counter at the movies the same way after reading this: Smelling and tasting licorice-flavored candy caused a 13% increase in vaginal blood flow, according to recent research. Why? The scent may trigger olfactory nostalgia, such as positive memories from childhood as well as feelings of security and safety—a state of mind that helps make sex more relaxing and enjoyable. Oddly enough, the smell of cherries had the opposite effect on women, causing an 18% reduction of vaginal blood flow (in other words, a real turn-off).



## 4. Oatmeal

You may not have heard of L-arginine, but this common amino acid is a precursor to nitric oxide, a substance that "enhances the arousal response." Good food sources of L-arginine include oatmeal and granola as well as nuts, seeds, dairy, and seafood. So the next time you're on a date at a romantic restaurant, suggest the pasta with pine nuts or salmon. Sexy, mutually beneficial menu options such as these will ensure your evening ends on a high note!

## 5. Oysters

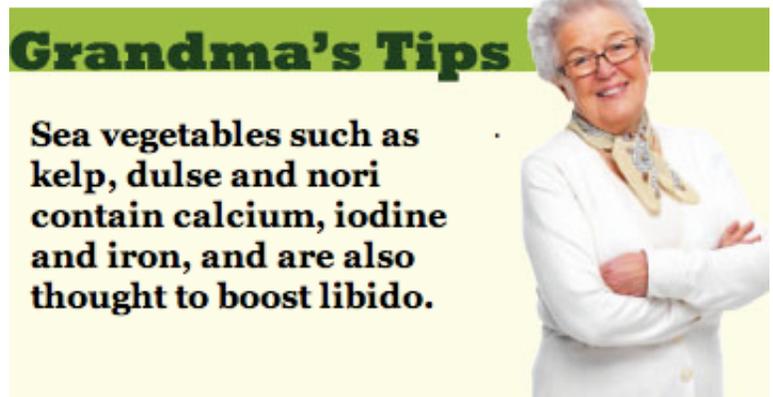
It is a sensual experience to eat oysters, but these delicacies from the sea are natural aphrodisiacs for another reason, too. Oysters are bursting with zinc, a mineral used in the production of testosterone (and sperm), which plays a role in fueling the sex drive of both men and women. American and Italian chemists who looked at oysters, mussels and clams

found the shellfish were packed with rare amino acids that triggered increased levels of sex hormones in animals. What's more, oysters contain taurine, an amino acid with a caffeine-like effect (used in most energy drinks) for alertness and physical endurance.

## 6. Fish

It may sound a bit fishy and not so sexy, but foods rich in omega-3 fatty acids such as mackerel, wild salmon, halibut, and sardine, as well as flaxseed, nuts and oils (think olive and soybean) can take your sex life from lukewarm to hot. Here's how: essential fatty acids are the building

blocks of sex hormones in men and women and help fight the buildup of plaque in the arteries, thereby improving circulation and increasing sensation. Omega-3 fatty acids help with sexual response, by helping to raise dopamine levels in the brain that trigger arousal. They are important for energy, memory, mood, and libido. Not a fan of fish? Try taking 1,000 milligrams (or 1 gram) of fish oil supplements daily and be sure the supplement includes the omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).



## 7. Avocados

The deep green fruit contain vitamin B6, which helps produce serotonin, the feel-good hormone. Another bonus for you and your partner: avocados are also loaded with vitamin E, which enhances circulation and is believed to stimulate the production of passion-stimulating testosterone. Recent research showed that vitamin E helps improve semen quality and motility.



## 8. Garlic

Although you'd think garlic would ruin, rather than improve, your love-making sessions, it turns out that it contains allicin, an ingredient that increases circulation, including down south, which "helps improve sensation." The action of finely chopping garlic releases allicin, so be sure to crush the garlic first and then add it to pasta sauce or garlic bread. The key to not

getting knocked out by garlic breath? Level the playing field by eating a garlic-heavy meal with the object of your affection.

## 9. Seeds and Nuts

Like oysters, pumpkin seeds and pine nuts are rich in zinc, which help the body produce testosterone—and, in your man's case, sperm. Added attraction: nuts, including almonds, are also good sources of the aforementioned omega-3 fatty acids, which help prevent plaque accumulation in the arteries and improve blood flow throughout the body (including to the genitals). What's more, nuts and seeds are powerhouse foods, full of protein and healthy fats, which give you a boost of energy both in and out of the bedroom.

## 10. Mint

Popping a mint before kissing your partner is not only courteous; it's also a turn-on. Married couples, as well as single men and women, have agreed on what they want kisses to taste like in a mate or a date. The overall sensual conclusion: the scent of mint makes people makeout-worthy, fresh, clean, and minty, like toothpaste.

## Spice Up Your Night

You do not need to go to the ends of the earth to find solutions to improve your sex life. The all natural aphrodisiacs you need to improve your libido is found in a grocery store near you. So grab a bottle of wine, your loved one and try the romantic dinner menu below. Then, retire to the bedroom!

## Romantic Dinner Recipes

- **Appetizer:** Oysters Rockefeller
- **Salad:** Tossed greens with avocado and pumpkin seeds
- **Entrée:** Pasta with salmon, garlic, pine nuts and creamy Alfredo sauce
- **Dessert:** Chocolate Mint ice cream



# Oyster Rockefeller

## Ingredients

- 2 1/2 dozen oysters in their shells, freshly shucked and drained, the deeper bottom shell rinsed and reserved for baking

## Sauce

- 6 ounces spinach, stems removed and rinsed
- 1 stick (4 ounces) unsalted butter
- 2 3/4 cups finely chopped yellow onions
- 1/4 cup finely chopped celery
- 1 tablespoon minced garlic
- 2 tablespoons Herbsaint or other anise-flavored liqueur, such as Pernod or Pastis
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 cup cracker meal or cracker crumbs

## Directions for Sauce

1. Bring 1 quart of water to a boil in a medium pot. Add the spinach and cook until very tender and the water is green, 5 to 6 minutes. Drain the spinach in a colander set over a large bowl and reserve 2 3/4 cups of the cooking liquid. Let the spinach sit until cool enough to handle, then finely chop, and set aside.
2. Melt the butter in a medium pot over moderately high heat. When the butter is foamy, add the onions, celery and garlic and cook, stirring, until softened, about 3 minutes. Add the reserved spinach water, bring to a boil and cook for 1 minute. Add the chopped spinach, liqueur, salt and pepper and simmer, stirring occasionally, until the mixture reduces slightly, about 10 minutes. Remove from the heat, add the cracker meal and food coloring, and stir well to combine. Cool completely before using.

## Directions for Oyster Rockefeller

1. Preheat the oven to 400°. Spread a 1/2-inch-thick layer of rock salt on a large baking sheet and across the bottoms of 6 large plates.
2. Arrange the reserved oyster shells on the baking sheet. Put 1 oyster in each shell and top with 2 to 3 tablespoons of the sauce, spreading the sauce evenly out to the edge of the shell to completely cover the oyster. (Alternatively, transfer the sauce to a pastry bag fitted with

a plain tip and pipe the sauce over the oysters.)

3. Bake until the sauce is lightly browned and the oysters begin to curl around the edges, about 20 minutes.
4. Using tongs or a spatula, carefully transfer the hot shells to the salt-covered plates and serve immediately.

## Tossed Greens With Avocado And Pumpkin Seeds

### Ingredients

- Baby greens
- 1 avocado
- 2 tbls pumpkin seeds
- 2 tbls feta
- Balsamic vinegar

### Directions

1. Slice avocado
2. Place greens in a bowl and toss in pumpkin seeds, feta and vinegar.
3. Serve and place avocado slices on top of salad.

## Pasta With Salmon, Garlic And Pine Nuts With Creamy Alfredo Sauce

### Ingredients

- Salmon
- Olive oil
- Salt and pepper to taste
- Pine nuts
- Alfredo pasta

### Sauce

- 4 oz. cream cheese
- 1/2 stick butter



- 1/4 c. Parmesan cheese
- 1/4 c. milk
- Garlic, fresh crushed to taste

## Directions

1. Preheat oven to 375 degrees F
2. Place fillets in aluminum foil, brush with olive oil and salt and pepper to taste, then seal. Place sealed salmon in the glass dish, and bake 35 to 45 minutes, until easily flaked with a fork.
3. While the salmon is backing, prepare pasta noodles as directed on package.
4. Soften cream cheese and butter. Add cheese and milk and garlic over low heat. Serve over 8 ounces cooked thin spaghetti noodles.
5. Soften cream cheese and butter. Add cheese and milk and fresh garlic over low heat.
6. To serve. Mix pasta and sauce, place a piece of salmon over pasta and garnish with pine nuts.



**David Randall, diagnosed at the age of 15 with type 1 Diabetes, started to learn everything he could about living healthy. With a love for cooking, he made his way through college teaching young diabetics how to manage the disease. He then turned his ambitions towards spreading what he knows and loves to others, having ghost written for over 10 years on nutrition, vitamin and mineral supplements, as well as cooking and healthy lifestyle. David spends his free time with his family in Northern Michigan sailing, cooking and volunteering.**



# **Grandma's Cure Corner: Sexy Grandma? Sizzle over 60**

**By Grandma Barton**

There is a powerhouse of women ruling the world. If you check the Forbes List of "The 100 Most Powerful Women," you would see that more than 60% of them are past 60 years young and still keep the sizzle! Mature women are in positions of power and leadership. But, does that include ruling the bedroom?

As a grandmother myself, let me dispel some myths about women over 50. Remember your own grandmother? They looked old at forty! Today, our lifespan is over 80 years. We work in the world, spend our own money and still manage to keep families together. Is it possible that women in their middle and older years could be more sexually active, as well? As fertility declines and menopause approaches (or passes), good health can lead to good sex.



## **Myth #1: Women over fifty don't like sex**

The truth is you can realistically expect 10-15 years of a sexually active lifestyle after the age of 55. At this point, the freedom to walk past the pregnancy prevention shelf proves its worth, especially when your healthy, willing and attractive man comes into play.

## **Myth #2: Women over fifty find menopause terrible and debilitating**

Menopause can be worse than diet ice cream. Nobody looks forward to those captivating time in a woman's life. However, it comes and goes and there is one less thing you have to buy from

the “women section” of the pharmacy. You can come out the other side feeling stronger and surer than ever -- and sexier.

The magic bullet for this period of life is to “just do it.” Even if you aren’t in the mood, the more you do it the more you’ll want to. Although sexual response may be slower after menopause, the ability to achieve orgasm is retained throughout life.

Licorice is considered one of the most effective and powerful natural remedies for menopause. One teaspoon of powder is recommended as a wonderful estrogenic herb. For hot flashes, drink 1-2 cups of licorice tea. One of the best menopause cures is Vitamin E, a vitamin packed with the power of 8 antioxidants (400 to 800 IU daily).

### **Myth #3: Older women lose their vaginal sensitivity**

For some women past the menopause, vaginal dryness can be an issue. Foreplay is one of the best lubricants of all, but once the vaginal lining becomes thin, it may not be enough.

For women who need extra moistening and lubrication during intercourse, a personal lubricant can reduce friction and irritation. One that includes herbs and nutrients can nourish tissues as well.

There are a lot of different natural oils that are good for natural lubricants, as well as being very good for vaginal health in general:

- Olive oil
- Jojoba
- Grapeseed oil
- Sweet almond oil
- Coconut oil
- Sea buckthorn oil



Another common household natural lubricant is egg whites. Or, plain yogurt can be used too. Obviously, you're looking at the sort of unsweetened pro-biotic yogurt, as you'd use to treat a yeast infection.

While for many hormone changes can cause painful vaginal dryness, this is not always the case. Exercise always helps.

## **Myth #4: Emotional and psychological factors are responsible for a woman's lack of interest in sex at midlife and beyond**

Physical factors can play an even larger role. Women in very good or excellent health in middle age and later life are positively associated with sexual activity, quality of sexual life, and interest in sex.

If you've got aching joints or stiff hips and knees, intimacy can be physically demanding. A different position might help. Lying on your sides and the spoons position are both easier on the body, and you can use pillows to make yourselves more comfy.

If you take painkillers, perhaps you can change the time you take these, to give maximum relief during sex. And a warm shower either before or after can be very soothing for aches and pains.

If you can manage two flights of stairs without developing symptoms, you're probably fit enough for sex. Besides, sex is a great workout, and a lot more interesting than climbing upstairs.

## **Myth #5: Women Over 50 Fear Change**

That's really funny, since virtually everything about us is changing. Body parts are moving to different locations or vacating entirely. Hair is now appearing in places it never was and disappearing from places it used to be. We could go on and on. But, studies will indicate the happiest men and women in America are married couples who have sex frequently after age 60. Don't tell the kids, but truth be told, many people our age say this age is the best and most rewarding sex they have ever had, even better than early adulthood.

Although some recommend and swear by such alternative therapies as ginkgo biloba or an amino acid called L-arginine for libido and erection problems, that's not to say alternative medicine won't work. When physical problems are not the root cause of a diminished sex life, many remedies exist to rekindle the flame of passion.

### **Strategies for Keeping the Spark Alive**

- Treat your partner as if you're dating
- Romance your spouse outside the bedroom

- Plan a date night
- Talk with your partner
- Listen to your partner
- Understand your partner's sexual needs and desires
- Keep physically fit and attractive for your partner
- Maintain perspective on sex as life ebbs and flows
- Resolve any underlying conflicts as they will spillover to the bedroom
- Have fun and engage in foreplay, whether that's kissing, sexual banter or anything else
- Be adventurous and creative in and outside the bedroom
- Exercise, preferably together
- Stop smoking and get your partner to quit
- Watch your weight and cholesterol

## Going the Distance: Your Lifelong Sexuality

By the time they reach their late 40s or early 50s, women should be savvy enough to know that feeling sexy is a state of mind, and that a good man doesn't need a partner to look perfect in lingerie in order for her to be desirable.

There are many reasons why women find sex after 60 to be extremely gratifying. They are able to continue to enjoy this part of their life regardless of their age. It is exciting to have the freedom to explore their sexuality. They also love the fact that their partner finds them interesting and wants to have sex with them. This can really help a person who is getting older to feel very good about themselves.



No matter how old we are, we never lose the hunger for a loving touch and emotional closeness: the starting point for satisfying sex. Enjoy the golden years that sex has to offer.

P.S. It is worth the wait. Delaying sex until after the vows has been proven to make happier marriages. Waiting helps the relationship form better communication processes, and these help improve long-term stability and relationship satisfaction, with usually better sex quality

once married. This is worth telling all the young people you know, so don't believe the lie that testing compatibility by jumping in the sack with someone is a true test of time.



**Grandma Barton is mother to Joe Barton (founder of Barton Publishing), grandmother to 6 grandkids and 28 step-grandkids, and over 3000 Home Cures That Work members. She is a two-time breast cancer survivor with the help of Dr. Saunders and natural remedies. Grandma loves finding cures within the home to treat all sorts of ailments. With tips she's learned on the farm and along the way, Grandma Barton brings a time-tested and trusted voice when it comes to home remedies. She really is an inspiration to us all.**

Weight  
**LOSS**  
Corner

## 10 Exercises for Better Sex

**Boost your bedroom skills by adding these moves to your exercise routine**

**F**or those in long-term relationships, when the honeymoon is over, sex often becomes stale or takes a backseat to stress caused by busy family schedules. For many women, sexual enjoyment and orgasm are elusive due to feelings of inadequacy or emotional repression. For the older generation, sex may become physically difficult due to aging joints, aches and pains, and age-related genital changes.

No matter what the reason, sex can be less than fulfilling for many. Instead of seeking sexual solace in cosmetic enhancements and quick-fix consumer products, try improving your fitness. Beginning an exercise program or expanding your fitness routine will not only benefit your overall health but also your sex life.

We found some experts to share the moves they recommend most for ramping things up in the bedroom.

### **Squats**

You already know this move as a terrific leg and butt toner, but did you know that it can also get the blood flowing to the places that may energize your libido? “Sometimes your heart might be there, but you don’t feel anything in the ‘southern hemisphere,’” explains Debbie Mandel, MA, a stress and fitness expert and the author of *Addicted to Stress: A Woman’s 7-Step Program to Reclaim Joy and Spontaneity in Life*. “Many women need a little physical help with arousal to get blood flowing to the genitalia.” She suggests squats.

With your feet spread shoulder-width apart, “make sure your heels stay on the floor as you ‘sit’ on an imaginary chair,” she explains. “The lower you squat, the more you recruit your glutes and reap the benefits. Push off from your heels and hold your abdominals in tightly [as you return to standing position].” Do them slowly, aiming for 15 to 30 reps.



## Happy Baby Pose

Limberness goes hand in hand with great sex—after all, who wants to deal with aching legs or a stiff lower back while in the heat of the moment? That’s why Marta Montenegro, MF, MS, CSCS, NSCA-CPT, a fitness expert and the creator of the fitness DVD series *Montenegro Method*, suggests certain stretches to prepare you for intercourse agility between the sheets. “One of the most common reasons for lower back pain is tight hamstrings and hip flexors,” she says. “Also, after spending eight hours asleep, there is a natural inflammation of the spinal discs due to the increase of the homeostatic pressure.”



The happy baby pose to the rescue! “It will stretch the spine while loosening up the adductor muscles and the hamstrings, which are heavily compromised in traditional sex positions such as the missionary,” she says. Lie on your back with your knees bent toward your chest. Grasp the outside of each foot with your hands, allowing the knees to drop down toward the floor. Align your ankles with your knees so that the shins are perpendicular to the floor. Apply downward pressure with your hands to encourage deeper opening. You can allow the tailbone to curl up off the floor slightly to decompress the lower back. Hold the pose for three to five minutes.

## Pelvic Tilts

Want a move that will strengthen the muscles you use most during intercourse? Try the pelvic tilt. “Women tend to suffer from lower back pain, and this sometimes affects sexual positions as well as desire,” says Mandel. “Pelvic tilts give you a bonus of core strength and strengthening the lower back.” Lie on your back with knees bent and feet flat on the floor, shoulder-width apart. Raise your pelvic region in a straight line like a bridge. Hold your abdominals in while you tighten your glutes and push your inner thighs toward each other. Slowly lower to the floor and repeat, 20 to 25 reps, if possible.



## Biceps Curls

How can you get toned, gorgeous arms and also boost your sex drive? Grab your hand weights and work in 15 to 20 reps of biceps curls! Here's why: "Medical studies show that testosterone plays a role in sexual drive in both men and women," explains Mandel. "Giving a woman with low libido testosterone is controversial, and could lead to undesirable side effects," she says. "However, strength training increases

levels naturally and is healthy too. The testosterone levels that are generated create the tipping point for desire." And don't worry—weightlifting is not going to give you facial hair or a lower voice. The testosterone that's released is at healthy, natural levels.



## Tandem Stationary Lunges



Past research has indicated that couples who exercise together have better sex. So why not do a few moves with your guy? Mandel suggests the tandem lunge. "A romantic variation of the traditional stationary lunge: Hold your partner's left hand with your right [as you stand next to each other] and together do five lunges, with the same legs forward so that you don't bump into each other."

Need a stationary lunge primer? With one leg forward and one leg back, slowly bend the knees as if you're trying to kneel down and touch one knee to the ground (but don't let it touch), keeping both knees at 90-degree angles. Aim for two sets of five repetitions on each side—gradually increasing to 10.

# Kegel Exercises

When it comes to fitness, Kegels count too! These pelvic-floor-strengthening exercises that your ob-gyn is always encouraging you to do can have big payoffs when it comes to sexual enjoyment, says Tone It Up cofounder Karena Dawn, a certified personal trainer in Los Angeles. “Kegels consist of contracting and relaxing the muscles in your pelvic floor,” she explains. “Improving the strength of these vaginal muscles is beneficial for greater sexual satisfaction and stronger orgasms, as well as preventing urinary or bowel incontinence and pelvic prolapse in women.” To do a proper Kegel, tighten your pelvic muscles (the ones that control the start and stop of urine). Hold for about 5 seconds, relax and then repeat. Dawn recommends doing Kegels for at least 5 minutes every day. (*Psst!* You can do them anywhere—even right now—and no one will know but you!)



# Ab Rolls



The core is comprised of more than 20 muscles, and working them “will give you the strength to support your man’s weight without hyperextending your back,” says Montenegro. “A great exercise that works both the core and the muscles of the upper body is the roll-in, roll-out on a stability ball.” Start with your hands fully extended on the floor in a push-up-like position. Place your shins on a stability ball, keeping

your back straight. Roll the ball in toward your chest and back out, using the abdominals to drag your knees toward your chest and to push your feet back out. Keep your back flat and hips tight, and don’t move your upper body. Do three sets of 10 reps.

## Plank Pose

Is there one move that can make you more sexually confident, daring and strong? Yes: the plank, a core-building exercise popular in yoga, says Madeleine Castellanos, MD, a psychiatrist who specializes in sexual medicine and sex therapy in New York City. “This exercise works upper arms, abdominals, obliques, thighs and buttocks,” she says. “These are important muscles that help stabilize you



when you are engaged in intercourse on all fours, any sex position where the woman is on top, or in transition from one position to another while maintaining close genital contact with your partner.” Lay facedown with the palms of your hands flat on the floor on each side of your shoulders. In this position, your forearms should also be flat on the floor and will act as your support when you raise your body. Push your weight to the balls of your feet as you push up onto your forearms and palms so that your entire body is suspended in the air. Be careful to keep your body as straight and flat as possible, and avoid lifting your hips in the air. Hold this position for 10 seconds, then relax for a few seconds before repeating; do three sets of 10 reps.

## Bridge Pose



Another yoga pose that can improve your sexual enjoyment is the bridge pose. “This exercise helps strengthen the lower back, gluteus muscles and hamstrings,” says Dr. Castellanos. “It helps enhance a woman's sexual experience because it increases her strength and endurance in these muscles, which are used to create resistance during a man's thrusting, thereby increasing the intensity of the thrust.” Start out lying flat on

your back with your knees bent and your feet flat on the floor. Lay your arms to the side of your body, lift your hips up in the air and squeeze your gluteus muscles. Continue to press upward until just your upper back/shoulders, arms and feet are touching the floor. Hold this position for 10 seconds, breathing normally, then slowly lower back down to the floor and relax for a few seconds before repeating again. Aim for three sets of 10 reps each.

## Seated Leg Extensions

Do your thighs quiver during orgasm and after sex—but not in a good way? “The large muscles of the thighs are often used during sex and can get fatigued quickly since they are such a large muscle group,” says Dr. Castellanos. The solution: seated leg extensions. “Find a stable chair in which you can sit up straight and have your knees bent at a 90-degree angle with your feet flat on the floor,” she says. “While keeping your thigh and knee as steady as possible, lift one foot up to straighten your leg slowly, then bring it back down to the floor. Do three sets of 10 reps for each leg.

**Adapted from [WomansDay.com](http://WomansDay.com)**



## Helen Mirren And The Sexy Art Of Aging

### Revealing Age Defying Secrets To Staying Young And Sexy

**H**elen Mirren is a beautiful Oscar winner that looks better than many 45 year olds. Unfortunately, today, with the excessive emphasis that is placed by society on youth, many women over 40 are beginning to feel unsexy - and with that often comes a tremendous feeling of insecurity.

But, the truth is there are plenty of sex appeal role models for them to aspire to: women like Dame Helen are by no means in the minority for looking sexy and stunning. Older women are more beautiful, more driven, more powerful and more prominent than ever before.

They all have one thing in common, however: they have taken care of themselves all their lives - and by this I mean eating a reasonably healthy diet, exercising moderately, and not allowing themselves to become overweight.



From the look of her face and her body, Helen Mirren has taken jolly good care of herself and her diet, and it shows. So, all hail Queen Helen. After all, there is nothing like a Dame.

She credits “vitamins, a healthy diet and exercise” for her incredible good looks, although she emphasizes that the desire to do certain activities is her impetus to exercise, not vanity.

But, her advice is the timeless kind that we should all follow anyway:

*“Although I come and go about exercise. I do do it, but, honestly, it’s not particularly a beauty thing, it’s just that as one gets older, one has to keep up one’s energy levels, and if you want to do that, you can’t stop exercising.”*

Older women are also looking after themselves. Studies consistently show that regular

physical activity, a healthy diet, a positive attitude and maintenance of relationships and social engagements lead to a better old age.

Helen Mirren is a strong proponent of keeping a youthful attitude and sex appeal. Here are Helen's top 5 sexy shape-up secrets to keep fit:

1. **Bikini Body Diet.** Always be on a diet, but don't not afraid to enjoy the occasional hamburger or glass of champagne. Balance the excess out of your body!
2. **Way Fun. Wii Exercise.** The 65-year-old actress can currently be seen jogging and practicing yoga moves in TV ads for Nintendo's Wii Fit, which allows users to workout at home, but admits she nearly snubbed the offer because she doesn't consider herself an exercise expert.
3. **Sleep for Beauty.** The 64-year-old actress sleeps as much as it's possible avoiding the parties and restaurants when working hard. *"I sleep. When I'm working really hard, I don't party. I don't go to the bar after work. I don't go out to restaurants. I just go to bed. If I'm on a film, I even try to catch some sleep in my trailer at lunchtime. I really try to sleep as much as possible. It's very important and, as you get older, it becomes more so."*
4. **Be yourself.** *"Her sensuality comes from her honesty,"* says Mirren's husband Taylor Hackford. *"She's not hiding behind makeup or a baby-doll hairdo. She's the real thing."*
5. **Youth In Vitamin Tablets.** Helen Mirren has admitted her love for Swiss apple stem cell products, know to reverse skin aging, increase the lifespan of human cells and delay the onset of wrinkles!

So, there you have it: No magical herbal remedies or wheat grass smoothies, just sensible, wholly unexciting and healthy advice. The prospect of looking a little more like sexy Dame Mirren at her age, or any age, is enormous incentive.

On her famous sex appeal Helen Mirren said, *"I don't think women do lose their sex appeal it just shifts, it is some indefinable thing that has to do with appreciation of life, appreciation of wisdom, there should be a special word for it."*

# Big Pharma Corporate Arm

## Removing Sexual Disorders and Improving Intimacy... Naturally

By Martin Jacobse

**M**en let's talk straight about "sex" and, please, women listen in...

*Fact is men who have sexual performance concerns will turn to anything for a solution, which is the reason arousal drugs sales are so incredibly successful. Yet, they are far from being a cure.*

Read the warning labels. These drugs are only meant for short-term use, at best, and even when properly prescribed these drugs can kill you. To make matters worse, the easy availability of these drugs and their bootleg counterfeits has become a huge public health concern.

*Read on to learn a better way.*

Just considering the sheer numbers of men and women who continue to suffer from sexual performance problems is startling.

In a 1992, the National Institutes of Health (NIH) Consensus Conference on Impotence estimated between 10-20 million men in the U.S. have Erectile Dysfunction (ED). That estimate jumps to 30 million if you count men with partial erectile dysfunction.

Taking prescription drugs is a real problem in our American culture. Even the Journal of the American Medical Association (JAMA) reported 106,000 patients die from properly prescribed drugs every year and more than 2,000,000 suffer serious side effects<sup>1</sup>. The moral of



this story is, “*Say no to drugs.*”

Before I reveal some proven safe and effective ways to increase your sexual prowess and all that, it’s vital I point out that if you’re frustrated by sexual performance, you may be unaware of “*deeper underlying health concerns.*”

A major study carried out in four countries revealed prevalence of male impotence increased by 10% per year of age. Additionally, increased risk was associated with diabetes, heart disease, lower urinary tract symptoms, heavy smoking, and depression<sup>2</sup>.

In this study, sexual impotence increased with age from 2% in 18 year old men up to an amazing 39-48% in men 70 years and older<sup>3</sup>.

According to the most comprehensive study of nutrition ever conducted<sup>6</sup> major disease rates remain high, the cost of medical care is the highest in the world and all this is due to under-nutrition – NOT drug deficiencies.

In the ultimate search for a natural cure, you must consider your whole lifestyle, diet and environment and *not just your symptoms – no matter what they may be.*

If you suffer from sexual impotence, you could pop a Viagra, or similar PDE-5 inhibitor class drug. If you survive the side effects, at best you’ll have a 35% chance you’ll be able perform sexual intercourse, *despite your remaining in poor overall cardiovascular health (the likely cause of your sexual disorder).*

Or, you could take the nutritional approach using whole plant-based foods scientifically proven to have a “*natural*” overall healing benefit.

As far as which “*magic pill*” leads to successful intercourse faster, patients reported that:

- Only 35% treated with sildenafil succeeded within 14 minutes
- Only 21% treated with vardenafil within 10 minutes
- Only 16% treated with tadalafil within 16 minutes

Viagra (sildenafil ), made by Pfizer is similar to Eli Lilly’s Cialis (tadalafil) and GlaxoSmithKline’s Levitra (vardenafil).



*All three of these drugs work the same way and have the same toxicity profiles.*

The big question is, is it really worth the risk? Apparently, millions of people think so, but do they even have half the facts?

*By the way, PDE stands for Phosphodiesterase. PDE is a natural enzyme that is needed to break down nitric oxide in your tissue cells. PDE-5 Inhibitors block that natural breakdown of nitric oxide, prolonging erections for unnaturally long periods of time.*

Nitric oxide is a neurotransmitter that helps regulate ejaculation, maintain erection and also helps your eye “retina” to expand and contract, as well as many other biological functions.

## **Are There Any Good Medical Uses For PDE-5 Inhibitors Other Than Risky Recreational Drugs?**

One medical use does seem promising for those patients who had radiation therapy for prostate problems. It appears if the patients use a PGE-5 inhibitor drug within 18 to 36 months after prostate radiation therapy, then they’ll have a better chance of restoring erectile function<sup>4</sup>. There you have it, a medical use. BUT, they are NOT designed to be like “sex candy.” These are serious prescriptive medications.

Here are some of the extra risks PDE-5 inhibitors bring to your bedside:

- Headache pain
- Flushing of the skin
- Indigestion problems
- Sinus issues
- Back pain
- Muscle pain
- Urinary tract infections
- Diarrhea

*Very sexy guys . . . NOT!*

PLUS, these arousal drugs can also cause a sudden drop in blood pressure and trigger heart attack, stroke, chest pain, heart palpitations and SUDDEN DEATH, which is really NOT the way to go!

As I mentioned before, the PDE-5 inhibitor drugs block PDE enzymes from doing their

normal biological function. PDE is involved in the constriction and dilation of your eyes' retina, allowing you to focus properly.



That's why vision problems is one of *other "bizarre and totally unwanted effects"* of these arousal drugs: *PDE-5 Inhibitors block the enzyme that regulates a critical function in "all your cells," not just the penis.*

This adverse side effect is so serious they have a new warning label for it called "*non-arteritic anterior ischemic optic neuropathy*" (NAION).

Short of experiencing sudden and total blindness while making love, many men taking these sexual arousal drugs also experience hallucinations of blue-green colored halos around objects for several hours accompanied by eye pain.

## **Using Natural Herbs Can Provide The Same Benefits, But Without The Risks**

Here's a hand full of common remedies people have used successfully for thousands of years to help with sexual disorders.

The point here is to address your underlying cause of sexual impotence first, which is usually "*lack of cardiovascular health,*" then consider using proven natural remedies instead of dangerous designer drugs like PDE-5 Inhibitors.

By properly using natural plant-based remedies such as Ashwagandha, Horny Goat weed, Maca, Yohimbe root, Ginseng, Catuaba bark, Tongkat Ali, Tribulus, Passion flower and Miura Puma, along with healthy lifestyle modifications you can ignite your sexual libido, boost youthful vitality and transform overall health.

Natural aphrodisiacs are reported to work great with little or no risk. Always ask your doctors about "*unexpected reactions*" with the medications you may be already taking and never suddenly stop taking a prescription unless under a physicians care.

Recapturing your sexual prowess using herbal aphrodisiacs is safer, less expensive and they work with you and your mate in a "*natural*" way, which sexually active people report is more intimate.

Artificially stimulating your sex impulse by blocking brain, tissue and whole body chemistry with drugs is not to be taken lightly. Death from using PDE-5 inhibitor drugs are rarely reported, *but the risks are real.*

Keep in mind, sexual impotence is a sign of a weakened circulatory system. The same biological factors causing erectile dysfunction (ED) are the same factors that cause heart disease and risk of heart attack. Erectile dysfunction (ED) usually appears 1 to 5 years before more obvious signs of cardiovascular health disease of which the next sign can be death.

## The Whole Hearted Truth

*The biggest risk people take with their health is by simply NOT taking control of it. Taking control can be fun and educational. You wouldn't tell your child to make an important decision that will affect the rest of his or her life without looking into the matter completely, now would you? Then, why would you?*

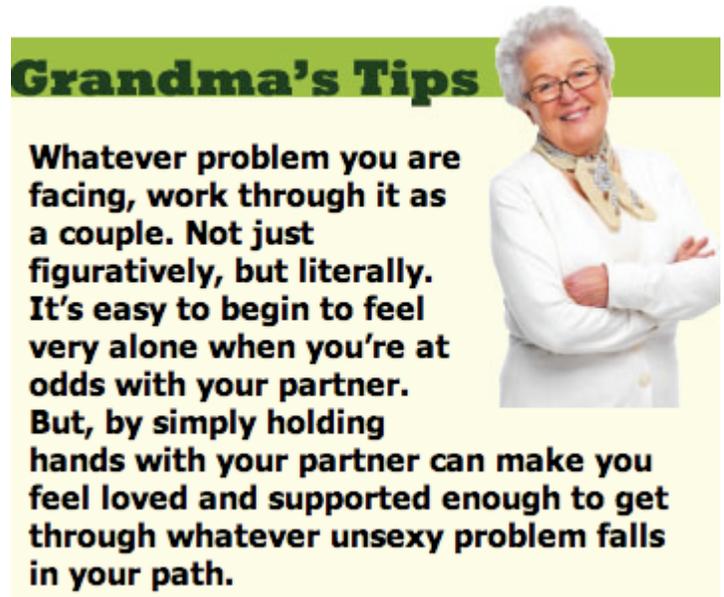
The key to renewed sexual vitality is to first love yourself enough to strengthen those primal healing connections naturally, without drugs.

*Improving your sexual health means you need to nurture your health at the cellular level first. Healthy cells give you healthy organs, sexual drive and overall superior health and vitality. It couldn't be simpler!*

Now that you know you can have renewed sexual vigor and vitality, start investing whole heartedly in your relationship with a more endearing, positive and intimate manner.

It is a good idea is a to talk to your health professional about curing “*the real cause*” of your sexual impotence before you risk your health, vision and life on resorting to these popular arousal drugs.

It may also surprise you to know that countless males have sexual impotence because of adverse effects of “*other prescriptive drugs*” like SSRs, antidepressants and even asthma breathers.



**Grandma's Tips**

**Whatever problem you are facing, work through it as a couple. Not just figuratively, but literally. It's easy to begin to feel very alone when you're at odds with your partner. But, by simply holding hands with your partner can make you feel loved and supported enough to get through whatever unsexy problem falls in your path.**

The graphic features a photograph of an elderly woman with short grey hair, wearing glasses, a white jacket, and a patterned scarf. She has her arms crossed and is smiling. The text is overlaid on a light yellow background with a green header.

*As you eliminated all other possibilities, the real cause will become more obvious.*

*Truth is you may be suffering from heart disease, diabetes, high blood pressure, bad cholesterol levels or other conditions that would NOT make you a safe risk even for just one night of chemically induced sex.*

## **High Risk Sex Vs No Risk Sex**

*They say even if you smoke, or were a smoker, wear glasses or are over the age of 50, that you could go blind within 24 hours of popping a Viagra. Why even take the risk when there are proven ways to help your situation improve naturally?*

On the other hand, if you're "un-lucky" enough to experience some of these serious side effects you may be entitled to compensation for your injuries.

So, if you're planning on having sex with arousal drugs, then make sure you not only have an eager date, but that you're also able to secure a good lawyer, too. Or, maybe just date a good lawyer who's willing to take your case on contingency.

Wait there's more! The FDA just issued another health alert concerning Viagra, Cialis and Levitra's (All PDE-5's) adverse effects. Sudden hearing loss has been reported by enough men that they had to make more label changes. *I imagine there must have been an awful lot of lawsuits to make that happen.*

Think of it from your mates point of view: you got dizzy passed out, woke up with a headache whining about blue fuzzy halos everywhere as your ears ring, your hearing stops, you go blind and, finally, you have heart palpitations and suddenly die of a massive stroke. *Was it worth it?*

NOT!

Blind, deaf and paralyzed . . . Hmmmm, you know there is a better way!

Taking control of your real biological age—not your age in years—can mean the difference between enjoying sex at 50, 75 or at 100.

Making smart dietary choices, using the simple plant-based remedies and enjoying walks together can cure and transform your love life faster than you think.



Sexual disorder or dysfunction and is NOT part of the “*normal*” aging process.

While enhancing your sex life *imagine* turning-back your biological age too.

Improve your cell health and everything else quickly follows suit.

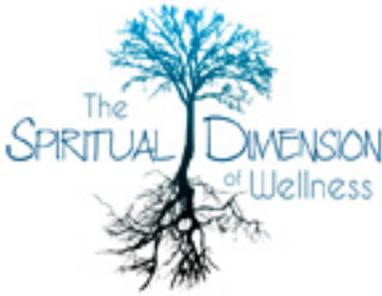
Healthy living backed up by a mostly plant food-based diet is the best way to ensure strong sexual performance levels throughout your entire lifespan<sup>5,6</sup>.

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**Martin Jacobse, a hearing and speech specialist of 30 years, was first inspired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural home remedies, Jacobse found a passion as an independent medical researcher and ghost writer, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing. Jacobse spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.**



## Intended for Intimacy

**By Steven Hickey**

As the father of seven young children, my friend is accustomed to the looks and comments of strangers out in public. Some are even brazen enough to quip things like, “*Do you know what’s causing this?*” My friend is quick with the retort, “*Yes, and we enjoy it too much to stop.*” That typically puts them in their place. My favorite line is when he tells people he has seven kids *not* because he loves kids so much but because he loves his wife so much. People always laugh.

There would be absolutely nothing to smile about if his seven kids were from seven different mothers, three of whom were his sisters. My apologies for the quick turn into creepsville and dysfunction. It was necessary to make the point that sex is a good and wonderful thing within the confines of certain boundaries, in particular the boundary of marriage. Marriage is the life-long commitment between one man and one woman. Outside that context of fidelity, sex isn’t safe.

Those who read this column each month know I regularly connect health and wellness with living as our Creator intended. The reason God put sex within the confines of marriage is not because he wants to spoil the fun, but because he wants to spare us the pain.

There is much confusion today with regard to sex and sexuality. There is even more hurt, brokenness, shame and addiction. This is not the place to review our nation’s Puritan and Victorian past as it relates to the suppression of human sexuality as an evil. Nor is it necessary to detail what we all see every day: an over-sexed society where lust and exploitation are a multi-billion dollar industry and where perversion is reaching frightening levels under what can only be described as the height of human wickedness.

Just last month I was in the Eastern European country Moldova working with others as an abolitionist laboring to end the sex trade. Millions of young girls are taken and sold internationally each year; many are forced to service ten men a day. Governments even facilitate this exploitation of vulnerability. So far, the church has been silent.

## Grandma's Tips

*A soul tie is the link between us (our souls) and the soul of another that comes from intimate activity. When you join souls together sexually, that bond remains even though the relationship has ended, leaving fragments of yourself behind. To free yourself from soul ties, work with God or a counselor to sever those unhealthy chords of attachment.*



Sadly, all too often, ministers and priests are in the news as their hypocrisy gets exposed. The message of the Church regarding sex has basically been to say *it's dirty and bad and you should save it 'til marriage*. Only a small percentage wait until they say "I Do." Marriage doesn't make everything better, because things like shame and soul ties are real. Good therapists and counselors have waiting lists of people who need help dealing with their sexual past so they can enjoy a healthy sex life in the present.

We are social creatures, created to interact with God and each other. It isn't good for man to be alone. This partnership of a male with a female is God's idea, and God's ideal. Prior to the Fall, the first man and the first woman enjoyed God and each other in the Garden of Eden, where there was innocence and intimacy. There was no shame regarding nakedness and sexuality - and nothing to hide. God's command was to *be fruitful and multiply*. That meant have sex and produce children. God's intention for sex is intimacy and increase. God's pronouncement over all this was, "*It is good.*"

The way back into that place of innocence and intimacy is to treat your marriage like a garden. Water it with romance. Deal with the weeds and things that strip the soil of nutrients. Fertilize it with humility serving each other. The hedge around it is critical, as there are subtle serpents that will otherwise creep in with all sorts of believable deceptions offering "fruit" that is "good to the eye" but is bitter after the first bite, and deadly. Trust and commitment are essential to a great sex life and once broken, trust takes a long time to rebuild. Oneness is a wonderful thing between two people. God blesses this union.

In a natural health publication as this, things unnatural are generally frowned upon and for good reason. One of the more frequently quoted passages of the Bible referring to sex uses the terms natural and unnatural relations. This explicitly says that departure from the natural relations of one man and one



woman toward anything else unnatural is only with devastating consequences. Other passages talk about sins against our body. There is no wiggle room *when* it comes to what is good for us and what is not good for us in this book that I lovingly refer to as, “*Life’s owners manual*” — especially as it relates to sex, marriage, children and the family.



**Steve Hickey, is the founding pastor of a life-giving church with over 700 members, a church planter, a trainer of leaders with John Maxwell’s organization, a police chaplain, and is very active in politics as a national voice for the unborn. He’s written several books, including his latest, *Momentum: God’s Ever Increasing Kingdom* (<http://www.MomentumHandbook.com>). Steve and his wife would like to pray for your specific needs and have a prayer team at the church waiting to hear from you. For more information or to submit a prayer request visit: [www.ChurchAtTheGate.com/prayer.php](http://www.ChurchAtTheGate.com/prayer.php)**



# Love Is A Many Splendored Thing

By Martin Jacobse

**P**assion is the flammable fabric necessary for any romantic relationship to survive in the long run.

*The danger is passion alone can consume you in its exciting flames just about as fast as it can abandon you.*

Intimacy, on the other hand, takes time to grow and blossom, which when nurtured with genuine love and compassion eventually leads to commitment.

*“Sometimes, things really do turn out right, for strangers in the night.”*

If you're a die-hard romantic who still holds out for and believes in true love, nothing could be more important than having it and keeping it. When you have your health and you're really in love, then you have a priceless piece of heaven on earth.

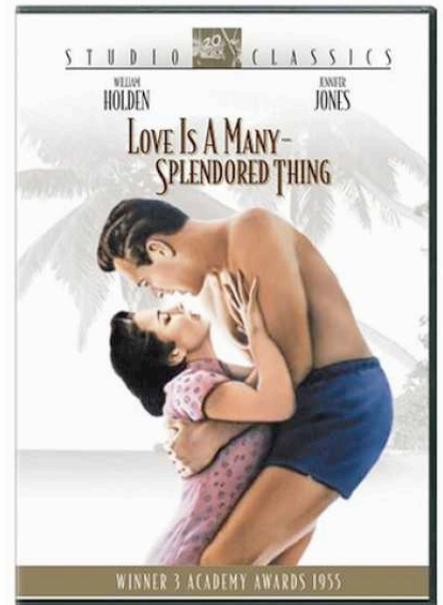
## **The Triangle Of Love**

As you may already know, passion without love is nothing but pure infatuation. Infatuation is the state of being temporarily carried away by unreasoned passion or addictive love.

*Passion, intimacy and commitment cannot stand alone.*

Let's look at the different forms of love, passion, intimacy and commitment make up:

1. If you have a sense of commitment and desire to make your relationship last, but you don't have passion and intimacy you have only “*the idea*” of love or . . . *emotional love*.
2. Let's say you've got passion and the drive to build a life together, but you lack intimacy .



. . . *you have puppy love or fatuous love.*

3. Alright, so you are in an intimate relationship and you are committed to building a future together, you're like siblings, there is no fiery passion or erotic attraction involved . . . *you have companionate love.*
4. Have you ever fell head-over-heels with a friend? You're enthralled in the arms of both passion and intimacy . . . *you have romantic love.*
5. Ultimately, when you have all three dimensions of intimacy plus passion and commitment you have it all . . . Congratulations, *you have consummate love!*

Sometimes we all get a little obsessed with finding our own “*idea of love,*” but experiencing love and wishing for it are as far apart as day and night. You don't need another philosophy or theory about love; you desire the experience. The real challenge isn't in finding “*true*” love. It's really only about removing the obstacles to love's presence. That's the secret.

It's been said that love and fear are opposites, but I'm telling you today that true love has no real opposite. Once you remove the blocks to really loving, your life becomes an inspiration for others as you experience the intimate interconnectedness of life itself. *For it is life that made love possible.*

Fear is the lack of love and love is the lack of fear; they are irreconcilable.



The only mystery of love is for those who keep themselves cut off from it. Love's purpose is to reveal your connectedness and give you a permanent sense of belonging — *where there are no more illusions.*

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres." (1 Cor. 13:4–7, NIV)

*Love is the fearless knowledge of living right.* Call a rose by any other name and it's still a rose. So, though true love has many names, it's the quintessential “*experience*” beyond words we long for.

*Being in love is good for you in many splendored ways.*

It's a scientific fact that happily married couples live longer healthier lives than single people do. *Couples who express themselves intimately and passionately have fewer stress hormones according to the journal Psychosomatic Medicine.* It shouldn't surprise you that having sexual intercourse, kissing and even holding hands has a beneficial biological effect on lowering levels of the "stress hormone" cortisol. Chronic stress has been shown to weaken the immune system and promote heart disease, even a "broken heart."

## **Give Your Sex Life Wings!**

In dealing with the ups and downs of any relationship one of the most important things you can do is to find new activities to do together which create a positive feeling for both partners.

Sometimes we place too much pressure solely on intimacy or sex, which is a big reason why so many couples are having sexual issues. Great sex takes patience. Having sex should never be a pressure issue; take your time to romance the flame of passion.



In fact, did you know "emotional factors" are responsible for nearly half of the male impotence issues in America? The other half has underlying health factors such as diabetes, circulatory problems or some physical trauma.

If you or your partner is suffering from sexual performance issues the best thing you can do, besides addressing your health through diet, exercise and lifestyle, is to introduce novel activities you both might consider to be intimate.

What if your level of sexual pleasure and performance is all in your head?

Bottom line nothing is less attractive than fear. Fear also releases the stress hormone cortisol, which reduces circulation, increases inflammation and wastes your source of intimate sexual energy.

## **Remember: Perfect Love Casts Out Fear**

Here are 3 sexually attractive attitudes to help you men out there who know they deserve to be loved often:

- *Like your self.* Women are turned on by men who like being men. It keeps you interesting and sends out a positive attractive message.
- *Be a fun lover.* Women love to go out and play with their sexual partners, so go somewhere or do something together that's fun.
- *Get what you want.* Have a big personal goal that drives you and go for it.

Nothing is sexier or a bigger turn on than the mind. Learning to turn on your mind will increase your own sexuality and attract the intimacy you crave from your mate. *Did you know your brain uses 18% of the body's energy intake while constituting merely 2% of its weight?*

Most sexual problems can be overcome naturally using your intelligence, creativity and attitude. Truth is most drugs can't even beat the placebo effect in the first place, which means if you "believe" you can or can't, either way you're right . . .

With a healthy attitude comes a desire for a healthier body. The "right" nutrition is important for sexual health because it energizes your brain, stimulates your nervous system and strengthens circulation.

The foundation for great sex is a healthy mind and body. Here are some key vitaminerals and nutrients to help you enjoy incredible sex:

- *Vitamin A* found in carrots, broccoli and sweet potatoes help produce optimal level of progesterone, which is an important sex hormone that supports libido (that sexy feeling).
- *Vitamin B1* found in sprouted grains, asparagus and pineapples is essential for optimal nerve transmission and energy production throughout the body, which is vital to increase libido.
- *Vitamin B3* found in avocados, sprouted grains and beans can enhance the sexual sensation, increase blood flow to the skin and mucous membranes, and intensify the orgasm!
- *Vitamin B6* found in vegetables, nuts and bananas helps regulate prolactin, a natural libido booster.
- *Vitamin C* found in citrus, Camu camu and beets is used to help make beneficial hormones vital in sexuality and getting "turned on."
- *Vitamin D* found in mushrooms, eggs and sunlight helps you maintain a healthy and vigorous libido.
- *Vitamin E* found in seeds, nuts and green leafy vegetables is a powerful antioxidant and is necessary for healthy cells, especially those involved in the sexual experience.

- Magnesium found in cacao beans, spinach and nuts is important for the production of sex hormones and neurotransmitters and is a powerful smooth muscle relaxant.
- Selenium found in parsley, brazil nuts and seaweed is a mineral vital for healthy sperm health. Nearly is stored and used in the testes and seminal ducts.
- Zinc found in alfalfa, mustard and almonds is used to make testosterone and other sexual hormones. Zinc is loaded in the prostate gland and sperm more than anywhere else in the body.
- Last, but not least, Essential Fatty acid found in black currants, nuts and cacao butter are needed to make sex hormones and store sexual nutrients to keep you in the game.

Bottom line is your “*consummate*” relationship needs a constant balance between intimacy, passion and commitment, but without having a healthy lifestyle, a smart diet and quality sex, *the triangle of love can collapse*.

So, always make it a priority to romance your partner like you did when you were first dating and remember: *great sex and romance begin while your clothes are still on*.

Nurturing a healthy partnership isn’t just about pushing the right buttons, so don’t let your “*sexual rendezvous*” to become just another routine. *Learn to overcome, be adventurous and have fun*.



*Learn how to nurture your passion, renew your intimacy and revitalize a healthier sexuality for the years to come.*

**SOURCE: Dr. Beate Ditzen of the University of Zurich in Switzerland, et al.**



**Martin Jacobse, a hearing and speech specialist of 30 years, was first inspired by the natural home remedies used by his Cherokee Grandmother. He has since expanded his interests into naturopathic, alternative and energy medicine. Excited to share his findings and close the gap between the medical profession and natural home remedies, Jacobse found a passion as an independent medical researcher and ghost writer, dedicating his life to getting the word out as a consumer health advocate for Barton Publishing. Jacobse spends his free time practicing the healing art of magnetic Qigong, publishing books and enjoying the quiet of a small horse ranch near the Tonto National Forest in Arizona.**



## **Product Recommendation:**

### **Thanda Passion Booster™ for Women**

### **Promote Female Sexual Desires**

**D**o you need help with Libido? Thanda Passion Booster may be able to help as an all-natural remedy for enhancing the female sex drive to increase sexual desire and arousal in women.

### **Use Thanda Passion Capsules To:**

- Awaken and enhance female sexual pleasure
- Increase and promote orgasmic strength
- Relax and enjoy sex day and night
- Achieve optimal sexual health and vitality
- Support hormonal balance and circulation



## **What is Thanda Passion Booster?**

Thanda - Xhosa (a language native to South Africa) word for 'love' - is a 100% safe, non-addictive, natural herbal remedy. Thanda Passion Booster has been used for many years to safely maintain health and systemic balance in the female reproductive system.

Using Thanda Passion Booster on a regular basis helps to maintain healthy sexual desire, orgasmic functioning and sexual health - helping you to relax and enjoy sex, day or night!

This powerful tonic for female sexual health contains a range of specially selected herbs from Africa and the Orient, which are traditionally identified as having aphrodisiac properties. They are known for their supportive function in maintaining healthy female sexual arousal and as an effective tonic for the female reproductive system.

Thanda also supports the healthy functioning of the female reproductive system by helping to maintain balanced flow of blood and routine sensitivity to the female genitals. Thanda can

make all the difference, without compromising health or risking serious side effects.

The natural remedy formula remains true to the whole spectrum method of herbal manufacture, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

Now you can get in touch with your passionate self with Thanda Passion Booster for Women.

**[Click HERE To Order or For More Information.](#)**

For direct access, click here:

<http://www.nativeremedies.com/products/thanda-promote-female-sexual-desires.html?kbid=8323&sub=hctwfemale>

Related Products: For a male sexual health tonic, see below.



## **Product Recommendation:**

### **Ikawe for Men™**

## **Increase Sexual Performance for Men**

**I**kawe is a natural herbal remedy to increase sex drive, maintain strong erections and improve sexual performance in men.

If you are searching for stronger erections, there is a little known pill to help. NOT the little blue one (Viagra), but an all natural, zero risk alternative that is safe and powerful. Arouse the drive and desire for sex from with just a few drops of liquid! Energy and stamina for a healthy sex life is available to you with IKAWE for Men.



### **Use Ikawa for Men to:**

- Optimize male sexual functioning
- Boost sexual performance by increasing blood flow to the penis
- Supports healthy, pleasurable, routine ejaculation
- Maintain hormonal balance with the male reproductive system

### **What is Ikawe for Men?**

Ikawe - the Xhosa (a language native to South Africa) word for 'warrior' - is a 100% safe, non-addictive natural herbal remedy. Ikawe has been used for many years to safely maintain health and systemic balance in the male reproductive system.

Ikawe for Men contains a selection of herbs from around the world and which are traditionally identified as having aphrodisiac properties and are 100% safe and non-addictive. They are known for their supportive function in maintaining sexual performance health and well-being.

Ikawe for Men helps maintain healthy functioning of the male reproductive system and balanced flow of blood to the penis and testes.

The formula remains true to the whole spectrum method of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

Ikawe is your best herbal natural remedy choice for men seeking power, pleasure and purity. Become the “warrior” you were meant to be. Ikawe can make all the difference, without compromising health or risking serious side effects.

## **[Learn More About Herbal Viagra Alternatives and Order Ikawe For Men Now!](#)**

Order by Following the Link Below:

<http://www.nativeremedies.com/products/ikawe-promote-male-sex-drive.html?kbid=8323&sub=hctwmale -ysmtac=kbid&ysmchn=affiliate&ysmcpr=kbid&ysmgrp=8323>

# Product Reviews



## L-Arginine: Best Natural Supplement to Boost Libido

### The ProSexual Nutrient

Sexual dysfunction is estimated to affect 43% of women and 31% of men in the U.S. For women, sexual dysfunction consists primarily of loss of libido (sexual drive) and inability (or great difficulty) in achieving an orgasm. For men, sexual dysfunction primarily takes the form of impotence, known technically as erectile dysfunction.

One of the more popular supplement ingredients for sexual dysfunction is L-arginine, also referred to as arginine. Arginine assists in relaxing blood vessels to allow more blood circulation, thereby increasing blood flow to the genitals, as a by product of synthesizing nitric oxide. More blood flow makes sexual stimulation more sensitive and increases libido or desire for sex in both men and women.



### Stronger Libido ... Greater Endurance

It has been hypothesized that taking extra arginine will increase nitric oxide levels and in turn increase blood flow to the penis. However, not all pharmaceutical studies have shown increasing nitric oxide have been to be effective. Instead, increasing the sensitivity to nitric oxide can bring greater blood flow, thus assisting erections, endurance and orgasms. L-arginine has also been reported to improving fertility in men with low sperm counts and been found as an active ingredient in many sexual support products. Men should consider supplementing 500 mg/day or for organic erectile dysfunction (ED): 5 grams per day.

If women are looking for greater satisfaction in their love life, more orgasms and greater clitoris stimulation, then consider taking up to 2,500 mg of L-arginine with your daily vitamins and minerals. Results may take up to 4 weeks.

## Get It On Naturally

Normally our bodies produce enough L-arginine for normal body function, but certain injuries or conditions can cause you to not produce enough L-arginine for your body to work or heal properly.

Some foods that naturally have this amino acid in them are poultry, pork, dairy products, seafood, nuts, chickpeas, soy beans, and chocolate. Yes, another scientific reason for eating chocolate!

For over the counter supplements, the following 3 L-arginine brands were tested for quality, label consistency and lead contamination, recommended to you for safe consumption.

- ArginMax® for Women, 416.7 mg per tablet, 6 per day
- Nature's Harmony L-Arginine, 500 mg per capsule, 3 per day
- [PL® \(Progressive Labs\) L-Arginine](#), Hypoallergenic, 500 mg, 500 mg per capsule, 1 per day (marketed for cardiovascular function)

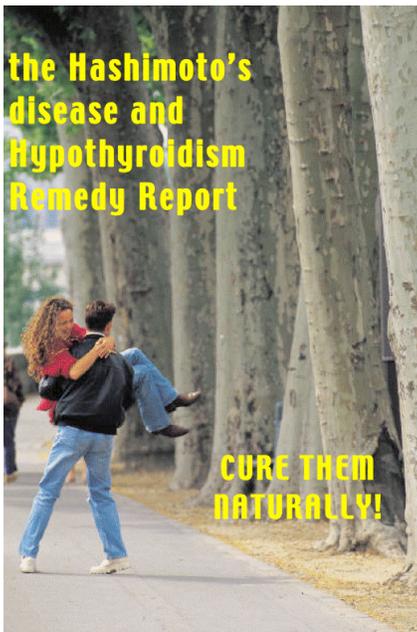
Progressive Labs L-Arginine is available to you through this link:

<http://www.amazon.com/gp/product/B000O5ZIVM?ie=UTF8&tag=bartopubli-20&linkCode=as2&camp=1789&creative=390957&creativeASIN=B000O5ZIVM>

## Benefits Beyond Sexual Enhancement

L-Arginine is an excellent supplement for anyone wanting to increase his or her sexual arousal, improve performance, and overall health (enhance immune function, increase memory, speed wound healing). The huge advantage this natural and safe supplement has over Viagra is that men and women can take it, it's considerably less expensive (Viagra costs as much as \$10 a pill!), it's been proven to work in numerous double-blind studies, and it has no side effects.





## Free Remedy Report: Hashimoto's Disease and Hypothyroidism

### Hashimoto's Disease and Hypothyroidism Remedy Report.

**H**ashimoto's disease is an autoimmune disorder and the leading cause of hypothyroidism. For those suffering from its effects, the pain, discomfort and complications can be a real challenge. With Hashimoto's disease, the body actually attacks its own tissue, causing the production of thyroid hormone to decrease.

Because the thyroid gland is responsible for regulating the body's metabolism, a decrease in hormones can lead to a wide assortment of symptoms including fatigue, hair loss, muscle pain and weight gain. Hashimoto's disease and hypothyroidism is not curable at this time, but it can be successfully treated and managed with a whole host of remedies.

In this report, we provide you with a number of natural and simple remedies and suggestions to help you live a fuller, more productive life than you ever thought possible.

Each of the remedies presented within this report have been shown to have valuable and life-changing effects for Hashimoto's disease and hypothyroidism sufferers.

This remedy report is exactly what you need. Start improving your health today by downloading the free breakthrough report here:

[http://www.homecuresthatwork.com/members/access/hashimoto\\_hypothyroid\\_pdfnr.pdf](http://www.homecuresthatwork.com/members/access/hashimoto_hypothyroid_pdfnr.pdf)