

SIX WAYS TO BOOST SEX DRIVE

A lackluster sex drive doesn't have to be a lifelong problem! In fact, there are a number of ways women and men can get back to feeling sexy and desirable.

Practices to improve low libido include:

- 1 Self-pleasure
- 2 Better sleep
- 3 Aphrodisiac foods
- 4 Decreasing the impact of stress
- 5 Body and self-love
- 6 Mindful intimacy

1. SELF-PLEASURE

Masturbation is still treated as taboo in our culture, but it's vital for re-energizing a low libido because it increases the physical and emotional connection to ourselves. This in turn increases overall confidence and allows us to feel more comfortable in our bodies. When we learn exactly what our body needs to feel pleasure, we're able to fully express our needs to a partner and get those needs met. It can be very rewarding to experiment with the different types and tools of self-pleasure, paying attention to what feels best for you.

2. BETTER SLEEP

It's safe to say that most people are not getting enough sleep these days. And yet, rest is essential for maintaining libido. A chronically stressed body that's often pushed to its energy limits will not want to participate in sexy behavior.

Bedrooms should be a sanctuary, not a hub filled with bright lights and various electronics.

Tips to create a sanctuary for sleep and sex include:

- An excellent mattress (preferably one made with natural materials)
- Beautiful and comfortable bedding
- Removing TVs and anything else that emits light, like phones and other electronics
- Lights that have a dimmer option
- Diffusing essential oils, like lavender for sleep and ylang ylang and neroli for their aphrodisiac properties
- Candles. Candlelight is magical and sexy and can really help set the mood.

3. APHRODISIAC FOODS

These are foods rich in antioxidants and phytonutrients. They can help decrease inflammation, improve vascular tone, and balance hormones.

- **Dark chocolate** is rich in magnesium, B vitamins, and antioxidants. Magnesium is a mineral essential to the production of sex hormones. B vitamins and antioxidants help keep the body free of inflammation and also improve circulation. There's even a compound in dark chocolate called phenylethylamine, which triggers the production of the same endorphins produced during sex.
- **Oysters** have a reputation for increasing libido. They are rich in zinc, which is necessary for testosterone production. They also have two rare amino acids: D-aspartic acid and N-methyl-D-aspartate, which increase sex hormone production.
- **Figs** contain magnesium. They also have an amino acid that increases the production of nitric oxide, which is important for expanding blood vessels and increasing blood flow to the genitals to help with arousal.
- **Pomegranates** improve sex drive and mood in both women and men by raising testosterone. They're loaded with antioxidants that improve blood circulation, which is important for keeping all those important sex organs healthy. Lubrication is dependent on enough blood getting to the vaginal walls – and orgasm is much easier if the clitoris is getting plenty of circulation.

Bonus: Pomegranates can have a positive impact on sperm quality, too!

- **Almonds and other tree nuts**, like Brazil nuts and pine nuts, contain zinc and selenium, which help reduce inflammation and improve circulation, boosting sex drive and fertility. Plus, they contain a lot of energy in a small package to help keep you going.

4. DECREASING THE IMPACT OF STRESS

This is a major libido killer – psychologically, physically, and emotionally. Some natural ways to mitigate the effects of stress include mindfulness meditation, masturbation, gentle yoga, earthing, and journaling.

In addition to stress management, take steps to combat stress in your body by working collaboratively with your Health Coach and healthcare providers to balance your sex hormones, decrease systemic inflammation, and improve your gut health. A healthy, balanced body is the best defense against the stress in life that can't be eliminated. The reduction or elimination of physical stress will help you become physically capable of normal levels of desire.

5. BODY AND SELF-LOVE

In a 2016 British survey, 60% of the female participants couldn't identify their vulvas. Learning how to understand and love your body and genitals can help reawaken desire. Most women will readily point out at least a few things about their bodies they don't like, including their lady parts. This constant self-criticism really interferes with feeling sexy.

There are many ways a woman can treat her body like someone she loves:

- Lay in bed and caress the body.
- Smoothe body lotion on sensually after a shower.
- Get a hand mirror and get familiar with the vulva.
- Choose beautiful, flattering clothes.
- Practice self-talk in the mirror as though she is beautiful, sexy, and desirable.

Can you identify the things you love about your body? How can you reinforce that love?

6. MINDFUL INTIMACY

Too many times, we're thinking about unfinished work or the dishes in the sink, which hampers our ability to really get in the mood and 100% enjoy sex. Mindfulness, particularly during foreplay, can really help women and men home in on their pleasure throughout the entire experience. Here are three ways to do this:

- **Don't say you're not in the mood.** An automatic no to sex doesn't give you the chance to get in the mood. Instead, say "Ask me again in 15 minutes" and go into the bedroom. Then, take a few slow deep breaths or do a quick five-minute meditation, imagining what you'll do together and how much fun it will be to have sex with your partner.
- **Have self-awareness during foreplay and sex.** For instance, instead of thinking of that unsent email, be present to the fact that you're here in bed kissing your partner. There's nowhere else to be in this moment.
- **If orgasm has been an issue, try not to have an orgasm.** Focus on how great you felt the last time you had an amazing sexual experience. Challenge yourself to just enjoy the feelings of pleasure and intimacy without striving for that goal of orgasm. This removes any pressure, which can be distracting.