

# Natural Help 4...

## Low Libido



### What are Aphrodisiacs?

At some point in our lives we may experience [low libido](#), and require an extra boost to keep the passion alive. For centuries, people have made use of [aphrodisiacs](#) as **libido enhancers** to achieve greater sexual health and functioning.

An **aphrodisiac** is a substance such as food, drink, drug, scent or device that can arouse or induce feelings of sexual desire. [Aphrodisiacs](#) are named after Aphrodite, the ancient Greek goddess of sexual love and beauty. **Aphrodisiacs have a powerful impact on the mind**, as they are thought to trigger the release of chemicals in the brain which then stimulate certain organs.

Most [aphrodisiacs](#) enhance aspects of the sensory experience such as sight, touch, smell, taste and hearing - which in turn increases sexual drive or libido, **improves performance** and results in **greater sexual satisfaction**. Some foods are thought to have [aphrodisiac](#) properties.

These include oysters, chocolate, chili, or alcohol. There are also a variety of plants and herbs which have been used for centuries in traditional medicine around the world in order to restore or **enhance sexual pleasure**.

Even certain situations may play a part in [sexual arousal](#). For instance, a candlelit dinner for two with romantic music and champagne is seen as an **aphrodisiac and libido enhancer** because it has all the stimulants necessary to promote sexual desire.

[Aphrodisiacs](#) have even been hailed as being of great help in treating sexual dysfunction and increasing **female and male libido**. While [aphrodisiacs](#) may be considered by some as folklore and mythology, many claims have been made about their potential **libido-enhancing** powers.

**There a wide variety of [natural aphrodisiacs](#) and they include:**

- Vegetables containing androstone, such as celery
- Vegetables such as asparagus, carrots, cucumbers are suggestive of sex due to their phallic shape
- Fruit such as the banana, avocado, pomegranate, fig, papaya and peach
- Nuts such as ginkgo nuts and pine nuts
- Grains such as oats
- Herbs such as basil, cloves, garlic, ginger, ginseng, aniseed, nutmeg and licorice
- Spices such as cardamom, chili, pepper, and asafetida
- Shellfish such as oysters, caviar and shrimp

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- Sensual scents such as vanilla, patchouli and musk

A number of prescription drugs may enhance **libido**, [sexual performance](#) and organ sensation. These drugs include Viagra, Arginine and Prostaglandins. Androgens (male hormones) can be prescribed for men with [low libido](#) or **poor performance**.

Women with **low hormone levels**, particularly during menopause, can try hormone replacement therapy (HRT) to **improve libido**. While these medications may **increase sexual pleasure and performance**, there are some negative side effects such as tremors, blurred vision, headaches and irregular heartbeats.

Many herbs are also [natural aphrodisiacs](#) and have been used for centuries as a way for **increasing libido naturally** and to **promote sexual pleasure and arousal**. These herbs are highly effective, safe to use, and nourishing for the body.

For example, Smilax ornata (Sarsaparilla) is used as a tonic for male sexual potency and virility, while Eleutherococcus senticosus (Siberian Ginseng) is an overall system toner which **improves performance and stamina**. In addition, Sabal serrulata is a strengthening remedy which has a stimulatory effect on sexual functioning, as well as female health.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, **homeopathic, herbal and other natural medicines were commonly available – and freely used** even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned upon by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors, and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and

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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the **broad range of treatment options and approaches** that are to be found within the practice of natural medicine. Holistic medicine encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to **support health, relieve symptoms, and prevent future disease**. In fact, even the World Health Organization defines health as being "...more than simply the absence of illness. It is the active state of physical, emotional, mental, and social well-being." This is a wonderfully clear description of holistic or natural medicine, which **strives to support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction, and sacrifice to health so commonly associated with pharmaceutical drugs.

Contrary to common perception-- and provided that they are manufactured in the correct way-- **natural medicines can work quickly and safely to promote healing**. In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a **long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety**. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that like any medicine, **herbal and homeopathic medicines must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer the benefit of easy consistency of dosage (and cheaper production lines), they have grave disadvantages, including an increase in side effects-- as the **medicines produced in this manner lose the natural protective properties** of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the **Full Spectrum Method of extraction**, which retains the benefits of ALL the active ingredients within the

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[The Natural Beat Blog](#)

[PetAlive Natural & Herbal Remedies for Pets](#)

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herb as opposed to isolating only one – thereby providing a **more complete treatment** as well as **superior protection against side effects**.

Whatever your choice, always choose wisely. **Research what is best for you**. If you have a chronic or life-threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will **support patients who want to take responsibility for their own health**.

## Related Natural Remedies:

**Ikawe**: Promotes normal male sexual functioning.

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 health and well-being.

Ikawe for Men helps maintain healthy functioning of the male reproductive system, supporting balanced **flow of blood to the penis and testes**. Ikawe can make all the difference, without compromising health or risking serious side effects.

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!

[Learn more about Ikawe](#)

**Thanda**: Promotes healthy sexual desire, orgasmic functioning and sexual health in women.

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 encourage **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 promoting healthy [sexual arousal](#) and as an **effective tonic for the female reproductive system**.



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**Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:**

Thanda supports the healthy functioning of the female reproductive system, thereby 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 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!

[Learn more about Thanda](#)

Read the testimonials for these quality products [here!](#)

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional [One Year Money Back Guarantee](#).





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**Remedies Full Spectrum**  
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