Increasing Libido & Maintaining Youthful Hormone Levels

1) Define libido
   a. Having sexual desire

2) What are some of the causes of decreased libido?
   a. Poor diet
   b. Poor self esteem (body image issues)
   c. Depression
   d. Stress
   e. Hormonal changes
   f. Medications

3) What can be done to increase libido
   a. Eat a healthy diet
      i. Too many saturated fatty foods, lack of good essential fats like flax seed oil, lack of high quality proteins like whey protein, insufficient intake of fruits and vegetables, and lack of fiber all too often make-up a regular part of our daily diets
   b. Improve your self esteem and body image
      i. Exercise regularly and if you’re overweight try losing a few pounds.
      ii. Multiple studies have found that regular exercise boosts mood and energy and in turn libido.
      iii. Researchers found that a moderate amounts of weight loss significantly increased sexual desire to. (Duke University)
      iv. A University of California study found that strenuous exercise for one hour three times a week increased sexual desire and resulted in fewer sexual problems and a more pleasurable orgasm.
   c. Treat your depression
      i. If you suffer from regular bouts of depression you should seek out professional care to help with this condition. Unless ones depression is addressed achieving any level of sexual desire may prove to be very difficult for many individuals. Although the use of pharmaceutical anti-depressants may be warranted in some situations, there are numerous natural methods that can be used with tremendous success!
d. Reduce the levels of stress in your life
   i. Find out what’s causing you all that stress and make changes to your life that will eliminate or reduce it. If you can’t do this at least try to learn yoga, meditation, and breathing exercises to help you cope better.

e. Maintain healthy hormonal levels

I) Low levels of Testosterone in Men and Women
  1. Testosterone is the key hormone in both men and women involved in “fuelling” our sex drive. Men and women are often surprised to discover that women also possess this hormone.
  2. Equal amounts of testosterone are manufactured by the adrenal glands in both males and females.
  3. 10 times as much testosterone is manufactured in the male Testes. Small (but biologically significant) quantities of testosterone are manufactured by the female ovaries up until menopause.
  4. This ovary-manufactured testosterone contributes to female sexual desire.
  5. After menopause approximately 35% of females have reduced sexual desire due to the cessation of testosterone production by the ovaries (the other 65% manufacture enough testosterone in their adrenal glands to sustain their sexual desire).
  6. Males produce testosterone over a 24-hour cycle (the highest levels occur in the morning).

Ia) How to naturally increase your testosterone levels?
   1. The consumption of essential fats (like flax seed oil) have been shown in studies to raise testosterone production in the testes.
   2. Deficiencies in the minerals zinc and potassium and vitamin A have been shown to result in decreased testosterone production (taking a high quality multivitamin like Progressivee should prevent such a deficiency).
3. The herbs Horny goat weed (Epimedium), Asian ginseng, Puncture vine (Tribulus) (I will elaborate on some of these herbs, in more detail, later in this article)

II) Low levels of Human Growth Hormone (hGH)
1. hGH is a hormone produced by the pituitary gland and is commonly referred to as the “anti-aging hormone”
2. Some of the few health benefits hGH has to offer:
   - Increased muscle mass
   - Increased bone density
   - Improves skin elasticity
   - Reduction in body fat
   - Reduced LDL (bad) cholesterol
   - Increases endurance
   - Increases libido
   - Increases sexual response
3. Your body releases most of its hGH in the first 45-90 minutes of sleep
4. “hGH is increased during exercise when the exercise involves relatively heavy
5. After adolescence hGH levels decline at a rate of about 14% per decade (refer to chart below)

![Human Growth Hormone Levels As We Age](image)

Figure 3: Human growth hormone levels as we age.

IIa) How To Naturally Raise Human Growth Hormone (hGH)
1. The regular use of whey protein and glutamine have been shown to naturally stimulate hGH
2. The amino acids arginine, lysine, and ornithine have all been shown to stimulate hGH production (incidentally whey protein is rich in all three of these amino acids)
3. Regular exercise, especially if it’s quite intense, will stimulate hGH

III) Low levels of progesterone and estrogen in Women
1. Starting at the age 45 a decline in estrogen production there is an increase in shrinking and dryness of the vagina
2. There appears to be a relationship between a progesterone deficiency and lack of sex drive in women

IIIa) How To Naturally raise estrogen and progesterone levels in women
1. The use of isoflavones like those found in soy based foods are rich in plant estrogens (phyto-estrogens)
2. The use of herbs like wild yam help elevate progesterone levels
3. Herbs like black cohosh, chasteberry, and dong quai are commonly used to further regulate female hormone levels

f. Try using aphrodisiacs (something that arouses or intensifies sexual desire)
i. Aphrodisiacs like horny goat weed, Tribulus, Asian ginseng, Maca, and Muira Puama are all examples of commonly used aphrodisiacs.