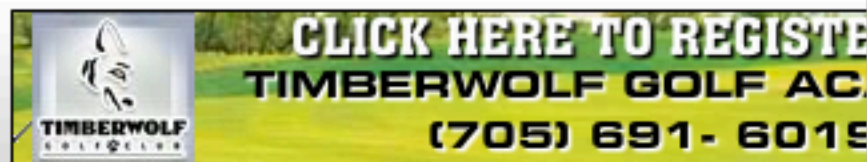


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Still searching for your sex drive?

By NEWS CANADA

Posted 2 years ago

Sex researchers and therapists agree that loss of libido (desire) is the most common problem in a women's sex life. Approximately one-half of women over 50 report a decrease in sexual desire. Since women vary greatly in their desire for sex, "low" sex drive is relative, however many of these women report this decrease around the time they begin menopause.

A drop in libido at this time in a woman's life may be due in part to physical changes that can occur at menopause, including hormone changes, changes in vaginal tissue and lubrication, fatigue, sleep disturbances, hot flashes, night sweats and increasing general health concerns. Mental and emotional contributors including stress, changes in body image, relationship issues, and changes in sexual expectations can also contribute to decreased desire.

Of course, these factors are all interconnected, for example, an expectation of pain with intercourse due to vaginal dryness and atrophy may considerably dampen desire.

There are many herbs that have been successfully employed by women for enhancing sexual desire, satisfaction, sexual response and improving lubrication.

- * L-arginine is an amino acid that helps increase blood flow to the pelvic area.
- * Korean (panax) ginseng helps to improve sexual desire, satisfaction and vaginal dryness.
- * Tribulus terrestris may help to improve testosterone levels, a key hormone that regulates libido
- * Ginkgo biloba helps to improve blood flow and sensation to the pelvic area; it may be particularly helpful for women with low libido due to taking antidepressant medications.

Kelli Young, registered sex therapist and couples counsellor, often recommends women try a natural libido supplement, like femMED's Libido along with other things such as:

- * Getting to know your own body—sexually;
- * Using a water-based lubricant;
- * Experimenting with sex toys;
- * Adjusting your lifestyle (exercise, sleep, stress management);
- * Strengthening your pelvic floor muscles (kegal exercises);
- * Talking with your partner about your concerns;
- * Addressing relationship issues;
- * Making intimacy a priority ("dates");
- * Learning to communicate effectively;
- * Seeking counselling from a sex therapist or couple counsellor skilled in addressing sexual concerns.

