

# Boosting Sexual Health, Naturally For Him... And For Her

*"In an evaluation of BioDrive, 71% who responded to a survey reported they had greater interest in sex."*

Since Viagra was introduced to the public, news organizations have written 54,678 stories about Viagra. A Yahoo Internet search for Viagra produces 1.98 million hits. Jay Leno has made 944 Viagra jokes and shockingly more than 20 million men around the world use it regularly. In the U.S., one out of every five men over 40 has tried it, an average of nine Viagra pills are dispensed every second, but the truth you don't hear in advertisements is that Viagra has been proven to work for only 50% of its users.

Whether we talk about it or not, sexual dysfunction is a problem, not only for men but for women as well. So let's stop here and consider a few of the reasons why the systems of our body are so prone to fatigue, disease and sexual dysfunction.

Of course, stress is one of the major reasons why our bodies don't make enough testosterone. The stress hormone cortisol, produced in the adrenal



glands, suppresses testosterone. Cortisol and other stress related hormones put the body into the sympathetic fight or flight response which blocks sexual function and pleasure. In order to respond sexually we need a healthy balanced parasympathetic nervous system.

Widely used anti-depressants, reduce sexual function. Also, chemicals in the environment from the air we breathe, the water we drink, the food we eat, even the containers we store food in can be linked to sexual dysfunction. These

factors mimic estrogenic compounds in the body which act as an antagonist to testosterone.

Many men, as well as women, show low levels of testosterone in their blood samples. One of the main symptoms of low testosterone is low sex drive. Many women are advised to supplement this hormone when they go into menopause. The ovaries stop producing estrogen, as well as progesterone and testosterone.

Highly "toxic" estrogen from the environment is continually

overloading our systems. There are nutraceuticals available that help us to regain an improved level of health as well as deal with the issue of sexual dysfunction that are free of side effects. Most of these focus around the concept of adaptogens.

The concept of adaptogens dates back thousands of years to ancient India and China, but modern study did not begin until the late 1940s. In 1947, Nikolai Lazarev defined an adaptogen as "an agent that allows the body to counter adverse physical, chemical, or biological stressors by raising nonspecific resistance toward such stress, thus allowing the organism to adapt to the stressful circumstances."

Adaptogens are natural substances that provide precursors and co-factors the body needs to return itself to physiologic balance. Sometimes that means making healthy hormones, sometimes it means breaking down hormones to return to homeostasis.

Biotics Research Corporation provides several adaptogenic formulas for men and women. b-VITAL contains 750 mg of Peruvian Maca and 50 mg of velvet deer antler from live American elk. b-VITAL is clinically shown to augment testosterone levels in men. Maca is a well known adaptogen with over 165 citations on PubMed. It is used as food in Peru. It is a natural precursor to testosterone. Remember testosterone is necessary for healthy muscles.

b-VITAL would be an asset to healthy muscle function throughout the body, including the heart. The dose I personally have recommended to men with low testosterone is 3 capsules at bedtime and 3 in the morning, before breakfast. Men seem to have more improvement than women, although I know of a couple of female patients who have had an increased libido using

it. I usually start higher and then reduce the dose to 1 capsule twice a day after a few months.

Another adaptogenic formula, BioDrive is used as a libido /energy support product. BioDrive supports adrenal balance which indirectly supports sexual drive. Staying consistent with the concept of optimizing health instead of using blanket stimulants, BioDrive is 800 mg of a proprietary blend which contains rhodiola, damiana, ginkgo, American Panax ginseng and stinging nettle. Rhodiola and Panax ginseng are well known adaptogens, having over 240 references on PubMed.

The result of this formula is that women, although men can take this formula, feel a sense of increased energy. The side effect of that energy is greater interest in extracurricular activities. Let's face it, if you're exhausted, sex is definitely at the low end of the priority list.

In an evaluation of BioDrive, 12 of 17 or 71% who responded to a survey reported they had greater interest in sex. Of the 12 positive responders, 10 said they were more easily aroused, 11 indicated more pleasure with sex, 8 reported an improved ability to achieve orgasm.

In addition, remember to always evaluate thyroid function, make sure you have the proper ratio of EFAs and a broad spectrum multivitamin mineral. Of course, diet and lifestyle are a given and serve as the foundation for any protocol.

Conversations about sexual health can be awkward. But applying protocols that increase vitality is the first step to naturally increase sexual health.

Thanks for reading this week's edition. I'll see you next Tuesday.