



Women's Health Library

## Sexual Healing



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Additional Recommended  
Supplements for Optimal Health...

### Foundation of Health:

- [Ultimate One](#)
- [CoQ10](#)
- [Omega 3 Fatty Acids](#)
- [Greens N' Things](#)
- [Chewable Calcium & D](#)  
or
- [Liquid Cal-Mag-Zinc](#)

See our full line of premium  
Quality supplements at  
[Our Store:](#)

[FreedomFromMenopause.com](http://FreedomFromMenopause.com)

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. **WARNING:** Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

Though few people talk about sexual dysfunctions openly, the explosive success of prescription medications such as Viagra and Cialis show that people want to maintain active sex lives even as they age. While prescription drugs for sex drive and sexual function are relatively new, there are still people looking for natural alternatives much as there are with drugs for cholesterol, blood pressure and diabetes.

Below are some common ingredients that may enhance your sexual performance:

**Ginseng** – This energy producing herb is used mainly to increase blood flow in the body. This also means increased blood flow to areas that affect sexual function, and may increase libido and sexual vigor. There are no clinical studies to support the use of ginseng as a sexual aide, but it has been used in China for centuries as an aphrodisiac. Be forewarned, though, ginseng takes a little bit of time to “kick-in” so advance planning is recommended.

**Cinnamon** – Clinical studies have shown cinnamon to be the single most arousing scent to the human male. This is why many perfumes are based in cinnamon. A quick whiff of this traditional holiday spice, and many women return to their youthful vigor. There is also some suggestion that cinnamon can increase genital blood flow. Increased genital blood flow may result in more sensitivity for women and a better erection for men.

**L-Arginine** – L-arginine is a metabolic precursor to nitric oxide. Nitric oxide, is the natural vasodilator that can increase blood flow to all parts of the body. The science behind nitric oxide won the Nobel Prize for Physiology and Medicine in 1998, and led to the development of the world famous Viagra. Many athletes and bodybuilders take L-Arginine half an hour before working out to increase muscular blood flow. This same concept may translate into other activities as well.

**L-Tyrosine** – Another amino acid responsible for effecting libido, mental function, mood swings, etc.

**Ginger** – A popular ingredient in sexual performance formulas, ginger is said to help improve lubrication.

**Phytoestrogens** – Known for increasing the effects of estrogen such as providing vaginal lubrication.

**Progesterone**- Balances the female hormones and is responsible for increasing libido, decreasing the symptoms of PMS and many other sexual healing effects.

**DHEA**- A precursor to testosterone, the hormone responsible for your sex drive.

### Our supplement recommendations:

- [L-Arginine and L-Ornithine](#)
- [Intimate Arousal Gel and Lubricant](#)
- [Our libido and orgasm enhancers](#)
- [L-Tyrosine](#)
- [Progesterone Cream](#)
- [Phytoestrogens](#)
- [Niacin Hex](#)
- [DHEA](#)