

## Herbs, Intimacy & Aging

\*\*I have links to products for sale in this article. I specifically linked to products that I work with in my practice and sell at my store. I consider them to be high quality and effective supplements. When using herbs it is important to know the manufacturers, their sourcing and their quality control procedures.\*\*

As we age there are many life changes we need to learn to flow with. One of those is the changes in our reproductive system and our sex life. This paper will discuss herbs and supplements that can help get you flow better through these changes.

Women deal with menopause and the body changes that take place gradually after menopause. Men deal with prostate issues from frequency in urination to prostate cancer and everything in between. Both men and women have changes in desire and the ability to perform sexually. There is always an emotional component to most health & wellness issues we encounter and once we slide past middle age into senior citizen status there are many conflicting emotions that can arise in regards to our sexuality. Believe it or not, there are herbs that can help with all of these issues.

### [Ashwaganda](#)

Ashwaganda is an adaptogen herb. It relieves stress, gives you energy and it helps the parts of the body to work better together. Ashwaganda is to Ayurvedic medicine what Ginseng is to Chinese medicine. Meaning that they are whole body tonic herbs that treat the entire body. This root is so effective at reducing stress and improving emotional health that there are not enough good things to say about it. It is contraindicated for anyone on anti-depressants.

### [Avena sativa](#)

Oats ([Avena sativa](#)) has long been popular for its aphrodisiac and libido-stimulating qualities. It reputedly increases vaginal stimulation and increases the physical and emotional desires for sex. Oats is also a mood booster and can help with menopausal complaints.

### [Black Cohash](#)

Black cohosh alleviates menopausal symptoms & vaginal dryness. One of the isoflavones in Black cohosh acts like a weak estrogen which makes it help out with all sorts of female reproductive issues from menstrual cramps to menopause difficulties.

### [Chasteberry/Vitex](#)

Vitex & Chasteberry are both common names for the herb, Vitex agnus-castus. Sometimes there can be confusion because some companies name their supplements, Vitex and some name them Chasteberry. No matter the name on the bottle, the herb within the bottle is known for stabilizing and balancing hormone levels. It can be very beneficial during menopause, peri-menopause and can also help out during menstruation.

### [Damiana](#)

Damiana has the reputation for promoting romance and passion and it has been used for years as an aphrodisiac. It has been known to restore energy to the libido and to strengthen the reproductive system where it could help with infertility and impotence. Some tout Damiana reputation as folklore and hype and then there are those who have enhanced their sex life using Damiana.

### [Fennel](#)

Fennel has some estrogenic activity and it can stimulate breast milk production as well as perk up a lazy libido. Use either a strong medicinal tea or an extract for these uses as chewing on the seeds will not be enough.

### [Ginkgo biloba](#)

Ginkgo is all about improving your blood flow. It does this throughout the body, particularly to the brain. It also improves blood flow to every other part and peripheral in the body. One of the many benefits of improved blood flow throughout the body is increased energy and body parts that work better. Although Ginkgo improves blood flow it does not increase blood pressure.

### [Ginseng](#)

Ginseng is an adaptogen herb. Ginseng has a long established reputation as the herb that cures everything. Ginseng has biologically active compounds which increase energy, stamina and then cures all your ailments! Ginseng can also slow down the signs of aging and of aging at a cellular level. This root also works wonders for the mood and temperament. For anti-aging, Foti & Ginseng are the dynamic duo.

### [Horney Goat weed](#)

Horney goad weed is a testosterone boosting herb by increasing nitric oxide's role in the body. (garlic, which contains arginine also increases nitric oxide in the body). The nitric oxide in turn helps men with erectile dysfunction. Horney goat weed contains an active ingredient which helps the nitric oxide to flow normally to relax muscles in the penis so they can fill with blood and get busy. The action of Horny goat weed is similar to Viagra without Viagra's side effects.

Horney goat weed can also stimulate sexual desire so it benefits both men and women.

### [Maca](#)

Maca improves male sexuality, sexual desire and improves performance. Maca stimulates both male and female libido and sexual stamina. Maca increases energy in the body including sexual energy.

Maca is also beneficial in treating menopausal issues, particularly the hot flashes and night sweats.

### [Saffron](#)

Avurveda medicine highly values Saffron as an aphrodisiac and anti-depressive. Saffron is very expensive as it is contained in the filaments or stigmas of the Crocus.

### [Saw palmetto](#)

Saw palmetto is equal in efficacy in treating prostate enlargement (BPH or benign prostate hypertrophy) to pharmaceuticals made for the same purpose. As with herbs the phytochemical components in the herb work synergistically together to accomplish miraculous feats. Saw palmetto

can reduce the enzyme that converts testosterone to dihydrotestosterone which encourages prostate cells to reproduce. It also prevents dihydrotestosterone from effecting prostate cells and it reduces inflammation.

Choose your Saw palmetto supplement with the knowledge that you want a standardized extract with 320 mg of certified-potency fruit extract and 90% fatty acids and active sterols. Most labeling on a good product will include that information. If it does not, by one that does.

### [Wild yam](#)

Wild yam is beneficial to women by helping to balance hormones, increase sex drive and it relieves vaginal dryness. Wild yam has phytoestrogens that can help with menopausal issues.

### [Tribulus](#)

Tribulus is used by men to boost testosterone and helps with erectile dysfunction. Women can get a benefit of increased sexual desire and intensified sexual experience.

### [Vitamin E suppositories](#)

Occasional vaginal dryness can affect women at every age but most commonly occurs after menopause. Don't let this discomfort interfere with your life. Vitamin E Suppositories can help restore lubrication gently and effectively.

### [Yohimbe](#)

Yohimbe is an herb which when taken can enable a man to get an erection. This is an herb which comes with a lot of caution because there can be many side effects. Some of the most serious are anxiety, dizziness, rapid heart rate, blood pressure elevation. Anyone with cardiovascular disease or kidney or liver disease should not consider this herb. Anti-depressant use is also contraindicated with Yohimbe.

Willow Health Food & Wellness Center has all these herbs, oils & supplements available for purchase.

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