

# Natural Help 4...

## Male Frigidity



### What is Male Frigidity?

The term 'frigidity' is **mostly used in relation to women**. However, this **term can also be used with regards to men** – although the more commonly used terms are impotence, lack of sex drive, or low libido.

### Help for Male Frigidity

Natural herbal and homeopathic remedies can be used to **promote male virility** and facilitate the natural mechanisms needed to **support male sexual health, adequate libido, and sex drive**.

Erectile dysfunction, low libido and lack of sex can all be addressed by natural ingredients such as Eleutherococcus senticosus and Turnaria aphrodisiaca, with Liroasma ovata being a **natural aphrodisiac**.

Natural remedies can be a **safe alternative** to prescription medications, and a natural approach will **address underlying causes – and not just the symptoms**.

### Help for Male Sexual Health

The **relationship between overall health, lifestyle, and sexual satisfaction** is closer than we may think. There is growing evidence that certain physical conditions that go along with **obesity can also affect sex drive**.

Luckily, there are some **lifestyle changes that you can make** to enhance your libido and set yourself on the **path to good health**. These changes include:

If you're overweight, **lose a little weight to stimulate sex hormones**.

**Eat more nutritious foods**, which control cholesterol and blood sugar levels. Choose heart-healthy foods such as grains, fruits, nuts, vegetables, and lean sources of dairy and protein.

**Exercise regularly to strengthen the heart and help build endurance**. Add a few high-intensity sessions to your fitness routine. Strength training is also a good idea, to build shapely muscle (this can also help stamina where sex is concerned). Remember to start slowly.

**Get enough rest** – it's hard to be in the mood for sex when you are exhausted or fatigued!

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Never disregard professional medical advice or delay in seeking it because of something you have read in this eBook or on ANY web site.

Keep a positive attitude. **Accept your body and believe in your sexual abilities.**

## The Natural Approach

While Western medicine has become the norm in many cultures, it is **not the only treatment option**. Conventional Western medicine (often called allopathic or orthodox medicine) is the system of medicine taught at most medical schools, and many pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that only a few decades ago, homeopathic, herbal and other natural medicines were commonly available and freely used-- even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible doctors (whether they are allopathic or not) recognize that **both natural and conventional remedies have a role to play in the treatment program**.

Natural medicine has often been frowned upon by conventional doctors, especially by those who do not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby **providing doctors with a wider range of treatment options** from which to choose. In many countries, especially in Europe, India and China, **natural and homeopathic medicines are commonly prescribed** by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the **body has an innate capacity to heal itself**. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a **unique and independent form of medicine** in their own right, well able to **treat a variety of conditions**. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine. This encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.


Most naturopaths will use a variety of treatment modalities in order to treat their patients in a **holistic way to support health, relieve symptoms and prevent future disease**. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to **support health** (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer. In many cases, **holistic medicine can accomplish just as much**, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are



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### Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

manufactured in the correct way, **natural medicines can work quickly and safely to promote healing.**

In many cases, they can **succeed where pharmaceutical drugs have failed.** Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a **long history of usage** and there is a **wealth of empirical evidence** to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to **support the extensive traditional and empirical evidence behind natural medicines.**

It is also important to know that, like any medicine, herbal and homeopathic medicines **must be manufactured in the correct way**, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately, **not all of them are equipped to manufacture to the correct standards**, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘**standardized**’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have **grave disadvantages**, including an increase in side effects, as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which **retains the benefits of ALL the active ingredients within the herb** as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, **always choose wisely.** Research what is best for you. If you have a chronic or life-threatening condition, don’t make changes without first discussing them with your doctor, in order that your condition may be monitored. **Well-informed and supportive practitioners will support patients** who want to take responsibility for their own health.

## **Related Natural Remedies:**

**[Ikawe for Men™](#)**: Promotes normal male sexual functioning.

Ikawe - the Xhosa (a language native to South Africa) word for ‘warrior’ - is a 100% safe, non-addictive natural herbal remedy. Ikawe has been used for many years to safely **maintain health and systemic balance in the male reproductive system.**

Ikawe for Men contains a selection of herbs from around the world and which are traditionally **identified as having aphrodisiac properties.** In addition, they are 100% safe and non-addictive, and known for their supportive function in

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maintaining [sexual health](#) and well-being.

Ikawe for Men helps maintain healthy functioning of the male reproductive system, balanced **flow of blood to the penis and testes**. Ikawe can make all the difference, without compromising health or risking serious side effects.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Ikawe](#)

**PureCalm™**: Aids the [nervous system](#) in stress resistance for balanced moods and feelings of well-being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely maintain harmony, health and systemic balance in the brain and [nervous system](#), without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain health.

PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and to promoting inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

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