

Natural Help 4...

Sexual Performance



What is Sexual Performance?

Having a good, satisfying sex life, for both men and women, is often seen as the hallmark of a full, enriching lifestyle. Unfortunately, this is not always the case. Research has shown that more and more couples are not **finding sexual fulfillment** in their relationships.

For men, in particular, a **poor sexual performance** can be very stressful. In today's society, men are singled out as the more sexually active gender and **sexual performance** is often seen as an indicator of their manhood or virility. Anxiety about performance can negatively impact on performance, which in turn can compound the problem.

Diagnosing Sexual Performance Problems

When **sexual problems** occur, it can affect any phase of the sexual response cycle that then prevents the individual or couple from **experiencing satisfaction from sexual activity**. The sexual response consists of four phases- excitement, plateau, orgasm and resolution. Medical science has a variety of **ways to treat problems with sexual performance**, depending on the underlying cause. If an underlying medical condition is the cause for **poor sexual performance**, it should be treated first.

What Causes Sexual Performance Problems?

Poor or **impaired sexual performance** can be a result of a physical or psychological problem or a combination of both.

Physical causes

Various physical factors and medical conditions can cause **problems with sexual function** and they include:

- Diabetes
- Heart and vascular disease
- Neurological disorders
- Hormonal imbalances
- Kidney or liver failure
- Aging
- Alcoholism
- Drug abuse
- Obesity

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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 website.

In addition, the side effects of certain medications such as **antidepressants can reduce sex drive** and desire and result in a low libido.

Psychological causes

- Work-related stress and anxiety
- Marital or relationship problems
- Financial problems as a result of unemployment or retrenchment
- Depression
- Feelings of guilt
- Concerns about sexual performance
- Effects of a past sexual trauma

Help for Sexual Performance Problems

Medications such as Viagra, Cialis or Levitra can help to increase blood flow to the penis thus improving sexual function however these medications can have side effects. Hormone supplementation or testosterone replacement therapy will also be beneficial for **men with low levels of testosterone**. In addition, mechanical aids such as penile implants and vacuum devices **may help men with erectile dysfunction**.

Psychological help for sexual problems - Psychological or sex therapy will also help individuals or couples deal more effectively with sexual function and expression. **Communication is also very important** in a relationship. Talking to your partner about your needs and concerns will help to **overcome the barriers of sexual compatibility**. In addition, relaxation techniques (such as a calming meditation CD) and anti-stress exercises can also go a long way in helping to relax the body and mind so that natural sexual desire can flourish.

Natural Remedies

Natural and herbal help for improving sexual performance

There is a wide range of natural aphrodisiacs available to help awaken and improve sexual desire and functioning in both men and women.

For centuries, people around the world have used **natural remedies to stimulate sexual arousal** and increase performance. Today there is more evidence than before that certain herbs and homeopathic remedies are helpful in overcoming various forms of Sexual Performance Problems.

Eleutherococcus senticosus (Siberian Ginseng) is an overall system tonic for men and can help to improve low energy levels, performance and stamina. Smilax ornata (Sarsaparilla) is used as a tonic to assist female sexual functioning and also as a rejuvenating tonic.

Recent studies have suggested that Sabal Serrulata is a useful tonic and strengthening remedy which has a stimulatory effect on sexual functioning, as well as on female health. These are only a few of the well-known traditional **remedies for improving sexual performance**.

Tips to Enhance Sexual Performance



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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.

- As **sexual functioning** is part of normal body functioning, it stands to reason that the healthier and fitter you are, the more you will be able to enjoy your sex life.
- Eat a healthy, balanced diet with plenty of fresh fruit and vegetables
- Exercise at least 30 minutes of the day to improve circulation and release 'feel good' chemicals to the brain
- Make **changes to your sex routine** such as trying a new sexual position, or changing the time of day when you have sex
- Try **touching as an alternative to sex** – holding each other, sensual massage, masturbation or oral sex. Too much focus on orgasm may create tension and anxiety which will affect performance
- **Communicate with your partner** by talking about your sexual preferences, what you like and what you do not
- Avoid alcohol as excessive use can decrease sexual function in both men and women. Men should avoid drinking too much beer as beer contains phytoestrogens which can reduce male sexual desire
- Stop smoking naturally; not only do cigarettes make your breathe smell bad, but they also **affect circulation** and are detrimental for your health!
- Avoid illegal drugs such as cocaine as they **impair sexual function**

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 medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox 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 have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did 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, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques,

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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 and that, 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 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 – 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. These include 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



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Ikawe™ : 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** and are 100% safe and non-addictive. They are known for their supportive function in 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](#)

Thanda™ : Promotes healthy sexual desire, orgasmic functioning and sexual health in women.

Thanda - Xhosa (a language native to South Africa) word for 'love' - is a 100% safe, non-addictive, natural herbal remedy. Thanda Passion Booster has been used for many years to safely maintain **health and systemic balance in the female reproductive system**.

Using Thanda Passion Booster on a regular basis helps encourage **healthy sexual desire, orgasmic functioning, and sexual health** - helping you to relax and enjoy sex, day or night!

This powerful tonic for female sexual health contains a range of specially selected herbs from Africa and the Orient which are traditionally **identified as having aphrodisiac properties**. They are known for their supportive function in promoting healthy sexual arousal and as an **effective tonic for the female reproductive system**.

Thanda supports the healthy functioning of the female reproductive system, thereby helping to maintain **balanced flow of blood and routine sensitivity to the female genitals**. Thanda 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

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