

Did you know that loss of libido and sexual desire is the most common sexual worry among women these days? We need to remember that sex isn't always perfect, but if you suffer from sexual anxiety, lack of interest, enjoyment or libido – you're not alone. We chat with sexologist and dating and relationship expert, Dr Nikki Goldstein, for some tips on how you can get your mojo back!

CASE STUDY



Kathy, 46, NSW. Before having children, my husband and I never needed an excuse to jump into bed. We had

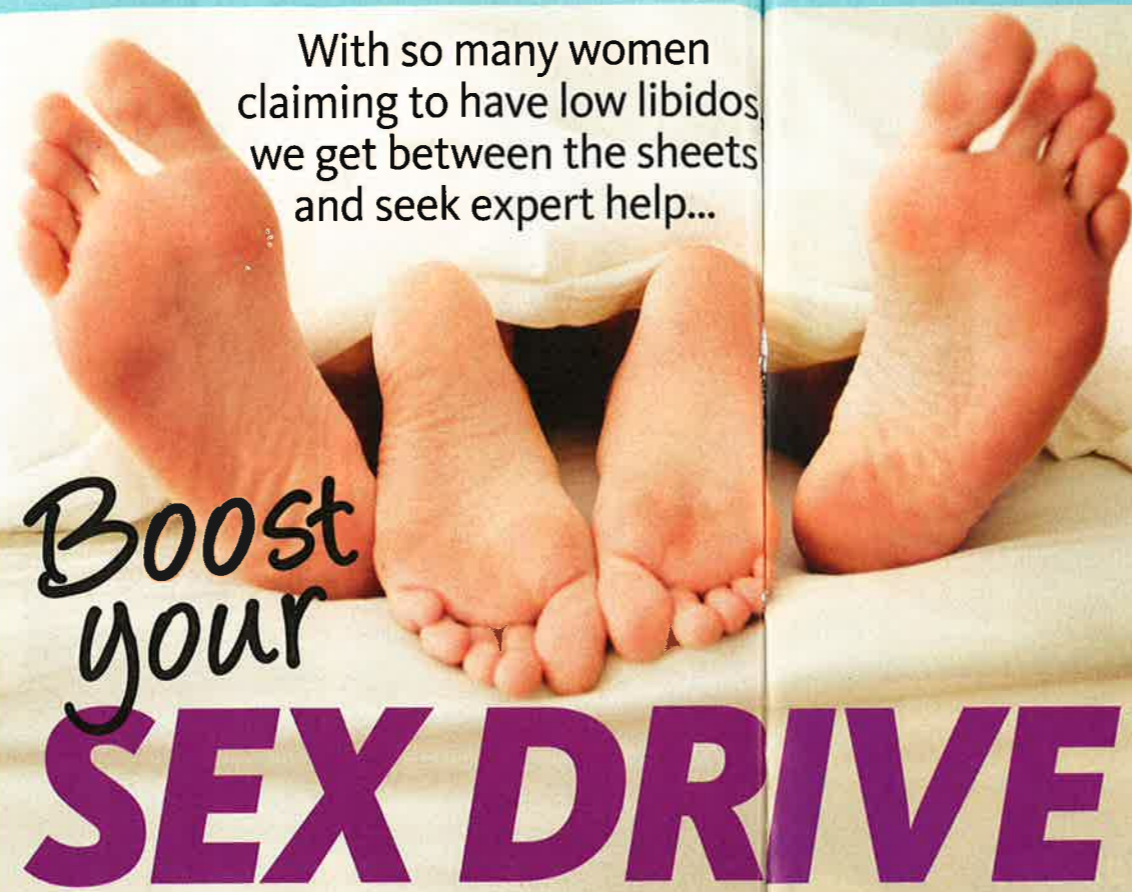
sex two or three times a week and I was totally satisfied. But after the birth of our three kids, my libido plummeted. For the first time, I felt uncomfortable in my own skin. Aside from that, I was exhausted, with no energy to initiate sex. It was only after my husband confronted me one day that we talked about my lack of libido. Just saying it out loud made a huge difference and once he realised it had nothing to do with him, we worked on making more time for each other. Once a month, we now plan regular date nights and even if we don't have sex, just talking and spending that time alone has made a huge difference. My libido still isn't back to what it once was, but we're definitely getting there.

What causes loss of libido?

Dr Nikki Goldstein says that loss of libido can be caused by a combination of physical and psychological factors, but we often underestimate simple life factors and the impact they have on a woman's desire to be sexual. Stress, our age, trauma, grief, childbirth or even just having young children in the house keeping you on your toes – these can all contribute to a loss of sex drive. Not having enough time to yourself can also impact your libido so don't beat yourself up about things you can't control.

How to boost your sex drive

Dr Nikki explains that, before we even begin to look at lotions, potions or sexual acrobatics, it's important to go back to basics and address any issues – such as sexual boredom – that might be going on. If a woman is



With so many women claiming to have low libidos we get between the sheets and seek expert help...

Boost your SEX DRIVE

feeling unsatisfied in the bedroom, it's much easier for life factors to get in the way and send her sex drive out the window. Women should consider what they want in the bedroom and how they define good sex before they start looking outside themselves for other things to assist with low libido. Address your lifestyle, stress levels and self-confidence before you turn to products or foods that are supposed to help boost sex drive.

Tips to boost your sex drive naturally

Everybody is different, but here are a few tips to boost your sex drive naturally:
*** Plan date nights** – between work, the kids running around, finding time to catch up with friends and general life admin, it can be tough to even find alone time with your hubby. Instead of leaving sex to chance, plan a date night once a month where you organise a family member or

friend to take care of the kids so you can spend some quality time together with your other half. Even if it's just watching a movie at home in peace and quiet, having a glass of wine together or chatting about your day, the time together will make you feel connected and help boost your sexual desire for one another.
*** Check your pills** – some types of contraception and various medications can disrupt, change or otherwise affect your sex drive. If you've recently

APHRODISIACS – do they work?

Aphrodisiacs have been around for centuries, but unfortunately there is little scientific evidence to suggest they're effective. Dr Nikki says it's important to remember that everyone is different and what will work for one person, may not work for another. Be wary of anything that claims to have a 100 per cent guarantee!



OYSTERS – said to resemble female genitalia, oysters are probably the most well-known aphrodisiac due to their high zinc levels. Zinc boosts testosterone and can help improve libido, but the question remains: how many do you need to down to feel the effects?

CHOCOLATE – while we associate chocolate with love, there is no research to back it up as a sex drive booster. However, scientific evidence has proven chocolate boosts our happiness levels which, in turn, might put you in the mood...

VIAGRA – a common misconception with Viagra is that it will put men in the mood for sex. Actually, those little blue pills only work if the man is already aroused, by encouraging an erection and keeping it up for longer.

GINSENG – there are countless herbal supplements marketed as libido boosters and ginseng is a common one. As a natural energy booster, ginseng works to improve your mood. The theory is, with a good mood and loads of energy, you're likely to be more interested in sex.



Say what?

We each have around 10,000 tastebuds – but what's more extraordinary is that these tastebuds are replaced every couple of weeks!

started a new medication and find your libido is lacking, have a chat with your GP about exploring another option.
*** Stare at a photo of your partner** – a US study revealed that staring at a photo of your other half for just 30 seconds can give you a hit of dopamine, a hormone that boosts libido. This chemical release can light that fire in your belly.

*** Destress** – stress is a part of life but too much of it can cause an overdose of cortisol in our bodies and this can crush sex drive. Make sure you find time each day to destress, whether you go for a walk, read a book or take a long bath.

Dr Nikki Goldstein is a Sexologist and Dating/Relationship Expert. For more, visit drnikki.com.au

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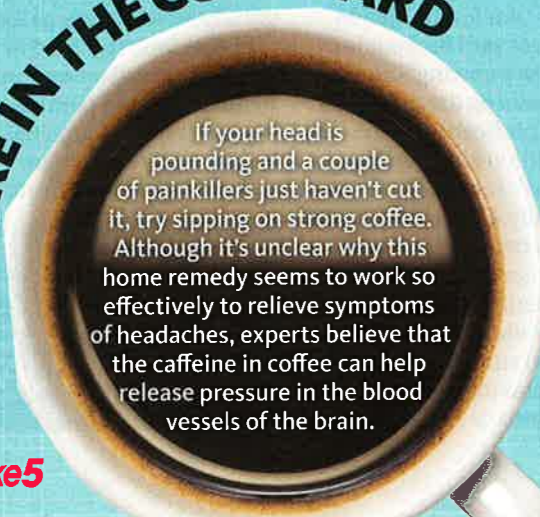


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CURE IN THE CUPBOARD



If your head is pounding and a couple of painkillers just haven't cut it, try sipping on strong coffee. Although it's unclear why this home remedy seems to work so effectively to relieve symptoms of headaches, experts believe that the caffeine in coffee can help release pressure in the blood vessels of the brain.

HEALTH ALERT



It has long been suggested that eating too much red meat causes cancer and heart disease, but now there's more scientific research to back up these claims. Studies conducted on mice in the Netherlands have revealed the link between a pigment found in red meat, haem, and instances of bowel cancer. This pigment is said to damage the gut lining and as it repairs, cancerous tumours are more easily formed.

Did you know?

Babies who snore may have underlying health problems. If your bub is snoring at night, take him or her to see your GP. Research from the University of Western Sydney has shown that sleep-related breathing disorders can cause developmental issues such as cognitive impairment and even ADHD.

