

Getting Intimate with Your Health

Natural Solutions for Intimate Problems

Health problems that interfere with sexual intimacy may not be life-threatening, but they can threaten the health of a marriage or relationship. Intimacy helps to forge a loving bond between a man and a woman, while the lack of intimacy can cause increased tension and friction in a relationship.

No two people are going to have the exact same needs when it comes to intimacy, so negotiation is always necessary in a relationship. But when one party loses interest completely or has health problems that make intimacy undesirable, it's time to seek some help.

While loss of desire is often due to unresolved conflicts in a relationship, it can also be an early warning sign of other health problems such as low thyroid, hormonal imbalances, depression or excess stress. These problems should be identified and corrected.

When there is no physical reason for loss of desire, honest communication and perhaps even counseling may be necessary. Touch and intimacy are forms of non-verbal communication and according to David Schnarch, author of *Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships*, what is happening in the bedroom is communicating very clearly what is happening in the marriage.

Even though resolving relationship conflicts is a big part of intimacy, we're not going to play marriage counselor in this issue of *Sunshine Sharing*. (There are some good books that may help listed under "Additional Help and Information.") Our goal in this publication is to discuss physical health problems that act as barriers to intimacy and how to solve them.

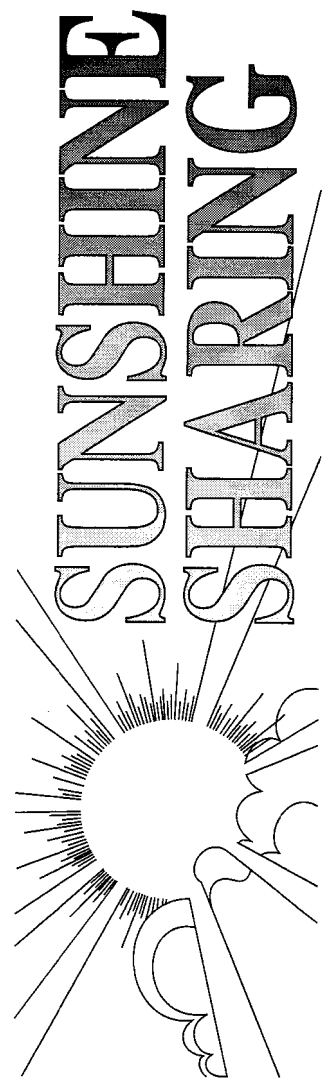
Good Nutrition Can Improve Your Love Life

Healthy sexual desire and function starts with a healthy glandular system, and it's not just the reproductive glands we're talking about. The endocrine system is highly interconnected, so the thyroid, adrenals, pancreas and pituitary glands all play a role in reproductive health. The general poor nutrition of most modern Americans, coupled with exposure to xenoestrogens and other environmental toxins, is taking a huge toll on the endocrine system, which, in turn, is having an affect on our reproductive health (and our ability to be attractive to a partner).

For starters, let's look at the whole issue of attraction. The common saying is that beauty is only skin deep, but this isn't exactly true. General physical and emotional health increases our attractiveness to the opposite sex. This is because attraction is primarily based on instinctive programming in our lower (or reptilian) brain. Researchers have found that certain clues that trigger attraction are actually linked to signs of good health in a prospective partner.

For example, most of us are instinctively drawn to healthy skin. Skin problems, such as acne, aren't just cosmetic problems, they are usually signs of deeper health issues, such as a toxic condition of the liver and colon, overburdened kidneys and hormonal imbalances. So,

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Your guide to better health the natural way.

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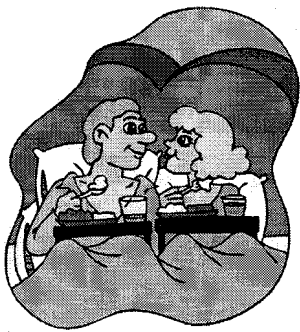
Important Notice

The information in *Sunshine Sharing* is for educational purposes only and should not be used to diagnose and treat diseases. If you have a health problem, we recommend you consult a competent health practitioner before embarking on any course of treatment.

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Good Nutrition Can Help Your Love Life

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taking care of your skin is an inside job that starts with good nutrition and detoxification.

Another piece of information research has uncovered about attraction has to do with waist-to-hip ratios. Both sexes find a slimmer waistline more naturally attractive. Again, excess weight around the abdomen is a sign of internal health problems such as blood sugar imbalances, stressed adrenals, low thyroid and so forth.

So, if we improve our general health, we improve our attractiveness. We should start by getting refined carbohydrates like sugar and white flour out of our diet as much as we can. We should also eliminate bad fats like margarine, shortening, processed vegetable oils and deep fried foods.

On the positive side, we should increase our consumption of fresh fruits and vegetables and select high-quality proteins and fats. Ideally, our proteins should be organic and from grass-fed animals or deep ocean fish. Good fats, such as wild salmon, sardines, avocados, olive oil and Super **Omega-3 EPA** are also important.

Feeding our body right will not only help us look and feel our best, it will also give us more energy. This is important, since fatigue is a major reason for low sex drive.

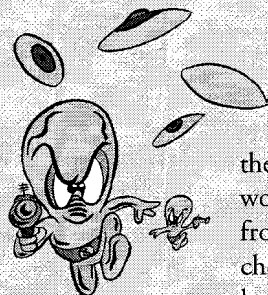
Supporting Glandular Health

Although our sex drive is a complicated thing, it is largely the result of our hormones, so keeping our glandular system balanced is important. Xenoestrogens are disrupting the hormonal balance of both men and women and should be avoided (see below), but they aren't the only hormonal imbalance that results in reduced sex drive and health.

Low Thyroid

Low thyroid is a major cause of loss of desire in women. In fact, the thyroid plays such a critical role in reproductive health that naturopathic doctor Jack Ritchason has referred to it as the "third ovary." In addition to reduced sexual desire, low thyroid can cause weight gain, dry and lack-luster skin, hair thinning, fatigue and depression. So, it's easy to see why thyroid health is important to feeling attractive and having energy for intimacy.

Thyroid Support is a thyroid glandular with herbs and nutrients that support thyroid health. Just one to two capsules a day can be very helpful in rebuilding a low thyroid. It may also help to supplement the diet with iodine-rich herbs such as



Xenoestrogens – The Alien Estrogens that Destroy our Love Life

There is a serious problem affecting the reproductive health of both men and women worldwide. The problem comes from xenoestrogens, environmental chemicals that mimic estrogen in the human body. Xeno means foreign, so these unnatural estrogens are aliens to the natural order of the body. They disrupt the endocrine system contributing to uterine fibroids, endometriosis, breast cancer and uterine cancer in women. In men, they contribute to reduced testosterone levels, lowered sex drive, weight gain, loss of muscle tone, the development of "man boobs" or breasts in men, erectile dysfunction, prostate enlargement and cancer, lowered sperm counts and infertility, undescended testicles and even deformations of the male sex organs.

Clearly, these alien estrogens are invading our bodies and causing a lot of problems with our reproductive health. It's time to fight back!

We can start by avoiding the common sources of these chemicals, which include: certain pesticides and herbicides; hormones fed to commercial chickens and dairy cows;

laundry detergents and cleaning products; and soft plastic containers. Choosing organic foods, especially dairy products and eggs, is a good start. Soft plastics are a major source, so avoid food or water from soft plastic containers. Also, do not microwave food in plastic containers or put hot food into plastic containers. Finally, don't allow your children to chew on soft plastic toys.

We can detoxify from exposure to xenoestrogens by supporting enzyme systems in the liver that break these chemicals down. Cruciferous vegetables, such as cabbage and broccoli contain sulphur compounds such as Indole-3 Carbinol which accelerate estrogen breakdown in the liver. **Indole-3 Carbinol** can also be taken as a supplement.

In women, increasing progesterone by using **Pro-G-Yam Cream** will block receptor sites from taking up excess estrogens. One can also block these receptor sites using phytoestrogens (compounds in plants that weakly mimic estrogens). **Breast Assured** is a phytoestrogen formula that helps block these alien estrogens. Eating whole grains, beans and dark, leafy-green vegetables also counteracts xenoestrogens, thus protecting you against this alien menace.

Liquid Dulse or kelp. Thyroid Activator is a blend of these iodine-rich herbs that often helps improve thyroid health in women.

Low Testosterone

Male testosterone levels have been falling in recent decades. This could be due to the combination of xenoestrogens, poor diet and lack of exercise. Testosterone isn't just important for a man's reproductive health, it's absolutely vital to his general health. Testosterone reduces fat, builds muscle and improves a man's mood and confidence.

While testosterone is the hormone that makes a man, a man, women also need it, only in lesser amounts. A certain amount of testosterone combined with estrogen is essential for a woman's sex drive. Progesterone, on the other hand, tends to lower sex drive in women.

A great supplement for enhancing testosterone levels is **DHEA-M**. DHEA is the basic building block for all reproductive hormones, including testosterone, estrogen and progesterone. DHEA-M combines DHEA with herbs that have been used historically to enhance male sex drive and testosterone levels. Other remedies that may help enhance testosterone levels in men (and women) include **Korean ginseng** and **Men's Formula**.

To help balance sex hormones in general there is a traditional formula called **X-A**, which can aid desire in both men and women. There is also **Men's X-Action** and **Women's X-Action**, which can also help balance hormones to increase sexual desire.

Adrenal Fatigue

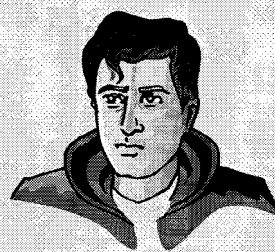
DHEA is produced in the adrenal glands, along with numerous other hormones that affect metabolism, stress levels and fluid retention. The adrenal glands even produce sex hormones.

High stress levels deplete the adrenal glands, which can result in severe fatigue, excessive emotional sensitivity, poor sleep and a loss of interest in sex. It's only natural that our sex drive would diminish when we're in stressful times, as this isn't the best time to be bringing children into the world.

Adrenal Support is a glandular formula that helps rebuild depleted adrenal glands. It contains adrenal substance, herbs and nutrients that support these glands, which can help increase energy levels and interest in intimacy. It works well with **Thyroid Support** when you're just too tired to be interested in sex.

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Erectile Dysfunction



Known at one time as impotence, erectile dysfunction is when a man has problems achieving or maintaining an erection. It's becoming an increasingly common problem. Estimates suggest that 30-50% of men have this problem to one degree or another.

Erectile dysfunction can be due to a number of causes. Poor circulation can be a major factor since it is blood flow to the penis that causes an erection. Low levels of testosterone, blood sugar problems and anxiety about performance are other common causes.

The popular drug **Viagra®**, works by increasing nitric oxide release in the penis, which dilates the blood vessels and increases blood flow. **Cialis®** and **Levitra®** work in a similar fashion. Unfortunately, these drugs are not without side effects. Common side effects of **Viagra®** include flushing of the face, headache and nasal connection. Rare side effects include low blood pressure, sudden hearing loss, heart attacks and arrhythmias. In some cases **Viagra®** has even been a cause of death.

L-arginine provide a more natural alternative to the drugs used for erectile dysfunction. L-arginine is an amino acid that directly affects nitric oxide levels. It is found in **RG-Max**, which can lower blood pressure and improve blood flow to the penis, helping erectile dysfunction.

Other supplements that may be helpful for erectile dysfunction include: **DHEA-M**, which can increase testosterone levels; **Mega-Chel**, which can improve general circulation; **KB-C**, which enhances urinary and reproductive chi (energy) and **Korean Ginseng**, which has long been prized in the Orient for increasing male "potency."

Erectile dysfunction can also be a side effect of prescription drugs. Classes of medications which may interfere with male reproductive function include anti-inflammatories, antibiotics, antifungals, statins (cholesterol-lowering medications), antidepressants, calcium channel blockers, sleeping pills and high blood pressure medications.

Additional Help and Information

For more information about how to solve intimate problems contact the person who gave you this newsletter. Their contact information should be found at the top of page four. They have additional handouts and resource materials to help you. You can also consult some of the following sources:

Light Up Your Love Life DVD with Steven Horne (www.treelite.com)

It's Your Hormones by Geoffrey Redmond, MD

Balance Hormones Naturally by Kate Neil and Patrick Holford

His Needs, Her Needs by William F. Harley, Jr.

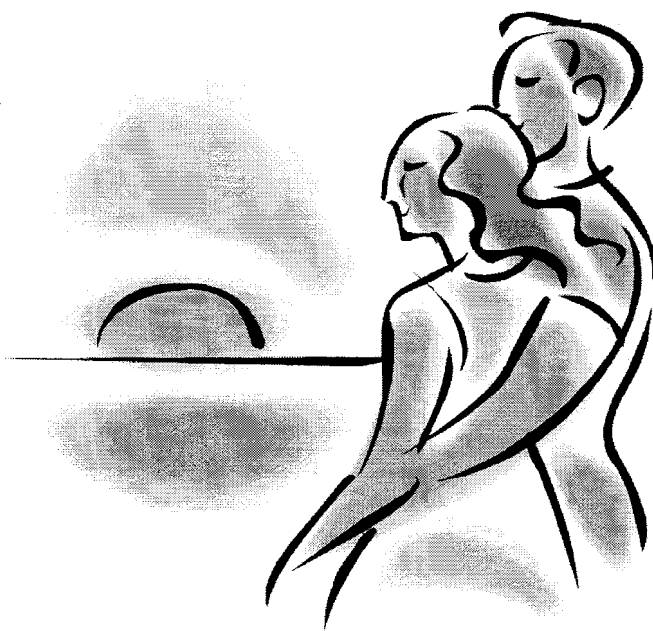
The Five Languages of Love by Gary Chapman

Passionate Marriage: Keeping Love and Intimacy Alive in Committed Relationships by David Schnarch

The Tao of Health, Sex and Longevity by Daniel P. Reid

Natural Ways to Light Up Your Love Life

**Don't let health problems interfere
with your intimate relationship.
Discover natural solutions in this
issue of Sunshine Sharing**



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Nervous Fatigue Formula is another option, here. It's helpful for when you feel "burned-out." It reduces mental confusion, improves sleep and mood, and helps rebuild normal sex drive. This is a good formula to use when the pressures of life are interfering with your ability to be intimate with your partner.

Other Barriers to Intimacy

For some women vaginal dryness may interfere with the pleasure of intimacy. This may be due to low hormone levels, but using **Silver Shield Gel** as a lubricant can help. Silver Shield Gel is also good to apply when there are problems with vaginal yeast infections that make intercourse painful or unpleasant. Couples often transfer infections back and forth, so both can apply Silver Shield Gel topically to prevent this from happening.

Another helpful product is **X-Action Gel**, which can both lubricate tissues and enhance arousal and sensitivity. It contains l-arginine and menthol to improve blood flow and herbs that have been traditionally used to enhance reproductive health.

Uterine fibroids or endometriosis can make intimacy painful for women. If intercourse is painful, seek medical help to determine the cause before determining an approach to treatment. **Menstrual Reg, yarrow** and **V-X** are possible remedies for uterine fibroids and **Paw Paw Cell Reg** and **IF-C** may be helpful for endometriosis.

Barriers to intimacy can be overcome with patience, love, good communication and appropriate natural remedies. For further help and assistance, contact the person who gave you this newsletter. They can provide additional help and information.