



Low Female Sex Drive

The health of our libido is reliant on many factors. Our sex drive can get affected when we're out of balance. Everyone has different levels of sex drive, this is normal. Some life situations can see our sex life drop. This can affect our relationship with our partners leading to dissatisfaction. Fortunately natural therapies have many remedies to help fix or cope with these situation.

The following can all have adverse effects on our sexual drive.

Hormonal changes, depression, tiredness, stress, vaginal dryness and pain, low self esteem, shyness, nutritional deficiencies or other health problems such as poor circulation.

When our hormones are changing or are out of balance we can experience drop in sexual interest. This can mean vaginal dryness or thinning of the vaginal tissues as well. This causes painful sex, with the fear of pain we lose interest in sex. Some hormonal creams we make to normalise hormone levels can return vaginal health and moisture, as well as increase our sex drive.

Sylk lubricant is totally natural, and can relieve symptoms of dry vagina or painful sex. There are other factors that affect vaginal health as in over acidity or imbalance in bacteria. Thrush a fungal infection often a result of antibiotics can lead to painful sex. Ecovag is a capsule full of good bacteria necessary for good vaginal health. It helps to get rid of offensive odor, pain and itchiness. It is important to combat the vaginal infection and then use Ecovag.

Herbs such as Maca or Shatavari nick named woman with a hundred husbands. Shatavari nourishes the reproductive organs, boosts energy and interest levels so much that it's enough to entertain a hundred husbands. Sexuality essence really brings up the interest in sex as well as feeling comfortable with our body image. It allows us to feel comfortable with being touched and helps us to open up. We have many remedies. If you have any inquiries come in to see our naturopaths. Private consultations are also available.

For further information, our Pharmacists are available to answer any questions

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