

How to Increase Your Male Libido Naturally

To increase male libido naturally, you should try the supplements outlined here - not only will they increase male libido they will also make you feel happier and healthier.

So here are the best supplements for increasing male libido – they're cheap & freely available from Wal-Mart.

• L Arginine

This nutrient is highly important for peak sexual performance. In fact, it is probably the most effective natural supplement for increasing male libido.

Current studies support the use of argentine supplements to ensure that nitric oxide secretion is sufficient to keep blood flowing to the penis.

Nitric oxide insufficiency can stop the penis from becoming erect, as it relaxes smooth muscles in the penis during sexual stimulation, allowing increased blood flow to the penis - so it's needed to produce and sustain an erection.

A study published in 1994 showed an 80 percent improvement in the erectile function of men given 2.8 grams of argentine a day for two weeks.

• L Tyrosine

Supports and assists neurotransmitters in the brain. Reduced levels of L-Tyrosine are present when your body's under stress, aged, or tired.

L-Tyrosine supplementation helps reduce stress, improves mental alertness, and enhances mood, which in many instances manifests itself in increased male libido.

• Ginkgo Biloba

Used to improve blood flow around the body, and functions as an anti-oxidant in the body.

Ginkgo is a standard herbal remedy for male sexual dysfunction and increasing male libido, due to its affect on blood circulation.

• Ginseng

Korean Ginseng - used in China as a sexual balancer and revitalizing tonic for over 7000 years – an adaptogen, and believed to help maintain balance in the body and help the body adapt to stress.

Korean Ginseng is widely known for its ability to boost energy (including sex drive) and support the immune system.

As an adaptogen, it also helps you adapt to physical or emotional stress and fatigue.

Ginseng also has a normalizing effect on hormone imbalances, and boosts metabolic rate, as well as improving blood flow to the genitals.

• Selenium

Selenium – believed to be good for sperm production and mobility – nearly 50% of the selenium in a man is in the testes and seminal ducts; men lose selenium in their semen.

Getting enough selenium is therefore vital for peak sexual performance and male libido.

• Zinc

Zinc is required for the production of testosterone, and the zinc content of the prostate gland and sperm, is higher than in any other body tissues.

A deficiency of zinc is associated with numerous sexual problems, including sperm abnormalities and prostate disease.

Zinc not only helps produce testosterone, but also helps to maintain semen volume and adequate levels of testosterone, therefore maintaining sex drive and keeping sperm healthy.

• Magnesium

Magnesium is a trace mineral that is important for the production of sex hormones such as androgen, estrogen and neurotransmitters that modulate the sex drive – such as dopamine and nor epinephrine.

• Essential Vitamins

Vitamin A – Helps regulate the synthesis of the sex hormone progesterone.

Vitamin B1 – Thiamine (B1) is essential for optimal nerve transmission and energy production throughout the body - which means it's essential for sex.

Vitamin C – Participates in the synthesis of hormones that are involved in sex and fertility: androgen, estrogen and progesterone.

Vitamin E – Often referred to as the sex vitamin, is a powerful anti-aging antioxidant that protects cell membranes from free-radical damage.

Vitamin E is also required for the synthesis of hormones and hormone like substances known as prostaglandin.

[David Hoffmann – Author – Herbal Specialist – CD-ROM...](#)

#1 Erection Sustaining Herb...

Yohimbe Bark 1000 mg – 50 Capsules – Good 'N Natural Yohimbe Bark contains alkaloids that help support sexual health in men. Discover the exotic flavor of the African jungle with Yohimbe Bark. Derived from an African evergreen tree, Yohimbe was used by warriors preparing for battle and young males as part of their marriage ritual. The sensual properties of this mystical extract stimulate the animal prowess in every man. Yohimbe Bark is perfect for those long romantic nights of passion.

<http://www.luckyvitamin.com/p-14235-good-n-natural-yohimbe-bark-performance-formula-1000-mg-50-capsules>

Hawthorn Berries – healthy heart – lower cholesterol (Garlic does too) – essential for blood flow & an erection.

<http://www.luckyvitamin.com/p-15339-good-n-natural-hawthorn-berries-565-mg-100-capsules>

Sawpalmetto – prostate health – prostate problems result in sexual dysfunction.

<http://www.luckyvitamin.com/p-12065-good-n-natural-extra-strength-saw-palmetto-extract-complex-120-softgels>

Sex-Enhancing Plants

Oprah Radio with Dr. Mehmet Oz & Chris Kilham

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For centuries, people from various cultures have used certain plants for sexual enhancement, from boosting libido to improving erectile function to increasing lubrication in women. According to medicine hunter **Chris Kilham**, the power of many of these natural, plant-derived aphrodisiacs has been verified by clinical studies—and modern science has only begun to scratch the surface. Chris has traveled the world investigating medicinal plants and teaches ethnobotany at the University of Massachusetts at Amherst. He has authored 13 books, including **Hot Plants: Nature's Proven Sex Boosters for Men and Women**, which focuses on sex-enhancing plants. Chris shares just a few natural agents of desire with Dr. Oz:

Rhodiola rosea is a plant native to Siberia that radically reduces cortisol levels in the blood, thereby reducing stress and enhancing sexual function, Chris says. According to Chris, dosages between 100 and 300 milligrams a day have been proven effective in human studies. Moreover, Chris says rhodiola rosea enhances brain function, mood, cardiovascular function and immune function, and boosts energy, stamina and endurance. "When you take it, you feel it, and you feel good," says Chris, who takes it every day. "I feel more energetic, more lively, more clear minded."

<http://www.luckyvitamin.com/p-6289-natures-way-standardized-rhodiola-rosea-60-vegetarian-capsules>

Maca is a root resembling a turnip that is a staple food in the Peruvian highlands. Chris says maca contains compounds that significantly boost sexual desire, alleviates erectile dysfunction and also helps women relieve the uncomfortable symptoms of menopause, especially hot flashes and night sweats. There are products containing maca extract as well as maca powder that can be added to shakes or used like flour in cooking, Chris says.

<http://www.luckyvitamin.com/p-7753-now-foods-maca-500-mg-100-capsules>

Tongkat ali is a tree root from Malaysia that has been used in Southeast Asia for hundreds of years for the treatment of malaria as well as improving various sexual parameters, Chris says. According to Chris, tongkat ali has been shown to help alleviate erectile dysfunction, boost testosterone levels in males and progesterone levels in females, and may have cancer-inhibiting properties. He says it's a safe and effective substitute for brand-name drugs used to treat erectile dysfunction.

<http://www.luckyvitamin.com/p-4356-now-foods-testojack-100-male-performance-formula-contains-tongkat-ali-60-vegetarian-capsules>

Herbs for **Menopause**...

Vitex

Herbs for **Arthritis**...

Meadowsweet – very important

Willowbark

Blackcohost

Buckbean – David Hoffmann would not treat arthritis without this

Alfalfa