NATURAL Sex Boosters

FOR YOUR PLEASURE—AND HERS

UniScience Group®

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SEX AT ANY AGE

You deserve a pleasurable and fulfilling sex life—and so does your partner. Unfortunately, a number of things can get in the way of good sex. Stress, fatigue and aging can all take their toll. But perhaps the most common problem affecting your sex life is a hormonal imbalance.

Good sexual function and desire are largely controlled by your hormones, most notably testosterone and estrogen. Everyone produces both hormones, but men make more testosterone and women make more estrogen. The problem is that, as you age, a decline in estrogen and testosterone levels can put a damper on sexual drive and performance.

For many couples, this can mean a decline in sexual activity. It can also drive men to ask their doctor about erectile dysfunction drugs like Viagra or Cialis, even though these drugs don't impact hormone levels or desire. But you needn't turn to prescriptions riddled with side effects to re-ignite the fire and passion you once shared. Nature already provides safe, natural ways to boost your libido and help you achieve and maintain the best sex you've had in years! And if you just want to make a good thing even better, these supplements can improve your stamina, increase blood flow and enhance sensation.

The following natural supplements work on a variety of different levels. Taken separately, they can enhance your sexual experience. But when they are taken together, they have a synergistic effect, improving hardness and stamina in men and sensitivity in women. You'll also discover supplements that can enhance desire in both men and women.

Best of all, each of these pro-sexual supplements are backed by scientific evidenced supporting their claims. And, unlike prescription drugs, they carry few if any side effects and, for most people, they are extremely safe.

SUPPLEMENTS FOR HIM

Men can face both physical and emotional challenges when it

comes to sex. But combining the following natural compounds with a healthy lifestyle can safely revive both your desire and your ability in the bedroom.

Chrysin

Chemically, chrysin is known as 5,7-dihydroxyflavone—a naturally-occurring polyphenol found in passionflower, honey and propolis (the resinous "glue" bees use for hive construction). Numerous studies show that chrysin prevents the conversion of testosterone to estrogen. As a result of this blocking action, testosterone levels are raised. As an added bonus, Chrysin quells inflammation and inhibits COX-2, the enzyme that triggers pain and swelling. But this is definitely a "man's nutrient." Because of chrysin's ability to boost testosterone levels, it should not be taken by women.

Epimedium Grandiflorum

You may be more familiar with this herb by its popular name: horny goat weed. Legend claims that epimedium got this suggestive nickname from a goat herder who noticed that his flock suddenly became sexually active after eating the plant. The good news is that this prosexual herb can do the same for you!

Researchers believe that the herb increases libido by modulating cortisol levels, the primary stress hormone. When stress gets the better of you, increased cortisol levels are known to cause fatigue and depress sexual desire. By balancing cortisol levels, epimedium helps restore normal metabolism, energy levels and, best of all, libido. Epimedium also functions a bit like an adaptogen by increasing low levels of epinephrine, norepinephrine, serotonin and dopamine—brain chemicals that are important to the health of your cardiovascular and central nervous systems.

Studies of the herb have also found that it increases the production and viability of sperm. Epimedium's ability to improve sperm count and sperm motility was documented in an article titled, "Epimedium in the Treatment of Azoospermia," by Zhou Feng-nan. Zhou presented a typical case of a 31-year-old man and his wife who had spent four years trying to conceive—

without success. Gynecological examination had shown his wife to be normal. But when the man's seminal fluid was examined, Zhou discovered that he not only had a low sperm count, the number of live sperm was extremely low. Those that were alive were sluggish and, since sperm needs to move like a guided missile to be effective, were of little use. Yet, after just one course of treatment with epimedium, the man's sperm count had increased to 82 percent and motility (how fast sperm moves) was 70 percent. After two more courses of treatment, his sperm count had risen to 90 percent and motility was 85 percent. Epimedium is a very safe herb and there have been no adverse side effects reported, despite its long history of use.

Tongkat Ali

Also known as eurycoma longifolia Jack, tongkat ali comes from a small tree that grows in Southeast Asia. It has a centuries-old history of use as a medicinal herb for treating a variety of conditions, but enhancing libido is its most common use. Tongkat ali appears to directly enhance testosterone production by the Leydig's cells in the testes. It can help release testosterone from sex hormone-binding globulin, whch enhances bioavailability. Research shows that this herb can lower SHBG by about 30 percent and increase testosterone levels markedly.

But tongkat ali also supports overall health by fighting free radicals. A study by the Forest Research Institute of Malaysia (FRIM) showed that tongkat ali contains antioxidant properties, and especially high levels of the antioxidant enzyme SOD (Superoxide Dismutase). This means that tongkat ali can inhibit the chain reaction of free radicals that can be harmful to the body's cells and tissues.

Tribulus Terrestris

If there is one herb that can do it all, this is it! A native of India and Africa, tribulus terrestris has been used by Bulgarian athletes to increase muscle mass before important competitions. But long before it was adopted by bodybuilders, Europeans relied on tribulus to balance hormone levels and encourage longer-lasting erections. And the Chinese have used it for centuries as a remedy for impotence and other sexual disorders.

Known in folk medicine as the puncture vine, tribulus finally made its way to America, where scientists discovered that this herb increases both the quantity and quality of sperm. Other research found that tribulus had a positive impact on performance. In one study, rams were given an oral preparation of a proprietary tribulus compound. The results? The rams enjoyed an extended period of sexual activity thanks to elevated testosterone levels. Another animal experiment found that when pigs with “lasting impotence” were given tribulus for just 10 days, every single one of them recovered.

But this herb’s action may go beyond testosterone. In two separate analyses of tribulus, Turkish and Korean researchers found that the herb relaxes smooth muscle, allowing more blood to flow into the penis. Bulgarian scientists have also found that tribulus increases the quality and quantity of sperm production, improves sperm motility and helps ensure the sperm’s survival.

In a handful of human studies, researchers have confirmed that tribulus’ pro-erectile properties go beyond the animal kingdom to help men conquer ED. In all of the studies, researchers found that the herb increased the serum levels of both LH and testosterone—and without side effects.

Yohimbe

Long regarded as an aphrodisiac, yohimbe—which is derived from a tree bark that grows throughout southern Africa—helps increase circulation by dilating blood vessels. In fact, an alkaloid extract from the bark, yohimbine hydrochloride, was the first FDA-approved drug to treat impotence. In one study in Germany, researchers treated 85 men with erectile dysfunction with either yohimbe or a placebo. Seventy-one percent of the men taking yohimbe reported improved sexual desire, sexual satisfaction, frequency of sexual contacts and quality of erection, compared with 45 percent in the placebo group. Another study of sexual function in men discovered that yohimbe induced spontaneous erections in 20 percent of the participants, even without sexual stimulation. Even if you don’t experience this type of spontaneity, yohimbe has an impressive track record for producing consistent results in healthy men.

But yohimbe's therapeutic properties don't stop there. It's also a documented alpha-2 andrenergic antagonist that works within both the central and peripheral nervous systems. Alpha-2 antagonists work by blocking insulin and the stress chemical norephinephrine (adrenaline), which leads to an increase in available blood sugar—and more blood sugar means more energy, in this case sexual energy.

Like many alkaloids, yohimbine increases central nervous system activity, so it stimulates the entire body. This also results in yohimbe's notorious side effects—nervousness, irritability, insomnia and increased blood pressure—so check with your doctor before using this herb.

Zinc

This marvelous mineral is essential to your body. In fact, zinc is a component of more than 300 enzymes needed to heal wounds, maintain fertility, synthesize protein, help cells reproduce, preserve vision, boost immunity and protect against free radical damage. But it's difficult for our bodies to hang onto this important mineral. In fact, a significant amount of zinc is lost through perspiration every day. Therefore, it's critical to take supplemental zinc to prevent deficiency.

A zinc deficiency can manifest itself as impotence and infertility. Numerous studies have found that infertile men have lower levels of zinc in their semen compared to men with normal fertility. Fortunately, several studies have shown that taking zinc supplements can improve sperm count, motility and the physical characteristics of sperm. In one study of infertile men with low semen zinc levels, researchers found that 240 mg. of zinc a day increased sperm counts and may have even helped three of the study participants become proud papas! In another controlled trial conducted at the University of Kuwait, 100 men with low sperm motility received either 57 mg. of zinc twice daily or a placebo. After three months, those who had received the zinc experienced significant improvement in sperm quality, sperm count, sperm motility and fertilizing capacity of the sperm. Zinc also helps balance your testosterone levels, particularly in your prostate, and may help control the conversion of testosterone to DHT, the potentially harmful form of testosterone implicated in

prostate cancer, prostate enlargement and hair loss.

Are you getting enough of this essential mineral? Since the average diet frequently provides less zinc than our bodies need, it's important to take it in supplemental form. Look for a multivitamin-mineral that provides at least 15 mg. of this important mineral.

SUPPLEMENTS FOR HER

While women don't suffer from the mechanical problems that can plague men, it's not uncommon for them to experience a lack of desire and a lack of lubrication, especially after reaching menopause. What's more, many women report having trouble achieving orgasm. Fortunately, there are a number of natural ways to lift a women's libido while reducing discomfort and enhancing sensation.

Damiana

The leaves of this small South American shrub have been hailed as an aphrodisiac since ancient times, particularly by the native people of Mexico. According to historical sources, damiana encourages the renewal of sexual function and capacity. It's also commonly used to treat nervousness, exhaustion and depression. Test tube studies show that damiana extracts bind to progesterone receptors, which may be the reason behind this herb's effectiveness.

Scientists from the University of Hawaii's School of Medicine studied 77 women over the age of 21 who wanted to improve their sexual function. Thirty-four of these women took a proprietary nutritional supplement once a day that contained damiana in addition to ginseng and ginkgo biloba—which all work together to improve blood flow to the sexual organs. The other 43 women received a placebo. After four weeks, more than 73 percent of the women who took the supplement reported an overall improvement in their sex lives, compared with just 37.2 percent of those in the placebo group. Improvements were experienced in several areas including sexual desire, reduction of vaginal dryness, frequency of sexual intercourse and orgasm, and increased clitoral sensation. But, as this study shows, to get the

most from this herb, damiana needs to be taken on a daily basis.

While damiana should be avoided if a woman is pregnant, it is remarkably safe. Scientists have confirmed that damiana does not have any affect on estrogen levels so there is no risk of the herb increasing the risk of estrogen-dependant cancers like breast cancer.

Mucuna Pruriens

With a long tradition as an aphrodisiac, the beans from this climbing shrub have one of the most fascinating chemical profiles in the plant world—especially when it comes to the brain-body interaction necessary for sexual desire. While no formal clinical trials have been conducted on women, preliminary research supports its traditional use.

One study conducted by the Institute of Sexology in Paris assessed 202 healthy women complaining of low sex drive. Various aspects of their sex life, from frequency of sexual desires to orgasm intensity, were measured before and after one month of treatment with a proprietary blend of muira puama and ginkgo biloba. By the end of the trial, 65 percent of the women reported significantly higher sex drive than they had at the beginning of the study.

Among the alkaloids in this Ayurvedic herb, mucuna pruriens contains serotonin, a natural brain chemical that improves mood and relaxes muscle tissue. But, more importantly, mucuna is a wonderful source of the amino acid levodopa, more commonly called l-dopa. The brain converts l-dopa into dopamine, a hormone-like substance that is an important neurotransmitter in both the central and peripheral nervous systems. Not only does this neurotransmitter help stimulate the nerve impulses in the genital area, more dopamine means increased sexual desire.

SUPPLEMENTS FOR BOTH OF YOU

While many pro-sexual supplements specifically benefit either men or women, there are some that can help both of you. These supplements typically target blood flow and enhance desire. Here

are three of the best:

Ginkgo Biloba

Ginkgo is best known for its effect on memory and cognitive function, but it can also play a role in the bedroom. The terpene lactones found in ginkgo—especially ginkgolides and bilobalide—increase circulation throughout the body, including the genitals. And better blood flow automatically enhances sensation. These two terpenes are also associated with increasing circulation to the brain and may exert a protective action on nerve cells. This not only improves mood, it also helps to reduce the No. 1 libido killer—stress.

According to a clinical trial conducted at the University of Texas at Austin, ginkgo not only increases circulation, it also boosts nitric oxide production and relaxes smooth muscle tissue. These actions are all important to the sexual response in both men and women. During the trial, the researchers found that gingko enhanced arousal and the ability to experience an orgasm—especially when combined with sex therapy. In another trial of 63 women with antidepressant-related sexual dysfunction, scientists at the University of California, San Francisco, found that 84 percent of the participants experienced an improvement in desire, excitement and orgasm.

Maca

This legendary Peruvian herb is purported to boost endurance, stamina and sexual virility. It's also used by both men and women to stimulate both libido and pelvic blood flow. How effective is this ancient Incan herb? A 12-week double-blind, plaebo-controlled study found that healthy men who took maca experienced an increase in desire. Earlier animal studies found that maca also increases stamina. Rats given the herb experienced significantly shorter foreplay time and shorter intervals before they began copulating again.

The secret to maca's effectiveness are glucosinolates, natural plant compounds that help balance hormone levels, particularly testosterone. According to clinical trials, this compound not only aids men suffering from erectile dysfunction, it can also help healthy people who simply want to increase their libido. Research

in the journal ***Urology*** shows that glucosinolates help to decrease the amount of time it takes to achieve and maintain an erection rigid enough for satisfying sexual intercourse. But what's really astounding is that this same research also showed that the compound can boost libido by over 300 percent versus a placebo.

Panax Ginseng

Also known as Korean ginseng, panax ginseng has a long history of use in Traditional Chinese Medicine as an aphrodisiac — and with good reason. A recent study shows that the ginsenosides in panax ginseng dilate the blood vessels in the genital area and relax the smooth muscles in the vagina — both of which enhance arousal.

Ginseng has also been shown to indirectly help increase sexual desire by increasing energy levels, reducing fatigue, easing sleep disturbances and lessening depression. This can be a boon for new mothers, menopausal women or anyone suffering from a mild case of the blues.

All of these herbs and nutrients can enhance your sex life. But remember, even though they are effective, these supplements aren't a magic bullet. It's also critical to maintain a healthy lifestyle as well as a good relationship for the most fulfilling sex you'll ever experience.

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