

# **THE ULTIMATE GUIDE TO LIBIDO SUPPLEMENTS**

- \* Boost Sex Drive Naturally**
- \* Feel Energetic And Confident**
- \* Increase Testosterone**
- \* Be Smart & Save Money**

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## Introduction

For men who want to boost libido the most natural way possible, **supplements** are an excellent method of encouraging your body to produce higher levels of sex hormones and to improve your libido permanently.

For quick reference purposes, you can skip to page 15 and 16 to find out the essential information on taking libido supplements.

Forget taking any prescription medication unless you've tried some potent male supplements first. You have every chance of increasing your libido and restoring your erections and desire to their former glory by combining **herbs** and **aphrodisiacs**.

There are now so many natural herbs renowned for their various qualities and diverse strengths that we are spoilt for choice. This is good news for any man. Being able to combine supplements to address the **specific causes** of low libido can have very positive benefits.



## The Problems When Choosing Supplements

When giving out advice to men with low libido, weak erections and low sperm volume, I often see the same issues coming up.

### **Problem 1:**

Many men either don't know how to take supplements for maximum, potent and long term effect. Their amazing aphrodisiac pill only works for a few weeks before they feel the effects start to lessen.

### **Problem 2:**

They buy low quality herbal pills which are already ineffective after just a week or two of using them and have an ultra short shelf life. They give up and turn to something else.

### **Problem 3:**

Supplements just don't work because the man is not helping them to work or is not in the right physical condition for them to work. He may be taking other medication, he may be overweight or his eating habits may be obstructing any positive changes from occurring.

## Supplements Are Not (Always) A Magic Bullet

Let's get something straight: male health supplements are potent and work very well when you use them in the right way.

If you're expecting an instant magic bullet and a forced erection to restore your penis health overnight, some of you might be mistaken.

### How Long Before Supplements Work?

High quality supplements can make a man feel better in just 2 or 3 days, but this is all depends on various factors.

How well they work for you will depend on your current physical condition.

Assuming that you make the correct choices on your supplements we can break men down into 4 categories.



<b>Man Category</b>	<b>Results Time</b>	<b>Explanation</b>
1 <i>Temporary libido glitch</i>	1-3 days	Younger, fitter, no lasting problems related to obesity, permanently low testosterone or circulation <u>Occasional supplements help</u>
2 <i>Moderate boost required</i>	3-4 weeks	May be older and less fit or overweight. <u>Regular supplements required for a few weeks for stimulating circulation &amp; increasing testosterone.</u>
3 <i>Strong boost required</i>	2-3 months	May be unfit with long term poor eating habits or have used alcohol, medication or recreational drugs for long periods. <u>Course of various supplements necessary for restoring libido health and attention to fitness is required.</u>
4 <i>Strong boost including other help required</i>	3-6 months	May be overweight, have problems with liver and kidney and poor eating habits as well as low confidence. <u>Long term varied supplements should accompany a serious exercise, penis workout and detox program.</u>

## How Supplements Benefit Your Body

Before you let anyone tell you that any positive effects herbal supplements have are “all in the mind” let me tell you that proven studies have been done on the effects of powerful libido stimulants and have been relatively successful.

Scientific, double blind tests have been carried out and the results published about the effects of ginseng and yohimbe (among others) on erectile dysfunction. And while some substances may not have been tested extensively, that is only because companies cannot sell them as a patented brand and see no interest in financing laboratory tests.

Supplements do not work on everybody right away. In order to help them work, you'll need to look at taking care of what you eat, how you exercise and your environment.

Herbs are an excellent way of restoring health naturally, and here are a few proven ways in which they can benefit you.

## **i) Supplements That Increase Male Hormones**

Low testosterone is a very common cause for low sexual desire in men, weak erections and poor orgasms.

In fact, a lack of testosterone can be responsible for many other problems you may be having, such as weight gain, low motivation, despondency and lack of virility.

Take into account that a 2002 study concluded that testosterone levels in men had been decreasing on average by over 1% per year since 1987, and you realize that we have a worrying situation.

It's your responsibility to ensure that you don't fall into the category of men with low testosterone and weak erections.

Your aim should be high levels of testosterone throughout your whole life. If the cause of your weak erections is low testosterone, then you know how to raise it naturally with supplements.

You should know that a 50 year old man can have higher testosterone levels than a 21 year old. While testosterone levels do decline gradually with age, it is possible to counter the effects of that decline using certain natural and healthy methods.

Herbs help to encourage your body to produce higher levels of this male hormone. The result is generally positive, with increased muscle tone, decreased weight and puffiness and more positive energy and virility. Your erections feel stronger and heavier and so do your testicles.

### **Examples of testosterone-boosting herbs:**

- Tribulus terrestris

- Tonkgat ali
- Chrysin (blocks estrogen in men, allowing testosterone to increase)
- Magnesium
- Saw Palmetto
- Zinc

## ii) Increasing General Blood Circulation

As erections depend on blood reaching the penis via an artery and many other smaller blood vessels, good circulation in the body is essential for strong erections that last for long.

The cause of your low libido or weak erections could be related to the fact that your blood is having a hard time reaching your penile area.

As we age, diet and lifestyle may cause plaques to form in our blood vessels and may lead to the walls of the arteries thickening. This can lead to increased blood pressure and soft erections due to the fact that less blood can reach the penis. This is a situation that no man finds desirable.

Just as exercise, stretching, breathing and diet help with circulation, so too can supplements help you get to your goal faster, improving hearth health while you do so.

The below supplements may not help you get instantly hard erections (except for ginkgo biloba) yet are necessary as part of a long term plan to maintain your optimal sexual health.

### **Supplements for general blood circulation:**

- Ginger
- Ginkgo
- Garlic
- Omega 3
- Hawthorn berry
- Cayenne extract



### **iii) Increasing Penile Blood Circulation Instantly**

As well as long term general blood circulation in the whole body, we men need those special herbs that boost blood flow directly to the penis within just 1 or 2 hours.

Indeed, these incredible power pills help your body to naturally produce more nitric oxide, a substance which encourages abundant and natural blood flow to the penis by relaxing the blood vessels.

For those men who may have had reduced circulation during impotency and a partial shutdown of their erectile function, this is an excellent natural treatment.

Dilating the blood vessels and powering the erection allows testosterone to circulate freely in the penile area, reducing pains in the testicles and boosting hardness. Dilating the blood vessels regularly can help to restore erectile function and penis health as long as testosterone levels are not low.

These herbs are vasodilators: their main function is the widening of blood vessels by relaxing the muscle cells that are in the walls of the vessels.

Studies on rabbits and on rats show positive results for improving blood circulation in the penis.

### **Herbs that help to instantly boost blood flow:**

- Epimedium
- L-Arginine
- Yohimbe



## iv) Increasing Vital Energy

Your general energy, tiredness and stress levels can often be a reason for low libido. Poor quality sleep, stress with work, friends or family, financial difficulties and conflict can all contribute to low libido.

Increased levels of stress are often accompanied by higher levels of cortisol, a hormone which is associated with lowering testosterone in the body.

Supplements can help you both on the physical and mental side of your libido. Increasing vital energy on a daily basis helps you to feel more positive and to manage stress in a far better way. Other benefits of such supplements are that they can help to boost your immune system, concentration and memory naturally.

Balancing your central nervous system, improving your brain's functions and your general health levels by optimizing general levels of nutrients, including those necessary for your libido to function, is a healthy way of boosting libido.

### **Supplements that can boost energy and can help reduce stress:**

- Ginseng
- Maca

## v) Increasing Desire And Sensitivity

The high of an intense and mind-blowing orgasm after satisfying sex is unbeatable as all men know. What can happen as a consequence of low libido is that your penis appears to lose its sensitivity and you experience less pleasure from an orgasm.

This is where aphrodisiac herbs can help you to enhance the desire and pleasure from your orgasms. These herbs are said to address the nervous system and the brain more than any other parts of your body.

### Examples of herbs that increase can desire and sensitivity:

- Muira Pauma
- Yohimbe
- Catuaba



## vi) Increasing Sperm And Fertility

Another consequence of low libido is the weak ejaculation that can result from low testosterone and poor penile health. Men report yellow sperm, clumps in their sperm and no ejaculation distance.

While the distance that you ejaculate is less important, all of the above can be improved by increasing your sperm quality and quantity.

Rather than having small amounts of ejaculate with yellow sperm dribbling slowly out when you ejaculate, you can aim for a higher volume of white semen that may shoot out further, if all else is well and your Kegel muscles are strong enough.

There are many other things you can do to increase your sperm. Taking supplements is just one of them that can have positive effects within 1 or 2 weeks.

### Supplements that can improve sperm:

- Zinc
- Maca
- Vitamin C



## Your Next Step

This is now the essential key information that you need. What will make the biggest difference for you is *how you take these supplements*.

It's important that you understand that your body reacts better to several different supplements rather than the same one.

Just like any dietician will encourage you to vary your meals and to avoid eating the same food every day, the same goes for herbs.

You should be using 5-7 different herbs, mixing and rotating them to find out which ones work the best for you.

You may find that your body reacts well to some herbs and extremely well to others.

Before doing this, please check with your doctor if you take medication or treatment or have any condition that may not react well with supplements.

The below table is a recommendation and you are free to deviate from it by choosing other different herbs if you wish.

Every man is unique and has his own way of reacting.

## Supplements Plan #1

Day Of The Week	Herbal Supplement
Monday	Ginseng
Tuesday	Maca
Wednesday	L-Arginine
Thursday	Tongkat Ali
Friday	Tribulus Terrestris
Saturday	Zinc
Sunday	Yohimbe

Daily herb to take for improving overall results and helping the liver: **Dandelion extract**

## Supplements Plan #2

Day Of The Week	Herbal Supplement
Monday	Catuaba
Tuesday	Muira Pauma
Wednesday	Ashwaganda
Thursday	Tongkat Ali
Friday	Mucuna Pruriens
Saturday	Ginkgo Biloba
Sunday	Yohimbe

Daily herb for improving overall results and helping the liver:  
**Milk thistle extract**

**You can alternate between the 2 above plans  
until you settle on your ideal supplement mix**

## Suppliers

I recommend either your local health store or the internet for discount supplements. The problem with the internet is that there are many supplements of questionable quality or prices out there.

### Hot Tip

Follow my method of cycling supplements and preferred choice of supplier (worldwide shipping) with good value and high quality supplements. Follow the link for information:

<http://www.boost-your-low-testosterone.com/testosterone-booster.html>

## Summary

Finding the best natural supplements to boost male libido naturally is a challenge to begin with. Many men make mistakes of various kinds when they take supplements and some prematurely conclude that natural treatments are ineffective.

This is of course false. Instead, men just need access to the right **information** which teaches you exactly how to use supplements to your advantage.

Men need to take note of how exactly they can use supplements and how each natural herb can be **specifically** use for addressing individual sexual disorders.

The objective of this guide is to dispel any myths that you may have heard about buying natural erectile dysfunction treatments, to **help you to save your money** and to spend it only on the correct natural treatments and to prevent you from turning to last resort dangerous and expensive pharmaceutical treatments.

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