

Give a little, help a lot * Quick detox in your tub * Natural cures for the flu

NATURAL HEALTH

feel good / look good / do good

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Nearly half of the women in the U.S. report problems in the bedroom. Happily, effective natural remedies can help you get your groove back.

Sexual healing



While the media may make it seem like everyone but you is having nonstop great sex, that's far from the truth: A Yale School of Medicine study discovered that female sexual dysfunction (FSD) affects 48 percent of women in the United States. FSD is an umbrella term that covers lack of desire, inability to become aroused or have orgasms and painful sex.

The issues frequently overlap, complicating the matter. For example, if you have trouble becoming aroused, you don't lubricate and then sex hurts. "And you can't be interested in sex if it's painful," says Cathy K. Naughton, M.D., director of the Metropolitan Urological Specialists Center for Sexual Health in St. Louis. "So it's a vicious cycle."

Some women, such as those for whom sex is painful because of certain physical conditions, may require the "big guns" of pharmaceuticals or surgery (see "Three Hidden Causes of Sex Problems," pg. 48). But most women can find relief from the symptoms of the four most common causes of FSD by trying these natural solutions.

Good Medicine *sexual healing*



Ginseng, an herb that enhances circulation, has long been used as a sexual stimulant.



Don't be shy if you need a little help from sex toys or erotica.

Give aromatherapy a shot **Aura Cacia Love** **Potion essential oil could get your juices flowing.** (\$9 for 0.5 ounces; auracacia.com)

Get into therapy If body-image or relationship issues have caused you to lose interest in sex, you might want to seek therapy alone or with your partner. Locate a qualified sex therapist at the American Association of Sexuality Educators, Counselors and Therapists (aasect.org).

If you have >>

DIFFICULTY GETTING AROUSED

Sometimes, the spirit is willing but the flesh just doesn't respond. No matter how diligently you and your partner work at it, you don't lubricate and your clitoris doesn't swell and become sensitized. This is the female equivalent of erectile dysfunction.

NATURAL Rx

Try L-arginine Like Viagra, this amino acid produces nitric oxide, which helps relax muscles and widen blood vessels. In men, this leads to erections; in women, to engorgement of the genital area. ArginMax for Women combines L-arginine with circulating-enhancing extracts of Korean ginseng, ginkgo and Damiana (\$25 for a one-

month supply; arginmax.com). Dream Cream, an L-arginine-based lotion, also claims to increase arousal. (\$50 for 1 ounce; dreamcream.com)

Play around with sex toys A number of manufacturers now produce safe and green versions. Look for those made from silicone (pleasuremenow.com), Pyrex glass (glassfantasy.com), stainless steel (njoytoys.com) or wood (nobessence.com). All can be easily washed, a must after every use.

Find inspiration Check out adult sex education DVDs (about \$30 for a three-disc set; bettersex.com) or female-friendly erotica available at ellorascape.com.

If you have >>

TROUBLE ACHIEVING ORGASM

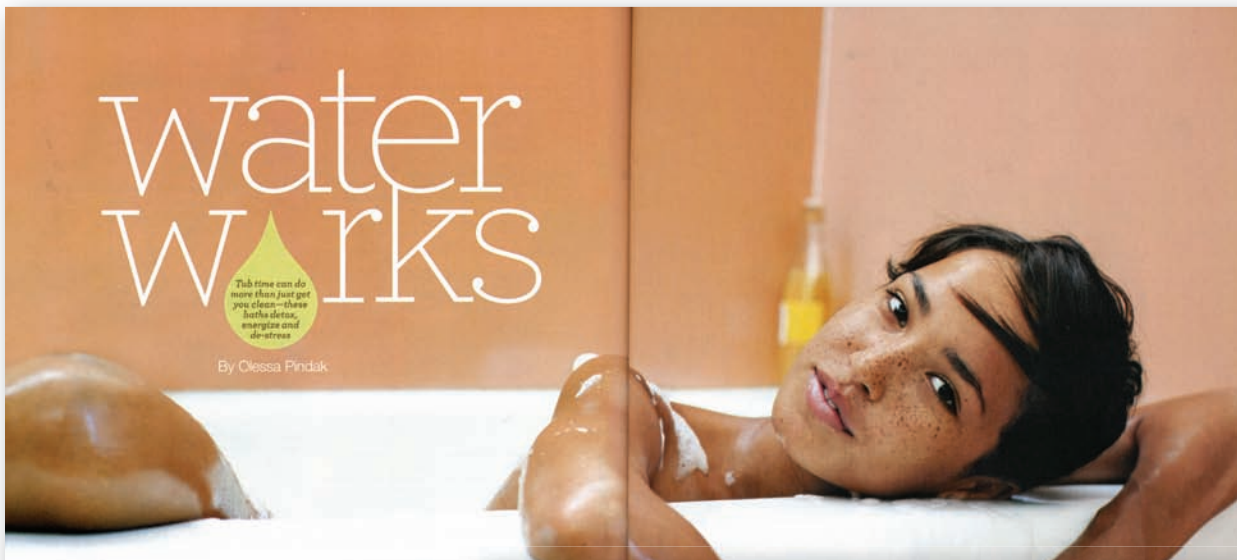
Jennifer Justice, 34, of Doylestown, Pa., takes medications for chronic pain. When her soldier husband returned from a year of deployment in Afghanistan, she was dismayed to find that while she wanted sex and was able to get aroused, she was no longer able to have orgasms. For many other women, the problem stems less from a medical condition and more from a miscommunication with their partner or misinformation about how their own orgasms occur.

NATURAL Rx

Massage down below Zestra, a botanical arousal oil that increases sensitivity and sensation when applied to the vaginal area, worked for Justice. (\$50 for 12 individual packs; zestra.com) >>

When orgasm is elusive, arousal aids, knowledge and plain talk can often help you hit the mark.





Depending on your personality, you may think taking an essential ritual—or too time-consuming to bother. But if you're part of the group, you may want to reconsider. "Baths are so important because the element is connected to the emotional body," explains Linda Lenc, Ph.D., a homeopath and naturopath based in Santa Fe, N.M. "When you're engulfed in a bathtub, it's not only relaxing, detoxifying and energizing, but water also helps clear emotional stuff that gets attached to you during the day. Whether you make your own bath concoction or grab a prepared one, start on the road to healing with these three soak suggestions, and you'll be that you leave the tub feeling cleansed, soothed, pampered and t



Get relaxed

- 01. **Aura Cacia Soothing Organic Milk & Oat Bath** (\$4; auracacia.com) is a combination of milk, oats and lavender essential oil. Bonus: The oats soothe itchy skin.
- 02. **Aveeno Stress Relief Foaming Bath** (\$6; drugstore.com) blends skin-soothing oatmeal with lavender, chamomile and ylang-ylang oils.
- 03. **J.R. Watkins Natural Apothecary Calming Bath Soak** (\$11; jrwatkins.com) uses salt and lavender oil.



Detox duty

- 04. **SoCal Cleanse Mint Blend Organic Detox Bath Soak** (\$5; socialcleanse.com) is a blend of Dead Sea salt, solar Pacific sea salt and essential oils.
- 05. **The Body Shop Pure Detox Rejuvenating Bath Soak** (\$20; thebodyshop-usa.com) contains two different types of seaweed.
- 06. **Buddha Nose Detox Bath Salts** (\$20; buddhanose.com) contain essential oils blended with Dead Sea salt from Israel and red salt from Utah.

DIY Detox Soak

Ingredients: 1 pound sea salt or Kosher salt, 1 pound baking soda
Directions: Pour into a tub of hot water and soak for 20-30 minutes.