



10 WAYS TO SUPPORT VAGINAL HEALTH AND BOOST LIBIDO



10 WAYS TO SUPPORT VAGINAL HEALTH AND BOOST LIBIDO

Our hormones perform a very delicate dance and getting them perfectly balanced can be tricky but here are some lifestyle tips to support vaginal health and give your libido a boost.

1. Relax

Stress impacts many different hormones. By relaxing, you can reduce your cortisol levels whilst boosting your sex hormone production. Use the apps mentioned in the sleep and stress sections - start with 10 minutes a day of meditation and relaxation. Both Calm and Headspace apps have mini daily meditations, start with one of these and build up. If meditation feels overwhelming, just start with the 4-7-8 breathing exercise.

- Breathe in for 4
- Hold for 7
- Breathe out slowly and smoothly for 8
- Repeat

2. Eat healthy fats

Cholesterol is the backbone of many hormones so it is important to eat a wide range of healthy fats such as oily fish, nuts, seeds, and avocado

3. Keep your blood sugar stable

Refined carbohydrates can cause our blood sugar to spike and then crash, resulting in fluctuating mood, energy, irritability, and sleep problems. Keep them stable by eating smart carbohydrates, such as brown rice and quinoa. Always eat protein and fat with every meal/snack.

4. Introduce Maca into your diet

Maca is a Peruvian herb and has been used to improve libido in both men and women. It may help by normalising the ratios between the sex hormones testosterone, progesterone, and oestrogen. Be cautious with this herb though if you have suffered from breast cancer in the past or if it runs in your family - **check with your GP before using any supplements.**

5. Choose sprouts and cruciferous veggies

These vegetables have a naturally occurring compound called indole-3-carbinol, which converts to a phytochemical, called diindolylmethane (DIM). This works to balance oestrogen. So, munch away on broccoli, cabbage, cauliflower, kale, and watercress!

6. Exercise

Research suggests that all types of exercise may help to increase testosterone levels. Another reason to get active and outside. You could try lifting weights, running, or attending a local exercise class at your sports centre.

7. Get some Vitamin D

Research shows that vitamin D may work as a natural testosterone booster, so get some sun or take vitamin D (with Vit K) oil. Check with GP before using supplements.

8. Check medication side effects

Ensure that any medications being taken are not interfering with your vaginal health or libido - check on the information label for side effects or speak to your GP directly.

9. Personal lubricants (vaginal dryness)

You may find that personal lubrication products can be useful for vaginal dryness at this time. I recommend finding one that does not contain harsh ingredients such as those produced by 'YesYesYes' - the organic intimacy company.

10. Supplements (vaginal dryness)

Taking a supplement containing isoflavones may help support your body, whilst Omega 7 essential fatty acid, derived from sea buckthorn oil, may help with vaginal dryness, as it provides nutrients required by the membranes in the vaginal tract. However, please check with your GP before starting any new supplements.

