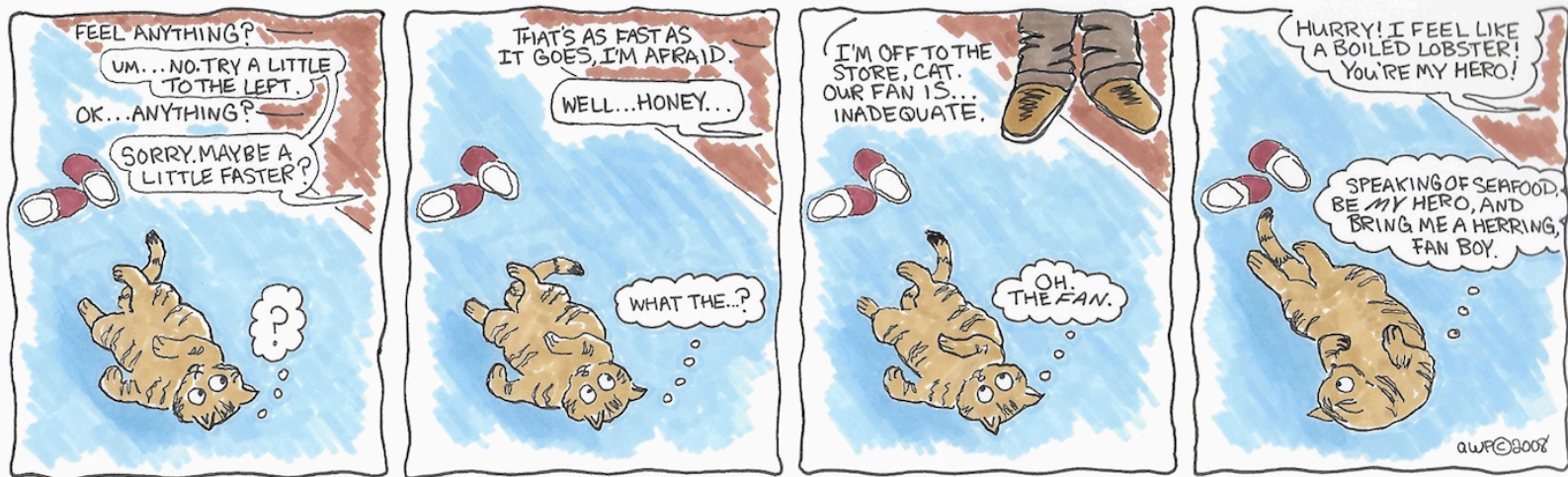


Loss of Libido



Shut it Marvin Gaye! Sometimes even “Sexual Healing” can’t work it’s magic on a menopausal woman! Just the loss of hormones like estrogen, progesterone and testosterone would be enough to make any woman want to feign a ‘headache’, but then add in the other symptoms of menopause like dry vagina, lack of sleep and hot flashes and we can go into full lockdown!

Around 20 – 40% of women report experiencing a loss of libido (a reduced desire for sex) during menopause. Physical and emotional symptoms may occur from a loss of libido such as sex becoming unpleasant and/or painful, feelings of frustration and fatigue, thinning of vaginal walls, etc... Because it is common for women to lose their drive for sex as they age it is hard to blame menopause fully for the loss of libido but we know that the imbalance of hormones is at least partially responsible. Loss of libido can happen at any point, so whether it’s psychological or physiological there are various other reasons why a lack of sexual interest may occur as well (i.e. experiencing troubles in your relationship, stress, depression, weight gain). We recommend that you consult you physician about any other factors in your life that may contribute to your lack of sexual desire.

We've got some titillating news though... aside from listening to Marvin Gaye on repeat, or doing your best to make it through "50 Shades of Grey", there are several easy ways to treat a loss of libido. Diet and exercise can have a dramatic effect on your desire to make whoopee, as well as various natural supplements and/or medical treatment options, along with breakthrough treatments such as the estrogen ring and the 'little pink pill' also shows measured benefits to libido.

