

# Natural Ways to Increase Libido

- 1. Discover and correct medical conditions and medications that lower libido.** There are 100+ medications (most notably, common antidepressants) that can decrease libido. Common medical conditions contributing to low libido are obesity, diabetes and hypothyroidism (Veronelli, et al. 2009).
- 2. Modify your diet.** Eat more chocolate, ladies (Sanolia, et al. 2006). You're welcome. A low-calorie diet that induced weight loss in men rapidly improved sexual desire (Khoo, et al. 2010). Sorry, guys.
- 3. Get good sleep.** Longer sleep duration in women correlates with greater next-day libido (Kalmbach, et al. 2015). Sleep deprivation in men lowers testosterone (Arnal, et al. 2016). The effect of recovery or weekend 'catch-up' sleep increased testosterone in men (Killick, et al. 2015).
- 4. Manage your anxiety.** There is objective evidence that anxiety lowers sexual desire in women (Bradford, et al. 2006). Research also shows that anxiety decreases sexual functioning in men (Deziel, et al. 2018).
- 5. Deal with your depression.** Depression can decrease libido in men and women (Manohar, et al. 2017).
- 6. Consider acupuncture.** Acupuncture improved libido for men and women who had sexual dysfunction from SSRI antidepressant medication (Khamba, et al. 2013).
- 7. Consume alcohol in moderation.** Alcohol dependence lowers libido in men (Vijayasenan, 1981). An Italian study showed that red wine in moderation improved libido in women (Mondaini, et al. 2009).
- 8. Deal with menopause.** There is an age-related decline in dehydroepiandrosterone (DHEA) which is particularly evident in menopause. Libido increased in menopausal women briefly after taking DHEA (Hackbert, et al. 2004). Lubrication, which affects libido and is often significantly reduced in menopause, is one factor that is easily and naturally corrected (Gonzalez, et al. 2006).
- 9. Be strategic around ovulation.** It is thought that women have cyclic fluctuation in libido which is increased in the first half of the menstrual cycle, lasting until shortly after ovulation (Wilcox, et al. 2004).
- 10. Recognize when your season of life is not coinciding well with your partner.** Breastfeeding may lower libido in some women (Kayner, et al. 1983). Partners can follow strategies for managing differences in their libidos (Herbenick, et al. 2014).
- 11. Exercise, but not excessively.** For women on antidepressants, exercise prior to sex can improve sexual functioning (Lorenz, et al. 2012). Excessive exercise in men reduces libido (Hackney, et al. 2017).
- 12. Daydream about sex.** Sexual daydreaming correlates with sexual drive (Purifoy, et al. 1992)
- 13. Get Sex Therapy or other psychotherapy.** Mindfulness-based exercises lowered anxiety and improved libido in men (Deziel, et al. 2018). Partners who were more similar in the 'differentiation of self' had better libido than those who were dissimilar (Ferreira, et al. 2016). Address body image concerns (Koch, et al. 2005).
- 14. Spend more time with and supporting your partner.** Women experience higher libido when they feel supported by and emotionally close to their partner (Dewitte, et al. 2018). Self-expanding (novel) activities with your partner increase sexual desire for men and women (Muisse, et al. 2019).
- 15. Read about sex.** Bibliotherapy using the book *A Tired Woman's Guide to Passionate Sex: Reclaim Your Desire and Reignite Your Relationship*, by Laurie Mintz, has been found in several studies to be effective in increasing libido in women (Palaniappan, et al. 2018).