For both men and women, Herbal remedies to enhance libido not only improve your sex life but nourish your overall health and enhance your sense of well-being. Conditions like chronic stress, adrenal fatigue, a poorly functioning cardiovascular system and depression can be the death of your sex drive. Traditional Chinese medicine use of adaptogenic herbs such as Panax ginseng and Fo-Ti illustrates this holistic therapy. He-shou-wu's reputation as a powerful aid in the treatment of longevity, impotence, and fertility borders on the mythical. Ginseng has multiple effects, it acts as adaptogen, a stimulant, and an aphrodisiac. Like ginkgo, it relaxes the arteries to improve blood pressure and circulation. TCM practitioners use vin yang huo (horny goat weed) to increase the Yang energies, for instance, it would be used to enhance male sexual performance.

Herbs that improve circulation improve blood flow to the genital area as well. Ginkgo biloba's hallmark effect is increased circulation, the better to prepare for the heart-racing excitement of sex. Research shows ginkgo improves genital blood flow in both men and women, making for higher libido, and improved erections, and better orgasms. In Brazil, muira puama has long been known as "the herb of love". The herb has a longstanding and worldwide reputation as a treatment for impotence. Until the advent of Viagra, the most commonly prescribed drug for erection problems was a pharmaceutical isolation of yohimbe's active phytochemical, yohimbine. Another South American herb, catuaba, enhances sexual desire, generally be decreasing stress. Catuaba is used to treat
erectile dysfunction and low libido. A healthy sex drive depends on hormones like testosterone and estrogen being freely available and in the correct balance. Several studies have shown that stinging nettles can keep your testosterone circulating freely and keep you feeling sexually vital. Abnormally low levels of testosterone will have a marked effect on a man's mental outlook and sex drive, depressing both their mood and libido. The right amount of testosterone is important for women too, along with with estrogen. Low levels of estrogen can cause vaginal dryness and thinning of the vagina walls, making sex uncomfortable instead of pleasure able. Estrogenic herbs help to optimize female hormone levels which sets the stage for responsiveness to sexual desire. Black cohosh contains at least three classes of compounds that act to balances hormone levels in both men and women. Damiana is used primarily as an aphrodisiac for both sexes, and helps to regulate hormonal activity and calm nerves. dried red clover blossom tea does wonders for fertility no matter what your age. Epimedium is an unusual herb in that it has testosterone like effects and stimulates sexual desire in both men and women. Remember that herbs in of themselves do not contain human hormones, but act as tonics that encourage the body to produce normal levels.

Libido Herbal Remedies

Ashwagandha root tea decoction
Long term use can reduce stress, enhance libido and calm the nerves. Useful as a tonic for chronic inflammatory conditions like arthritis. Ashwagandha...(more)

Avena tincture for diminished sex drive
Avena has been shown to heighten thoughts and pleasure associated
with sex by freeing up testosterone, the sex hormone most closely tied to libido, th...(more)

Damiana can be enjoyed by both partners, it adds enjoyment to intimacy for both men and women. Damiana is Mildly euphoric, stimulating and increases...(more)

Dong quai root
The phytoestrogens in dong quai work with the body's natural estrogen, optimizing female hormones. This action enhances sexual responsiveness, and has...(more)

Fo ti root tea
Fo Ti root is believed to help prevent the accumulation of cholesterol in the liver and the retention of fats in the blood stream. In traditional Chin...(more)

Forskolin Extracts
Coleus should be used in the form of forskolin extracts. Coleus formulations for high blood pressure frequently will contain hawthorn and/or valerian....(more)

Ginkgo biloba tea
Allergies and asthma improve with ginkgo. The leaves contains anti-inflammatory chemicals and natural antihistamines and ginkgolides, which inhibit a...(more)

Goat Weed tea
Horny goat leaf may be prepared as a tea, and is often mixed with Damiana. While both of these herbs are thought of primarily as sexual tonics, they a...(more)

Improve Sexual Function
Take 500 milligrams of tribulus three times a day, for the best effects add 1,000 mg of arginine to each dose. This is generally
Maca powder smoothie

Maca powder, a natural source of amino acid argentine, is sold both as a sexual-enhancement health supplement for male impotence and low female libido.(more)

Muira-puma bark quick tincture

Muira puma contains a resin that is not easily soluble in water, so capsules and teas don't work well. If you have an commercial alcohol based extract...(more)

Pygeum Tinctures Hair Loss BPH

Pygeum Tinctures can be used with saw palmetto, stinging nettle root, and/or bee pollen to treat benign prostatic hyperplasia, and made into hair los...(more)

Tribulus Love Tonic

Simmer 500 mg of powered tribulus in organic milk or almond milk, stirring constantly for 5 minutes. You can add 500 mg of standardized maca to enhanc...(more)

Wild oats aphrodisiac tea

Many herbalists recommend wild oats, often in combination with ginseng and yohimbe, in tea blends.....(more)

Yohimbe bark tea

While Yohimbe herb is often thought of for male erectile dysfunction support, most people don't realize that yohimbe is also effective in women. This ... (more)
Bilberry is available in tablets made from bilberry extract, some products combine bilberry with lutein, another supplement useful in maintaining eye health.

Bilberry Tea

Bilberry tea tastes so good you could slip to the the kids and tell 'em its grape juice. Known for it's effect on circulation and vein health, bilberry...

Cataract Tea

Catnip and many mint relatives like rosemary, contain generous amounts of vitamins C and E, plus essential trace minerals magnesium and manganese.
For puffy eyes soak cotton balls in cooled chamomile tea, or use tea bags or small muslin bags as poultices.

Chrysanthemum tea is a popular beverage in Asia and is served in restaurants and available in Asian grocery outlets. This tea has many uses in traditi-

Eye Tea

Bilberry tea would be a joy to drink, even without the healthy benefits, but in this case taking your medicine is a pleasure. The dried berries provid-

Eyebright眼洗

Eyebright herb relieves inflammation caused by colds, sinus infections, and allergies. A simple infusion in water of 1 oz of the herb to a pint of bo-

Herbal compress for eyestrain

Whichever herb you use, make a strong tea or infusion and use the tea to dampen a soft cloth, put over your eyelids, and lean back and relax for at le-

Herbal Eye Wash

Use these infection fighting herbs as an eyewash to quickly reduces redness and inflammation. Make an decoction (roots and bark)or infusion (leaves-

Pinkeye compress

To make a compress, simply steep 1 teaspoon of any of the herbs recommended for pinkeye, (or in the case of tea you can use the tea bag), Strain, cool-

Prunella for conjunctivitis
The dried leaves of Prunella are often combined with other antibiotic herbs in making teas. Even a weak infusion of self heal has enough antibiotic a... *(more)*

**Rue Compress for Eyestrain**

I work on a computer all day, and am getting up in years, so easing eyestrain is important to me. Rue has an ancient reputation as an herb healing to ... *(more)*

**Tea bags for first aid**

Both green and black teas contain tannins, astringent compounds that help shrink swollen tissue and narrow blood vessels. Treat black eyes and bruises... *(more)*

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**Prep Methods**

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