Maintaining A Healthy Libido – Specific Guidelines

**Loss of libido for women** – a weakening of the adrenal glands due to:

* too much stress
* menopause
* fasting for long periods
* poor sleep
* infection from a virus
* medication side effect

Supplement support

* 500ml celery juice per day
* 2 tsp barley grass
* Ginger tea – 2 cups per day
* Hibiscus tea – 1 cup per day
* Spirulina 2 tsp per day
* Vit B12 – 2 dropperfuls twice per day
* Zinc – 1 x dropperful twice per day

**Loss of libido for men –** Caused by an excess of fat in the liver (like pre fatty liver). High protein, high fat diet can worsen this condition.

Erectile dysfunction is caused more so by toxic heavy metals such as mercury and aluminium interrupting signals between the brain and the sex organs.

Supplement support

* Celery juice 500ml per day
* Spirulina 1 TBLS per day
* B12 3 x dropperfuls twice per day
* Barley grass powder 1TBLS per day
* Vitamin C 2 lipospheric sachets twice per day