

### It's Not All In Your Head: Tips For Improving Intimacy

(NAPSA)—According to the Journal of the American Medical Association, 43 percent of women experience sexual problems at some point in their life. That's almost half of all women! Yet until recently, the medical profession has essentially ignored women's sexual health, leading many women to believe their problems are all in their head.

“Research shows that as women enter their 30s and beyond, they may experience a decrease in sexual desire, often due to external factors such as stress and fatigue,” says Lynn Moss, registered dietitian.

Common symptoms women face include vaginal dryness, decrease in desire and satisfaction, lack of lubrication and pain. So what can women do to take control of their sexual health? Moss offers some simple tips to put the spice back in your relationship:

- **Open up.** Telling your partner what you need can make a world of difference. Women are complex and sexual satisfaction includes mental, emotional and physical needs. Communication is essential to sexual satisfaction.

- **Get moving.** Exercise causes the brain to release endorphins, or pleasure signals—the same chemicals released when we fall in love. Exercise also builds endurance, flexibility, muscle strength and increases circulation. Choose activities that you enjoy, start slowly and set goals.

- **Relax.** Look for ways to reduce and manage stress. Take a



**For women (and their partners), intimacy doesn't have to decrease with age.**

bubble bath to wash away the cares of the day. Schedule a weekend getaway with your partner, away from the responsibilities of home and kids.

- **Spice up your meals.** Most people are familiar with aphrodisiac foods such as chocolate, oysters, strawberries and champagne. Now indulge in these sensual treats—asparagus, chiles, grapes and artichoke—to enhance sexual desire.

- **Get an extra boost.** Try a supplement. New Rekindle for Women, an all natural herbal supplement, which combines L-arginine, ginkgo biloba, ginseng, damiana and calcium, is one option for women who need a little boost. Find out more about Rekindle by visiting [www.NatureMade.com](http://www.NatureMade.com).

Taking a mind and body approach to improving intimacy may be the key to unlock a life of sexual satisfaction.