

## **Frigidity**

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The inability to become sexually aroused. Not a known cause of infertility.

### **Our belief suggest the following for married couples**

**Chives- Internal Purposes:** The chives plant is rich in minerals our bodies need to manufacture sex hormones.

**Damiana- Internal Purposes:** Has a reputation as a sexual stimulant and rejuvenator that has been used to treat sexual impotence in both males and females. It appears to contain elements that directly stimulate the nerves, genitals, blood circulation, and metabolism. It is beneficial in increasing the sex drive in both men and women. As an aphrodisiac, women have found Damiana very helpful. Place a drop of Damiana under your tongue about an hour before having sex for best results. It may take several days to notice the effects.

**Fo-ti, Gotu Kola, Sarsaparilla, Saw Palmetto, and Siberian Ginseng- Internal Purposes:** These five herbs have been beneficial in improving sexual drive and increasing energy.  
Cautions: Do not use Siberian Ginseng if you have any of the following conditions: high blood pressure, hypoglycemia or heart disorders.

**Wild Yam- Internal Purposes:** Contains the natural steroid dehydro-epiandrosterone (DHEA). It is thought that this steroid may improve lovemaking by increasing vigor. Dosage: Take for two weeks then stop for two weeks - repeat this process as needed.