

Natural fixes help women escape 'libido limbo'

"Great Sex, Naturally: Every Woman's Guide to Enhancing Her Sexuality Through the Secrets of Natural Medicine," by Dr. Laurie Steelsmith and Alex Steelsmith (Hay House, \$16.95)

By Jane Glenn Haas
Orange County Register

Women over 50 are reporting low sexual desire in numerous health surveys.

"Libido limbo" is what Honolulu naturopathic physician Dr. Laurie Steelsmith calls it. She's the author of a new book, "Great Sex, Naturally: Every Woman's Guide to Enhancing Her Sexuality Through the Secrets of Natural Medicine."

Steelsmith maintains that any woman at any age can regain sexual excitement and desire naturally.

"Most women want to do something to boost their sexual energy," she says. "Sexual energy is a powerful life force, and if it goes away we need to look at ways to create it."

"We're talking about that energy that is the wellspring of life. Health creates sexual energy and sexual energy creates more health. They are ultimately reinforcing."

QUESTION: Are you saying women should have more sex as they age?

ANSWER: Sexual energy doesn't mean having sex. It can be fulfilling in myriad ways. We're talking about creative pursuits, about the vital force of life. It can be sex and intimacy, yes, but it can also be a creative force.

Q: OK. Your book lists nine ways to get out of "libido limbo." What are they?

A: Nine strategies to get you started? These are listed in my book:

>> Add super-libido foods to your diet. Foods and supplements unusually rich in nutrients, vitamins and minerals that have unique potential to promote your sexual well-being include flaxseeds, hemp seeds, chia seeds, pumpkin seeds, coconut oil, pomegranates, blueberry juice, acai juice, mangosteen juice, cruciferous vegetables, green tea and shiitake mushrooms.

>> Do sex-enhancing exer-

cises. Balance is the key. You want to get the benefits of both aerobic exercises and resistance exercises like weightlifting. Do at least 20 minutes of each three to four times a week. You can also use the Chinese principle of yin and yang to achieve balance. Yin exercises include walking or swimming or slow ballroom dancing. Yang is more rigorous like running, tennis and weightlifting.

>> Detox your home for better sex drive. When your body is not bombarded with chemicals it can't easily process, it doesn't have to spend so much energy flushing out toxins. Go through every cabinet, drawer and shelf and swap chemical cleaning products and personal-care products for all-natural versions. Throw out Teflon pans and dump plastic containers.

>> Cleanse your body from the inside out. Do a 21-day dietary cleanse. For 21 days, eliminate all gluten and sugar. Consume only rice, quinoa, amaranth, tapioca or buckwheat for grains. Eat a multicolored veg salad daily. Increase your raw vegetable intake. Avoid dairy and eggs. Limit protein to organic poultry, wild salmon, beans and legumes. Minimize fruit intake. Drink 12 ounces of water with lemon juice added. Dry-brush your body once a day before you bathe or shower. Try to visit a sauna weekly to sweat out toxins.

>> Supplement to support your midlife libido. Seaweed and cruciferous vegetables will noticeably improve your body's ability to make friendly estrogen and eliminate "unfriendly" estrogen.

>> Try herbal aphrodisiacs. Because they vary from one person to the next, you may want to experiment. Try Chinese ginseng, cordyceps, rehmannia, epimedium, reishi, ginkgo biloba, catuaba, suma, muira puama, damiana, maca and yohimbine. My book explains more about how to take them.

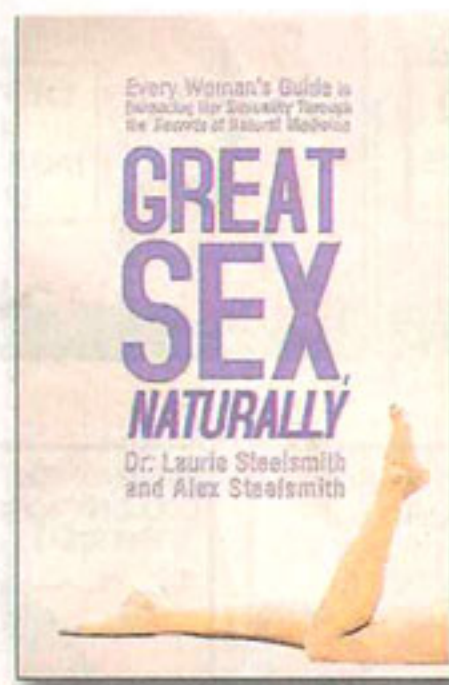
>> Consume libido-enhancing foods and supplements. After the 21-day cleanse, these foods can pack an extra punch of pleasure potential: L-arginine, an amino acid; PEA, known as the "love supplement"; sweet potatoes; chocolate; oysters; chili peppers; and honey.



Dr. Laurie Steelsmith

Minimize anti-aphrodisiac foods in your diet. They include alcohol; fatty foods that make you feel heavy and lethargic; trans fats; sugar, which reduces your ability to become

aroused; and caffeine, which breaks down testosterone. >> Use your mind to create a sexy lifestyle. Manage your stress. Spend more time with your partner. Sharing intimate thoughts and feelings is a definite aphrodisiac. Work on building



MEET THE AUTHOR
Dr. Laurie Steelsmith

- >> Book signing, 5:30-7 p.m. Friday, lululemon athletic, Ala Moana Center
- >> "Libido Limbo and Rekindling the Flames of Passion" talk at Women's Fund of Hawai'i cocktail reception benefit for Women's Health Month, 5:30 p.m. Sept. 13, Laniakea YWCA; \$75; womensfund-hawaii.org

"sexual trust" — a woman's capacity for pleasure is closely linked to her brain's ability to release inhibition and suspend judgment. Add yoga, art, music, dance and spontaneous fun to your life.

Q: Well, thank you for quoting so extensively from your book. You also talk about strengthening muscles in the pelvis and something called "vagicare."

A: Yes. I stress improving your pelvic area and ways to hold weights in your vagina.

Q: Most important, you also say chocolate is a "love" food.

A: Yes. No wonder it's the food of choice for Valentine's Day.

For more information, call 943-0330 or visit www.drsteelsmith.com.

Headed to Burning Man? Let us know

Burning Man, the annual do-it-yourself camping fest that is an ode to creative destruction and survival, will take place Aug. 26 through Sept. 4 in Black Rock Desert, Nev.

The event has grown from a gathering on the beach in San Francisco to an annual desert festival in a temporary city 100 miles north of Reno. It does not actively publicize itself, but has grown by word of mouth.

This year, an estimated 60,900 people — 10,000 more than last year — will be on the "playa," as Burning Man calls it.

Are you going? If you'll be at Burning Man and are from Hawaii or have other local ties, email TGIF editor Elizabeth Kieszowski at ekieszowski@staradvertiser.com.

She will attend Burning Man for the first time and will blog from the event at honolulupulse.com.

Star-Advertiser staff



DUKE'S OceanFest 2012

SATURDAY, AUGUST 18

Outrigger Hotels & Resorts Waikiki Sand Soccer Championship at Fort DeRussy Beach

Na Koa Wounded Warrior Canoe Race at Fort DeRussy Beach

Kahala Challenge-Swim-Run-Paddle

Jamba Juice Rabbit Kekai Keiki Surfing Contest

Duke's Hawaii State Doubles Sand Volleyball Championship

SUNDAY, AUGUST 19

Outrigger Hotels & Resorts Waikiki Sand Soccer Championship at Queen's Beach

Jamba Juice Rabbit Kekai Keiki Surf Contest

MONDAY, AUGUST 20 & TUESDAY, AUGUST 21

HIC Pro Juniors 2012

Duke Kahanamoku Kane & Wahine Longboard PRO/AM

WEDNESDAY, AUGUST 22

HIC Pro Juniors 2012

ITSA Tandem Surfing Contest

Lifeguard Competition - Beach Flags

AccesSurf Competition

THURSDAY AUGUST 23

BearsWave.com-Spellbinders Tandem Expression Session

AccesSurf Competition

Hawaii Waterman's Hall of Fame Awards Dinner

FRIDAY, AUGUST 24

Duke Paoa Kahanamoku Sunrise Birthday Lei Draping

Hawaiian Airlines Legends Surf Classic

SATURDAY, AUGUST 25

Duke's Waikiki Ocean Mile Swim

Hawaiian Airlines Legends Surf Classic

Duke's 1st Annual Costume Sand Volleyball Tournament

Maui Jim presents Hawaii Paddleboard Championship

Hawaiian 105 KINE Great Hawaiian Luau at Waikiki Aquarium

SUNDAY, AUGUST 26

C4 Waterman SUP Surf Spirit and Surf Off

Tiki's Grill & Bar Surfboard Water Polo at Kapahulu Breakwall

Duke's Junior State Doubles Sand Volleyball Championship



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