INCREASE YOUR LIBIDO Through Exercise

by Dr. Dalal Akoury

Thinking about exercise from a "sexual healing" perspective may give exercise a different edge. Several studies show that having an active, intimate sex life with your partner is indispensable to nurturing a long-lasting and blissful relationship. But if the sparkle has slowed between you and your partner, remember that it is more than your bedroom skills that is lacking. Research has found a direct correlation between regular physical exercise and increased sexual potency—for both men and women.

Research reveals that regular cardiovascular exercise and deep stretching that increases blood flow specifically to the buttocks, pelvis and groin area—such as yoga, power walking, jogging or cycling—increases circulation to the genitals, and as a result, revives sexual arousal and orgasmic function. For both men and women, regular exercise and yoga training will boost endurance, strength and flexibility—all crucial to unraveling the secrets of a healthier sex life.

Endurance

To ensure that love making lasts longer than a few minutes, you and your partner need endurance and vigor. To increase stamina and keep your endorphins (those "feel-good hormones") flowing, cardiovascular workouts are advised three to five days a week for at least 20 to 30 minutes at a time. Vigorous sport or exercise that increases your heart rate and body temperature, and gives you that extra boost of energy that you'll need when it really counts.

Strength

Holding positions in bed demands a certain amount of muscle power. Weightlifting at the gym ensures the right muscles fire up when needed. Repetitive weight lifting with lighter weights helps tone the upper and lower part of the body, prevents leg and foot cramping at inconvenient moments and builds your self-confidence. Core strengthening and sit-ups are also recommended to strengthen your abdominal muscles, which are essential for effective lovemaking.

Flexibility

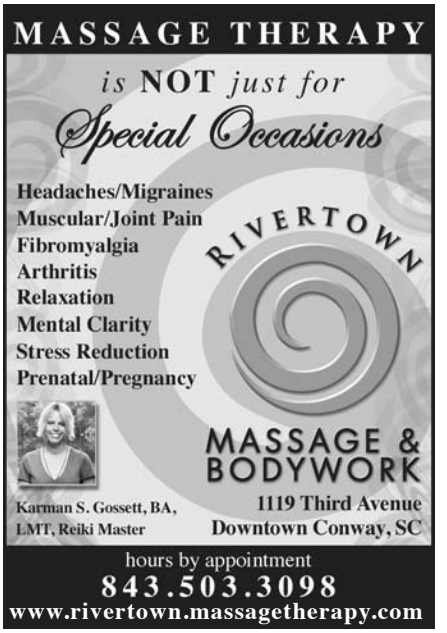
Let's forget about holding positions for a moment and focus on getting in and out of them. Yoga, a 5,000-year-old practice of integrating the mind, body and spirit, is more than just "breathing in and breathing out." In fact, having a regular yoga practice not only makes you more limber, but more importantly, increases blood flow and circulation throughout the body, stimulating all of your nerve endings and increasing you and your partner's chances of heightened pleasure.

Going with the Flow

Although men tend to suffer from sex problems caused by poor blood flow more often than women, research shows that the same problem affects women's sex drives. Women are also affected by lack of sexual arousal often due to low blood flow to the genitals and hardened or congested arteries. When the arteries and blood vessels are optimally functioning, women's vaginal tissues swell with blood creating a feeling of sexual arousal.

Commonly taught yoga postures, such as warrior I & II, fierce pose, locust, butterfly, upward facing dog and full wheel, are designed specifically for opening the hips, groin and pelvic area, where these very important blood vessels are located. On a psychological note, yoga also relaxes the mind and reduces stress, which is vital for any successful sex life.

Entertaining the idea of exercising from a sexual healing angle may get those of us who keep putting it off until next week, month or year that extra incentive to get things into motion now. Gaining more energy for your love life, and ultimately for the health of your relationship, will make every day of your life a very special one indeed. So, get up and go for a run, lift a few weights, find your inner warrior and transform yourself into that energetic and enthusiastic lover you have always wanted to be. You might find that getting your groove on has never felt so good!

If you suffer from decreased libido or depression, know that there are ways you can reduce your symptoms naturally, enhance your stamina, boost your libido and reclaim your life.

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