

# Natural Help 4...

# Frigidity



## What is Frigidity?

**Frigidity** is broadly used to refer to a **low libido (sex drive) in women**. This term is often used incorrectly to describe a woman who is emotionally cold or does not respond to her partner's sexual advances.

A **lack of sexual desire** can be psychologically embedded in a person's subconscious and linked to greater issues that should be addressed or discussed. In some cases **women may experience low libido and refuse or avoid sexual intimacy** or they may endure it without being able to reach orgasm, finding little pleasure in the act.

In other cases, women may have difficulty being aroused or sex may even cause considerable pain or discomfort. But whether the root cause is **emotional** or physical, **frigidity** can result in conflict and strain in even the most secure relationships.

## Diagnosing Frigidity

If **lack of sexual desire** has become a problem in your relationship, there are many treatment options to explore depending on the underlying causes and specific symptoms. A communication problem is often at fault for **lack of sexual desire**, so try discussing your partner's feelings.

If the problem is an **emotional** one, bring it out into the open, or consider making an appointment with a psychologist for personal or couple's counseling. It is **possible for low libido or frigidity to be caused by a physical problem**. If this is suspected, seek a professional opinion by consulting a gynecologist, general practitioner or complimentary health professional.

## What Causes Frigidity?

It must be understood that sexuality involves a complex set of emotions and behaviors, ranging from romance and feelings of closeness and security, to feelings of sensuality and desire.

**Intimacy has no switch that can be flipped on** when one partner wishes to become intimate, and usually the setting and situation must feel right and comfortable before both partners can enjoy it.

## Causes of Frigidity

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Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

## Emotional Causes of Frigidity

- Past traumatic sexual experience such as rape, incest, or sexual assault
- Feeling emotional distance from a partner
- Communication problems, an argument or an unresolved emotional issue between partners
- Intimacy inhibitions linked to religious or personal taboos, or feeling repulsed by sex
- Emotions such as shame, guilt, depression, anxiety, or boredom in the relationship
- Situational factors such as an intoxicated partner, or a mother-in law being situated in the next room
- Fear of pregnancy or sexually transmitted diseases
- Low self-esteem or lack of confidence

## Physical Causes of Frigidity

- Pain or discomfort during intercourse (dyspareunia)
- Vaginal dryness
- Lack of adequate foreplay
- Poor male sexual performance
- Exhaustion or fatigue
- Insomnia
- Effects of prescription medications
- Effects of alcohol or substance abuse
- Changes related to menopause or hormonal imbalance
- Damage to nerves due to surgery or trauma
- Infection or gynecological problems

## Help for Frigidity

Once you have addressed the root cause of the problem, natural herbal and homeopathic remedies can be of great assistance in **increasing sexual desire** by ensuring hormonal balance and improving reproductive system health

Certain herbal remedies such as gentiana lutea radix powder, turnaria aphrodisiaca and smilax ornata (Sarsaparilla) increase sexual hormone levels and act as **nervous system** stimulants while helping to promote energy and **increasing sexual desire**.

If there is an **underlying depression or anxiety affecting libido**, natural remedies such as St John's Wort and Passiflora can be a good alternative to prescription drugs with their side effects and risk of addiction.

The main benefit of a natural approach is that it can offer the benefits of other prescription medication **without the unwanted side effects**. It is never too late to awaken and enhance female sexual pleasure and develop a healthy and satisfying sexual relationship between you and your partner by **increasing sexual desire**.

## The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only



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## Michele Carelse, Clinical Psychologist



All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is ‘better’ than the other, many responsible doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called ‘alternative’ or ‘complimentary’ medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term ‘holistic’ medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are ‘unproven’ and ‘untested’, the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the

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extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called ‘standardized’ extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While ‘standardized’ extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don’t make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

## **Related Natural Remedies:**

**PureCalm**: Aids nervous system in stress resistance for balanced moods and feelings of well being.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely maintain harmony, health and systemic balance in the brain and nervous system, without harmful side effects and without sedatives. This remedy contains a selection of herbs known for their supportive function in maintaining brain.

PureCalm can especially benefit those individuals needing support overcoming worry, managing stress and to promote inner calm related to certain situations. Natural stress relief products such as PureCalm can be used consistently, without side effects or compromising health.

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**Thanda:** Supports healthy sexual desire, orgasmic functioning and sexual health in women.

Thanda - Xhosa (a language native to South Africa) word for 'love' - is a 100% safe, non-addictive, natural herbal remedy. Thanda Passion Booster has been used for many years to safely maintain **health and systemic balance in the female reproductive system**.

Using Thanda Passion Booster on a regular basis helps encourage **healthy sexual desire, orgasmic functioning, and sexual health** - helping you to relax and enjoy sex, day or night!

This powerful tonic for female sexual health contains a range of specially selected herbs from Africa and the Orient which are traditionally **identified as having aphrodisiac properties**. They are known for their supportive function in promoting healthy sexual arousal and as an **effective tonic for the female reproductive system**.

Thanda supports the healthy functioning of the female reproductive system, thereby helping to maintain **balanced flow of blood and routine sensitivity to the female genitals**. Thanda can make all the difference, without compromising health or risking serious side effects.

The formula remains true to the **whole spectrum method** of herbal extraction, ensuring the bio-availability and balance of all the active ingredients contained in the remedy. This method of manufacture also significantly reduces the likelihood of side effects and maintains all active ingredients in perfect balance – exactly as nature intended!

[Learn more about Thanda](#)

**MindSoothe:** Promote balanced mood and feelings of wellbeing.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to safely maintain emotional health, balanced mood, emotional wellness and systemic harmony in the brain and nervous system, without harmful side effects.

This remedy contains a selection of herbs known for their calming and supportive function in maintaining brain and nervous system health, emotional balance and overall wellbeing.

[Learn more about MindSoothe](#)

Read the testimonials for these quality products [here!](#)

## **herbal & homeopathic remedies:**

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email [Ask Our Experts](#) service run by trained consultants ready to advise you on the best choice for your health.

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