

Good Health
LIFESTYLES

Educational
BOOKLET
Series

LOVE YOUR LOVE LIFE

3 TOP BEDROOM BOOSTERS

Page 24

KOREAN RED GINSENG

THE ULTIMATE
PERFORMANCE
HERB

By Kim Erickson

ERADICATE
**ERECTILE
DYSFUNCTION**
& FEMALE SEXUAL
DYSFUNCTION
NATURALLY

**LIFESTYLE
SWAPS FOR
BETTER SEX**

FREE

REVITALIZE SEXUAL DESIRE

So You Both Can Enjoy Sex*



Terry Naturally.

EuroPharmaUSA.com
MONEY-BACK GUARANTEE



It takes two to tango, as they say, and it's a lot more fun when both parties share the same enthusiasm. Ignite your spark with HRG80™ Red Ginseng Female Sexual Enhancement from Terry Naturally®. Featuring a unique red ginseng plus ashwagandha, maca, rhodiola, and zinc, this formula delivers exactly what you need to experience the healthy sex life you deserve.*

FOR THE WOMAN LOOKING TO:

Help revitalize sexual desire

Support balanced hormone levels

Boost energy and mental stamina

Support healthy blood
circulation and sensation†

†Compared to the rare, noble ginsenoside content of conventional ginseng.

*THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

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LOVE YOUR LOVE LIFE

Has the sizzle gone out of your love life? Having a healthy sex life isn't just pleasurable, studies show that an active sex life can improve your cardiovascular system, immunity, cognition, and sleep quality. It can also help lessen stress and even pain. Yet 43 percent of women and 31 percent of men under the age of 60 experience some type of sexual dysfunction.

These statistics don't get any better with age. According to a survey in *The New England Journal of Medicine*, about half of men and women over the age of 57 reported at least one sexual problem. Not surprisingly, the most prevalent problem in men was erectile dysfunction. Among women, the most common problems include low desire, lack of vaginal lubrication, and trouble achieving an orgasm.

Fortunately, there are natural alternatives for both men and women that can, when combined with healthy lifestyle choices, enhance your sex life and boost satisfaction. So turn the page and learn how to get your love life back on track, naturally!



Kim Erickson is a respected health and medical writer, as well as the editor-in-chief of *Good Health Lifestyles*. In addition, she is the author of *Drop Dead Gorgeous: Protecting Yourself from the Hidden Dangers of Cosmetics* and the co-author of *Living Lessons: My Journey of Faith, Love, and Cutting-Edge Cancer Therapy*. Kim is also a Certified Nutrition and Wellness

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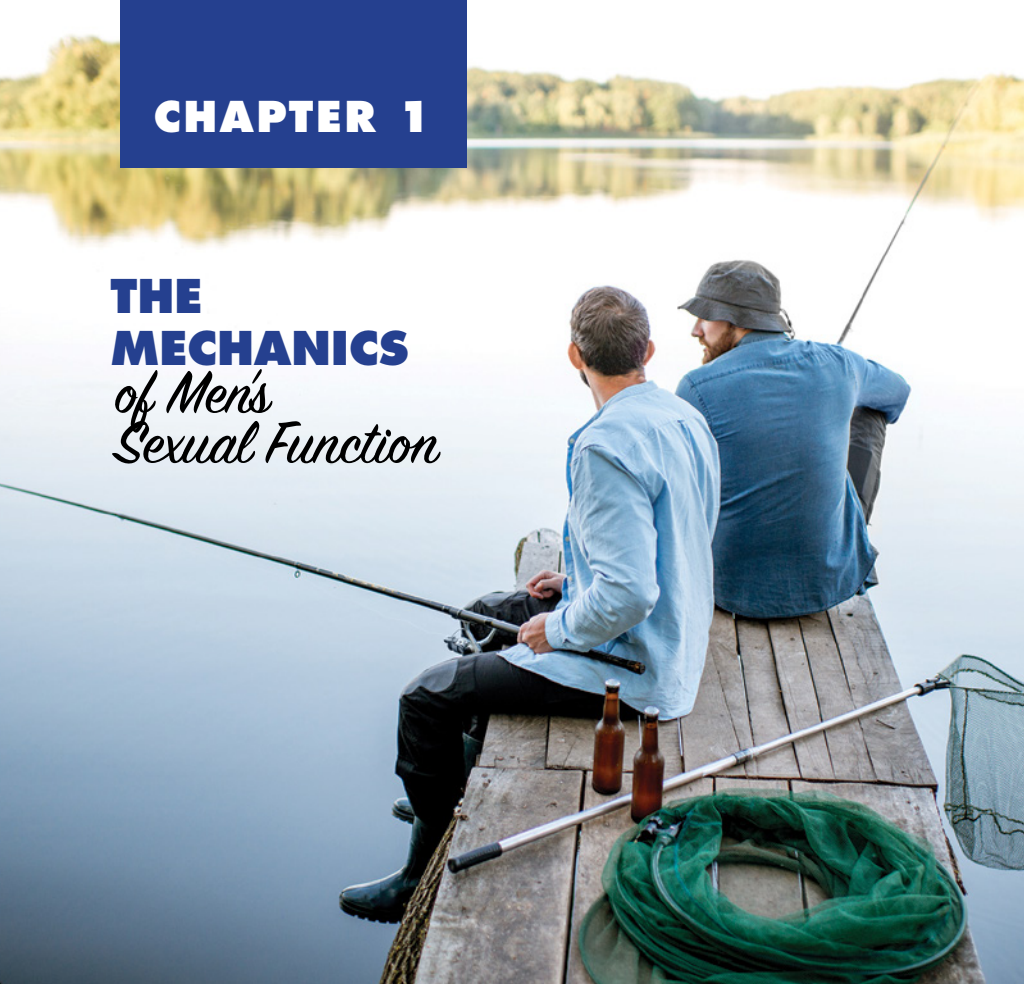
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CHAPTER 6

Live Well,
Love Well

CHAPTER 1

THE MECHANICS of Men's Sexual Function



If you are a man who is having a performance malfunction in the bedroom, you're not alone! Erectile dysfunction (ED) impacts an estimated 20 to 30 million American men at some point in their lives. In fact, mild to moderate ED affects approximately 10 percent of men per decade of life. For instance, according to the Massachusetts Male Aging Study, 40 percent of men in their

40s suffer from ED and nearly 70 percent are affected by age 70.

But, while age seems to be the strongest factor for developing ED, there's a worrisome trend that was reported in *The Journal of Sexual Medicine*. During an Italian study published in the journal, researchers found that one in four men seeking help for ED were under the age of 40! Plus, nearly

half of the men surveyed suffered from a severe case of the condition, compared to just 40 percent of men over 40. This puts a new face to findings from an early study—the National Health and Social Life Survey—which found that sexual dysfunction was more likely among men in poor physical and emotional health, regardless of age.

But there is plenty you can do to prevent becoming one of these statistics at any age. And it starts here.

ANATOMY OF AN ERECTION

To really grasp the cause of ED, you first need to understand what happens inside your body when things go right. If you think of an erection like a hydraulic event, you're right—but the mechanics of your penis are only half the equation. An erection is the result of a delicate but perfectly balanced process that involves the brain, blood vessels, nerves, and hormones. If just one of those elements isn't functioning, ED can be the result.

To simplify this intricate process, let's compare your erection to a rocket launch. Here's how it works: Think of your brain as the mission control center for erections. Once mission control receives data—an erotic fantasy, a seductive photograph, even a particular scent—it sends tiny messengers called neurotransmitters to the launch pad, better known as the penile nerves. This reflex action is helped along by the male hormone testosterone.

After your penile nerves have been aroused, other neurotransmitters trigger the release of nitric oxide (NO). This, in turn, increases blood flow to your penile arteries, causing them to expand.

As your penile tissue grows in width and length, the excess blood is trapped, causing your penis to become hard and erect. In other words, Houston, we have lift off!

But when you have ED, it doesn't always work out that way.

WHY ME?

As complex as this process is, it's a wonder things don't go awry more often. When they do go

49%
of all men experience
moderate to complete ED
by the time they reach
their 70th birthday.

*Source: Boston University
School of Medicine*

wrong, it can send a man into an emotional tailspin. Perhaps this is why, until recently, most doctors thought that ED was primarily caused by psychological factors. And, while fatigue, stress, or the uncertainties of a new relationship can cause a temporary loss of erectile function, medical science now estimates that between 80 and 90 percent of ED cases are caused by underlying medical problems like atherosclerosis, an enlarged prostate, depression, diabetes, high blood pressure, or low testosterone levels. Lifestyle matters too. Studies implicate anxiety, alcohol overuse, stress, fatigue, lack of exercise, smoking, and a poor diet as risk factors for ED.

But here's the good news: taking a proactive approach can help reduce your risk. Eat smart, ditch those bad behaviors you picked up in college, and see your doctor at least once a year to make sure all systems are a go. Not only will this help you perform at your best in the short-term, you'll be healthy and vibrant for many years to come.



The Cardiovascular CONNECTION

ED can definitely cause heartache—in more ways than one! In fact, ED can be an early warning sign of hidden heart disease. According to an Australian study that appeared in the journal *PLOS Medicine*, even men with a mild case of ED and no known heart issues face a major risk of developing cardiovascular problems. And as ED worsens, so does the risk. While having ED isn't an automatic ticket to the cardiac unit at your local hospital, if you are having problems in the bedroom, it's wise to check with your doctor.

CHAPTER 2

Help FOR HIM

While that “little blue pill” gets all the attention, prescription sexual aids for men also come with a host of potential side effects. Fortunately, there's a better way! The following herbs and nutrients not only support optimal sexual health, they also help to protect a man's cardiovascular system and prostate.

ERECTILE ENHANCERS

Although mechanics definitely matter when it comes to achieving and maintaining an erection, desire also plays a key role. Since humans first began procreating, mankind has been in search of the perfect aphrodisiac. That has led to some bizarre (oysters anyone?) and even dangerous practices. Fortunately, modern science has separated the hype from fact. One highly effective herb to spark desire is *saffron*. Often used

in Spanish, Italian, and Indian cuisine, saffron is created from the dried, highly pigmented stigmas of the *Crocus sativus* flower. According to researchers at the University of Guelph in Ontario, Canada, saffron can improve both libido and human sexual function. Other preliminary studies have found that two compounds in saffron—safranal and crocin—possess aphrodisiac activity while also boosting performance. As a bonus, there's some evidence that these natural carotenoid compounds may also help protect against prostate cancer.

GETTING TO THE “HEART” OF ED

As you've seen, the health of your cardiovascular system is directly linked to your performance in the bedroom. Recent studies have found that certain polyphenols—antioxidant-rich micronutrients in plants that give them their color and taste—can protect the heart, enhance circulation, and promote healthy sexual function in men.

ONE HIGHLY
EFFECTIVE HERB
TO SPARK
DESIRE IS
SAFFRON.

Apple and grape polyphenols provide potent antioxidant, anti-inflammatory, and vasodilating properties. The polyphenols derived from apples

and apple skins have amazing effects on preventing and, in some cases, reversing oxidative stress, chronic low-level inflammation, and a damaging process known as glycation. If ignored, this triple threat can undermine the health of your arteries, and that can increase your risk of heart attack, stroke, and yes, ED.

Grape-derived polyphenols are also powerful antioxidants and vasodilators that increase NO synthesis by enhancing endothelial nitric oxide synthase (eNOS) activity in the cells that line your arteries and your heart. This plays a major role in vascular and tissue protection, and enhances blood flow throughout the body.



French grape seed extract is also rich in polyphenols known as oligomeric proanthocyanidin complexes (OPCs) that provide powerful antioxidant and anti-inflammatory benefits that can affect both your cardiovascular system and your sexual well-being. High blood pressure can put you at increased risk of cardiovascular disease and is one of the primary causes of ED. A joint 12-week study by researchers

FRENCH GRAPE SEED EXTRACT PROVIDES 50 TO 200 TIMES MORE FREE-RADICAL FIGHTING POWER THAN BERRIES, CHOCOLATE, OR EVEN VITAMINS C AND E!

from the Illinois Institute of Technology and the University of California, Davis, found that supplementing with grape seed extract resulted in a 5.6 percent drop in systolic blood pressure and a 4.7 percent reduction in diastolic blood pressure.

The OPCs in grape seed extract have also been shown to improve blood flow and reduce the risk of circulatory problems—a boon for both cardiovascular and sexual health. In one eight-week study, grape seed extract had blood-thinning effects, enhancing circulation and potentially reducing the risk of blood clots. Studies show that the OPCs in grape

seed extract also increase adiponectin, a protein that regulates blood sugar, insulin, cholesterol, and inflammation, by an impressive 61 percent. Plus, a study from the University of Colorado reports that grape seed extract also has prostate-protective properties. But not all grape seed extracts deliver these heart and prostate results. Look for a tannin-free grape seed extract that provides low molecular weight OPCs to ensure that the molecules in the supplement are small enough to be absorbed and utilized by the body.



STATINS & Your Sex Life

A lot has been written about the adverse side effects of taking a statin drug to lower your cholesterol—from muscle pain and weakness to memory loss to an increased risk of neuropathy and diabetes. But here's a news flash: Studies show that statins can also

contribute to low testosterone levels and erectile dysfunction.

In one analysis of five clinical trials published in the *Asian Journal of Andrology*, researchers found that those men who were taking a popular statin drug to lower their cholesterol levels had measurably lower testosterone levels and a

greater incidence of ED. Another study evaluating nearly 3,500 men with ED found that taking a statin drug had doubled the risk of hypogonadism—a condition where men don't produce enough testosterone. The researchers speculated that statins disrupt the pituitary gland's messaging to the testicles, telling them to produce less testosterone.

If you're suffering from high cholesterol levels, talk with your health care provider about more natural ways to bring it into a healthier range. Key nutrients like niacin and lifestyle changes like diet and exercise can be incredibly effective for both your cardiovascular health and your love life!

CHAPTER 3

Women's Sexual Health MATTERS TOO!

Women's sexual health has traditionally been largely ignored by both the media and modern medicine. Women themselves often put their sexual needs on the back burner. And who could blame them! Between work, kids, back-to-back social commitments, and money concerns, thoughts about sex and feelings of desire often get eclipsed by more pressing needs. Fluctuating hormones throughout a woman's life also affect the ability to enjoy intimacy.

WHEN HORMONES GO HAYWIRE

From the minute a woman experiences her first period to the day she becomes post-menopausal, her reproductive hormones—primarily her estrogen

and progesterone levels—are constantly changing to meet her biological needs. For instance, hormone levels of women in their childbearing years fluctuate over the course of a month and these changes can dramatically impact their feelings of desire. An increase in sexual desire occurs just before ovulation and lasts for several days afterwards—which is also, coincidentally, the only time of the month conception is possible. When ovulation has finished, this boost in libido calms down.

The hormones that control libido also change during pregnancy,

when you are breastfeeding, and as you age. In fact, your circulating estrogen levels markedly drop once you hit menopause—and that can have a definite impact on your libido. Stress, emotional issues, weight changes, or medications can also couple with these hormonal changes to send desire out the window.

DISSECTING DESIRE

For most women, sexual longing begins in the brain. And, while that's also true of men, there are some well-documented differences in what triggers arousal. The part of the brain responsible for emotional control—the amygdala—shows significantly higher levels of activation in men viewing sexual stimuli than in women viewing the same images, according to a study led by Emory University psychologists. In the study, 14 male and 14 female participants viewed several types of sexual images. When their brain activity was compared using functional magnetic resonance imaging (fMRI), significantly higher levels of amygdala activity was found in the brains of the men compared to the women. The researchers noted that for women, it's more about the anticipation—the longing is the fuel for desire. Men, on the other hand, don't need to use nearly as much imagination since sex is more straightforward for them.

THE HORMONE *Connection*

A woman's reproductive hormones play specific roles in sparking sexual desire and fostering the physical changes that contribute to a satisfying sexual experience. That's why when hormones are out of balance, your overall desire for sex can be affected.



■ **ESTROGEN** promotes vaginal lubrication and helps you feel heightened sensitivity during sexual intercourse.

■ **PROGESTERONE** levels alter mood. When in balance, it can enhance your libido. However, too much can lower sexual desire.

■ **TESTOSTERONE**, the male hormone, acts on the brain and influences sexual functioning at a central level (sexual desire, fantasy, thoughts, etc.). It also increases blood flow to the genitals so women are more likely to experience arousal and orgasm.

WHAT'S UP DOWN THERE?

Of course, desire—or the lack thereof—may not be the only problem. Trouble achieving an orgasm and pain during intercourse can also kill any desire you might have started with.

For a woman, achieving an orgasm involves the gradual physical and psychological buildup of sexual excitement through foreplay, oral sex, and other stimulation before intercourse. As a woman becomes sexually aroused, estrogen causes an increased production of fluid inside the vagina that provides lubrication. Blood flow to the genitals also increases, causing the labia—the “lips” surrounding the vulva—to swell. The clitoris also swells and becomes highly sensitive. At the same time, heart rate, blood pressure, and breathing increase. She may also become flushed as her blood vessels dilate.

As blood flow reaches its limit, the lower third of the vagina becomes engorged and firm. The woman's breasts may increase in size by up to 25 percent and blood flow to the area around the nipple (the areola) increases, making the nipples look less erect. As she gets closer to orgasm, her clitoris pulls back against the pubic bone and seems to disappear. A woman needs continuous stimulation in this phase to build up enough sexual

excitement for orgasm. Any glitch in this progression—whether due to insufficient estrogen levels or a lack of continual stimulation—can prevent orgasm and may even result in a painful experience.

Pain during sex can be a result of a yeast infection, fibroids, or endometriosis. Painful intercourse is often a particular problem for women traveling through menopause. As a woman's ovaries stop producing estrogen, natural lubrication diminishes and the walls of the vagina become thinner. Once a woman experiences pain during sex, it may lead to fear of recurring pain, making it difficult to relax, which can lead to more pain. She might even start avoiding intercourse altogether if it becomes associated with pain.

CHAPTER 4

Help FOR HER

Women, like men, deserve a pleasurable and fulfilling sex life. But you needn't turn to hormone replacement therapy or other potentially harmful tactics to reignite your fire. Nature can provide safe, effective ways to boost your libido, ease vaginal dryness, and help you rediscover the pleasurable sex you thought was just a memory.

SIDELINE DESIRE-KILLING STRESS

When shifting hormones and/or life's everyday challenges dampen desire, consider reaching for *ashwagandha*. This adaptogen can improve both your mood and your energy levels while simultaneously helping your body adapt to stress. That can translate to a better sexual experience. It works so well that one placebo-controlled pilot study involving

50 healthy women documented an uptick in arousal, lubrication, and an easier time achieving orgasms in those taking the herb. To experience these benefits, look for a supplement standardized to contain 5% withanolides, the active compound in ashwagandha.

Rhodiola is another adaptogenic herb that improves your response to stress, and it's a perfect partner to ashwagandha. Studies show that rhodiola not only helps the body deal with stress, it also reduces fatigue, balances mood, and enhances focus and cognitive vitality. In the nervous system,

rhodiola influences beta-endorphins—the body's natural opioids that can reduce pain, enhance excitement, and boost feelings of desire and love. But to get the most from this herb, look for a clinically studied extract that is standardized to contain at least 5% rosavins and 1.8% salidroside.

PAIRING ASHWAGANDHA WITH RHODIOLA

can provide calm, focused, controlled energy that effectively reduces the mental and emotional stress that can impede sexual satisfaction.

LIFT YOUR LIBIDO AND ENHANCE LUBRICATION

Vaginal dryness is a common complaint among menopausal women, but surprisingly, women

can experience a loss of natural lubrication at other times as well. As a result of plummeting estrogen levels after pregnancy, new moms can experience vaginal dryness. Women suffering from breast cancer can also find that they don't produce the lubrication needed for



Get Zesty WITH ZINC

Zinc is a mineral that's essential for healthy metabolism and a robust immune system. But adequate levels are also critical for proper thyroid function and balanced sexual hormones. And that can have a big impact on your sex life. But a zinc deficiency can block essential fatty acid pathways. That, in turn, can negatively affect fertility, pregnancy, libido, and vaginal lubrication. Fortunately, you can supplement with 15 mg of zinc daily to restore your levels.

enjoyable intercourse. No matter what the cause, the result can be a burning sensation and sharp pain during sex.

Maca to the rescue! This Peruvian herb is yet another adaptogen that can improve mood and energy. But what sets maca apart is its ability to reignite desire. In one clinical trial of 45 women taking anti-depressants (a well-known libido killer), researchers found that those taking maca experienced a significant improvement in their libido and sexual satisfaction after just three months of supplementation. In another study, maca significantly boosted desire in women.

Maca also increases vaginal lubrication. Studies show that this herb raises estradiol levels in menopausal women, which helps to relieve vaginal dryness. Plus it improves depression, memory, concentration, and energy levels. Just be aware that all maca supplements aren't equally effective. To ensure you're getting maca's libido and lubrication benefits, look for a supplement standardized to a minimum of 6% macamides and macaenes—the active compounds in the herb.

5 WAYS TO EASE VAGINAL DRYNESS

If you're as dry as the Sahara desert, take heart! Adopting these simple lifestyle habits—especially when teamed up with maca—can help get your juices flowing and make sex enjoyable again.

1. STAY HYDRATED. Drinking at least 64 ounces of water a day will help keep your tissues moist, including those below your panty line.

2. LUBRICATE. Many women achieve instant relief simply by using a natural, water-based lubricant. Look for a product that's free of parabens and mineral oil. And if you are using condoms, make sure your lubricant is latex-friendly.

3. AVOID PERSONAL HYGIENE SPRAYS, DOUCHING, AND BUBBLE BATHS. The chemicals in these products can be irritating to the delicate tissues that line the vagina and can disrupt the vagina's normal pH balance. These products can exacerbate dryness and may even cause an allergic reaction or trigger a yeast infection.

4. EAT HEALTHY AMOUNTS OF THE "GOOD" FATS, especially the omega-3 fats found in fish and walnuts. Your body needs a little fat with every meal to make adequate levels of key sex hormones. Eating a daily serving of flaxseed oil or soy, which have estrogen-like effects, may also help with vaginal dryness.

5. ADD A SEA BUCKTHORN OIL SUPPLEMENT to your daily routine. In a study of 116 postmenopausal women, researchers found that sea buckthorn oil improved the integrity of the tissues that line the vagina.



CHAPTER 5

THE SUPERSTAR HERB *that Sparks Romance in Him and Her*

While men and women can look to different natural remedies to enhance their reproductive health and sexual experiences, there's one botanical that works for both guys and gals. In fact, it might just be the secret sauce to better sex for both of you!

Discovered nearly 5,000 years ago in the Northern mountain ranges of Manchurian China, ginseng has a long history as an aphrodisiac and has been used for centuries in Traditional Chinese Medicine to treat sexual dysfunction, low libido, and even infertility. Studies have found that the key compounds in ginseng called ginsenosides—specifically those in Korean red ginseng—act to reduce oxidative stress, modulate inflammation, and boost energy. But where this herb truly shines is in the bedroom. Studies show that Korean red ginseng enhances blood flow by increasing levels of NO. And this can be a real boon for both men and women.

KOREAN RED GINSENG FOR HIM

Because Korean red ginseng protects against oxidative stress in the blood vessels and penile tissue, it can help restore normal sexual function in men. It's so effective that a growing number of studies point to Korean red ginseng as a safe and effective alternative to pharmaceuticals. During one double-blind, placebo-controlled clinical trial of 60 men with mild to moderate ED, more than 66 percent of those taking Korean red ginseng reported improved erections. Those in the ginseng group also experienced greater rigidity, more effective penetration, and more ease maintaining their erection compared to the men in the placebo group. This study appeared in the *Asian Journal of Andrology*.

Another study in *The Journal of Urology* found similar results. Among the 45 participants

involved in this trial, 60 percent of those taking Korean red ginseng scored significantly higher on the International Index of Erectile Function than those taking a placebo. These men reported a notable improvement in penile tip rigidity, improved erection, penetration, and maintenance.

An additional investigation of 86 men with ED published in the *Asian*

Journal of Andrology, found that those who were treated with Korean red ginseng for eight weeks had marked improvement in their erections. The men also reported an uptick in overall sexual satisfaction. Those taking a placebo, however, didn't experience any of these benefits. The researchers in this particular study credit ginsenosides for this improvement in ability and performance.



KOREAN RED GINSENG FOR HER

The ginsenosides in Korean red ginseng can also help women achieve a better sexual experience. One way they may do this is by increasing dopamine levels—the “feel-good” neurotransmitter—in the brain. This, in turn, can enhance arousal. There’s also some preliminary evidence that Korean red ginseng may play a role in balancing a woman’s hormones and relax vaginal and clitoral muscles.

One review of 10 randomized, controlled trials found that Korean red ginseng not only improved the well-being and general health in women going through menopause, it also enhanced libido and reduced the severity of hot flashes. Another study involving 28 menopausal women reported a significant improvement in arousal among those taking ginseng compared to those taking a placebo.

But you don’t need to wait for menopause to reap the benefits of Korean red ginseng. During a placebo-controlled, double-blind, crossover study of 41 premenopausal women, researchers found that Korean red ginseng markedly boosted sexual desire, arousal, orgasm, and satisfaction.

A NOBLE CONVERSION

So what exactly are these magical ginsenosides? They are protective phytochemicals that are produced by the herb in response to stressors like predators or extreme climate changes. There are more than 50 different ginsenosides in ginseng, the vast majority of which aren’t absorbed well by the body. To be effective, they must first be converted to “noble” ginsenosides by the beneficial bacteria in the gut. Once this happens, these noble ginsenosides are more easily absorbed and more bioavailable than the original ginsenosides. Unfortunately, however, much can be lost in translation during this conversion process.

A BETTER GINSENG

But what if there was a form of ginseng that delivered noble ginsenosides directly—no middle man required? A unique form of ginseng, known as HRG80, can do just that! HRG80 is composed of 100 percent whole *Panax ginseng* roots cultivated in Belgium under the strictest environmental and social European standards. The ginseng is grown hydroponically using high-tech vertical farming to reduce the crop’s environmental footprint.

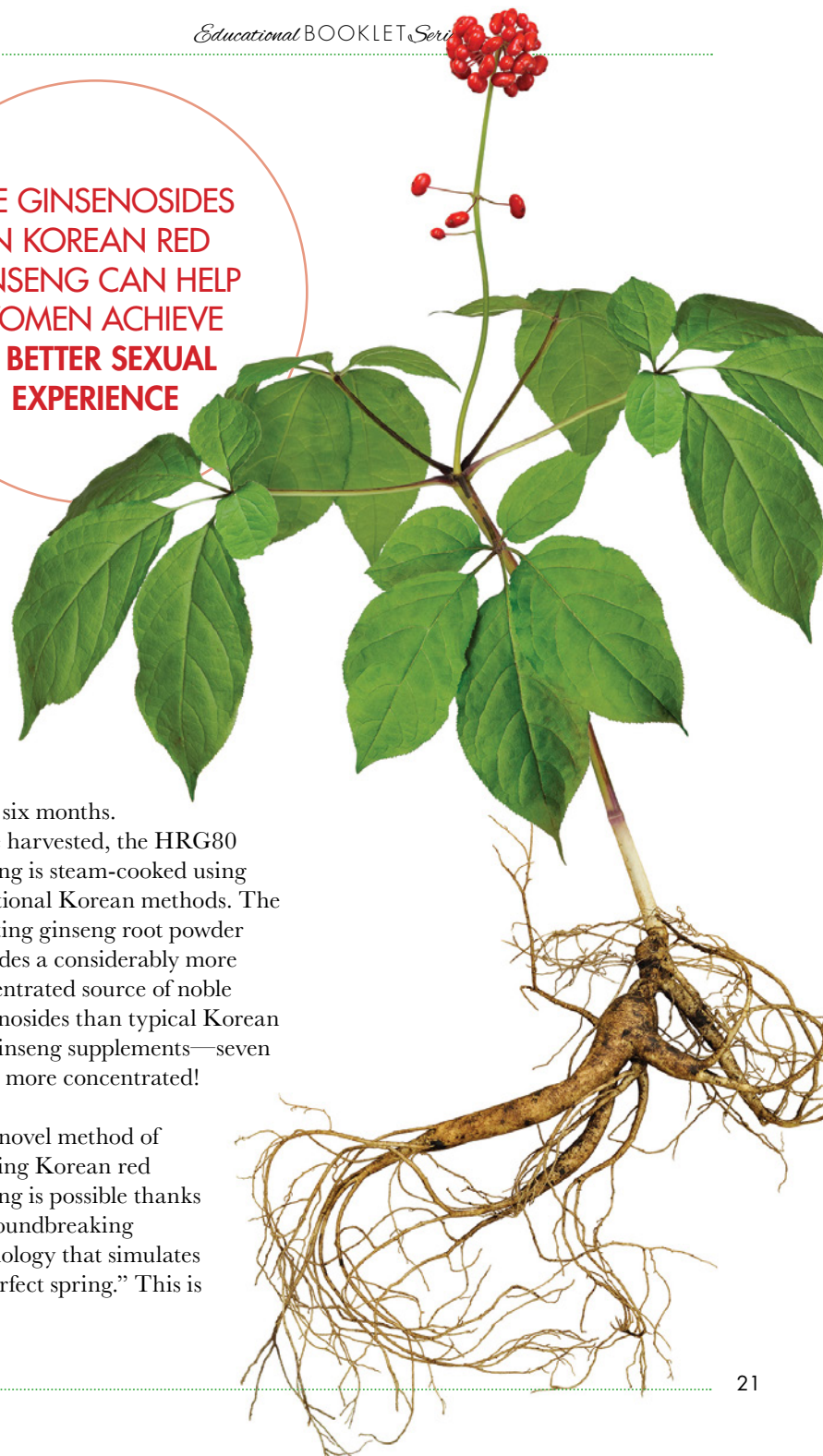
Traditional ginseng takes up to six years to mature; HRG80 takes a

THE GINSENOSES
IN KOREAN RED
GINSENG CAN HELP
WOMEN ACHIEVE
A BETTER SEXUAL
EXPERIENCE

mere six months.

Once harvested, the HRG80 ginseng is steam-cooked using traditional Korean methods. The resulting ginseng root powder provides a considerably more concentrated source of noble ginsenosides than typical Korean red ginseng supplements—seven times more concentrated!

This novel method of growing Korean red ginseng is possible thanks to groundbreaking technology that simulates a “perfect spring.” This is



obtained by regulating the growing temperature and by simulating stressors like insect attacks. Once harvested, the hydroponically grown ginseng undergoes a processing protocol that respects the plant and naturally fosters a high noble ginsenosides content. It's the perfect marriage of new and old—and the ultimate beneficiary is you, whether you're a man or a woman!

CREATING A CLEAN GINSENG

While ginseng has been cultivated for medicinal use for centuries, modern agricultural practices—

including heavy pesticide and fungicide spraying, as well as irresponsible processing, have undercut the herb's efficacy and safety. As a result, it's been increasingly difficult to find ethically grown and responsibly processed ginseng with enhanced absorption and bioavailability.

Most *Panax ginseng* used in supplements is teased out of the root using harsh solvents. The problem is, this method can only extract a fraction of the active beneficial molecules and bioactives. What's missing? Fiber, protein, and a host of minerals and vitamins that provide added health benefits.



Of more concern, solvent extraction can hide adulterations—things like the inclusion of leaves or other parts of the plant, or even other species like *Panax quinquefolius* (also known as American ginseng). Solvents can also hide poor quality or irradiated ginseng or pesticide contamination. Some products that are processed this way can even carry solvent residue!

HRG80 avoids the extraction process entirely and never uses solvents. Instead, it relies on the traditional Korean process of steam cooking and drying. This not only concentrates the noble ginsenosides, it also produces an ultra-pure and environmentally responsible ginseng supplement that provides 80 percent noble ginsenosides. To ensure you're getting a clean ginseng, check the front label for the words "whole root," "full spectrum," or "solvent-free." Then check the ingredient label on the back for HRG80. This will ensure you are getting a supplement that doesn't contain pesticide, solvent residue, or mycotoxins. It is also GMO-free and hasn't been irradiated or adulterated in any way.



Color CONFUSION

If you walk into any health food store to purchase your ginseng, you're likely to find some products labeled American ginseng, some labeled as *Panax ginseng* (sometimes called Korean white ginseng), and still others labeled as Korean red ginseng. Confusing? You bet! Here's the breakdown: American ginseng comes from a different species of ginseng called *Panax quinquefolius* and it may benefit blood sugar and the immune system—but it won't do a thing for your sex life.

What about white ginseng and Korean red ginseng? Surprisingly, they come from the same plant! The difference between the two comes from the way they are processed. As you learned earlier, Korean red ginseng is processed using traditional methods that include steam cooking the root and then air drying it. White ginseng, on the other hand, is dried immediately after it is harvested. This difference in processing is what gives each their unique health properties—and why it's important to pay attention to the color of your ginseng, especially if you suffer from sexual difficulties.

Live Well, LOVE WELL

Supplements can go a long way toward improving your sex life, as well as your overall health. But when you pair targeted herbs and nutrients with healthy lifestyle choices, you boost your odds of living your best life.

EAT FOR SEXUAL SATISFACTION

Building a diet around whole foods is great for your overall health, which in turn can help increase your libido and improve your sex life. This means stepping away from many of the processed foods that make up the typical Western diet in favor of minimally processed organic foods.

Preservatives, synthetic colors, flavor enhancers, sugar substitutes, and cheap, unhealthy fats can be found in thousands of the packaged foods we eat every day. Meat and dairy products from large-scale producers are chock full of estrogenic hormones.

Conventionally grown fruits and vegetables are bathed with pesticides, many of which can disrupt your hormones. Organic fruits and vegetables, on the other hand, are free of pesticide residue and contain higher levels of critical vitamins and minerals. A review of 41 studies comparing the nutritional value of organically grown and conventionally grown produce found that, on average, organic fruits and vegetables offer 27 percent more vitamin C, 21 percent more iron, 29 percent more magnesium and 13 percent more phosphorus than their conventional counterparts. Best of all, organic foods taste so much better!

When creating a sex-supportive eating plan, make sure you pay attention to the cornerstones of a balanced, whole-foods diet: High-quality protein that includes lean meat and omega-3-rich fish, healthy fats like avocados and olive oil, and an array of colorful, antioxidant-rich fruits and vegetables. These foods support a healthy cardiovascular system, including adequate blood flow to the penis, clitoris, and vagina.

SIZE Matters

The size of your waist, that is. A man with a 42-inch waist is 50 percent more likely to have erectile problems than a guy with a 32-inch waist. Waist circumference may be a better indicator of reproductive and metabolic health than that number on your bathroom scale or your BMI since neither specifically measures the amount of body fat a person is carrying. But it's not just your waist circumference that matters. Other studies suggest that being generally "overfat" can boost a man's odds of developing ED by over 85 percent!

What about women? Research has found that women who are overweight with a larger waist-to-hip ratio are more likely to suffer from sexual dysfunction, too. And surprisingly, it's not just because of a woman's self-confidence or body image. Being overweight—and particularly being overfat—can throw your hormones out of balance and that can cause problems in all aspects of female sexuality. One study of 120 women under the age of 50 reported that those who were overweight or obese produced less vaginal lubrication and had difficulty achieving arousal, orgasm, and overall sexual satisfaction.

GET SOME (S)EXERCISE

Regular exercise can help both men and women increase libido and improve their sexual satisfaction. Exercise increases levels of sex hormones as well as endorphins, boosts stamina and blood flow, and improves body image. But when it comes to working out, most of us need some motivation. Instead of making excuses why you can't

exercise, think of the spectacular sex you'll have if you do.

Need more reasons to exercise? Working out tones the muscles you can see while also having a direct impact on your heart muscle. In fact, your whole cardiovascular system will improve. Exercise also increases your flexibility—a definite advantage in the bedroom.

And participating in weight-bearing exercise like walking, running, or dancing can help protect against osteoporosis.

Strive to get at least 150 minutes of moderate to vigorous exercise every week and mix it up between aerobic and resistance exercise. Aerobic exercise (activities like running, walking, kickboxing, or biking) increases your heart

rate and strengthens your entire cardiovascular system. Resistance exercise like weightlifting, on the other hand, builds muscle, increases bone density, decreases the risk of diabetes, and reduces anxiety. Both types of exercise burn calories. And don't worry ladies, contrary to popular belief, lifting weights won't necessarily make you muscular. Instead, it will help you be strong, toned, and sexy!

8 HEALTHY HABITS TO IMPROVE YOUR SEX LIFE



Get enough shut-eye.

Lack of sleep has been linked to erectile dysfunction and female sexual response problems. But if your sleep is interrupted by apnea, stress, alcohol, or medication, that can impact your brain chemistry. Getting enough rest can help increase your libido and improve your mood.



Limit alcohol.

In moderation, alcohol can actually provide some health benefits. For instance, red wine contains flavonoids that may help protect against certain diseases. But in excess, alcohol can be a depressant that can interfere with mood and performance. What does moderate alcohol consumption look like? It means one drink a day for women, two for men.



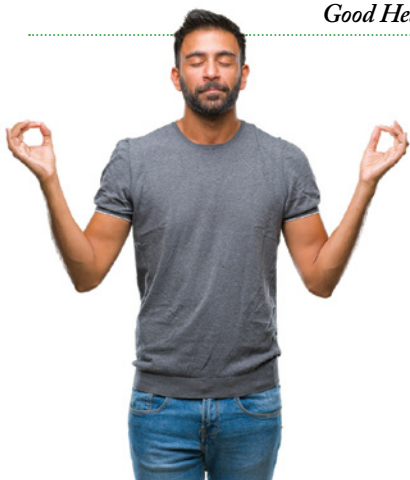
Watch the caffeine.

Caffeine is a vasoconstrictor, which means it may have a negative effect on blood flow. But there is some evidence that chocolate, which contains some caffeine, can have a positive effect on libido and the ability to achieve an erection.



Sidestep sugar.

Eating those sugary treats could spike your insulin levels, causing you to store more fat in your midsection. An excess of belly fat is linked to low testosterone and increased estrogen levels, factors that can cause low libido and ED.



DE-STRESS

Stress is one of the leading causes of sexual dysfunction. It raises cortisol and adrenaline levels, which can interfere with sex response hormones. While a little stress can help you achieve your goals, too much is definitely not good for either you or your sex life. Although a loss of libido or an inability to perform often occurs

during periods of stress, these episodes are usually transient. In most cases, once the stress has been reduced, full sexual function returns. Chronic stress, however, can lead to recurrent problems. Fortunately there are a number of options available that can help you decompress stress and learn to relax. For long-term stress relief, try yoga or meditation. Both of

these ancient practices change your brainwaves, rejuvenate your central nervous system, and help to reduce the risk of hypertension and heart disease. Massage can also lessen the effects of stress and, if done with your partner, may even set the stage for intimacy. Try using an aromatherapeutic massage oil to further enhance your pleasure.



If you smoke, quit!

The nicotine in tobacco is a potent vasoconstrictor. It narrows the blood vessels, which can lead to damage in the arteries and veins. This can affect sensations in the genitals of both men and women, not to mention overall cardiovascular health. What's more, the small blood vessels in the penis are especially susceptible to damage. But quitting smoking can improve your sex life and increase low libido.



Address anxiety around sex.

Whether it's the inability to achieve and maintain an erection or problems reaching an orgasm, it's important to be open with your partner. It's also important to be patient with yourself. Try getting intimate in other ways that don't involve sexual intercourse.



Have more sex!

When estrogen drops during menopause, vaginal walls lose some of their elasticity. Over time, this can lead to painful intercourse in many peri- or post-menopausal women. Whether alone or with a partner, you can slow or even reverse this process through sexual activity that stretches the vaginal walls. For men, going long periods without sex can deprive the penis of the oxygen-rich blood it needs for healthy sexual functioning. Solo or partnered sexual activity, however, can prevent this.



Choose an effective ginseng supplement for both of you.

Check labels to make sure you're getting a "clean" ginseng like HRG80 that give you all the benefits you need without the contaminants you don't.

Sugar and Your Sex Life

Sugar is ubiquitous in our food supply—and it may be undermining your sex life! In fact, research shows that a diet high in sugar can lead to hormonal imbalances, including spikes in insulin levels and a drop in testosterone. This can lead to lower muscle mass and a lack of interest in sex. What's more, a steady stream of sugary foods creates leptin resistance in the body. Leptin is the hormone that tells you when you've had enough to eat. Leptin is also one of the hormones that regulates your sexual desire.

If that weren't enough, sugar elevates your cortisol levels. Cortisol is known as the stress hormone, and it's one reason we crave sweet or starchy carbs when we feel stressed out. But the damage doesn't stop there. High cortisol levels can disrupt your libido and has been linked to ED in clinical trials.



Sexy SUGAR SWAPS

INSTEAD OF THIS

BREAKFAST CEREAL

Try this

A mix of coconut flakes, nuts, and seeds

INSTEAD OF THIS

FRUIT JUICE

Try this

A piece of whole fruit

INSTEAD OF THIS

FLAVORED YOGURT

Try this

Plain Greek yogurt with fresh berries

INSTEAD OF THIS

SOFT DRINKS

Try this

Sparkling water infused with fruit or herbs



INSTEAD OF THIS

SUSHI

Try this

Salmon or tuna sashimi



INSTEAD OF THIS

JARRED PASTA SAUCE

Try this

Homemade pasta sauce

INSTEAD OF THIS

PRE-MADE SALAD DRESSING

Try this

Olive oil and vinegar

INSTEAD OF THIS

ENERGY BAR

Try this

Trail mix

INSTEAD OF THIS

COOKIES

Try this

Sliced apple with nut butter





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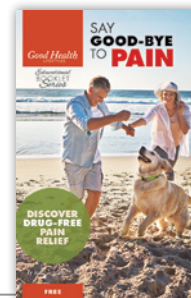
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[†]Compared to the rare, noble ginsenoside content of conventional ginseng.

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