

15 EVERYDAY HABITS TO BOOST YOUR LIBIDO

(AND THE 3 THAT KILL IT)



Our lives get busy and our libido wanes for both men and women. There are 15 things you can do to improve your libido and enjoy that special bond with your partner even in the most hectic times of your life.

1. Carve out time to spend together outside of your home. Habits and comfort can lead to a serious lack of romance or interest in your partner. Make a date night and stick to it. It doesn't have to be expensive. A walk in the local park or a drive to a quiet place in your town is all it takes to reconnect. Several experiments show that novelty — simply doing new things together as a couple — may help bring the butterflies back, recreating the chemical surges of early courtship.
2. Women struggle with low libido much more than men especially in the younger years, this can be due to birth-control and the hormone combination.
3. Relax before sex. Allow each partner some solitude to unwind. Cortisol the stress hormone wreaks havoc on your libido so find ways to unwind and increase the mood.
4. Eat well. A healthy diet makes for a healthier body including hormones. Cholesterol builds up causing decreased arousal. Add more fruit and veggies to your diet.
5. While you are eating better try adding aphrodisiacs to your diet. Ban the thought of oysters and increase your consumption of avocados, strawberries and almonds.
6. Divvy up the chores. Resentment can be a real mood killer.
7. The use of lubricant. If painful dry intercourse is damaging your desire, stock up on personal lubricants. If you don't want to buy them at the store, consider ordering one of our favorites [here](#) or [here](#).
8. Exercise is great for your body as it increases energy and blood flow making arousal much easier. It gets your blood flow pumping, which not only creates rosy cheeks, but also improves arousal.

Lubrication, genital sensation, and the tingle of sexual excitement are all fueled by good blood flow.

9. Look for medical conditions that can be causing a lapse in libido such as depression or chronic fatigue.

10. Look at your relationship closely to see if there are bigger problems than lack of libido.

11. Romance is important for women but men enjoy it too. Be creative and find ways to set the mood.

12. Check your medications to see if any are causing low libido.

13. Schedule sex. There is nothing wrong with a busy couple scheduling some sheet time. It is an important part of a relationship.

14. Do more things together. Take turns doing something each of you enjoy, like fun board games.

15. If all else fails visit your doctor and have this discussion.

THREE LIBIDO KILLERS TO WATCH OUT FOR

1. **Alcohol** will have a negative impact on your libido, erectile function and orgasmic function. Drinking alcohol to excess can make good sex go bad. Dr Abigael San, clinical psychologist and alcohol expert, says this is because alcohol reduces both men's and women's sexual sensitivity.

2. **Lack of sleep**, no matter if you are new parents or burning the midnight oil for work or school sleep-deprived men and women report lower libidos and less interest in sex. Depleted energy, sleepiness, and increased tension may be largely to blame.

3. **Body image issues** and body concerns can get in the way of your pleasure in the bedroom. Feeling sexy has much more to do with your *state of mind* than your weight.

WANT ADDITIONAL RESOURCES FOR FINALLY FIXING YOUR FLATLINED LIBIDO?

There are many things that can zap libido for both men and women. But the #1 reason (and often the easiest to cure)... is we are too busy (or tired) to find some time for sexual intimacy! **If you want to move sex to the top of your calendar and take the guesswork out of wondering when you're going to get some** -- don't waste another moment. Grab our wildly popular (and provocative) [7 Days Of Sex Challenge](#).