

Too Tired or Not Into It?

For several years, men have had a solution for treating their sexual problems, such as a decline in their libido. Unfortunately, a lot of women have long been silently suffering from the same sexual problem. Even though women have more potential in developing sexual satisfaction and interest, they are, however, the usual candidates for having sexual dysfunction. This has been recorded in several surveys and studies done by medical practitioners.

If a woman's sexual dysfunctions and dissatisfaction continue and gradually consume her entire sex life, her sexual relationship with her man might eventually turn into an end. Unraveling the reasons behind the downfall of a woman's libido should be addressed first before a remedy can be found.

There are certain physical changes and conditions that contribute to the decline of a woman's libido such as pregnancy. During pregnancy, hormonal changes take place and affect a lady's physical and emotional make-up, which in the process, lead her to developing a new temporary outlook on sex. Most women think that having sex while conceiving is harmful to the baby. Their growing tummy is also seen as a discomfort. Also, if the ovaries of a woman stop secreting estrogen, a hormone that serves as a lubricant, she may develop vaginal dryness that makes the sexual activity uncomfortable and sometimes painful. This condition is also more common in older women who have reached their menopausal period. In turn, this hormonal change can lead a woman to anticipate intercourse with less vigor and interest.

Another decline in libido can occur when a woman suffers from an illness. This may cause her to not have the slightest interest in sex. Even the mildest illnesses such as headache or cold impede her sexual desire. But the more serious ailments such as arthritis, diabetes, and kidney diseases affect her hormonal balance, mobility, and vaginal lubrication.

When a woman's emotional condition is unstable her libido often suffers. Anxiety and stress are good examples of such emotional instability. If a woman is preoccupied with concerns such as career, home responsibilities, and social life, her tendency is to easily get exhausted and have less time and energy for a sexual activity. Having sex, then, occupies the bottom part of her priority list.

Depression and low self-esteem, meanwhile, are generally behavioral problems but enormously influence the sex drive of most women. For instance, if a lady sees herself too lousy or even worse, unattractive, she may gradually lose her interest in sex. These conditions are sometimes short-term and often caused by menstruation or mood swings. On the other hand, a lady's traumatic experience, like sexual abuse, may get in the way of her desire to perform sex. If this remains untreated, she may view sex as a horrifying experience and might avoid it altogether. This is sometimes seen as a psychological problem, not a sexual abnormality; but just the same, this condition affects her sexual performance.

Another factor that is probably the most evident is the current condition of the relationship of the couple. A good relationship tremendously increases the libido of a woman. But if both are frustrated with each other especially in each sexual performance, the tendency is to have less and less desire in sex. But it is important to realize that there are problems that do not occur only in bed and these ones are commonly as big as the sexual issues. There are also concerns that are not recognized by both individuals and if these are left unresolved, their sexual lives will suffer in the long run.

If a woman has a decline in libido, her natural reaction is to blame herself and feel guilty because she may think she is not functioning well as a sexual being. But there are common ways to battle this sexual dysfunction such as seeing a doctor or counselor. These experts will do a series of tests to discover the underlying factors like vitamin deficiency, hormonal imbalance, and psychological problem. Consulting sex therapists also proves to be an efficient remedy since they are trained to identify and address sexual problems through providing couples with responsiveness strategies.

But aside from seeking professional help, a woman experiencing low libido should also start looking at herself and changing her lifestyle. Part of sustaining a healthy and renewed way of life is to commit to a regular exercise. Not only will this make the body healthier, it will make the blood flow through her vagina smoother, thus arousing sex drive. Maintaining a good relationship also contributes a lot— from constantly enjoying the partner's caresses to opening up every bit of sexual frustration.

Due to medical advancement, there are also natural supplements that women can take advantage of. If men have enhancement pills, women, on the other hand, have sexual booster tablets such as Provestra for Women, which intensify libido, strengthen sexual stamina, provide multiple orgasms, and improve fertility.

Provestra contains all natural ingredients that have positive effects on the physical sexual functions as well as the body chemistry that influences sexual desire, feelings of overall well-being, sexual response, and positive mental outlook.

According to Provestra, the pure organic ingredients of female boosters are safe and work with much potency enabling every user to enjoy a better sex life.

The benefits of Provestra go way beyond exquisite erotic pleasure. Your overall attitude about sex changes when you eagerly anticipate it, and your partner will be truly appreciative! And — when sex is enjoyed enthusiastically by both partners, with an intimate sharing of the most intense physical sensations, it's the ultimate emotional connection. Also, studies show that women in particular draw connections between a happy relationship/sex life and their overall outlook. Women tend to put their intimate relationship at the center of their lives, with the result that trouble in the romantic department can disrupt all the other essential parts of their lives.

If addressed promptly and effectively, a woman's low libido can be heightened to levels she never could have imagined. The first step for a woman to make is to admit to having a low libido and commit herself to finally address HER needs and desires. She must take the time to understand the underlying reasons for her lack of sex drive and to figure out the best method to combat her sexual dysfunction. After all, she owes it to herself to have a fulfilled, intimate, and enjoyable sexual life.

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About the Author

Simon Jones <http://www.erectionbooster.com> I started my site as a meeting place for people who suffer from various health concerns. The topics I discuss range from sexual dysfunction to hair loss. I wanted a to make a site where one could have an anonymous place to discuss their problems, issues and solutions. Read the experiences from others and see if their solutions can be beneficial in helping you.