



# Symptom: Decreased Libido

## What's Happening

Hormonal changes, along with psychological factors, can contribute to a decrease in sexual desire and arousal.

## What to Do

Communicate with your partner, explore intimacy techniques. Estrogen cremes are available by prescription.

## Supplements

Maca root, Tribulus terrestris.

## Food to Consider

Dark chocolate, avocados, bananas, oysters, figs, asparagus.

## Lifestyle Changes

Manage stress, engage in regular physical activity.