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IT'S NIGHT TIME and Sudha and Mahesh rush to wind up the day. Kids have been put to bed, dinner is done and the couple clambers to their bed together to watch their favourite TV shows. After one hour of mandatory TV viewing they doze off as the day will begin at 6 am for both of them. No time to schedule sex. Earlier they would steal a session at least on weekends but as Mahesh grows busier at work (blame it on recession) it has been months since the couple had shared intimacy together. And, yes they are very much in love.

What I would suggest is that to turn on your libido, you need to have a healthy diet and take fitness seriously to improve your stamina.

Dr. Rajesh Taneja, Senior Consultant Urology at Pushpavati Singhania

just don't have time for sex. And, they are happy that way. But those who are not can continue to read. Dr. Dipali Kapur, Delhi based Sexual Counsellor says, "More than women, men come to me to discuss their libido issues." Indian mindset is such that women for long have been accepted as passive partners in the game of love. But, Dr. Geeta Chadha, Senior Consultant Gynaecologist at Apollo has a different story to tell. She says, "We see women of all ages coming to us to discuss their libido concerns, and not only menopausal women."

Which factors are responsible for less action in the bedroom? Experts tell all. Dr. Rajesh Taneja, Senior Consultant Urology at Pushpavati Singhania, says, "The factors are mostly embedded in our lifestyle: too much of stress, lack of exercise and smoking is responsible for lowered libido."

"Again in India, sex is for young people and if you have reached a particular age, you better behave your age and the essential prerequisite for this is to go off sex", explains Dr. Taneja.

For women the reasons can be many. "Any woman will get put off by 'wham-bam-thank-you-mam' approach. Women need time to connect and get in the mood.

Hormonal upheavals do act as spoil sport, so does any kind of local infection which makes sex painful for her," clarifies Dr. Chadha.

Besides, biological reasons, psychological framework of a woman is crucial for active participation and enjoyment of the love-making act.

BODY BASICS

For women body image is important. Nita Shukla, a young mother confides, "After birth of my baby I find difficult to respond to my husband's sexual advances, because I feel that I have too many stretch marks and my skin on the abdomen has become loose."

"But, that's not such big an issue that can't be handled with. You just need to put out the lights and begin exercise to tackle flab," counsells Dr. Kapur.

FOOD-MOOD CONNECTION

There is more than meets the eye to the food mood connection. "A good sex life doesn't happen on its own- it requires a little help, which means a balanced and nutritious diet combined with regular moderate exercise and a positive attitude," avers Geetu Amarnani, Chief Dietician at B.L. Kapur hospital. In nature foods that resemble genitals are supposed to feed your sexual appetite. Hence, bananas,

soya, eggs and figs are good for you and so is oyster. "The reason that oysters are touted as king of aphrodisiacs is because they are loaded with zinc, an essential mineral to keep your reproductive organs in good shape," tells Geetu.

SUPPLEMENT WAY

For most of us balanced diet is a scarce commodity. Not that we can't afford it, but because we don't have the time for it. For such people

supplement is the right way. Ask us we are in the trade, any product that helps men and women tide over sexual fatigue, sells like hot cakes. Products like Horny Goat Weed and Staminol from GNC are hot favourites with men and women as they perk up your stamina.

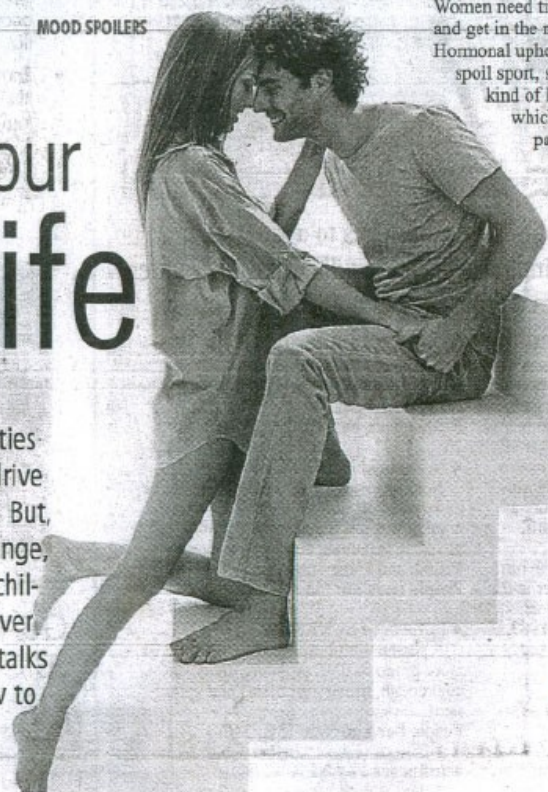
"What makes these products work is the concoction of herbs like Yohimbe, Ginseng and Horny Goat Weed which are natural aphrodisiacs," informs Rizwan Fatmi, Senior Manager with GNC Operations. "But, these products are not for someone who is hypertensive and has health complications," cautions Rizwan.

"Herbs can help you ignite your passion too," informs Dr Preeti Chhabra, Ayurveda Consultant at Ganga Ram. "Which herb will work is decided in accordance with the underlying dysfunction. The herbs mainly used for this purpose are-Kaunch beej or Kapikacchu, Uttangan beej, Taal mooli, Mooshli, Makhana, Ashwagandha, Shatavari, Maash, etc." No surprises, Guardian's Ayurvedic herbal formula X-tra Vigour is doing so well.

However, in most of the cases your sex life just needs time to connect and chat with your partner. And please just be two of you when you do this, because three will be crowd.

Rev up your SEX life

When you are in your twenties- your hormones are on overdrive and passion is in abundance. But, as age catches, priorities change, commitments creep in and children happen. And life is never the same! Archana Darshan talks to experts who tell you how to recharge your sex life.



MOOD SPOILERS