

## Libido and Hormones: The True Love Connection

(I-Newswire) February 10, 2010 - Boca Raton, Florida – Valentine’s Day stimulates thoughts of romance; interludes that include decadent chocolate, heart-shaped bedroom goodies and the sensual sounds of Marvin Gaye. But if you’re one of the millions of Americans suffering from low libido, chances are no romantic treats or sounds of sexual healing will be enough to get you and your libido connected again.

“Hormonal imbalance can be the cause for low libido,” said BodyLogicMD’s medical director Jennifer Landa, MD. “In women, loss of libido is usually the result of a progesterone deficiency often brought on by menopause, while in men, a low sex drive is most often caused by waning testosterone levels and the overproduction of cortisol during andropause.”

Although menopause and andropause primarily affect women and men in their 40’s and older, other hormonal imbalances such as thyroid problems, stress-induced adrenal fatigue and cortisol imbalances can occur at any age. When we’re under chronic stress, the “stress hormone” known as cortisol is released into our bloodstream. In high quantities, cortisol depletes other hormones that regulate sexual desire and arousal, such as testosterone, thereby resulting in either low libido or a lack of libido.

BodyLogicMD’s bioidentical hormone doctors evaluate patient’s hormone levels using saliva and blood testing. They prescribe bioidentical hormones in conjunction with customized nutrition and fitness regimens as well as stress reduction techniques to help their patients achieve balance.

“Hormone balance can not only help re-connect you with your sexuality and libido, but it can also keep the body free of disease and in an overall state of wellness, stated Dr. Landa.

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naturally -***

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