



— radiant health strategies —

## Radiant Virility and Fertility

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### Thank You!

Thanks so much for your patience while I was out of the office. I passed all of my exams and made some major progress on version 2.0 of my new website which I hope to launch by the fall. Stay tuned for more details!

### Greetings,

Why do infertility, "Low T" and erectile dysfunction appear to be on the rise? The faulty messages delivered by popular culture have successfully promoted poor nutritional habits that have led to the decline in the health of men for decades. The results are now being felt on a broad scale. For example, most women believe that infertility is caused by some problem within them, however; the sperm count in men has declined 50% each generation for the past 4 generations. Why has this situation not been addressed? I have found both men and women to be in the dark about this issue so it is time to shed some light on the subject.

Let's also consider the recent surge in the advertisement of personal lubricants for women. Not only have sex drives declined in women, but many women have simply "dried up." A healthy woman does not need a personal lubricant. To be "dry" is an indication that there are other health issues brewing behind the scenes that are both physiological and emotional. What's going on? Even if procreation is not desired, men need a healthy sperm count and women need sexual vitality to live a radiant life. Radiant Virility and Fertility is not just about sexual potency and the ability to procreate. It is also deeply connected to our ability and willingness to be trusting, expressive, creative and in touch with the essence of who we are. It's time to get our ojas on!

The Sanskrit word Ojas has many definitions, but essentially means vitality or vigor--your vital fluids/force which includes your strength, immunity and sexual potency. Ojas is released from the body after orgasm in both men and women, and many sexual, reproductive and other health dysfunctions develop because of its continual depletion. In many cases, infertility is more myth than reality. Most folks need nutritional nourishment, a reassessment of priorities and emotional healing to renew their ojas. Wanna learn more? Read on!

## Let's Get It On (Our Ojas That Is...)

### Nutritional Nourishment

I watch commercials from time to time--not because I want to be a martyr, but because I need to know what types of fibs are being inflicted upon the general public. The commercials that particularly annoy me are the ones that infer that you are not a real man unless you eat this bacon, egg and cheese burger. Really? Would that make you a real man or a dead one? How about the commercials that suggest that fiber tastes like cardboard? Really? Do apples, avocados, bananas, berries, dates, beans or greens taste like cardboard? Here are a few simple nutritional tips that will help rebuild ojas.

- Eat your colors, specifically deep red and orange fruits and vegetables. You'll notice that most fast foods are beige in color.
- Drink spiced almond milk. You can purchase almond milk at your health food store, but almond milk is easily made by soaking almonds over night. The next morning, throw the almonds in a blender with the water, a teaspoon of cardamon and a pinch of Celtic Salt. Strain through a cheesecloth if you don't have a high powered blender. It tastes great. See the next article for other herbs you can add to further increase ojas.

### **Reassessing Your Priorities**

Workaholism and the need to "get it all done" can be a serious drain on your sex drive. Instead, make the expression of all forms of love a priority in your life.

- Start small by touching, hugging and appreciating each other (or yourself) more.
- Analyze your calendar and find the time. If you have activities planned most evenings or weekends, that is too much! Simplify your life and create more time. It is not as difficult as you may think. Many of my clients swear that they don't have a drop of time, but I always manage to help them find some. Here's an idea: Put a big red "N" on your wall calendar so you'll know when nookie night is approaching. Get silly and have fun flirting in the meantime.

### **Emotional Healing**

Single people can sometimes fall into the trap of avoiding intimate relationships because of past sexual abuse or emotional trauma. Unresolved anger between couples often plays itself out as "punishment" in the form of "no nookie for you!" Let's stop the madness.

- Eliminate the buzz kills. Don't let unresolved issues linger. Communicate and work out the issues to keep pent up emotions from transforming into deep seated resentments.
- Do you have any sexual hangups? Do you think you've lost your mojo? Do you think you are too old or that sex is dirty or simply a "duty" to perform? If so, know that there are deeper emotional issues for you to resolve that may be connected to physical abuse, social programming or religious dogma. It is important to get to the root cause of these issues so that you may heal them and restore your Radiant Virility. Need help? [Contact me](#) for an appointment, and I'll help you through it.

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## **Ayurvedic Strategies for Spicing Up Your Life**

For the men: "The strength and sexual virility of a horse."

### **What is Ashwagandha?**

An herb highly revered in Africa, India and the Middle East for its wide variety of rejuvenative properties. The word means "the strength and sexual virility of a horse."

### **Why Ashwagandha?**

--It is an aphrodisiac that heightens sexual potency

--It is a powerful immune and nervous system builder and an antioxidant

--It is an anti-inflammatory herb that helps relieve stress, insomnia, anxiety and depression, enhances memory and learning (and much more!)

**How do I use it?**

--In the spirit of love, use in powder form to make a lover's tea (add one tsp, plus a tsp of cardamon to a cup of almond milk and drink warm--especially useful after lovemaking)

--It can also be taken in pill form

**Where can I find it?**

--Many health food stores carry ashwagandha.

--The best brand I've found in pill form is made by Organic India. [Click here](#) to learn more.

For the women: "One who possesses [the reproductive strength for] a thousand husbands."

**What is Shatavari?**

An herb highly revered in Africa, India and the Middle East for its wide variety of rejuvenative properties. The word means "one who has the reproductive strength to handle a thousand husbands."

**Why Shatavari?**

--It supports sexual functions and the reproductive, digestive, circulatory and respiratory systems

--It is a powerful immune builder and antioxidant

--It is used for a wide variety of disorders including infertility, all disorders of the female organs, cancer, herpes, lung disorders, stomach ulcers, digestive distress, and much more!

**How do I use it?**

--In the spirit of love, use in powder form to make a lover's tea (add one tsp, plus a tsp of cardamon to a cup of almond milk and drink warm--especially useful after lovemaking)

--It can also be taken in pill form

**Where can I find it?**

The best brand I've found in pill form is made by Organic India. [Click here](#) to learn more.

**Note:** Either herb can work on either sex, but ashwagandha is best for men and shatavari is best for women. In the case of herpes, shatavari is the best option for men and women. Women who are trying to prepare for conception should take both ashwagandha and shatavari.

# Are You Ready to Get Radiant?

**THE BODY HEALS ITSELF.** Through the implementation of this philosophy, I've helped my clients recover from a wide variety of ailments including:

- \* **Chronic digestive disorders**
- \* **Chronic pain, mobility restrictions, and soft tissue injuries**
- \* **Weight management, chronic and adrenal fatigue**
- \* **Infertility, menstrual disorders, and hormonal imbalances**
- \* **Cancer and autoimmune diseases**
- \* **Emotional distress (including depression, bulimia and more)**

Most of my clients are surprised to learn that their current dining and lifestyle habits actually fueled their "dis-ease." The first steps on the path to Radiant Health involve the reeducation necessary to facilitate the inspired action and positive change which helps the body heal itself. These steps are covered in great detail during our initial consultation, and once implemented, will push you out of your conventional box and on to a new way of thinking and being. So, with an open mind and a willingness to investigate new strategies, I invite you to embark upon the journey of a lifetime...YOUR path to Radiant Health. Call or [contact me](#) for an appointment today.

**Ayurveda ∞ Aromatherapy ∞ Reiki-Seichem  
Therapeutic Massage ∞ CranioSacral Therapy  
Healing with Herbs and Whole Foods  
Qi Gong and Food For Life Cooking Instructor  
Whole Body Workshops  
Organic Health and Beauty Products  
Cholesterol Reduction ∞ Weight Loss Strategies**

**License #6211**

**THANK YOU** for joining me on this journey. Stay tuned as we continue to delve deeper and travel further down the path to Radiant Health.



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**LOVE THYSELF!**