Healing by Design

Sexual Function and Libido - Men and Women

10 STEP PROTOCOL TO PARTNERING WITH GOD’S DESIGN

1. **Nutrition.** This is crucial for male hormones and female hormones. If you eat sugar, processed food, heavy fats, fried foods, soy or drink alcohol and/or beer, you are damaging your endocrine system (hormones). We should be eating fruits, vegetables, nuts, seeds and lean meats. Soy and beer (hops) are especially dangerous and should be avoided by all.

2. **Eliminate synthetic estrogens.** Avoid hormone filled meat and dairy products, buy organic produce, avoid soy of all kinds, replace deodorants, makeup and other personal care products with natural solutions and try to avoid plastics. Estrogen dominance is huge factor in hormonal imbalances! Men and women, stop drinking BEER and alcohol. *DIM by Quicksilver (best) or DIM by Nature’s Way are great to rebalance and remove synthetic estrogen levels.*

3. **Reduce stress.** Stress can stop hormone production in the body and affect the ability of the body to properly convert hormones properly. In other words stress reduces testosterone levels. Relax with time in nature, *magnesium supplements or foot soaks by Health and Wisdom, holy basil by Cedar Bear or CBD oil by Elixinol.* Stay calm and balanced!

4. **Exercise.** This is important for blood flow, hormone production, mood enhancement and maintaining muscle strength and integrity.

5. **Avoid synthetic hormones!** Testosterone for men, synthetic hormones for women and the deceptive “bio-identical hormones.” Millions have been misled. Doctors are not educated on the real dangers of these drugs, or they are withholding information that is destroying lives. Synthetic estrogen is a chemical, it shuts down your pituitary so you can’t make sperm or testosterone any longer, shrinks testicles, increases heart attack and stroke risk, and increases cancer risk of the prostate. Synthetic estrogen for women increases risk for heart attack, stroke and many cancers.

6. **Increase blood flow naturally.** Natural ways to boost blood flow WITHOUT DRUGS would include vaso-dilators such as L-Arginine, Niacin and Magnesium. *Triargin by ByPro has a great blend, CALM by Natural Vitality or Magnesium Chloride Oil Foot soaks by Health and Wisdom* are good sources of magnesium. *Forza by Bell Lifestyle* is a good product for increasing blood flow to the genitals.
7. **For Men - Boost testosterone naturally.** Many herbs God gave us accomplish this without synthetic drugs and chemicals. Here are some of the best individual herbs and a few products:

A) **Tongkat Ali -** The BEST known herb to increase testosterone. Try the Cedar Bear Tongkat Ali Tincture or the Raw Forest Foods 40:1 Concentrated Tongkat Ali for a stronger formula.

B) **Deer Antler -** Boosts mood, adrenals, performance, testosterone, DHEA and the works. Probably the most complete single herb any man can take for overall health and hormones. **Royal Velvet Deer Antler is our favorite and the Jing Herbs Deer Antler** is a great value. Either one works.

C) **Tribulus by Cedar Bear** is also known to boost testosterone

D) **Macalibrium by NHI.** Maca is powerful for men's hormones, testosterone, energy, strength, stamina, endurance, energy, mood, etc. This is proven to work through lab tests!

E) **Muira Puama by Ojio or Banyan** is an herb that helps with L-Dopa or Dopamine which is drive, motivation and energy. It also boosts testosterone.

F) **Pine Pollen by Raw Forest Foods.** Awesome and only well known source of DHEA which is the joy hormone and crucial for adrenal health. DHEA is an androgenous hormone critical for men.

G) Increase blood flow with ginkgo biloba and l-arginine. **Forza by Bell Lifestyle** is a product for this.

H) Great formulas blending many of these elements together include **Endocrine Strengthening Formula by Raw Forest Foods, Libido Lift by Cedar Bear, Forza by Bell Lifestyle and Triargin by ByPro Nutrition.**

8. **Get checked.** The best way to check steroid hormones levels is through a saliva test. Great Plains Laboratory has a test that checks estrogen, progesterone, testosterone, DHEA and cortisol levels. Saliva is more accurate than blood tests for hormones. It would also be good to check mineral levels such as magnesium, copper and zinc.

9. **Avoid the drugs, avoid the drugs.** The man-made solutions are temporary, damaging long-term and designed with PROFIT in mind, not your health.

10. **Choose youth, not degeneration regardless of your "age."** Age means nothing. Strength, energy vitality, life force is all about how you choose to live your life! Don't fall for the medical deception, fear-based mentality. Choose life. Choose exercise, water, sunshine, nutrition herbs and food. Here you will find God and life. Choose to AVOID pharmaceutical drugs, doctors, beer, alcohol, junk food, fast food, sugar, stress and things which destroy life.

    *Your first step in being healthy is CHOOSING to do so!*