



Great Sex, Naturally: Every Woman's Guide to Enhancing Her Sexuality Through the Secrets of Natural Medicine

Laurie Steelsmith, Alex Steelsmith

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Do you want to powerfully transform your sexual energy, and boost your overall health at the same time? Whether you already enjoy a healthy sex life and would like to dramatically enhance it, or you need solutions to specific sexual health challenges, *Great Sex, Naturally* is the book you've been waiting for. It reveals for the first time how you can combine modern medicine, ancient secrets, and completely natural methods to dynamically recharge both your sexuality and your total health. This invaluable resource gives you many easy, safe, and effective tools and techniques—including Western and Eastern herbs, aphrodisiacs, nutritional supplements, dietary changes, exercises, natural hormones, vaginal lubricants and suppositories, acupuncture, detoxification, and more—that you can use to increase your libido and transform your life on many levels.

A completely accessible all-purpose guide, *Great Sex, Naturally* is loaded with practical advice, specific tips, and simple solutions you can apply yourself. You can use it to directly address any immediate concerns you may have—such as enhancing libido naturally and safely, diminished sex drive, vaginal dryness, menstruation, ovulation, fertility, perimenopausal and menopausal changes, and many others—or you can read it cover to cover and experience the ultimate sexual health makeover. This unique book will empower you to take control of your sexual health and your overall well-being, and make changes in your life that will benefit you on a daily basis. A groundbreaking resource, innovative and comprehensive, this work is destined to become a classic for women who want to create more fulfilling sex lives.

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