

hormonal deficiencies.

If you take an **ANTI-DEPRESSANT**, it'll be important for you to address the underlying causes of your depression, so that you'll have a chance to successfully weaning off your antidepressant. Antidepressants are used to mask the symptoms of depression, but certainly aren't going to cure your problem. Hormonal deficiency is a very common cause of depression. Many of our patients have successfully weaned from their antidepressants after being on our wellness program for only a short period of time.

POOR SELF-IMAGE: If you feel your libido is down because of a poor self-image, then now's the time to get up and do something about it! If you've gained weight and haven't been able to lose it on your own, seek help! There are many support groups (e.g., [weight watchers](#), [TOPS](#), [overeaters anonymous](#)) and they can be the key to success. If you are too scared to walk into a gym, then go outside and just walk. Or walk up and down the stairs. Or run circles around your kitchen island. Or do jumping jacks in front of the TV. Just do something. You should also consider being evaluated for hormonal imbalance, as this could be working against you. [CLICK HERE](#) to test yourself.

STRAINED RELATIONSHIP—Hmmmmm. There's not enough progesterone or testosterone on Earth to make up for a bad relationship. Consider counseling. I've seen it make a huge difference in the lives of many people. Maybe you are harboring some subconscious resentment towards your mate, and you don't even realize you're being passive aggressive. The first step to recovery is admitting there's a problem.

PAINFUL intercourse will certainly affect one's libido. If you suffer with vaginal dryness, there are treatments. If you suffer with [vulvodynia](#)/[vaginismus](#) (if you don't know what these words mean, then you probably don't have these conditions, or at least you haven't been diagnosed with them yet), there are treatments for these as well. Biofeedback may help.

STRESS and FATIGUE are common contributing factors to low libido. You must take time for yourself. Take a day off, get a babysitter, plan a date with your mate. If life is dragging you down, your problems run much deeper than libido. Addressing the fatigue is certainly a good place to start. Discussing the causes and treatments for fatigue is beyond

extracts and citrus extract bioflavonoids. It has many heart healthy benefits including:

- Helping maintain healthy circulation by strengthening capillaries, arteries and veins
- Promoting/supporting healthy nitric oxide levels
- Promoting/supporting healthy blood vessel dilation
- Supporting healthy platelet activity
- Helping maintain healthy cholesterol levels
- Anti-inflammatory activity

What is an isotonic supplement? Isotonic supplements are replicas of our own fluids such as tears, plasma and breast milk. All of our fluids have an osmotic pressure, which is isotonic, allowing a consistent maintenance of all our tissues. This is important because a substance must be changed to an isotonic state in order to be used by the body's

the scope of this article. Increasing energy levels often requires addressing several issues simultaneously. Please [visit our website](#) for more information.

OTHER ways to enhance libido include various herbal blends you can find on the internet (e.g. [Avlimil](#)), certain foods (e.g. chocolate), and novelty (e.g. hotel getaway).

Not Feeling Very Romantic?



Don't spend another holiday without the passion and romance you deserve. Let us help. Call us today toll-free (866) 680-WELL.

[Contact Us](#)

Recipe of the Month - French Vanilla Coffee/Tea Creamer

metabolism. NutraMetrix is in this form allowing it to be absorbed into the bloodstream rapidly and without losing its nutritive value.

What is an OPC? OPC stands for oligomeric proanthocyanidins which are bioflavonoids found in fruits, vegetables and tree barks that provide nutritional benefit to our bodies. They are 20 times more powerful than vitamin C and 50 times more powerful than vitamin E. NutraMetrix OPC-3 contains three of the best sources of OPCs available: grape seed, pine bark and red wine extract.

The Key Ingredients

Red Wine Extract

Red wine contains a compound known as resveratrol, a naturally occurring antioxidant. It is found in grapevines, roots, seeds and stalks, but the highest concentration is in the skins. Resveratrol is significantly higher in red wine than in white wine. The OPCs found in red wine are particularly beneficial for protecting the heart and blood vessels. Studies found that red wine extracts promoted healthy platelets, helped blood



Now those of you trying to stick to the Yeast Free Eating Program can enjoy drinking your coffee or tea! This is a yeast free recipe created by our own nutritional consultant, Kim Beale, for a french vanilla coffee and tea creamer.

You will need the following ingredients:

- 1/2 cup of Silk Creamer
- Xylitol to taste
- 1/4 tsp. of French Vanilla Extract (yes, there is "french" vanilla extract)

Adjust sweetness and amount of extract flavor as needed. Place ingredients in a sealed container and refrigerate. Shake well before using.

Fitness Factoid

Years ago my very healthy father had a heart attack. The doctors could find no other cause than stress. Thankfully, he survived. Knowing that stress is a major factor in our overall health, it is no surprise that stress alone could cause a heart attack. Since eliminating stress can be difficult and somewhat out of your control, you need to at least be doing everything you can to help your body handle stress.



According to www.acefitness.org, a recent study at Duke University Medical Center in Durham, N.C., found that **aerobic exercise could improve overall cardiovascular response to mental stress**, another risk factor for heart disease.

Get up and go exercise.....it just might save your life.

Ashley Jensen, Office Manager for TWIHW

vessels remain open and flexible and acted as an anti-inflammatory agent.

Pine Bark Extract

NutraMetrix OPC-3 uses the brand name pine bark extract from the French maritime pine tree called Pycnogenol®. This tree grows exclusively along the coast of southwest France in Les Landes de Gascogne.

Pycnogenol® is one of the most potent natural scavengers of free radicals and counters them before any damage can be done. It strengthens blood vessel walls and capillaries and supports healthy circulation by preventing stress-induced constriction of arteries and blood clotting.

Grape Seed Extract

Grape seed extract in OPC-3 is derived from the seeds of red grapes because of the high content of OPCs. It is extremely rich in polyphenols, a compound high in antioxidants. Grape seed extract has been shown to promote healthy cholesterol levels.

Bilberry Extract

Bilberry is a berry-like fruit similar to the blueberry. Studies

show the that bilberry extract, containing a powerful antioxidant called anthocyanin, has a positive effect on vision and venous circulation, strengthens capillaries, aids in minor wound healing and relaxes smooth muscles like those found in the uterine wall.

There are many other health benefits to using NutraMetrix OPC-3, such as with arthritis, asthma and allergies. For more information on this product or to order e-mail Renee at rdevine@TWIHW.com or call our office toll-free at (866) 680-WELL.

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