

## WHEN YOUR “GET UP & GO” HAS GOT UP AND GONE...

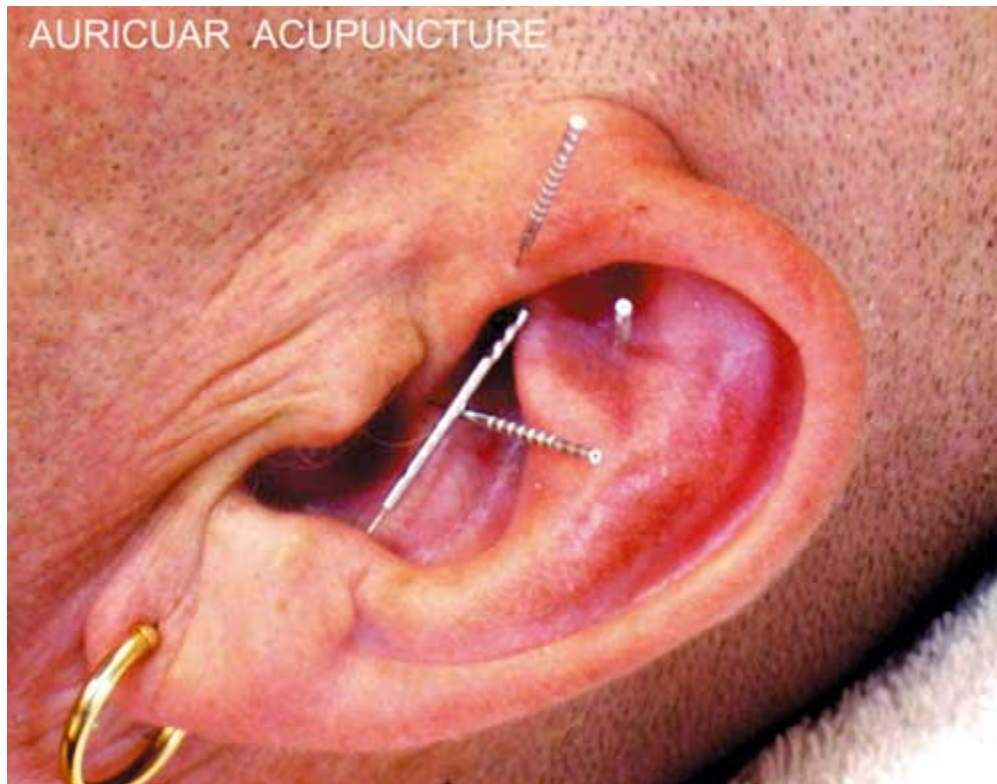
(HOW TO REGAIN THAT MISSING ‘MOJO’)

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I’ve explained in previous articles how acupuncture helps pain and stress and even makes you look better. But what if your problem is one you feel you can’t discuss with your golfing buddies or coffee morning friends?

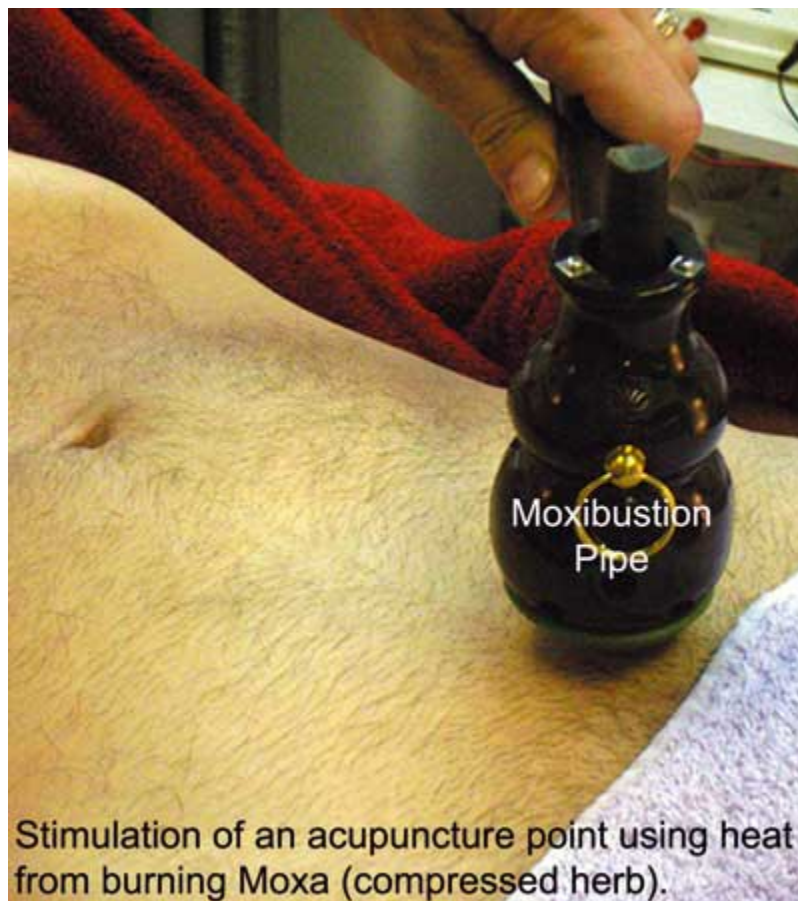
Loss of sexual desire (libido) can happen to both men and women, and erectile or arousal dysfunction affects the partner as well as the sufferer, often leading to a deterioration in the confidence and closeness of both people in the relationship. These problems are not uncommon, but shouldn’t be accepted as a natural consequence of aging. They can occur for a number of reasons: as a result of childbirth or menopause; physical, emotional or medical problems; pain or side effects from prescription or recreational drugs.

Unfortunately, conditions linked to sexual function bear a social stigma and consequently, this ignorance results in cruel names and jokes about victims of both genders. It is sad that this subject is treated with embarrassment and scorn when sexual health is as much a part of normal human need as any other aspect of health and well-being in our life.



Acupuncture can gently normalise hormonal, psychological and physical balance, and restore natural levels of sexual urge and function to men and women who are distressed or frustrated to find that libido or lovemaking are lagging or lacking from their life. Naturally, we all have different needs, and what for one individual or couple is normal, may be for another be insufficient or even excessive. Human beings need contact however, yet some relationships sadly dwindle to the point where there's no touching, no holding hands, no cuddles or kisses!

This may be because one partner feels unable or unwilling to move from this level to one more intimate, or because they perceive any affectionate physical contact as an expectation to perform; more complex issues of power, control and punishment or straightforward overwork, stress, lack of time or privacy may also lead to deterioration in a relationship. If a couple are willing to initiate calm discussion, stating perceived losses and priorities without apportioning blame, while proposing achievable solutions, many emotional and psychosomatic problems can be overcome.



Acupuncture can complement other therapies like counseling, and its holistic approach, considering the whole person - integrating all pertinent physical and emotional issues, existing medical conditions and interaction of conventional medication - benefits both body and mind. While neither as fast nor as dramatic as that "little blue pill" or H.R.T, acupuncture is completely free from their undesirable risks and side-effects; instead of regularly ingesting artificial drugs for years, an average of just eight to 12 regular acupuncture treatments can significantly improve or even restore normal function.

People suffering from these or similarly sensitive issues may approach an acupuncturist secure in the knowledge that their condition will be sympathetically treated in complete confidentiality. Why wait? Make a resolution before New Year - to regain natural fulfillment, enjoyment and romance by the time spring is in the air!

Wishing you all a Merry Christmas and a happy, healthy 2009!