

An Introduction to the Sex Drive, Hormonal Imbalances, and You

Low libido is a very common condition in the United States today. The DHA reported that 70% of Americans have a low sex drive. Both men and women experience this throughout their lives because of stress, exhaustion, and emotional influences. Aging plays a large role in the decrease of sexual desire. The quality of one's health and diet in general, may also be factors in the sex drive's status.

Hormones affect every cell of your body. They can have a big influence on your everyday health and wellbeing. For both sexes, testosterone is the chief hormone of desire. This is why low sex drive can affect both men and women. An individual's testosterone level can rise or fall due to chronic disease, medications, drug use, or age. Other hormones such as the thyroid hormone, estrogen, progesterone, oxytocin, or prolactin, may also affect a person's level of sexual interest and desire. A hormonal imbalance can also impact one's weight, skin health, mental health, and sleep schedule.

But can a person easily treat a hormonal imbalance? Some medications on the market claim to help both men and women quickly and efficiently. In some cases, hormonal treatments such as estrogen and testosterone replacement are needed. However, this should not be the first step in treating an imbalance.

When asked how to treat hormonal imbalance, most doctors and physicians recommended natural ways and lifestyle changes. For example, avoiding man-made fats like vegetable oils is one way to alleviate an imbalance. Limiting caffeine and exercising can also be straightforward ways to help. Simple lifestyle changes can have a big effect on hormonal balance. An activity as simple as getting enough sleep or managing your daily stress can make a big impact on increasing your overall health— which influences your libido!