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FRENCH HOLIDAY  
COTTAGE** TOKEN COLLECT  
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## 24 Simple way to put sizzle back into sex

Getting the oomph back in your love-life needn't be difficult. These tiny changes will make a big difference in the bed-room.

By Maria Casey

### 1. Make him a cuppa

Damiana tea contains a South America herb that will stimulate his nether regions.

Dr Sarah Brewer, GP, alternative health expert and author of *Increase Your Sex Drive* (HarperCollins, £7.99), explains, "The active ingredient is gonzalitosin, which induces a feeling of mild euphoria and a tingling sensation in the penis."

It also helps alleviate depression, which can often cause a dip in sex drive. 'Quick, put the kettle on!' It costs £6.99 for 40 tea bags log on to [riohealth.co.uk](http://riohealth.co.uk) or call 01273 570987

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# A NATION ASKS WHY



### Study warns of health risk from ethanol

Researchers have found that ethanol, the alcohol in drinks, can damage the liver and heart. The study, published in the journal *Alcoholism: Clinical and Experimental Research*, shows that ethanol can cause liver damage and heart disease. The researchers found that ethanol can cause liver damage and heart disease. The researchers found that ethanol can cause liver damage and heart disease.



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