

Supersize his sex drive

by Maria Casey

'When a man hits his mid-30's, his testosterone levels start to dive and often his sex drive follows suit,' explains Dr Sarah Brewer, GP, holistic health expert and author of *Increase Your Sex Drive*.

What to use...

Catuaba

If your man's overworked or has a lot on his plate then the chances are sex is the last thing on his 'to do list.' So try the Brazilian herb Catuaba. 'It's a sexual stimulant that encourages erotic dreams, but it's also been shown to help ease stress and fight fatigue - two major libido sappers,' says Dr Brewer. 'In fact, new research has found it can significantly boost sexual desire in just five days.' Catuaba is available in powder form, so you can sprinkle it in his supper and he won't have a clue.

Available from www.riohealth.co.uk

