



You asked: "Could changing our diet help improve my husband's libido?"



GEMMA HURDITCH ANSWERS: "If we are undernourished in vitamins and minerals then none of our systems will be working optimally. Great nutrition can support the healthy functioning of the body and, provided there is no underlying medical condition that needs

addressing, improving the diet can support a healthy reproductive system in both men and women.

We have all heard that oysters are an aphrodisiac. Perhaps it is because oysters are rich in zinc, which is a mineral vitally important for the healthy functioning of the male reproductive system. Other zinc-rich foods include sesame and pumpkin seeds, toasted wheat germ and lean beef (choose organic to reduce exposure to chemicals which may be disruptive to our hormones).

Watermelon contains citrulline, which the body converts to arginine, a potent vasodilator, which means there is increased blood flow to improve response and genital arousal. Whenever you can, choose organic food, and opt for a minimally processed, plant-based diet. Avoid plastics such as cling wrap and bottled water, and artificial scents, personal care and household cleaning products. These can all contain ingredients which disrupt our hormones. Remove junk food from your diet to improve energy, stamina and reduce toxic load. Also remember to ensure downtime from phones and other disruptive influences as you re-ignite some romance."

■ Naturopath Gemma Hurditch lectures for CNM (College of Naturopathic Medicine). CNM offers training in a range of natural health therapies. Visit www.naturopathy-uk.com