

# Dr. Sara's Top 5 Sexual Enhancements, Supplements + Proven Potions

## I. Maca

Maca is the Peruvian herb from the Andes Mountains that keeps your libido and mood in the happy pink place. While it's been used for thousands of years to boost vitality and sexual function, it was recently shown in a randomized trial—the highest quality evidence we have in clinical medicine—to raise sex drive and reduce both anxiety and depression in women around menopause (Brooks, 2008).



I recommend Maca as an adaptogen; that is, it helps us adapt to stressors.

Dose of Maca is 500 mg once or twice in the morning, but you can get too much of a good thing. Start at the low end, even 250mg, and see how it works for you for several weeks before increasing the dose.

## 2. OneStroke

OneStroke is a remarkable lube. Ingredients: Olive oil, Beeswax, Shea butter, and Grapeseed oil. Perhaps you've already figured out that water- and silicone-based lubes are too slippery for stroking a woman. All-natural OneStroke Lube is designed specifically for the clitoris and it is my recommended partner for Orgasmic Meditation (OM), which you'll be learning in Mission Ignition.

Hands down, best sauce for the 40 or 50-something vagina but don't use it with a condom as it can reduce effectiveness. Get it right here:

[www.onetaste.us](http://www.onetaste.us).



# 3. Dial in your protein

We know that maintaining or, even better, gaining lean body mass as you age is the best slow-down to the aging process. When did you last check your body fat? Once you know your body fat (for instance, mine is 23%) you can calculate your lean body mass [as an example, at 123 pounds, my fat mass is  $0.23 \times 123$  pounds = 28 pounds, and my lean body mass is  $123 - 28$  pounds = 95 pounds]. Once you know your lean body mass, you need 0.75 – 1.0 grams of protein/pound of lean body mass per day (more if you're an elite athlete).



In other words, for me, I need  $0.75 \times 95 = 71$  grams per day if I didn't exercise much, and since I exercise a fair amount, I need about 0.87 grams of protein, which is 83 grams per day. Two eggs are about 24 grams of protein. Four ounces of organic chicken breast (at 9.5 grams of protein per ounce) is 38 grams. One more serving of protein per day, and I'm in my target range.

Sufficient protein is helpful for nourishing your adrenals and keeping your testosterone up, but not too high. As with all hormones, you want to identify your sweet spot: not too high and not too low.

## 4. Check your hormones

Check your hormones, since we know that 70% of low sex drive is caused by hormone imbalance. Two of my favorites are the “Complete Hormones” from Genova and the Advanced Plus Hormone Profile (\$255) from Canary Club. The Complete Hormones test is linked here:

[www.gdx.net/product/10049](http://www.gdx.net/product/10049).

If your doctor doesn't want to order the Comprehensive Hormone Profile, you can take matters into your own hands and order your own test, done at your home, from [www.canaryclub.org](http://www.canaryclub.org). The specific link to the test is:

[www.canaryclub.org/hormone-testing-combined-tkm/productmenu-her-advanced-plus-hormone-profile-zrt.html](http://www.canaryclub.org/hormone-testing-combined-tkm/productmenu-her-advanced-plus-hormone-profile-zrt.html).

## 5. Orgasmic Meditation

### (OM)

Orgasmic Meditation (OM) is a 15-minute practice that will completely change your concept of female orgasm. Dr. Christiane Northrup says this about OM: *“Combining meditative awareness with sexual pleasure? What could be better or more life enhancing than that?”*

Another best-selling author, Tim Ferris, calls OM: *“Required reading for*

*every man on the planet.*” All women enrolled in Mission Ignition receive a complimentary “How to OM” video download.

## About Dr. Sara

Dr. Sara Gottfried is a Harvard trained, board-certified, integrative gynecologist and hormone expert. Gottfried is the author of the forthcoming book, *The Hormone Cure* (Scribner/Simon & Schuster, 2013). She helps overextended women get their vitality and resilience back with natural hormone balancing and evidence-based integration of ancient cures with cutting-edge research. Called the queen of green yoga diva meets science nerd, Dr. Sara runs a successful practice of concierge clients in Berkeley, CA, filled with women who no longer believe that they need to be held hostage by their hormones. Now women all over the world, new moms to the menopausal, can get support from Gottfried in her [Mission Ignition](#) telecourse that solves the hormone hostage crises and offers women a way to break the food/fat dichotomy.



## Reference

Brooks N, Wilcox G, Walker K, et al. *Beneficial effects of *Lepidium meyenii* (Maca) on psychological symptoms and measures of sexual dysfunction in postmenopausal women are not related to estrogen or androgen content.* Menopause 2008;15(6):1157-1162.