



Sensual Rejuvenation: Maintaining Sexual Vigor Through Midlife and Beyond

Judith Sachs

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Did you know that sex can dramatically boost your overall well-being? If you, like many people, are hitting midlife and feeling that sex is just not what it used to be, think again. While you are experiencing a variety of physical and emotional changes, sex can still be one of the enduring pleasures you can enjoy through midlife and on to your golden years. Now this unique guide provides important information on age-related changes in sexual function and offers a wide range of medical, holistic, and psychological tips and techniques that can relight your fire. Don't miss... Testosterone cream that restores a woman's libido; Zinc, the most important mineral for male potency, and all the must-have nutrients; The best herbal alternatives to Viagra; Ways to fulfill sexual needs if there is illness or disability; The Seesaw and other stimulating exercises to make sex feel great. Find out more in Sensual Rejuvenation.



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