Love, Life and Longevity: The Science Behind Sexual Vitality and Lifespan

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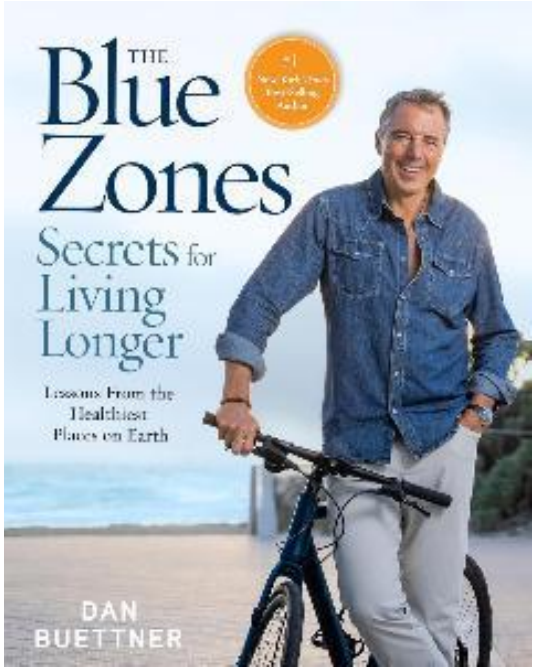
Love, Life and Rock'n'roll

<u>Common Factors Discovered Among Centenarians</u>:

- Diet and eating patterns
- Active Lifestyles
- Strong Social Networks and Family Ties
- Clear Sense of Purpose
- Positive Mindset



Love, Life and Sex…

- Sexual desire reflects mental health: depression, anxiety, and chronic stress commonly suppress libido.
- Libido is shaped by physical health, self-esteem, and psychosocial context, making it an integrative health marker
- Intimacy strengthen social bonds, reduce loneliness, and support behaviors (sleep, adherence, activity) that improve longevity

Libido and Physical Health Links

- Regular sexual activity corelates with improved immune markers and cardiovascular benefits in observational studies.

- Low libido can signal underlying medical issues such as endocrine disorders, metabolic disease, thyroid disease, medication side effects, or chronic illness.

- Sexual vitality depends on blood flow, nerve integrity, and hormonal health. It is an indirect marker of multi-system function.

Having a Healthy Sex Drive…

- Indicates mental and emotional health
- Strengthens *social bonds*
- Indicates *physical health*
- It correlates with *active lifestyle*
- By releasing dopamine (reward hormone) and oxytocin(love hormone), endorphins (natural pain killers and happy hormones) it helps maintain a *positive mindset*
- Sex is nature's incentive for reproduction. Having a libido is an indicator of overall good health and therefore potential longevity.
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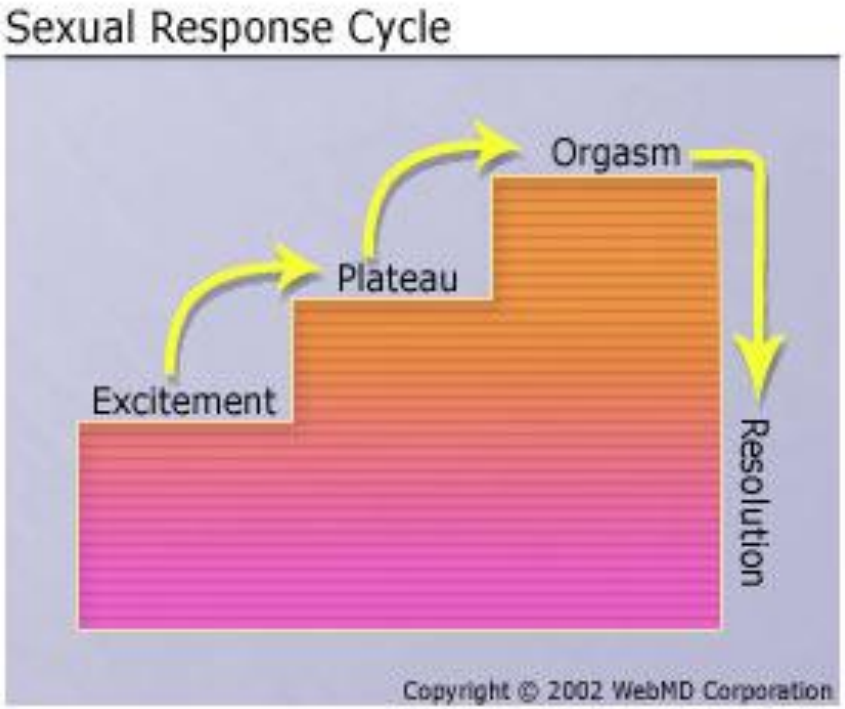
- The average couple has sex 1-3 times per week.
- Regular sexual activity helps with vaginal health and tissue integrity. “If you don’t use it, you lose it”.
- People that have regular sexual activity are happier.
- Men that are married (in a long-term stable relationship) have been found to live longer than single men.

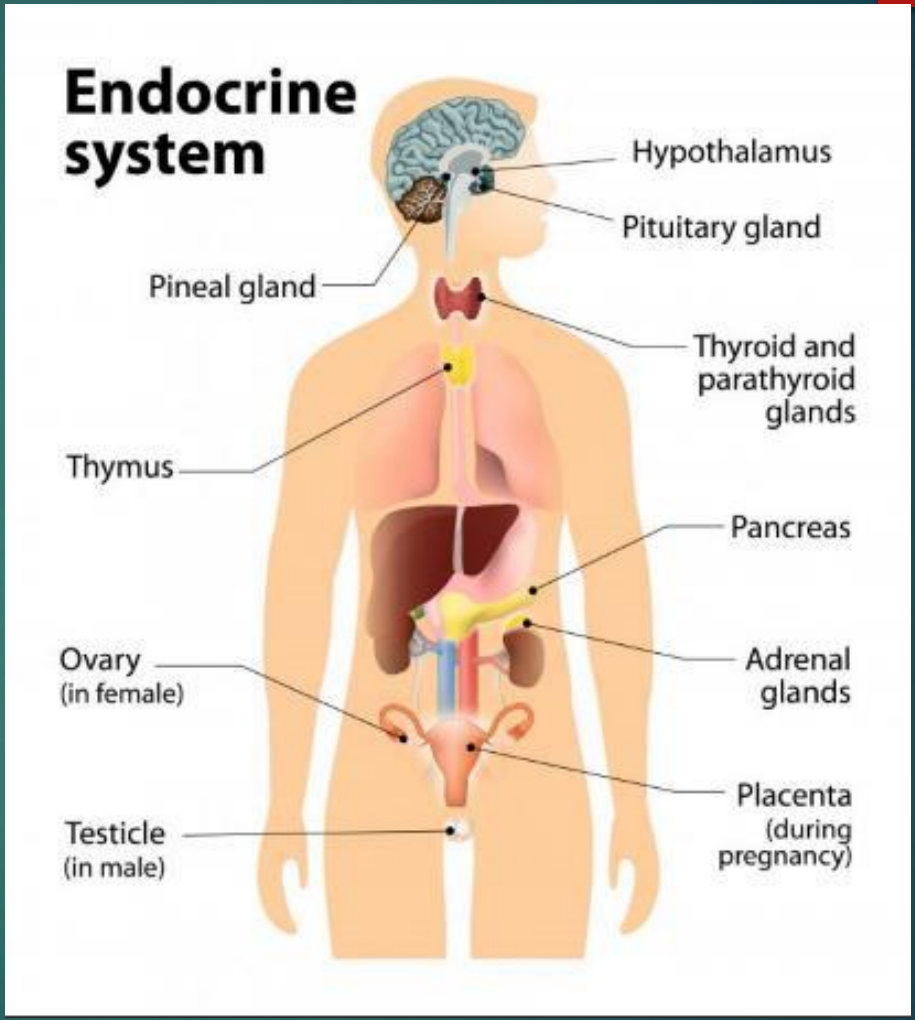
Sexual Response Cycle

- Desire or libido
  - Dopamine
  - Testosterone
- Excitement/Arousal
  - Dopamine
  - Adrenaline
  - Nitric Oxide
- Plateau
  - Nitric Oxide (higher)
- Orgasm/climax
  - Oxytocin
  - Endorphins
  - Adrenaline (higher)
- Resolution
  - Prolactin
  - Endorphins (higher)



The Key layers

- Oxytocin: Produced by Hypothalamus/ Stored and released Posterior pituitary
- Prolactin: Anterior Pituitary
- Adrenaline (Epinephrine): Adrenals
- Dopamine: Brain
- Endorphins: Pituitary and Hypothalamus
- Nitric Oxide: Neurons, Endothelial cells
- Testosterone: Gonads



Ovarian Function Goes Beyond Reproduction

- Ovaries have been shown to be a woman's true biological/aging clock

- Ovarian transplants in mice have shown:
  - Increased lifespan by 6-10%
  - Menopause and related symptoms reversal
  - Increased fertility
    - (Physiol.,28 August 2024)

Challenges

- Low libido- Arousal/excitement phase- “ I don’t feel like it”.
- Orgasmic dysfunction- “ I can’t get there”.
- Pain syndromes- “ You touch me I kill you!”
- Lubrication- “Sandpaper”

Cardiovascular Health

- Common Ingredients:
  - Beet Root
  - DMG
  - L-Arginine
  - L-Critruline (L-arginine, NO)
- Circucore special: Hawthorne, Folate, vit C, Grape seed extract
- Super Creatine: Creatine, Choline (methyl, Acethylcholine)

Fertility: Ovarian Support

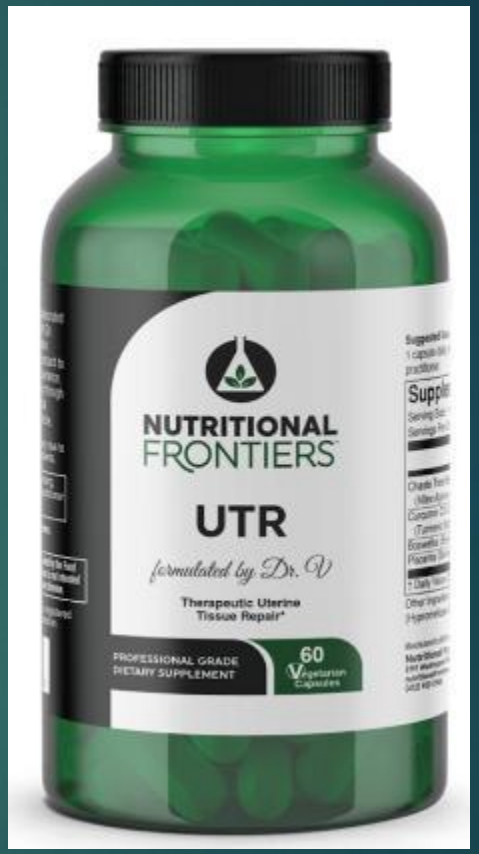
- **Vitamin** D-Ovarian function. Progesterone production
- **Myo-inositol-** Improves insulin sensitivity. Decrease effect of insulin in ovaries.
- **Coq10-** Mitochondrial Support
- **N-Acetyl L-Cysteine-** Liver support, promote Glutathione
- **Ovary-** Direct support
- **Resveratrol-**Cardiovascular health. Antiaging

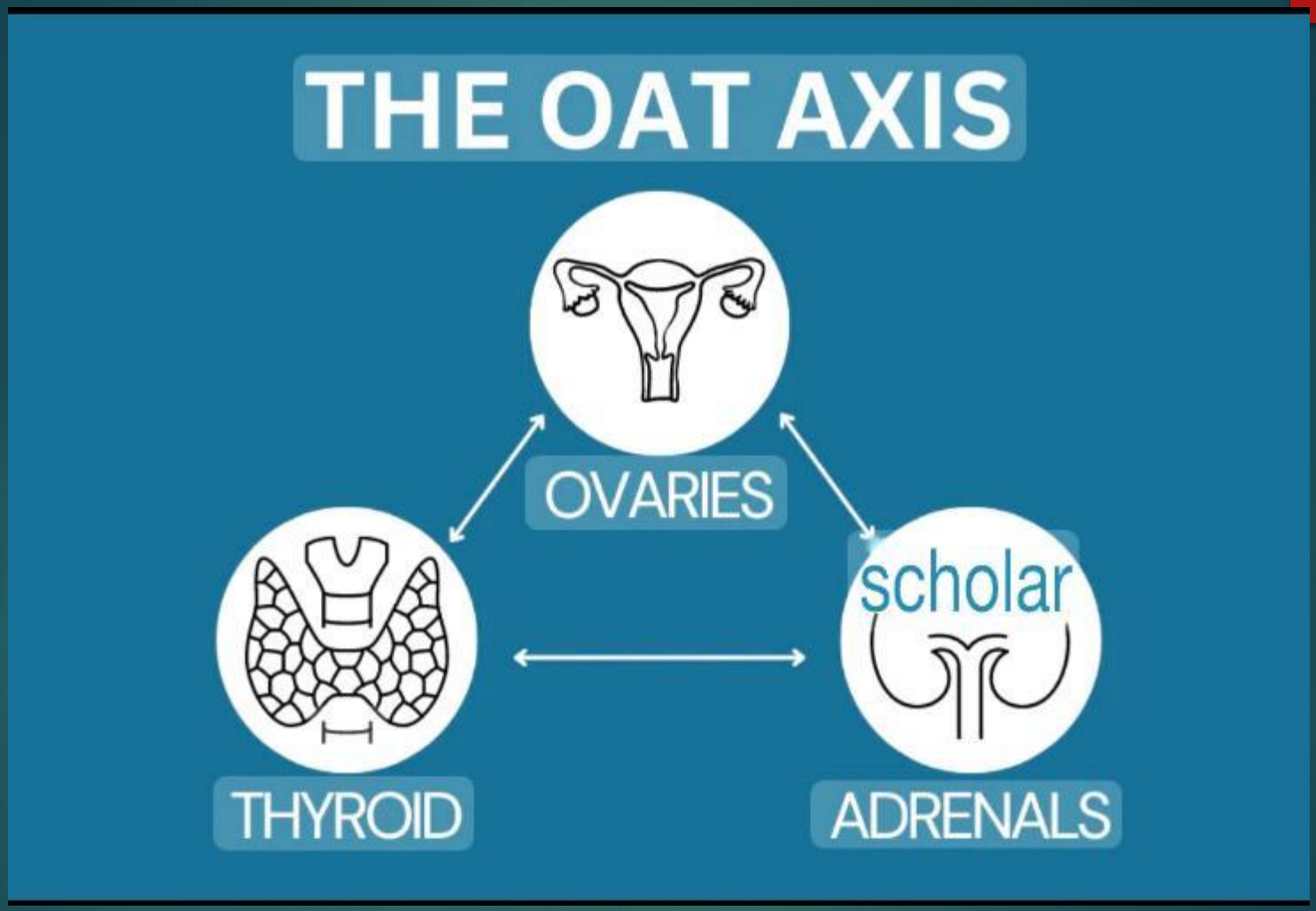
Virility: Testicular Support

- **L-Arginine-** Blood Flow. Cardiovascular health.
- **Maca-** Increase testosterone
- **Tribulus-** Increase testosterone, increase DHEA
- **Panax Ginseng-** Increase blood flow, energy/performance enhancer. Vascular Health.
- **Epimedium (Horny Goat)-** NO, Relaxes smooth muscle and improve blood flow. Inhibit PDE- 5 enzyme (Viagra effect)
- **Diindolylmethane (DIM)-**Decrease estrogen
- **Ginkgo Biloba-** Improved blood flow
- **Testes (bovine)-** Direct support

Well-rounded Female Support

- Female Optimization
- **Placental Glandular (New Zealand)**- growth factors, peptides, endocrine balance
- **Chaste Tree-** Hormone balancing, improved ovulation, alleviate menopausal symptoms
- **Boswellia-** Reduce inflammation, decrease heavy menses, hormone balancing (FSH, LH, testosterone-Estrogen ratio)
- **Curcumin-** Reduce Inflammation, estrogen balancing, reduce PMS and menopausal symptoms




THE OAT AXIS
OVARIES
THYROID
scholar
ADRENALS

ThyroComplete: Endocrine Support

- **Iodine**-essential. Part of Thyroid hormone
- **Zinc**- T4 to T3. Help receptors
- **Selenium**-Enzyme support. T4 to T3
- **Copper**-balance zinc
- **L-Tyrosine**-building block for thyroid hormone
- **Ashwaganda-**relaxing tonic. Support adrenal. Indirect thyroid support
- **Coleus Forskohlii**- AMP production. Metabolism support
- Thyroid (bovine)-direct support
- **Hypothalamus** (bovine)-direct support
- **Pituitary** (bovine)-direct support

Adrenal Support: Adrenamax and Adrenal Glandular

- **Cordyceps**- Medicinal mushroom. Energy tonic, immune support.
- **Panax Ginseng**- Immune support, systemic support. Energy tonic.
- **Eleutherococcus Root**- Stimulating. Improve mood and stress tolerance.
- **Ashwaganda**-relaxing adaptogen. Decrease cortisol.
- **Rhodiola**- Adaptogenic tonic. Improve performance.
- **Licorice Root**-Reduce inflammation. Decrease cortisol.

The Sexy Hormone: Testosterone

- Testosterone is the primary hormonal driver of libido in men and women
- Helps maintain function of penile tissue. Helps synchronize desire with physical readiness.
- Crucial for reaching orgasms in male and females-support contractive and vascular genital tissue

Testo 180:Hormone Support

- **Maca**- Increase testosterone
- **Tribulus**- Increase testosterone, increase DHEA
- **Panax Ginseng-** Increase blood flow, energy/performance enhancer. Vascular Health.
- **Epimedium (Horny Goat)-** NO, Relaxes smooth muscle and improve blood flow. Inhibit PDE- 5 enzyme (Viagra effect)
- **Ashwagandha**- Lower cortisol, improves testosterone levels
- **Yohimbine-** improve sexual performance (vascular support)

SUPPLEMENT FACTS

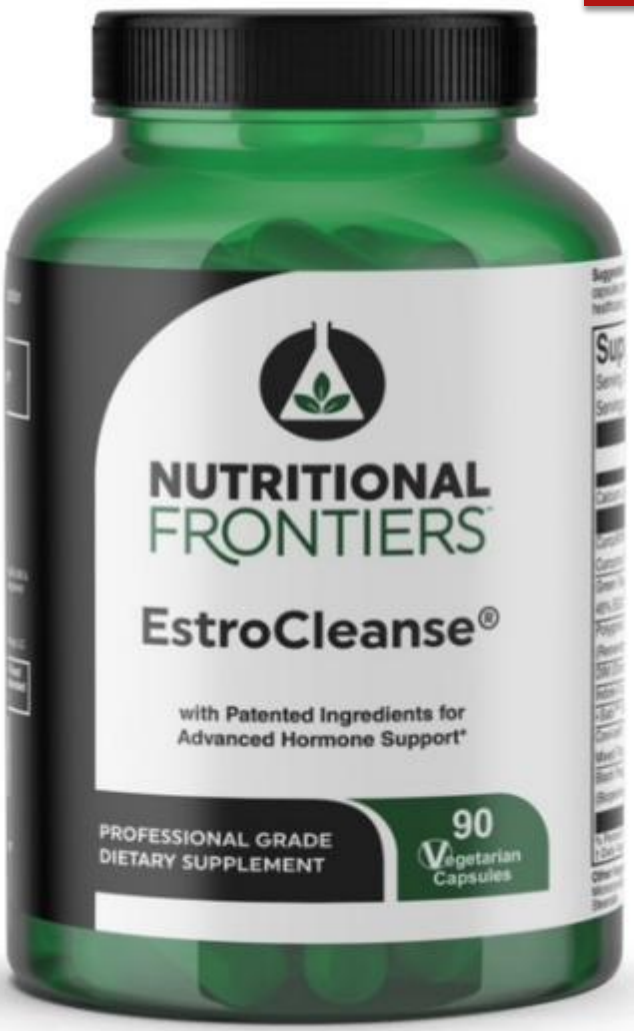
Available Bottle Size: 48
Serving Size: 1 Full Dropper
Servings Per Container: 48

Amount Per Serving

Ashwagandha	30%
Maca	20%
Panax Ginseng	20%
Epimedium (Horny Goat Weed)	15%
Deer Antler Velvet	10%
Tribulus	2.5%
Yohimbe	2.5%

Balancing Act: Estrocleanse

- **CurcuWIN (turmeric**)- Liver support, anti-oxidant, anti-inflammatory
- **DIM**- enhance estrogen metabolism
- **Green tea-** detox, anti-inflammatory, anti-oxidant
- **Resveratrol**- anti-aging, supports cardiovascular system
- **Indole 3 carbinol (I3C)-** DIM precursor. Support Liver
- **i-SABI**- Anti-oxidant, cellular support, immune support, detox



Hormonal Intervention: Vaginal "Viagra"

- Improves vaginal moisture and elasticity
- Enhances arousal and satisfaction- it may stimulate nerve fibers that increase sensitivity
- Balances pH and cytology- protective for infections
- Safer than systemic use. Targeted approach

Lucy : 55 y/o School Principal

- She complaints of increased vaginal dryness, pain with sex and decreased libido. She has been married for 30 years and denies any marital problems.
- She denies hot flashes or night sweats. She reports good sleep. Daily BM.
- She is also complaining of feeling a little more tired than usual, usually in the afternoon.

Lucy: 55 y/o

- She mentions her last menstrual period was 2 years ago and went through menopause uneventfully. She managed the hot flashes at that time with wild yam without issues.
- She mentions exercising 3-4 times per week and keeping a mediterranean style diet.
- She mentions not feeling "as good", and all these changes bother her, and are interfering with her active lifestyle.

Lucy: 55 y/o

- Med hx: None
- Meds: occasional ibuprofen
- Supplements: Multivitamin, Fish Oil
- Allergies: none
- Fa hx: Denies cancer, autoimmune or genetic dz.
- Social hx: Denies smoking or drugs, social drinking (2-4 per month)
- Surgeries: Tonsillectomy (5 y/o)
- Ob/Gyn hx;
  - Regular cycles (28d)/5d menses
  - Vaginal birth x3. Breastfed

Lucy: 55 y/o

- Labs:
  - CBC- Hgb- 12.4 g/dL PTL-295 x 10^3
  - CMP- within range
  - Lipids- Total Cholesterol 195 mg/dL
    - LDL-99 mg/dL HDL-60 mg/dL Trig-99mg/dL
  - TSH- 1.35 uIU/mL
  - Hgba1c- 5.1 %
  - Estradiol- 5 pg/mL
  - Testosterone- 12 ng/dL
  - DHEAS-150 ug/dL
  - Vit D- 54 ng/mL

What to Do?

Action Plan for Lucy

- Encourage Weight-bearing exercises
  - Improve muscle and bone mass
  - Enhance mood and stamina
- Kegel exercises (with or without help)
  - Improved vaginal tone and blood flow, nerve ending health
  - Enhance sexual response
- Thyrocomplete, Fertility, Test180, Adrenamax
- Women's Complete, Omega
- Vaginal DHEAS (1/2 pump at night)

Questions?