

**When prescribed by a qualified healthcare professional, Chinese herbal medicine can help you with:**

- Loss of desire
- Enjoyment and satisfaction
- Fatigue
- Vaginal dryness
- Low back pain

**Quality, Safety & Potency.**

Only A grade herbs are used in the manufacture of Sun Herbal formulas.

All Sun Herbal medicines are produced to the most rigorous standards by an Australian GMP (Good Manufacturing Practice) certified manufacturer in China. This means that every step of production is subject to strict quality control.

All of these medicines must pass stringent tests for safety, purity and potency.



**Experience the Sun Herbal difference now**

Sun Herbal is the leading supplier of prepared Chinese medicines in Australia and New Zealand with ChinaMed® and Black Pearl® brands. You can be assured of getting safe and consistently reliable medicines made from the finest quality ingredients and concentrations.

Ask your healthcare practitioner how Sun Herbal can help you to manage your symptoms today!



Your healthcare practitioner

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# Improve your sex life, the Chinese herbal way



The Sun Herbal range of concentrated Chinese herbal formulas can help you effectively address issues of sexual function.

Our Traditional Chinese Medicine (TCM) brands include:





## Chinese medicine for libido

For centuries traditional Chinese physicians have associated vibrant health and longevity with a strong libido. Sexual desire and performance are seen as a barometer of a person's overall health, and in particular the energies of the Kidney, as it is understood in traditional Chinese medicine (TCM).

## Traditional chinese medical understanding of libido

The ability to have satisfactory sexual relations is related to the Water, according to the system of the Five Elements. In the holistic view of TCM the body is divided into five domains or 'Elements' (Earth, Water, Fire, Metal and Wood), each of which is in control of various bodily functions.

In the human body, each Element is related to a specific organ as well as various tissues, which are all linked together. Water has to do with fluids, and thus the Kidney and Bladder are the representative organs. In addition, fertility, will power, drive and memory are all part of Water. Water also controls the cycle of growth to maturity and decline into old age and also a person's capacity for sexual satisfaction is an important aspect of this.

## Promoting healthy libido in middle age and beyond

Chinese physicians generally refer to libido as an aspect of 'Kidney' function. Although this may seem incongruous from a Western medical standpoint, we must remember that, when expressed in this way, the Kidney is taken as the representative organ of the Water element in the body. From the TCM perspective, a specific aspect of Water is responsible for sexual function. Western medical science would regard this as part of the endocrine system.

With increasing age, it is normal for the libido to decline. However, as long as a person remains in good health there should always be the capacity for sexual enjoyment and satisfaction.

The TCM approach to restoring libido, particularly in middle aged and elderly people, is to focus on promoting general health and balance amongst the five Elements in the body. Over the millennia, Chinese physicians have discovered powerful herbal treatments that are designed to reduce the effects of ageing in general and promote normal healthy sexual functioning. Although there are common general principles, these medicines are best prescribed on an individual basis to suit the special needs of each person.

