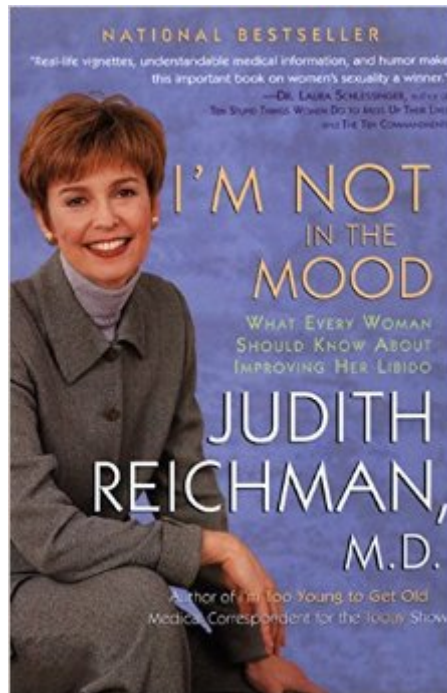


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I'm Not In The Mood: What Every Woman Should Know About Improving Her Libido



Synopsis

The "hormone of desire," testosterone, acts on the brain to stimulate sexual interest, sensitivity to sexual stimulation, and orgasmic ability in both sexes. The amount of testosterone circulating in a woman's blood declines by about 50 percent between her twenties and fifties. The most common complaint associated with this decline is a seemingly unexplainable decrease or loss of sexual desire and enjoyment. In *I'm Not in the Mood*, Dr. Reichman reveals the effectiveness of small doses of testosterone in reviving sexual desire and pleasure for women. Questions answered and topics discussed include: Why and when do women make male hormones? Where do all our male hormones go? Behavior, life changes, and medical problems that affect our libido Medications that affect our libido Will creams, pills, lozenges, patches, or shots help? When you should see a psychiatrist, psychologist, or sex therapist How to discuss libido issues with your doctor How to reach your biologic sexual potential

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Customer Reviews

There's a surprise category in this book. But, first, what's best about the book. I recommend the book to most of my female patients because it gives an excellent description of all of the causes of a woman's decreased libido. Reading this book gives a good framework for talking with the physician and for taking responsibility for improved health. Perhaps she underestimates the power of testosterone. No matter what else goes on, if that hormone is low, a woman will struggle with her libido. If you're considering changing the way you replace your hormones and want more details about the personal experiences of someone before and after proper hormone replacement, read Suzane Summer's latest book. The surprise category is this: Men can be the cause of a woman's decreased libido. The way Dr. Reichman explains it: if the man has ejaculation and quits before the woman is satisfied, then the woman experiences frustration and loses desire for sex. Replacing the hormones of a few thousand women has taught me that this problem is much more common than most men know (the woman does love her husband and so doesn't want to tell him). Dr. Reichman tries to address this problem by writing a few pages about impotence in males. Here's the problem, most men will not seek treatment from a physician (only about 30% of men with erectile dysfunction...impotence or premature ejaculation...will see a physician). So, I often find Dr. Reichman's category to be a real one: men do contribute to the decreased libido of a woman when they don't understand how to provide prolonged love making for the woman who needs it to achieve orgasm. Dr.

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