

The Sexual Herbal: Prescriptions for Enhancing Love and Passion

By Brigitte Mars A.H.G.

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A self-help guide to herbal and natural remedies for lifelong sexual vitality

• Includes an in-depth catalog of herbs that boost sexual health

• Shows how to use aromatherapy, aphrodisiacs, and bedroom feng shui to enhance sexuality

• Provides herbal remedies for common ailments, such as infertility, erectile dysfunction, and urinary tract infections

For thousands of years people have used herbs to nourish the body and boost sexual vitality in a safe, natural way. In *The Sexual Herbal* renowned herbalist Brigitte Mars offers a compendium of herbal, homeopathic, and other holistic remedies to help individuals and couples attract and maintain healthy love relationships and naturally treat sexual dysfunctions.

The author provides an in-depth catalog of herbs that promote sexual vitality and health, such as ginseng, licorice, and red raspberry leaf. She also offers recipes for aphrodisiac “superfoods” as well as herbal remedies for both men’s and women’s reproductive health issues--ranging from PMS, menopause, urinary tract infections, erectile dysfunction, and prostate disorders to infertility and STDs. The book includes chapters on yoga and Taoist exercises, massage and acupressure techniques, and vitamins and their effects on men’s and women’s respective physiology as well as recipes for aromatherapy love potions, baths, and perfumes; advice on kissing, foreplay, afterplay, and sexual positions; and suggested feng shui for the bedroom. The author also offers remedies for coping with infidelity, healing a broken heart, finding a mate, and keeping your love alive.

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Editorial Review

Review
“There’s no one better than sexy, loving, healthy Brigitte Mars to guide us through the maze and amazement of the sexual herbal. Her wise and caring words will reach into your heart, your nerves, and your bedroom. Get ready for fun.” (*Susun S. Weed, author of the Wise Women Series*)

“Brigitte Mars is the most knowledgeable person I know when it comes to healthy eating and healthy sex. I highly recommend her book for anyone wanting to learn more about a holistic approach to attaining more pure body pleasure and sexual ecstasy.” (*Annie Sprinkle, Ph.D., sexecologist and ecosexual*)

"What a gentle, candid, and revealing book. Brigitte really sets the scene for your most tender and loving experiences. Here you'll find many revelations about enhancing your sex, love, and health. Enlightening indeed!" (*Peter Ragnar, author of The Lifewave Experience to a New You!, March 2010*)

"Brigitte Mars is simply one of my favorite authors. She takes the practical and makes it poetic, the simple and makes it profound. She delights us as always in this her newest book on sexuality, by taking this ever engaging topic and sprinkling it throughout with spiritual revelations, practical advice, and heartfelt considerations. *The Sexual Herbal* is tops on my list of books on this topic and should be read by anyone interested in enhancing and understanding their sexuality." (*Rosemary Gladstar, Herbalist and author of Planting the Future, March 2010*)

"A comprehensive guide to have at your sensual fingertips, to support and nurture your sexual self! A great wealth of herbal knowledge with an equal amount of wisdom for well being, health, and a fulfilling love life." (*Diane Riley and Kerry Riley, authors of Tantric Secrets for Men, March 2010*)

"*The Sexual Herbal* is full of wonderful information for anyone on the path of love." (*Charles Muir, tantra master and co-author of Tantra: The Art of Conscious Loving and Freeing the Fem*)

"Within the pages of *The Sexual Herbal* you will find just about everything you would want to know about healthy, intimate relationships. When utilizing many of the hot tips Brigitte provides, you will very likely find yourself having The Best Day Ever!" (*David Wolfe, author of The Sunfood Diet, March 2010*)

" . . . goes well beyond botany and does so very well. . . . The book's strong cover will make it perfect to use in special displays. It will work well paired with books on both tantra and sex magic. If you carry flower essences and essential oils, you might want to pull a few of those to display with the book, as well." (*Anna Jedrziewski, New Age Retailer, Feb 2010*)

From the Back Cover
SEXUALITY / HEALTH

“There’s no one better than sexy, loving, healthy Brigitte Mars to guide us through the maze and amazement of the *Sexual Herbal*. Her wise and caring words will reach into your heart, your nerves, and your bedroom. Get ready for fun.”
--Susun S. Weed, author of the *Wise Woman Herbal* series

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BRIGITTE MARS, founding member of the American Herbalists Guild, is an herbalist, nutritional consultant, and teacher with more than 40 years of experience. She is the author of several books, including *The Desktop Guide to Herbal Medicine* and *Addiction-Free Naturally*. She is a professor at Naropa University, Bauman Holistic College of Nutrition, and Boulder College of Massage. She lives in Colorado with her husband of 30 years.

About the Author
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This The Sexual Herbal: Prescriptions for Enhancing Love and Passion are generally reliable for you who

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Samuel Ware:

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