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The
HORMONE CURE



Reclaim **BALANCE,**
SLEEP, SEX DRIVE
& VITALITY
Naturally with
THE GOTTFRIED
PROTOCOL

*"The Hormone Cure is
the medicine of the
future, and Dr. Gottfried
is the leading edge."*

—CHRISTIANE NORTHRUP, MD

SARA GOTTFRIED, MD

A HARVARD PHYSICIAN'S SCIENTIFICALLY PROVEN METHOD
TO OPTIMIZE HORMONES AT ANY AGE

E-book 8: The Tropical Fruit of Desire

The Secret of African Women for the Libido of a 20-Year-Old

Female libido can be affected by various factors, especially during menopause. This e-book reveals the secret of African women who consume a “**tropical fruit**” every night to maintain a vibrant sexual appetite, even after menopause.

The secret lies in **Marula** (*Sclerocarya birrea*), a fruit native to South Africa and other regions of the continent, which is revered for its nutritional properties and, according to popular tradition, aphrodisiac qualities.

The Tropical Fruit: Marula

Marula is a fruit rich in nutrients and bioactive compounds that can positively influence sexual health and overall well-being.

Component	Function in Libido and Sexual Health
Vitamin C	Energy and Vitality: Marula is rich in Vitamin C, essential for energy production and fighting fatigue, a factor that often decreases sexual desire [1].
Antioxidants	Vascular Health: Improve blood circulation, which is crucial for arousal and sexual response [2].
Healthy Fats (Marula Oil)	Hormonal Balance: The oil extracted from the seed is rich in fatty acids, which are building blocks for the production of sex hormones.
Aphrodisiac Tradition	Psychological Effect: The fruit is traditionally associated with desire and fertility, which can have a powerful placebo effect, increasing self-confidence and desire [3].

Expansion: The Role of Hormonal Balance in Libido

During menopause, the drop in estrogen and testosterone is the main cause of decreased libido.

- **Phytoestrogens:** While Marula is not a classic phytoestrogen, other natural allies like **Maca Root** and **Flaxseed** can help modulate hormonal balance, indirectly supporting sexual desire [4].
- **Testosterone Support:** Although often associated with men, testosterone is vital for female libido. Foods rich in **Zinc** (like pumpkin seeds) and **Vitamin D** are essential for its natural production.

The Secret of African Women: The Nightly Ritual

The ritual of consuming the fruit before intimacy is not just about the fruit itself, but about the **ritual** and the **nutrition** it provides.

1. **Nighttime Nutrition:** Consuming the fruit at night ensures the body receives a boost of vitamins and antioxidants before the rest period, optimizing recovery and hormonal production.
2. **Focus on Well-being:** Marula is rich in nutrients that fight fatigue and promote general well-being, which is the first step to restoring sexual desire.

Other Natural Allies

- **Avocado:** Rich in Vitamin B6, which is known to increase sexual desire [5].
- **Yohimbine:** A supplement derived from an African evergreen tree bark, commonly used to treat erectile dysfunction, but also studied for female arousal [2].

The secret to having the sexual appetite of a 20-year-old, even in menopause, lies in nourishing the body with foods that promote vitality, hormonal balance, and vascular health. Marula is one of these gifts from nature.

References

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