

# SOP: LOW LIBIDO

REIGNITE DESIRE AND SUPPORT SEXUAL WELLNESS IN & AFTER MENOPAUSE



## OVERVIEW

- **Definition:** Reduced sexual desire, arousal, or satisfaction often linked to hormonal changes influenced by exercise, stress, sleep, or relationship dynamics.
- **Target Audience:** Women over 40 experiencing low libido or decreased sexual satisfaction, or pelvic pain on intercourse. Prolapse may also come up.



## SIGNS & SYMPTOMS

- ✓ Reduced interest in sexual activity.
- ✓ Difficulty with arousal or achieving orgasm.
- ✓ Vaginal dryness causing pain or discomfort during intimacy.
- ✓ Fatigue or lack of energy for sexual activity.
- ✓ Emotional disconnect or stress impacting intimacy.



## WHAT TO TRY: INITIAL STEPS & PROGRESSION

### STEP 1: ADDRESS HORMONAL BALANCE

- **Sub-step 1:** Support estrogen, testosterone, and progesterone levels through nutrition and lifestyle changes.
- **Sub-step 2:** Include phytoestrogen-rich foods, protein and micronutrient dense diet.
- **Sub-step 3:** Consult a healthcare provider about hormone replacement therapy (HRT) if interested. Vaginal estrogen via Julva is optional (resources).

### STEP 2: NUTRITION FOR LIBIDO

- **Sub-step 1:** Adequate protein and calories first.
- **Sub-step 2:** Reduce alcohol, processed foods and excess sugar, and excess caffeine.
- **Sub-step 4:** Foods rich in zinc and with additional antioxidants may be only slightly helpful (oysters, dark chocolate).

### STEP 3: EXERCISE FOR LIBIDO

- **Sub-step 1:** Incorporate regular strength training to muscle fatigue + recovery.
- **Sub-step 2:** Include pelvic floor exercises (e.g., Kegels): #1 - Breathe!
- **Sub-step 3:** Engage in activities that boost body confidence and blood flow (e.g., dance, yoga).
- **Sub-step 4:** Stop long endurance exercise: exchange for low intensity or HIIT, if appropriate.

## STEP 4: STRESS MANAGEMENT & EMOTIONAL CONNECTION

- **Sub-step 1:** Practice daily stress-reducing activities (e.g., breathwork, journaling).
- **Sub-step 2:** Foster emotional intimacy with a partner (e.g., date nights, open communication).
- **Sub-step 3:** Prioritize self-care and pleasure outside the bedroom.

## STEP 5: SLEEP OPTIMIZATION

- **Sub-step 1:** Aim for your optimal hours of restorative sleep.
- **Sub-step 2:** Follow nighttime hygiene strategies (*See Insomnia SOP*).



### SUGGESTED TOOLS FOR TRACKING

- **Metrics to Monitor:** Energy levels, mood, frequency of intimacy, overall satisfaction.
- **Recommended Tools/Apps:** Mood journals, relationship health tracker.
- **Frequency of Check-ins:** Bi-weekly for 8 weeks.



### COMMON CHALLENGES & TROUBLESHOOTING TIPS

- **Challenge 1:** Client feels embarrassed discussing libido struggles or assumes it's normal or unrelated to overall health.
  - **Solution:** Create a safe, non-judgmental space for open conversation.
- **Challenge 2:** Client struggles with sleep and energy levels impacting libido.
  - **Solution:** Address sleep and fatigue management first.



### CLIENT COMMUNICATION TIPS

- **Tone & Approach:** Empathetic, non-judgmental, and open.
- **Key Phrases to Use:**
  - "Sexual wellness is an important part of overall health—it's okay to talk about it."
  - "Small steps in self-care and stress management can have big ripple effects."
  - "Sex can be an excellent way to promote positive hormone response and well-being."
  - "With yourself counts."



### REFERENCES & RESOURCES

- Flipping 50 blogs, podcasts, Flipping 50TV, Modules: Hormones.
- Julva: <https://www.flippingfifty.com/julva>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7290663/>
- <https://www.mdpi.com/2077-0383/9/5/1588>
- <https://pubmed.ncbi.nlm.nih.gov/33548486/>

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## NOTES SECTION