



Libido

This **Personal Coach program** is designed to help you live more serenely. The objective is to help you achieve a healthy lifestyle using easy-to-adopt measures to restore a healthy libido.

✓ DEVELOP THE RIGHT HABITS!



IN THE MORNING

- **Give yourself a massage** with essential oils (e.g. jasmine, ylang-ylang and lavender). These stimulate the senses and boost energy.



DURING THE DAY

- **Breathe** deeply during the day. Being energetic will boost your circulation and your concentration and reduce tension.
- **Delegate some tasks** (e.g. school pick-up, grocery shopping and housework) to those around you to make some time for yourself.
- **Meet your friends.** Take your mind off things over lunch or by going out after work.



AT THE END OF THE DAY

- **Exercise** (two or three times a week): jogging, weight training, power walking, swimming, etc. Work-out, but not after 8pm so as not to disrupt your sleep.
- **Treat yourselves** to an exhibit, a movie, a restaurant or a bath – plan time together as a couple.
- **Massage one another.** An excellent morale booster, it triggers the production of endorphins, giving a feeling of well-being and promoting relaxation.
- **Pay attention to your sleep.** Is it restful and refreshing? If not you may want to consult your My Personal Coach Sleep program.



LACTIUM® RECOMMENDED DOSAGE

To ensure Lactium®, your daily partner, is as effective as possible, **take 150 to 300mg per day⁽¹⁾ ⁽²⁾ for 15 days to one month.**

⁽¹⁾ Lanoir D. (et Al.), Stress, 5 (suppl.), 124, (2002) - ⁽²⁾ Dr Abdul Samad F. (et. Al.), Unpublished, (2011)

Lactium