

HOW MENSTRUAL CYCLE HORMONES IMPACT SEX DRIVE

ESTROGEN

Keeps vaginal tissues lubricated and plump, increases desire, and makes sex more pleasurable.

PROGESTERONE

Keeps us calm, reduces PMS symptoms, and helps us sleep, but higher levels can adversely impact sex drive

TESTOSTERONE

Like Estrogen, Testosterone also spikes midcycle, so they work together to boost sex drive and may even improve orgasms.

Sex How To Do Everything

Ian Pickup



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