

# 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

**Yicheng Fang**



**Sex How To Do Everything:**

Uncover the mysteries within Crafted by is enigmatic creation, Embark on a Mystery with **Sex How To Do Everything** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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