

# Post-partum Libido

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A common source of frustration in new moms is lack of libido. Regardless of how long a couple has been together, adjusting to life with a new baby causes stress and anxiety in both parents, which can affect sexual desire. New mothers however face unique and complicated challenges to restore libido after a child is born.

## The most common causes of low libido in Mothers

- **Hormonal:** Breast feeding, Low Testosterone, Hypothyroid, Adrenal Fatigue
- **Emotional:** Depression, stress, fear, anxiety, disconnect with partner, poor body image leading to decreased desire, difficulty taking mind off of the baby
- **Fatigue:** lack of restorative sleep, no time for self, doing too much
- **Physical :** Pain with intercourse, vaginal dryness, altered sensation after childbirth
- **Illness:** current or recovery from previous illness
- **Drugs:** Some anti-depressants, some blood pressure medications, Birth control pills, Cigarettes, Marijuana

Addressing the health of the body and mind are essential in restoring a woman's libido following childbirth. By focusing on stress reduction, a healthy diet, specific nutritional supplements, and elimination of any underlying disease, most women will find that their sexual desire returns. It is important that both partners are committed to improving communication and enhancing intimacy in a time period that each are comfortable with.

