

Sex

**Description**

To Jesus:  
Sex

Saving this to a “Health” email folder may help access.

Use this as a starting point for your own research, and share with your doctor as you find appropriate.

You can use drugs.com or other trusted health websites to look up the latest information on prescription & herbal drugs possible side & interaction effects.

Suma

Suma (Brazilian ginseng) appears to increase sex drive, strength, energy (especially after workout), female fertility, collagen, reduced dark circles under eye (topically), lower blood pressure, and reduce stress/anxiety/depression & inflammation, diabetes, sickle cell anemia, fat, ulcers & heartburn, osteoporosis, pain, kidney damage, cancer.

[supplements.selfdecode.com/blog/health-benefits-suma-root/](https://supplements.selfdecode.com/blog/health-benefits-suma-root/)  
<https://www.healthline.com/nutrition/suma-root-benefits-downsides#health-benefits>

[verywellhealth.com/suma-benefits-side-effects-dosage-and-interactions-4767934](https://verywellhealth.com/suma-benefits-side-effects-dosage-and-interactions-4767934)

default watermark

**Category**

1. Uncategorized

**Date Created**

September 2024

**Author**

biggs