



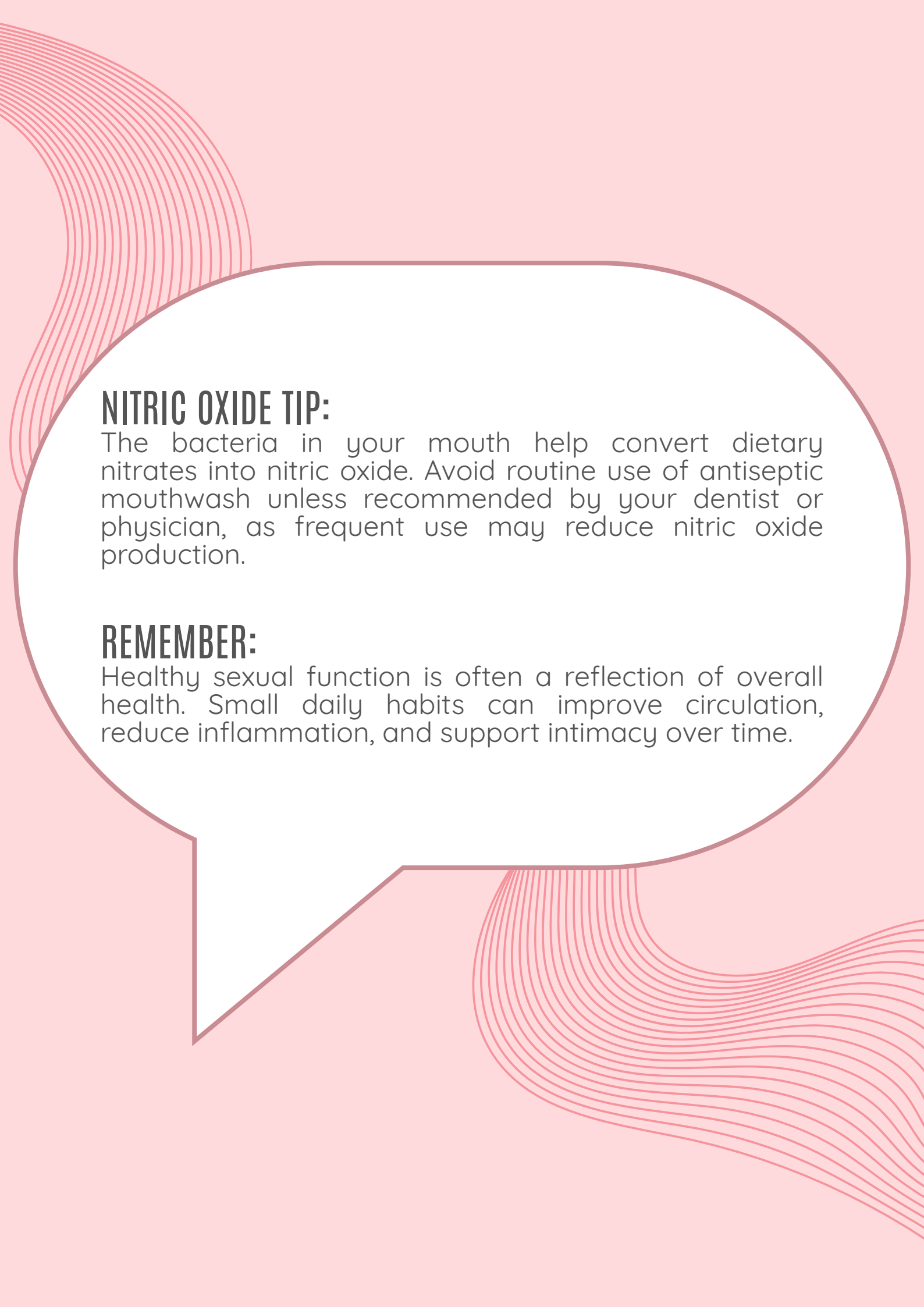
HEALTHY INTIMACY CHECKLIST

Support Blood Flow • Hormones • Nerves • Nitric Oxide • Connection

Healthy intimacy begins with healthy circulation. Nitric oxide (NO) is a natural molecule that relaxes blood vessels, improves blood flow, and supports sexual arousal and orgasm in both women and men.

Daily Checklist

☐	Eat nitrate-rich vegetables daily (arugula, spinach, beet greens, lettuce, celery).
☐	Include beets or beet juice several times each week.
☐	Eat colorful fruits and vegetables for antioxidants (berries, citrus, pomegranate).
☐	Include walnuts, flaxseed, chia seeds, or other heart-healthy fats.
☐	Exercise at least 30 minutes most days to boost nitric oxide.
☐	Aim for 7-9 hours of quality sleep nightly.
☐	Drink enough water throughout the day.
☐	Practice daily stress reduction (prayer, deep breathing, meditation, gratitude).
☐	Maintain healthy blood sugar and blood pressure.
☐	Avoid smoking and limit alcohol.
☐	Review medications with your healthcare professional if sexual function has changed.
☐	Discuss hormone testing if symptoms include low desire, fatigue, or vaginal dryness.
☐	Consider pelvic floor physical therapy if you have pelvic pain or difficulty achieving orgasm.
☐	Prioritize emotional connection, communication, and unhurried intimacy.



NITRIC OXIDE TIP:

The bacteria in your mouth help convert dietary nitrates into nitric oxide. Avoid routine use of antiseptic mouthwash unless recommended by your dentist or physician, as frequent use may reduce nitric oxide production.

REMEMBER:

Healthy sexual function is often a reflection of overall health. Small daily habits can improve circulation, reduce inflammation, and support intimacy over time.