HOW TO GET YOUR SEXY BACK

12 WAYS TO IMPROVE YOUR SEXUAL HEALTH AND WELL BEING

by Michael L. Krychman
The World Health Organization defines sexual health as a state of physical, emotional, mental and social well being in relation to sexuality; it is not merely the absence of disease, dysfunction or sickness.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences—free of coercion, discrimination and violence.

The new concept surrounding sexual health is that positive sexuality is often attributed to overall general health. Many men and women stagnate. They get into a routine and do not make sex a priority.

Sex can be the glue that keeps a relationship alive and thriving. Sex and general health and fitness are often intertwined. Sex has the ability to nurture your mind, body and spirit.

Read on to learn how to maintain a vital, healthy and satisfying sex life. Don’t accept the humdrum boring sex that has become an uninspired routine.
Sometimes your sex drive or sexual functioning may be suppressed due to an underlying chronic medical condition.

We certainly know of the link between cardiovascular disease or diabetes and erectile dysfunction. Sometimes, symptoms of sexual problems may be the symptom of a bigger underlying medical issue. Be sure to see your healthcare professional for a complete physical examination.

Sexual problems can be attributed to hormonal imbalance, disease, and also psychological factors such as depression or anxiety.

A healthy sex life is yet another reason to take good care of yourself. Be sure to have a nourishing and well-balanced diet, only drink alcohol in moderation, avoid drugs and smoking.

Make a point to review your medications with your healthcare professional. Antidepressants and anxiety-reducing drugs can zap your sexual interest and impact the sexual response. You may also consider seeing a sex specialist (either gynecologist, urologist or therapist) to gain greater clarity on the source of a problem.
Get in shape. Most people tend to gain weight as they get older. They become less active, and their lives become more routine. This can adversely affect one's sex life. Obesity often has a negative effect on self-image.

Loosing weight improves not only your self-esteem but also helps you feel more attractive to yourself and your partner. Getting back in shape is a positive first step to overall health and sexual wellness. It also has major effects on your self-esteem.

When you feel better, you look better. The minute you get off that couch and begin walking or jogging, you can feel your energy level rise.

Sex itself can also be considered a good aerobic workout. You can burn extra calories with vigorous lovemaking.

So skip that cheesecake dessert, dust off those sexy skinny jeans and plan a hot lovemaking session.
Lack of sleep has been linked to mood disorders like depression, memory problems, low libido and feeling anxious. Sleeplessness can also change sexual hormones and neurotransmitters.

This can all affect your sex drive and sexual functioning. One sure fire way to get a better night's sleep is to engage in rousing sex. According to research, the “cuddle intimacy hormone” oxytocin, which is released during orgasm, also promotes sleep.

Other chemical reactions occur after sex as well: Dopamine drops and prolactin can rise. These changes have been linked with feelings of relaxation, sleepiness as well as overall satisfaction.

And getting enough sleep has also been associated with maintaining a healthy weight and blood pressure— and a stronger sex drive. In short, good sleep and good sex support each other. Make it a point to get enough of both in your life.
All too often the sexual script is planned. We tend to consider all sexual experiences a failure if they do not lead to mutual orgasm and sexual intercourse. Sometimes we forget the intimate journey. Consider reframing it. Focus on sexual pleasure rather than the goal-oriented performance.

The journey of sensual intimacy is important. Do not rush. Take your time. Forget sexual intercourse (for now) and focus on “outer course.” It’s fun and exciting to enjoy sensual foreplay, oral pleasure and exploring all of your erogenous zones.

The art of sensual massage can also enhance the sexual journey. Choose a sensual, scented massage oil. Learn your partner’s erotic and erroneous areas.

Sometimes we become preoccupied with the genitals and forget there’s a whole body to explore. Touch and enjoy each other’s bodies. All parts.

Enjoy an erotic pleasurable shower or bath together and take turns washing, caressing and exploring each other. Set the stage with sensual music, a beautiful setting and romantic candlelight.
Communication and Connection

How often do we yell and scream from the other room? We have lost the art of talking, listening and communicating. Sometime we feel disconnected from our partner and we fail to listen to each other. Sometimes unresolved conflicts can act as barriers to sexual expression. Resolve those conflicts. Discuss and listen. Talk about sex, understand and accept your own sexual needs and those of your partner’s. Share how you like to be touched and what feels good to you. Make each other feel valuable—share praise and compliments.

Say thank you for all the special things that your partner does for you. It is important to show each other appreciation and thoughtfulness. Perform random acts of kindness for no special reason.

Make a point to spend uninterrupted adult time together without discussing the children, the mortgage or your job. Do something fun together. Take a nature walk, stroll on the beach, go to an art museum and reconnect.
6. **ENJOY SENSUAL ROMANCE**

Many people say that sex begins in the kitchen and outside of the bedroom. It is important to court your partner and make him or her feel sexy, wanted, and needed.

Here are some ideas to rekindle your sense of intimacy and romance:
- Send sexy text messages, leave a love note under his/her pillow, dance sensually with each other, take a bath filled with rose petals or a steamy shower together, buy a small surprise gift (flowers, chocolates, a silky robe) for no specific occasion, hug and kiss, watch an erotic video together, give each other a loving foot massage by the roaring fire, plan a special date together and remember when and how you originally fell in love.

It’s equally important to make time for privacy and rejuvenation. A vacation from the outside world can revitalize your sex life. Lock the master bedroom door, turn off all electronic devices, and tune into each other.
Sometimes sexual intimacy can become boring and tedious. It’s not uncommon for men and women to complain that they have entered a sexual RUT—Routine, Unimaginative and Tiresome. Sex has become like a well-known script. Most are aware of the natural progression of sexual play.

Women often complain of unoriginality. They can read their partner’s sexual urges and desires very well: he may take a hot shower, turn off the late night television show and put on a pair of “lucky” silk shorts before engaging in sexual activity. Sex becomes dry, bland and stale. Foreplay is rushed! Maybe sex is always in the same location or in the same position.

Take note: novelty is sexy. Be playful, creative and laugh! Try something new—a new location, a different position or a new time of the day. Be naughty or nice. Varying sexual behavior, positions and locations can charge your libido and boost sexual hormones. Sex should be hot, erotic and exciting. Spice up the sexual script and take a little walk on the wilder side to recharge your sexual battery.
Bad day at the office? Is your boss annoying and demanding? Are the kids not listening and acting out? Stress surrounds us on a daily basis. Many people turn to exercise or yoga for relaxation, while others turn to smoking, drinking or getting lost in television or the Internet. Whatever the source, it's important to get a handle on stress. Chronic stress can directly impact your sexual interest and libido. Testosterone levels, which have been linked to sexual desire in some women, can plummet during times of chronic anxiety and stress.

Here are some easy techniques to help you counteract the daily stresses of life:

- Get lost in a hobby
- Try meditation
- Read a fascinating book
- Learn to cook a fancy Italian dinner
- Start taking yoga or tai chi
- Practice rhythmic breathing
- Watch a comedy show on television
- Exercise and train with weights
- Practice aromatherapy

Sex can also be a great stress reliever and comes with the added benefit of creating deeper intimacy with your partner. "Sexercise" releases feel good hormones and endorphins, which can help soothe stress and decrease anxiety or pain.
Many women suffer from vaginal dryness and experience sexual pain syndromes, particularly at the onset of, during and post menopause. It has long been recognized that as women age, their estrogen levels drop which can have profound effects on their vaginal mucosa (lining) which can become dry, pale, frail and loses its elasticity.

Even younger women who may be on oral contraceptives or breastfeeding or have diabetes may also experience sexual dryness and painful intercourse.

Many women suffer in silence even though there are multitudes of over-the-counter products that can help ease the burning and itchiness. Be sure to read the labels when choosing a moisturizer and lubricant, and select those rich in natural ingredients. Do not forego your sex life. Women who continue to be sexually active after they reach menopause, either with a partner or through self stimulation, may be less likely to experience significant vaginal atrophy.

There is some truth to the concept of “use it or lose it”. Continuing to be sexually active into your golden years will help maintain a vibrant sense of sexuality and enhance your body’s ability to stay lubricated.

Lubricants and moisturizers are not just for dryness. Choosing a lubricant or moisturizer may also be for enhanced enjoyment. Many men and women enjoy the silky slickness of added lubrication. Lubrigyn® Lotion or Cream can help.

Rich in natural ingredients and free of harmful additives (such as sodium laurel sulfates, parabens and hydrocarbons), these products are smart ways to help stay clean, lubricated and confident. They also come doctor recommended.
Dr. Brotto suggests you repeat these nonjudgmental statements to yourself:

- "My body is my own"
- "It is alive"
- "I notice and appreciate each aspect of my body."

Pay close attention to your body and how it is responding.
Sexual accessories can enhance and intensify sensuality. Indulge with self-stimulators, arousal oils/gels, or vibrators, c-rings, or even sexy underwear or revealing underwear jock straps. For some of the more adventurous types, feathers, handcuffs and sexual games may excite and tantalize your sexual appetite.

Edible oils can be thought-provoking. Sensual books or videos can also be used to improve sexual appetite and satisfaction.

For some couples, fantasy play can help put a sex life back on track. Share your fantasies with your partner and act them out. Sometimes playing “make believe” with costumes during role-playing can help.

We often forget that our partners like to look at us with longing and sensual passion. Those baggy sweat pants are hardly sexy. Dress for sexual attraction.

Wear that revealing lingerie nightgown, or that sexy set of boxers or jock strap.

Consider redecorating the master bedroom into a sexual sanctuary, creating a haven for sexual play. Remove all the pictures of children or grandchildren, install light dimmers and set a new tone. Make your sexual environment a sanctuary for temptation and fulfillment.
Stop putting sex on such a high pedestal. Sometimes we place so many conditions on having sex that it makes it virtually impossible to achieve the goal. Fatigue, stress, lighting, time of the day, privacy, are all factors that can deaden the mood. Reframing the sexual experience is the most important aspect to reclaiming sexual intimacy.

Sometimes it's best to just have sex even if you are not fully in the mood for intimacy. The actual act of sexual pleasure and intimacy will be a great motivator and improve your sexual desire and interest in time. Having great sex may help you crave it. Sex itself may boost your desire for the sexual reward of hormonal release and emotional intimacy with your partner. Twice a week should be the minimum benchmark. Go for it!
WHEN IT’S THIS INTIMATE
IT HAS TO BE THAT GOOD.

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