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**Products for Women - Reviewed by Women**

SECRETS TO  
THE GREATEST  
SEX  
EVER







## WomenReviewed.com and Danielle Diamond - Present:

### **Secrets to the GREATEST Sex EVER!!!!**

Hello! I'm glad you have taken the time to download this ebook. I intended it to be the **perfect guide to sex**, ideal whether you're a beginner or an experienced lover. This book should give you **all the tools you need** to completely satisfy your lover.

Inside you'll learn:

- the 3 bedroom don'ts that are major turnoffs to women
- my favorite sex toys and sexual enhancement products
- everything you need to know about the G spot
- ...and full, total disclosure on over 30 other topics!

It's taken me a long time to bring this information together, but I think it was worth the effort. I know that a lot of people are going to be upset and say **I'm revealing their secrets**. I don't believe in concealing information that can make people happy.

So here it is – the **most important** things I've learned about sex from my own experiences and the experiences of my friends. It's frank, it's eye-opening, and it may surprise and shock you. But it's all true.

I very much hope that this information helps you to become a masterful lover.

*Warmest regards,*

*~Danielle*

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# ABOUT HER

Women can be complicated and frustrating to men who don't understand their secrets... But don't worry. I'll guide you through all the most vital information you need to solve the most common sexual problems and leave your lover gasping!



### Why Foreplay Is A Must For Ladies



I want to discuss an issue that's plagued many men – **foreplay**. Technically, foreplay encompasses all the pre-intercourse play we engage in: kissing, caressing, touching, even oral sex. To be a great lover, a man must master, and preferably enjoy, foreplay.

Traditionally, we think of foreplay as something a man has to do (or endure) to get his partner ready for sex. A lot of men think of foreplay as a chore – something that has to get done before they can get it on. Like ironing your shirt in the morning.

On the other hand, women perceive foreplay as an integral part of the process of sex. While women can occasionally have sex without foreplay (also known as a quickie), me and nearly all my female friends feel that foreplay is absolutely vital to a truly enjoyable, fulfilling sexual experience. Part of this is psychological and part of it is physical.

So why is foreplay important? And what do you need to know to master foreplay? Read on!

#### Men, women and the arousal cycle

When it comes to sexual arousal, men are digital and women are analog. Now let me explain what I mean by this sweeping generalization.

Men are either turned on or not. When sexually excited, men get an erection. The erection lasts until the man reaches orgasm or the sexual stimulus is removed. When this happens, the man loses interest in sex for a time. He also loses the ability to have sex for a variable time period.

Women do not have either/or sex drives. Women have varying degrees of sexual excitement. They are multi-orgasmic (or at least capable of having multiple orgasms). Women must be stimulated to reach a peak of excitement that coincides with orgasm. Afterward, a woman can be stimulated to further orgasms.

Physiologically, during arousal, a woman's vagina begins producing natural lubricant. The shape of the vagina changes, lengthening to allow penetration. A woman's clitoris fills with blood and becomes more sensitive.

Foreplay is the method by which the woman's level of sexual excitement is increased, causing these physiological changes, allowing the woman to have sex – and to enjoy it.

### Foreplay mistakes

Most women have similar complaints:

- Men don't kiss long enough
- Men fixate on our breasts
- ...and then they rush straight to our crotch

Good foreplay avoids these pitfalls. **Give long, lingering kisses.** Don't focus specifically on kissing the mouth. I personally love kissing, licking and nibbling on my neck and shoulders.

**Don't be breast-obsessed.** Yes, my breasts and nipples are extremely sensitive, but I want you to pay attention to my entire body. Give breasts their fair share of attention and then move on.

**No rushing!** Foreplay should be relaxed and luxurious. We want to be touched all over. Sometimes, I want to be the one who tells you to touch my clit and vagina. Other times, I want my partner to take initiative and touch me there – but not until I'm ready. Some men don't realize that touching before a woman is fully aroused can be uncomfortable or even painful. This is another reason not to hurry foreplay along.

There are some products you can use to hasten the arousal process. My favorite, is called Vigorelle - a cream that increases blood flow to intimate places - and dramatically increases pleasurable sensations.

Now, on to some tips and techniques to help you foster foreplay.

### Foreplay tips

The easiest thing you can do to earn your Ph.D. in foreplay is to enjoy it. This may sound difficult, but believe me, I can tell whether my partner's into it! To me, one of the biggest turn-ons is knowing the person I'm with is enjoying themselves as much as I am. Remember – sex begins in the brain. Attitude is important.

If you don't know what your partner likes, simply ask. Sometimes you should phrase the question as, "Do you prefer this or that?" Kisses or bites? Caresses or grabbing? Stroking her hair or pulling? It's important to be communicative in bed (and I'm not just talking about her screaming your name ; ) so be prepared to tell your partner what you like, too.

Sexy talk is completely underrated by many people. But you'd be amazed how many people get excited by simple talk. A good way to test this is to tell your partner exactly what you're going to do to her in great detail. That gets just about everyone revved up. If sexy talk isn't your partner's speed, you can still talk: tell her how beautiful she is, how happy you are to be fooling around with her, etc.

Go slow – until she asks you to go fast. Most men try to rush foreplay. To me, that's like starting on your main course while your dinner partner is still working on the appetizer. Be polite and not hasty.

One of the reasons I like the [Vigorelle](#) cream is that a good, extended foreplay session gives it plenty of time to work. When it kicks in, I can really feel the difference – and that's usually when foreplay becomes sex!

Remember: the ideal lover is someone who loves foreplay as much as his partner does. Use these foreplay tips to add a little more steam to your sex play!

## Why She's Not In The Mood



### Everything you need to know about a woman's libido

*"Not tonight... I have a headache."*

You've heard it before over and over again; women turning down sex, not being in the mood, or just not having sex at all! Who's to blame? I hear this question from many of my friends, both men and women. What strikes me is that most people *don't understand* the female sex drive. So what's important to women – what turns them off, and what turns them on?

The answers may surprise you. Women, as you know, are more sensitive to environmental, physical and psychological influences than men. Lots of factors can diminish a woman's libido. Knowing what these factors are, and more importantly, how to correct these situations, will put you on the path to sexual fulfillment.

Below, I reveal useful information on women's libido (sex drive), why it declines and how to [effectively increase her sexual desire!](#)

### The Libido

"Libido" is a woman's sex drive. It's basically her appetite, and mood, for sex.

Like moods which can be experienced in highs and lows, the libido also rises and declines. Learn which factors reduce a woman's libido, which work to increase it, and how to reclaim her sexual desire!

## Factors Which Cause Low Libido: Understanding the Causes Of Low Female Libido

### 1. Psychological/Mental

Reductions in libido due to psychological causes are the **most common**. They are often related to **anxiety**, **stress**, loss of intimacy, **depression**, marital or relationship problems, crises in our lives, and even financial difficulties.

Unlike men, a woman's sex drive is effected by external factors such as the ones listed above. A woman will be **consumed by stress** in her life; she will harbor stressful thoughts in her mind which lead to the infamous "headache." The result is a direct connection between a **low mood and low sex drive**.

### 2. Hormonal/Testosterone

A women's libido is affected by the amount of testosterone in her body. As she ages, **testosterone levels decrease** and her **libido declines**. Surgical procedures such as removing ovaries also affect a woman's hormonal levels and cause low libido.

Solutions to replacing lost testosterone are available by prescription only. The most effective medications are ones which convert into testosterone once ingested by the body, such as DHEA. Pregnenolone, another over the counter hormone works to increase testosterone levels and enhance female libido.

Overall, while hormones may work to increase testosterone, one must consider the risks, side effects, and potential long term health problems associated with these medications. My personal preference is to use **herbal remedies for libido enhancement**. These [herbal treatments](#) don't require a prescription and are extremely effective in boosting the female libido.

### 3. Low Blood Flow/Aging

Another common factor associated with aging is low blood flow. Recent research in **sexual dysfunction** concludes that **low blood flow** to the genitalia is responsible for **low libido** in women. Medical conditions such as atherosclerosis, high cholesterol, hypertension, or diabetes further reduce blood flow to the genital organs. Additional factors such as pelvic or abdominal surgeries also impede blood flow. While many medications such as Viagra, work to solve both low blood flow and sexual dysfunction in men very few treatments are available to women.

Luckily, breakthroughs in science have paved the way for women as well. Sexologists who diagnose sexual dysfunction in women frequently prescribe an L-Arginine cream to stimulate clitoral blood flow, and therefore arousal. L-Arginine is a potent amino acid that acts as a vasodilator – opening blood vessels and allowing the body to work as it should. My favorite female cream is [Vigorelle](#). Within minutes of application, a woman is aroused and her desire for sex is heightened.

### 4. Medical Conditions

Certain medical conditions **reduce** a woman's **libido, ability to orgasm, and sexual pleasure**. Disorders such as diabetes, multiple sclerosis, Parkinson's disease, and stroke cause nerve damage and affect the brain's ability to respond to sexual stimulation. Additional conditions effecting libido are hypertension, high cholesterol, cardiovascular disease, peripheral vascular disease, and insomnia. In women, abdominal or pelvic operations occasionally lead to nerve damage and low libido.

Some medications also interfere with the body's sexual response. These include sedatives, antidepressants (SSRIs), beta-blockers, and anti-hypertensives. (Antidepressants are really the worst – when a woman's depressed, she has no libido. But antidepressants also wreck the sex drive! It's a catch-22 situation.) They **reduce sexual drive** and performance by interfering with essential properties in the human body such as dopamine, acetylcholine, and nitric oxide.

You should also know that female sexual arousal dysfunction (FSAD) is a diagnosed medical condition as well. Hormone replacement therapy and L-Arginine creams are frequently prescribed to treat this condition.

## Solutions to enhance female libido:

Don't be overwhelmed by the many factors effecting female libido. The more you know, the more of an **expert** you will be in turning your woman on! Knowing the causes for her low sex drive is half the battle. The other half is trying new alternatives that will **bring back the spark in the bedroom**.

### 1. Exercise

A neat way to spark a woman's libido without her even knowing is exercising with her. As you know, low testosterone is responsible for low libido. Exercise works to promote testosterone levels in women and thus play a role in **stimulating a woman's libido**. Levels of testosterone increase about 20 minutes into an exercise session and will remain elevated for one to three hours after exercise. Not to mention, exercise also releases endorphins in the brain. Endorphins are chemical compounds which promote feelings of happiness and pleasure. Because low female libido is directly linked to low mood, exercise works in combination to boost her mood, testosterone levels, and sex drive!

### 2. Herbal Remedies

A **gentle** and **effective** way to increase female libido are herbal remedies. Unlike prescribed medications which work to increase testosterone levels in women, **herbal remedies work to increase blood flow**. The difference is a **safe solution** without all the health risks testosterone medications offer. After recent research discovered the link between low libido and low blood flow, many medications, such as Viagra, were developed to solve both low blood flow and sexual dysfunction in men. *But what about women?* Now there's a solution, thanks to recent research on sexual health.

Herbal remedies such as *Provestra* do for women what *Viagra* does for men (without all the health complications). *Provestra* is so unique because it's an herbal capsule which stimulates clitoral blood flow and female libido. *Vigorelle*, meanwhile, is an external treatment, so no foreign substances enter the body. *Vigorelle* is **completely safe** to use to **promote female libido** and it **works instantly!** All you have to do is apply *Vigorelle* to your partner's clitoris right before sex. Since it's a light clear gel, *Vigorelle* doubles great as a sensitizing cream and can even be used during oral sex. I think it's pretty wonderful stuff.

### 3. Yoga

The hardest factor to work with and the most common in reducing female libido are psychological ones. While men can help their partners get back in the mood with exercise and herbal treatments they can never get inside a woman's mind. Face it; you may never know what truly causes her frequent "headaches" right before sex. The best you can do is recommend your partner take up activities to de-stress. Activities such as yoga **help women relax** and clear their mind of anxiety, depression and stress. Yoga also promotes healthy blood flow throughout the body, which we already know is crucial in restoring a woman's libido. Recommending your partner find ways to better her mood will enrich her life as well as your relationship. Remember a **happier mood means a higher libido!**

#### 4. Setting the mood

Because women are so sensitive to their environment and your actions, taking the time to set the mood can really help to turn her on. Take a look at the chapter **10 Ways To Turn Her On** for a long list of tips and suggestions.

Now that you have all the information needed to understand female libido, use this as a tool to increase and enhance your sex life. Don't let your relationship suffer due to misunderstandings and resentment. It's not your fault, nor is it hers. Many natural factors such as aging affect female libido; as well as many natural remedies work to increase it. So next time you hear the words, "Not tonight," remember you have the tools to work with!

## 10 Ways To Turn Her On: Sexy Secrets Revealed



You've tried everything and *still* can't get her in the mood? Not to worry. In my duty to provide men with the **most accurate information on female sexuality**, I decided to conduct a nation-wide survey.

Okay, it wasn't exactly a nation-wide survey. I contacted my female friends (most are straight) and asked them, "What truly turns you on?" So now you're privy to all their naughtiest secrets.

Below you'll find the **sexiest secrets** ever revealed on what gets us **hot and oh so horny!** Use these tips tonight to get her juices flowing!

### 1. Give Her Sexy Thoughts

According to the *Journal of Sex and Marital Therapy*, researcher Rosemary Basson, MD concludes that women must convince themselves to want sex before their sexual desire kicks in. Many women agree, including myself. Arousal starts first in the mind. Give your woman sexy thoughts throughout the day to **stir her sexual desire**. Send her sexy text messages or emails while she's at work. Include little reminders from when you had great sex. Tell her what you want to do to her once she gets home. If your hesitant and are afraid she'll be offended, start off with a fun flirty text message. My personal favorites are from [www.lingo2word.com](http://www.lingo2word.com). There you'll find hot text messages such as "I love every bone in your body, including mine!" These sexy messages are just what I need to start thinking about sex and becoming aroused throughout my day.

*When I get home, I'm so fired up, I **jump on my husband!*** -Susan, NY.

### 2. Massage for the Booty

For most massage is a solution to stress, for women it's *soo* much more; it's an *invitation* to sex. Unlike a man's sex drive which can withstand a lot of outside influences, a women's sex drive is severely affected by factors like stress and anxiety.

*As a women with a lot on my plate (work, kids, husband) my sex drive was at an all time low. In fact, it was to the point that my husband basically gave up trying. One night, I came home with a body ache and asked my husband to give me a massage. Little did we know we were going to be in for a treat!*

*As my body relaxed and my mind began to drift from stressful thoughts, I began to enjoy how great it felt to be touched. Because there was no pressure for sex, I was able to let my guard down. One thing led to another and soon enough we were both experiencing the **hottest steamiest sex ever!***

*What did it for me was his incredible **ass massage**. The extra attention to groping, rubbing, and squeezing my ass, got my blood flowing in all the right places. It was just what a needed to experience an **intense orgasm** later.*  
- Marisa, CT

### 3. Come Home Dirty and Sweaty

Believe it or not, women love rugged looking men. There's something secretly sexy about dirty men. Brad Pitt, Harrison Ford, and Russell Crowe for instance, are irresistible to women because of their renegade appearance. Not only that, the scent of sweat is an **aphrodisiac to women**.

According to James V. Kohl, coauthor of "The Scent of Eros," women are led by their sense of smell when it comes to sexual attraction. They are especially receptive at detecting **pheromones**, a special aromatic chemical released by humans to sexually attract one another. Another study, conducted by Bern University known as the "Stinky T-shirt Study" concluded that women were attracted to the pheromone chemicals left behind by men's sweat.

What does this mean? Let yourself get a little dirty and scruffy for your women. Fix her car with your shirt off or get hot and sweaty over a game of basketball. Either way the scent of sweat and the salty taste of your skin will drive her wild!

*I'll never forget the first time I saw my boyfriend sweaty and scruffy; it was just the right opportunity to let him know I can get **down and dirty** too!* - Jessica, FL

### 4. Talk Dirty

Talking dirty was once intimidating to me, now it's **essential to my sex life**. In the past, my girlfriends competed with one another about which boyfriend said the freakiest thing during sex. I use to be very jealous and wished my sex life was as exciting as theirs. One day, I asked them how they became comfortable with talking dirty and how it was introduced in their relationship. Based on their advice, here's what worked for me and what I suggest for couples.

First, fantasize about having sex with your partner and talking dirty to them. Soon enough, your thoughts will be expressed out loud. Start out by describing what feels good during sex. For example, you can say, "I love the way your... feels in my..." Describe what movements feel good to your body or what you're going to do to your partner. If your at a loss for words, research sexy erotica novels for a list of words. Remember, there is no right or wrong way to talk dirty. Don't try to imitate movies; be yourself. This will be more comfortable for the both of you. Once you have the right environment to talk dirty, sex is exciting and extremely passionate.

*Now, all my girlfriends are jealous of my sex life!* - Carolina, SC

### 5. Listen to Reggaeton

I'm from Puerto Rico, the home of Reggaeton, a new genre of music also hitting the United States. Reggaeton is a mix of Latin reggae and rap. The lyrics and rhythm of reggaeton songs are **extremely sexual and erotic**. The artists in these songs describe candidly what they want to do to women. Lyrics such as, "*Te suelto el pelo, te quito la camisa, tu pantalón y después, te como completa,*" describe a scene where a man unties his woman's hair, takes off her shirt, her pants, and performs oral sex on her. Men should play reggaeton during sex to unleash wild fantasies in a woman's mind.

*Listening to reggaeton stimulates erotic scenes to play out in my mind. I'm left fantasizing about **freaky wild sex** and become **very horny**. Even if you're not Latin and don't understand the language, bringing a foreign element to the scene such as this is highly erotic to women. After all, Spanish is the language of love! - Raquel, PR*

### 6. Play with Sex Dice

What **truly turns me on** is sex dice. If you haven't heard, sex dice is a set of regular dice but with sexual content on each face. For instance, there are sets that have one dice describing action words such as "lick, touch, tickle," and the other dice naming body parts such as "ass, tits, and lips." Sex dice come in many variations. There are some that describe a sexual position and a location to perform the act. Others are solely used for anal sex or oral sex. The list is endless. I personally own a set of just about each sex dice out there. I use them with my partners whenever I want to spice up the night. First, I'll start off slow and use a soft core sex dice. Then, as the night gets steamy, I bring out the freakier sex dice until we're engaging in the **wildest sex ever!** Since sex dice come in many variations, couples can find the right one for them. Whether your looking for some light fun or new ideas to spice up your sex life, these sex dice work wonders.

*Couples can invent their own games, complete with sexual penalties for losing as well! It's tantalizing fun!*  
- Adele, Paris

### 7. Use Blindfolds

Focusing on the senses is extremely arousing. Blindfolds are a great way for women to focus on his every touch and for men to learn exactly what pleases his women.

*My boyfriend uses this technique to get me **oh so horny!** First, he gently lays me on the bed, tells me to relax, and close my eyes. He softly wraps the blindfold over my eyes; then begins to caress my skin with his fingertips. Since, my sense of sight is gone, the rest of my senses are heightened. His every touch feels **exciting and erotic**. He goes on to remove my clothes, one by one and kisses my bare skin as he moves along. I never know what he is going to do next or where he is going to touch. My favorite is when he dips his finger in [sensitizing cream](#) and strokes the outside of my vagina softly then firmly. This technique is just what it takes for me to beg him to give it to me! I recommend men using this technique as well. Once your fingers land on the right spot, your women will be throbbing with arousal; **she'll beg you for sex!** - Ariana, CO*

### 8. Take her Dancing

Many men aren't aware of the **sexuality in dancing**. While, romantic dinners can lead to the bedroom there is nothing more arousing than a night out dancing. When women are dancing, they begin to think of their body as sexy and graceful. Their self confidence increases and are no longer shy to expose it later on during the night. Dancing is like an ego booster for women. A woman can let loose, dress sexy, and feel good about herself. Not to mention, the atmosphere in a club, is less intimidating and proper than a fancy restaurant. I'm not saying to skip the fancy restaurant; in fact it's crucial to show women that they deserve to be treated with respect and class. However, a night of dancing helps **jump start the sexual chemistry** between two people.

*Once you've developed a strong bond with one another, she'll be looking forward to showing you a sneak peak of her **wild side**. The club is just the right place for it! - Natalia, Moscow*

### 9. Exercise with her

Did you know that working out **increases sexual desire** in women? A women's libido, is affected by the amount of testosterone in her body. As she ages, the levels decrease and her libido (her desire for sex) declines. Exercise works to promote testosterone levels in women and thus play a role in **stimulating a woman's libido**. So what does this have to do with turning women on?... Everything! After exercise, my mood is lifted; I feel sexy and confident all day. Men should take women on dates which involve physical exercise like bike riding or roller blading. Her levels of testosterone should increase about 20 minutes into an exercise session, and will remain elevated for one to three hours after exercise. Through out the date, she will feel energized and pumped. As her testosterone levels rise, she will be **open for sexual advances**. Believe me, it works.

*When my boyfriend and I come home after a day at the gym, we're so amped up; we have sex as soon as we walk through the door! - Becky, MA*

### 10. Lick it

Nothing, absolutely **nothing turns a woman on more than oral sex!** It's a definite must. Oral sex is very important to women. In fact, once we find a man who can please us orally, we rarely let him go! Part of the criteria for women in finding the perfect lover is going down south. Women love men who go down because it's a sign of experience and confidence. This lets us know that a man is not limited in sex and will be able to please us in multiple ways. What's more arousing is a man that is open to taking direction. If we can mold our **perfect oral sex partner**, the better! Be open to pleasing your women orally, even if you don't like the taste. There are plenty of flavored lubes that will make the experience more pleasurable for you. It doesn't matter if you lack the expertise; books also help with oral sex techniques. The key is commitment to becoming the **ultimate oral sex master**.

*Do whatever it takes; the work definitely pays off! - Savita, Bombay*

On a closing note, I hope that I have delivered a better understanding into female sexuality. As you can see, simple things such as sending sexy text messages or letting yourself get scruffed up is all it takes for women to desire sex. It's not always about technique but about setting up an inviting atmosphere for sex and pleasure. Give these secrets a try and thank me later!

### Things Women Expect In Bed



A lot of times when men and women disappoint one another, or worse, get into fights, it's because of mismatched expectations.

Let me give you an example: my friend Karen just had her first anniversary with her husband. She was very excited, of course. She spent a lot of time shopping for a fun, sexy gift. They went out together for dinner and afterward came home to unwrap their gifts. She'd gotten her husband some cologne and a leather thong she expected him to model for her later that night.

He got her – a blender. (Needless to say, she wasn't interested in seeing him in the thong!)

Because Karen expected something fun and sexy, any gift that wasn't what she was expecting would come as a disappointment. The choice of an appliance in particular communicated to her that her husband thought she belonged in the kitchen making frozen margaritas rather than in the bedroom. Now, he didn't mean this with his gift (at least not consciously) but that's the message he sent to his wife.

Now, the idea behind this is pretty straightforward: if you know what a woman expects in bed, you can be fairly sure not to disappoint her! So I'm going to explain three things women expect from you so you can live up to your end of the bargain.

#### Oral focus

Women love to be kissed. The lips and tongue have millions of nerve endings all waiting to be stimulated. (When you're with a man or a woman who really knows how to kiss, you can feel it all the way down to your toes!) Touching your partner's mouth with your fingers is also wildly sexy.

If you don't kiss your woman during sex, she's liable to think that something's wrong – that you're thinking of someone else, maybe.

Some guys refuse to kiss a woman after she's gone down on him. I have to say, this is the fastest way to losing your oral sex privileges! If your partner isn't picky about putting her mouth on your genitals, you certainly shouldn't be picky about kissing her afterward.

There's another aspect to this oral focus: too many women complain about lack of oral sex. I personally love going down on women, so it's hard for me to understand the attitude of a guy who's afraid of putting his lips and tongue on a vagina. Guys, if you're not giving your women oral pleasure, she's not going to be 100% happy in bed.

Furthermore, let me let you in on a little secret: if you go down on her, she's about 500 times more likely to go down on you! *Quid pro quo.*

Another thing you should know: it's okay to talk during sex. It's even better to talk dirty sometimes. Sometimes women get freaked out when men are too quiet.

### Love the whole body!

I've been in bed with guys who forgot there was anything more to me than my vagina and my breasts. This is a big mistake – even if those are your favorite parts ; )

Women are sensual all over. They don't want just kisses and touches on breasts and clitoris. Touch the hair, lips, thighs, butts, hands... you get the idea. One great way to do this is with a sensual massage. All you need is some warm massage oil and about 20 minutes – try to touch every part of your partner. It's great to wrap up a sensual massage with a [Vigorelle](#) clitoral massage...

A lot of women have hang-ups about their bodies. Telling your partner that she's attractive, that you love her body, goes a long way toward making her feel more comfortable with you.

### A little patience

Don't be too eager to finish up. After all, sex isn't over after your orgasm, guys! It's important to make sure your partner is satisfied before saying good night. If your erection flags after your orgasm (don't worry, it happens to most men), be prepared to use your hands, mouth or a sex toy (and also [Hersolution Gel](#)) to help get your woman off.

Okay, now here's a related complaint: one of the biggest I hear from my friends. Right after sex, guys either:

- fall asleep
- get out of bed for a drink or a sandwich
- jump into the shower

Wait just a second here! After sex is the best time to cuddle up and be truly intimate. The next time you're ready to hop out of bed, wait just a few minutes. Talk to your partner and touch her and let her know how you feel about her.

If you can satisfy these expectations, your partner will never feel like my friend Karen did when she unwrapped her anniversary blender!

### Tasty Oral Sex: How To Enjoy Oral Sex



Are you the type of man that honestly doesn't enjoy giving women oral sex?

I've heard about your kind and if I can help it I never date men who are anti oral sex. Perhaps it's the taste you don't enjoy, or maybe the practice seems unsanitary. Whatever the case, in order for you to please women you **must** find a way to go down low.

So for your own good, I am going to help you find ways to enjoy oral sex so that it tastes good for you and feels great for her. Believe me – this will improve your sex life tenfold!

#### Why Women Love Oral Sex

Just ask men why they enjoy oral sex: because it feels good! It's as simple as that. Oral sex for women is extremely pleasurable. In fact some women orgasm strictly by oral sex.

Oral sex is like a high for women, it lets us know that the man we're intimate with truly enjoys women. We feel desired and sexy and love the feeling of being devoured. It also lets us know that our partner is sexually experienced and will be able to please us in multiple ways.

When women come across a man that has a "no oral sex" attitude. We assume the man is not sexually experienced or he's secretly gay. Sorry I know this seems cruel but in our minds we think, "What's wrong with him, how could he not want my ....?"

Bottom line: oral sex makes us feel sexy. If you make your woman think her vagina is anything other than sexy, or something that is a turn-off she will not feel confident to have sex with you any longer. This is why men who don't go down don't last for long. This statement is true for most women I know.

In fact, this is one of the few things me and my girlfriends agree on. Once we become aware that our partner won't perform oral sex, he's a goner! Our motto is "Real men eat pussy!"

#### Learn to Enjoy Oral Sex

Now that you're aware how crucial oral sex is lets work toward enjoying it. First ask yourself, what is it that deters you from oral sex? Is it the taste, smell, or the idea that it is unsanitary? Or is it fear? Do you fear you lack the skills to please a woman orally?

Whatever the case, I will give you tips on how to overcome all obstacles.

### Taste

Let's face it: bodily fluids weren't made to taste good. They're bitter and are indeed an acquired taste. Now that is understood, unrealistic expectations that bodily fluids should taste like candy should be thrown out the window. Men should not be disgusted at women for her bitter taste instead they should understand that this bitter taste is completely normal and natural and holds true for both sexes.

Both male and female bodily fluids naturally are bitter and are affected by foods we eat.

### How Food Affects Bodily Fluids

Although the natural taste of bodily fluids is not the best to say the least many foods work to alter its taste. Before you assume all women taste awful know that it can be an issue of food intake. Your partner may unknowingly be eating foods that worsen the taste of her vaginal fluids. According to holistic medical sources (and my own personal experience) the foods we consume play a big part in how we taste. It follows that what goes in the body must come out — in some form.

Have you ever noticed how some foods like asparagus affect the smell of your urine? Then it's no wonder that foods affect the taste of semen and vaginal fluids. Foods to stay away from are asparagus, onions, garlic, and broccoli. These foods contain sulphur and render a bitter taste when redistributed. Alcohol, cigarettes and large quantities of red meat also contribute a less-than-tasty composition for oral sex.

A well known aphrodisiac, chocolate also works to negatively affect the way you taste. However, on the bright side you have plenty of time before it effects the flavor of your secretions since foods you eat take up to about 12 hours to metabolize in your body.

Food which sweeten the way you taste are honey, cinnamon and strawberries. The chemical properties of strawberries, along with other sweet fruits such as pineapples, are apparently able to travel in the blood stream and move across membranes into bodily fluids. Ginger and parsley are considered good flavoring agents as well and can be added to almost any dish. Citric fruits also work to counteract the "bleachy" taste of bodily fluids. Check out [www.semenax.com](http://www.semenax.com) for an herbal supplement to help make his fluids taste a bit better!

### Tips for Tasty Oral Sex

Great ways to enhance the taste of oral sex are to take advantage of the many flavored lubes available. If you have tried flavored lubes and found them to be sticky and too sweet know that those days are over. Today there is such a variety of oils and lubes that finding the perfect combination is so easy.

If you are concerned with the stickiness of flavored lubes then opt for water-based ones. Water based lubes are my favorite and come in numerous flavors such as cherry, mint, or vanilla. Glycerin-free lubes also offer a soft sweet flavor and are a perfect alternative to lubricants which can taste "too" sweet.

You can also choose lubes which create hot and cold sensations. The ones which turn hot when you blow on them are amazing for oral sex! Take my word. Another personal favorite are lubes which increase clitoral sensitivity. These lubes intensify orgasms and help increase ability to orgasm; it's my secret for multiple orgasms.

Learn more about [Vigorelle cream](#).

Remember there are a variety of flavored lubes to make oral sex taste better; now great oral sex is a matter of finding a flavor compatible with your taste buds.

### **The Tongue**

Learning how your tongue detects basic taste is another factor to consider for savory oral sex. The tip of the tongue detects sweet and salty tastes. The sides of the tongue detects sour and the back of the tongue detects bitter flavors. If you decide not to use flavored lubes learning the areas of the tongue can play a big part in pleasurable ingestion of bodily fluids. Such taste bud avoidance tactics are a matter of personal technique.

### **Smell and Unsanitary Issues**

If you don't like the smell or are concerned with unsanitary issues of oral sex the best thing you can do is perform oral sex right after the shower. Most women won't mind; in fact, most are self conscious about the way they smell and prefer to have oral sex when they are fresh and clean. You should also know that both women and men have natural scents and like the taste of bodily fluids is an acquired liking.

It's important to remember natural scents also known as *pheromones* are a normal part of the human body and function as an attractant for the opposite sex. Pheromones are common in the animal kingdom and serve to let males know when females are in heat and ready to mate.

For humans they work to sexually attract one another and are integrated in our bodily fluids. In fact one study known as the *Sweaty T-shirt* study demonstrates how women respond to male pheromones in sweat. Each person responds to pheromones differently. Some more than others. This is why there are some men who adore oral sex. And thank God for them!

### **Lack of Oral Sex Skills**

If lack of oral skills keeps you from going down low STOP WORRYING! Women love teaching their lovers. In fact, if we can mold you to be the perfect lover; the better. So there's absolutely nothing to worry about. All you need is a great attitude and an open mind. I'm sure you know the basics to start things off. And if you don't just read my *Oral Sex Techniques* article. The next thing you need to do is communicate with her; tell her that today is her day and whatever she says go.

Have her tell you exactly what she wants and how she likes it. This not only will prevent you from wasting your time or wearing her patience with techniques that don't work but you will learn exactly how to please her. The internet is full of free oral sex tips and there are many books available on the topic. Here are three oral sex tips to try in the meantime:

- Move your finger inside her like you were stirring a cup of coffee
- Put two fingers inside her and spread them gently apart, then together, over and over
- Insert your finger into her vagina as you lick her clitoris

Overall, oral sex is a must for ladies just as much as it is for men. Imagine a sex life without blow jobs; if the thought has you running then it's only right to consider your partner's need for oral sex. Find out what turns you off about oral sex and work to get over it. The problem may not be your partner but with you. Remember a woman needs to feel sexy and confident to have a satisfying sex life. If she realizes her partner is turned off by her vagina she will move on to another lover that will make her feel desired.

The bottom line is this: in order to fully satisfy a woman you must do so orally and sexually. Trust me – I know. ;)

## G Spot Basics



A lot of misinformation exists (especially on the Internet) regarding the Grafenberg spot – aka the notorious G spot. Some people think that it is a myth, others that it is a button which, by pressing, they can experience the ultimate in sexual bliss. Some articles even link G spot stimulation to incontinence!

The G spot is neither a myth nor a magical shortcut to ultimate sexual satisfaction. The G spot is a particularly sensitive part of the female body that can, when stimulated, lead to even more intense orgasms. Read on to discover more about the G spot.

### Dr. Grafenberg

Dr. Ernest Grafenberg first reported the existence of the G spot in a paper he wrote in the 1950s. He described an area of particular sensitivity on the anterior wall of a woman's vagina, along the urethra, between the back of the pubic bone and the cervix. This area was later named the G spot in honor of Dr. Grafenberg.

Interestingly enough, Dr. Grafenberg didn't see the G spot as anything particularly interesting. He thought that the female body was a collection of such sensitive areas, saying, "there is no spot in the female body from which sexual desire could not be aroused. Innumerable erotogenic spots are distributed all over the body, from where sexual satisfaction can be elicited; these are so many that we can almost say that there is no part of the female body which does not give sexual response, the partner has only to find the erotogenic zones."

Let this be a lesson to those women and men who place too much emphasis on any one part of the body.

### What is the G spot?

The G spot is a quarter-sized area of the anterior (belly-side) vaginal wall that's particularly sensitive. This sensitivity is due to two anatomical characteristics. The G spot is presumed to have a higher concentration of nerve endings than the rest of the vaginal wall. Also, the G spot is very close to the paraurethral (or Skene's) glands which line a section of the urethra.

During sexual stimulation, the paraurethral glands swell and secrete a clear fluid. This swelling can be felt from the inside of a woman's vagina as a roughness (like the roof of the mouth) – hence, the G spot.

The female paraurethral glands are very similar to a male's prostate gland. These paraurethral glands secrete a clear fluid that is ejaculated from the urethra during female ejaculation. The female G spot is a corollary to a man's prostate, and prostate massage is the best way for a man to experience a G spot orgasm of his own.

### **What does the G spot do?**

Stimulating the G spot during sex play or intercourse encourages far more intense orgasms for most women and, for some, female ejaculation.

Now, some women will tell you that both the G spot and female ejaculation are myths. Take it from me – they're both real!

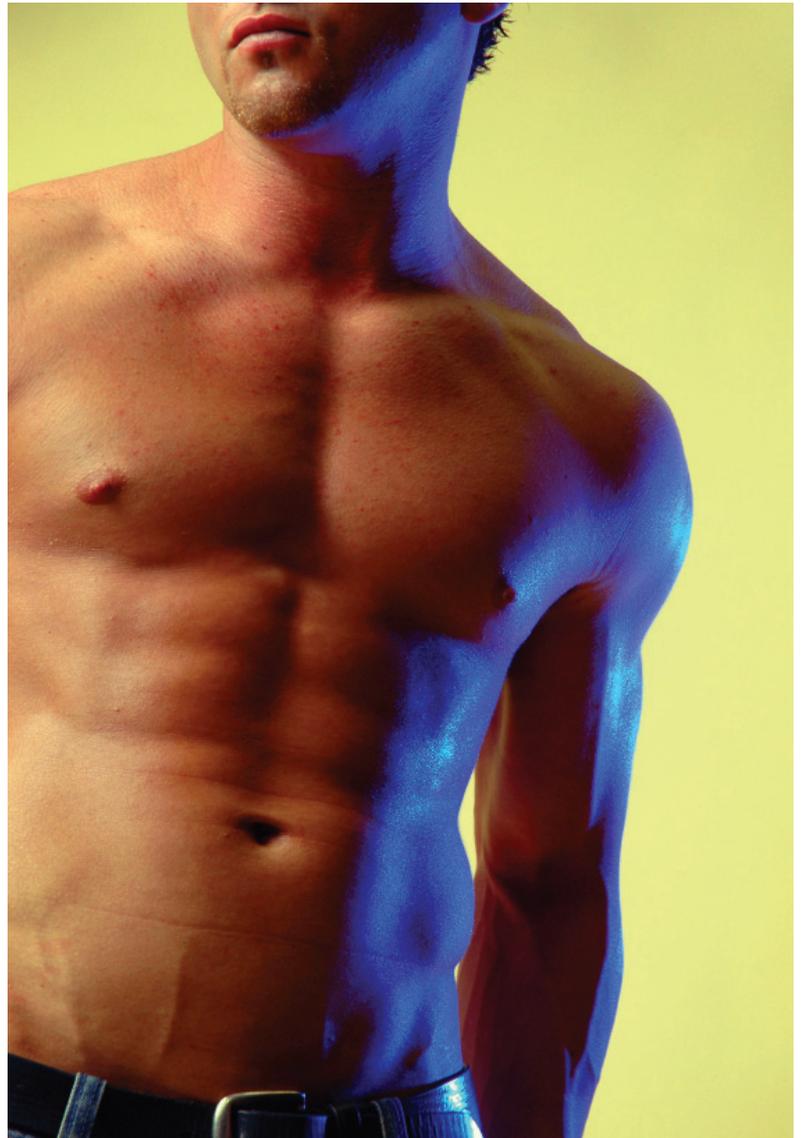
### **Does everyone have a G spot?**

Every woman who has paraurethral glands has a G spot. But not every woman enjoys G spot stimulation. It's a bad idea to create unrealistic expectations about any part of your body, especially one so misunderstood as the G spot.

Remember, different types of stimulation work for different women. Try stimulating the G spot during sex play and if it works for you, great. If it doesn't, don't worry about it.

As Dr. Grafenberg reminds us, the female body has dozens of sensitive areas that can be stimulated during sex. Explore your partner's body and discover those that work best.

# ABOUT HIM



Everything I've learned about male sexual health, libido enhancement and – most important of all – the things men do that drive women crazy!

### Confidence Or Penis Size - Which Is More Important?



I'm sure you've asked this question before: *Does size matter?*

Some women say yes, while others say no. The truth is most women will never agree. In fact, it's not a matter of who's right or wrong, but more about personal preference.

I say size has little to do with sexual satisfaction; **confidence** is the key to getting noticed by women and performing your best. Today, you will learn all the sexy secrets behind confidence; why it's more important than penis size, how to fake **confidence**, and how to have sexual confidence even if you're below average in size.

Get ready to learn about the sexiest tool ever: confidence!

#### Does size matter?

Although most women can't agree if size matters, research revealed at the Kinsey Institute confirms that most women have unreal expectations.

The Kinsey Institute in Indiana promotes interdisciplinary research in the fields of human sexuality, gender, and reproduction. Recently, they conducted a research on the average penis size and concluded the average penis size to be between 5 1/2 and 6 inches. This goes on to say that if the average penis size is merely 5 1/2 - 6 inches, than most women never experience sex with "King Kong." So why all the hype for bigger penis size?

What this study means is that most women know what penis size to expect. Perhaps what should be considered is why the average penis size does not satisfy women. Is it really the size or other factors such as sexual skills and techniques? The fact is penis size has little to do with satisfying women, sexual satisfaction comes from personal confidence. Here's why:

#### What is confidence?

Confidence is very sexy to women. It is the quality that distinguishes a boy from a man. Confidence is an attitude of control, self assurance, and cool. When a man is confident in himself, his abilities, and his performance, women no longer look to size for pleasure; they look to skill.

*"How can I be confident if I'm below average?"*

Just fake it. That's right. If you act confident, you'll start believing it. It's a simple mind trick. Start walking with your head up, shoulders broad, smile softly and make eye contact with attractive women. Body language of confidence leads people to believe that you are confident.

Your attitude is also important. Studies have proven that, if you act as if you're attractive, people will perceive you as attractive. Ever wonder why ugly guys wind up with beautiful women? The key is acting confident. Remember this the next time you see an average guy with a hot girl. Is she with him because of his looks or is he expressing an attitude of confidence?

### **How to have personal confidence**

As mentioned above confidence starts with faking it. Learning the body language of confidence tricks yourself into believing you are and women into thinking you are utterly attractive. Here are three basic techniques to have women thinking you are sexy and confident.

### **Having a Confident Appearance**

First impressions are extremely important. Psychological tests have proven that once a first impression is made, it is very hard for people to alter it later on. Since a first impression is a lasting one, you should always be well groomed everywhere you go.

Start with the essentials: hair, nails, and teeth. Even if your wardrobe needs help certain traits will pull you through such as having clean fingernails, groomed hair and white teeth. A woman appreciates a man who can take care of himself because it shows he is confident and values his appearance. Regular grooming techniques such as cleaning and cutting fingernails, styling hair, and whitening teeth should become a habit for men. Believe it or not, women look at these factors right away.

### **Hands**

Single women look at a man's hands first to spot a wedding band. If your nails are long or have dirt underneath them, she will be turned off right away. Don't worry; you aren't compromising your manhood by having nice hands, this works to your advantage. Since hands tell a lot about a man's habits and lifestyle; manicured hands will have her thinking you are a successful white collared male who uses his mind to get the buck. Even if you aren't a white collared guy, this is the first step to get women to believe you are smart, confident, and successful.

### **Hair**

Next, is the hair. Hair unlike hands doesn't need to be neat and perfect; it just has to look styled. Because every woman is different, there isn't one specific haircut that will turn her on. Some women love bald men; others love men with long hair. Whatever the odds, a man's hair should look styled. A confident man knows this. If his hair is long, it is done so intentionally; not because he missed several haircut appointments. Also, men going for the "messy look" should distinguish it from embarrassing bed head. All in all, women should know the difference between intentional hair styles and just plain laziness.

### **Teeth**

Finally, the most important behavioral trait confident people demonstrate is smiling. Confident people are happy; they are in control of their lives and are successful. You don't see confident people angry or sad; they are cool and collective. Confident people walk tall, make eye contact when they talk, and smile. This doesn't mean you have to walk around with a huge grin on your face; but you should smile softly at people you meet.

Like wise, you should do your best to reveal a charming smile; do so by whitening your teeth. There are several over the counter teeth whiteners and bleaches. The most popular are Crest White Strips; they are clean and easy to use.

### How to have sexual confidence

As mentioned above confidence starts with faking it. Learning the body language of confidence tricks yourself into believing you are and women into thinking you are utterly attractive. Here are three basic techniques to have women thinking you are sexy and confident.

Most men believe sexual confidence is more important than personal confidence. For them, if a man is sexually confident in bed, then he will demonstrate this confidence in his personality. I disagree. Confidence is a state of mind that is first practiced in your personal life then integrated into your sexual performance. Nonetheless, men concerned with their size wonder:

*How can I be confident with my small size?*

The answer just as before is fake it. Just as you fake confidence, men can fake penis size. This helps men attain sexual confidence. Here's how:

### Penis Confidence

Many topical solutions in the market give the illusion of a bigger harder penis such as [VigRX Oil](#). These solutions are rubbed onto the penis before sex. They work instantly to promote genital blood flow. The result is a harder, longer, stronger erection. Other products work to [sensitize a woman's](#) vagina so that your penis feels incredibly pleasurable to her. They also promote genital blood flow and make orgasms easier for her to achieve. Now, you won't have to worry if your size is adequate to make her scream.

As mentioned before, there are several factors beside penis size needed to satisfy a woman. Men should learn several techniques such as pleasing women orally or with sex toys. You can reference the **Sex Toys 101** chapter to discover the hot steamy world of sex toys.

Finally, I would like to remind men how incredibly important and sexy confidence is. Confidence is what gets you noticed. If you aren't noticed, you don't exist. How can you please women if they won't even look at you? Confidence is the key to having her intrigued and wanting to experience sex with you. There are some excellent ebooks available for instant download that can provide you with specific exercises and tips to boost your **confidence** – or to fake it when you aren't feeling it.

Put my advice into use; work on your **confidence** today so that you can be the man of a woman's dreams! One product that has increased erection size in clinical studies is VigRX Plus, and this product will certainly make your erections bigger and increase your confidence. I haven't tried it - because I don't have a penis - but I have heard good things about it and have seen the research.

### What She Thinks When Your Penis Is Below Average



In my last article I briefly mentioned the average penis size to be about 5 1/2 and 6 inches. This number was based on research conducted by the Kinsey Institute in Indiana. So what happens when men fall below the average quota? Do women laugh and tell all their friends about it or do they secretly hope you can make up for it?

Below I'll answer all your questions plus give you **secret tips** on how to make her think you are absolutely amazing in bed, regardless of size!

#### What goes through her mind when she sees your penis?

I'm going to be honest here, when women first discover their partner's penis is below average they are disappointed. But that's not the final conclusion. A woman will never decide to stop sex before it begins simply by the size of your penis. After the initial disappointment, she will give you an opportunity to make up for your small size.

At this point she's thinking, "We'll maybe he's on the small size but let's see what he can do." She hopes that although her partner is small, he knows how to use his size as an advantage. In fact, most women know that men with small penises usually **master several techniques** to satisfy women.

Haven't you heard about the stereo type of men with smaller penises? Read on.

#### Why men with small penises are better lovers

Most men aren't aware of this, but men with smaller penis size must work twice as hard to remove a woman's initial disappointment. This factor makes them a far better lover than men with average or bigger penis size. The reason I say this is because men with larger penises usually rely only on their member to satisfy women. They rarely explore other regions such as oral sex and foreplay which is an even bigger disappointment to women.

On the other hand, men with smaller penises usually master several techniques to please women. They are known to give **great oral sex, penetrate** in ways bigger size men can not, and be **extremely passionate**.

A woman would rather have a partner with a smaller penis size who knows how to **please her in multiple ways** than a man with a big penis who does not. This is why it is said that men with small penises are better lovers.

#### Tips to be a great lover, regardless of size!

Many men assume that sexual satisfaction for women depends on penis size. They're wrong. Women need **various stimulants** to be satisfied sexually. They must be satisfied mentally as well as physically. In fact, some studies have found that as many as **46%** of women suffer from sexual dissatisfaction. This stems from a boring sex life and inability to orgasm.

The reason so many women don't experience an orgasm is because they, and their partners, aren't exploring other areas of sexual satisfaction.

The truth is penis size has little to do with sexual satisfaction since **not all women orgasm from intercourse**. Many women need stimulation from oral sex, sexual massage, or sex toys to orgasm.

Below are hot ways to make your women experience the greatest sex of her life, regardless of size; she will be coming back for more!

### Master foreplay

An essential to giving women an amazing sexual experience is foreplay. While most men have foreplay techniques not all have what it takes to stand apart from the rest. This means taking foreplay to another level. Are you ready to get creative?

### Body Massage Candle

Candles are necessary to setting the mood. It's a definite must to start the night off in the right foot. You can bring this element a step further by lighting body massage candles instead of regular ones. Body massage candles are meant to be more than decoration; they are made to **melt into sensual massage oil**. Simply light the candle and drizzle the warm oil on your lover's body; she will be highly aroused as the warm oil touches her skin. Since the wax turns into oil, it's the perfect opportunity for an **erotic body massage**.

Most women have never heard of the body massage candle, when you introduce this nice surprise, she'll be wondering what else you have in store!

### Sensitizing Cream

After you set the mood for sex; it's time to enhance her sexual experience; opt for [sensitizing cream](#). Vigorelle is a great sensitizer for her that **promotes genital blood flow**. There are sensitizing creams available for both men and women. The ones designed for women promote clitoral blood flow which is **essential for orgasms**. Clitoral blood flow helps increase a woman's sex drive, sensitivity, and climax.

Once the sensitizing cream is applied to her vaginal lips and clitoris, your every touch will be arousing. The increased clitoral blood flow makes it possible for women who have difficulty achieving an orgasm during sex experience **orgasms easier and stronger**.

[Sensitizing creams for men](#) work wonders as well. Since they also promote genital blood flow; they work to increase the size and hardness of erections. Your erection will be the biggest and hardest you've ever had. They also increase stamina, so that you stop when you want to. What more can you ask for?

### Sex Furniture

It's time to take sex off of the bed onto a more exciting location with sex furniture. Flat surfaces, such as the bed are boring compared to the angles in sex furniture. Sex furniture is designed in multiple shapes to offer different angles for **maximum penetration**, it is the sure fire way to boost your sexual experience.

Couples can find perfect angles with the various sex furniture products out there; my favorite are from Loving Angles. Their sex furniture is so discreet it can be added to your home decor without anyone knowing. This allows couples to take advantage of sexual moments when they arise.

Another popular model is known as the Liberator. Several of my friends have told me that it's worth every penny of its price.

Remember, when buying sex furniture choose one that can be decorated into your own home since research shows products which are hidden rarely get used.

After all great sex is all about getting into the right position. A small change in angle can be the difference between "ok" sex and **outrageous sex!**

### Kama Sutra

Speaking of angles, the Kama Sutra is an amazing book which offers great ideas for sex positions. The Kama Sutra is often overlooked and most men don't take the time to learn about new sex positions. This is a shame because men are not mastering a valuable tool in sex; that is finding the perfect angle.

Different sex positions offer men unique angles for ultimate penetration. This works to benefit both men and women as certain positions offer **g-spot stimulation**; a spot often missed with standard sex positions. G-spot orgasms are very intense for women and often lead to female ejaculation. This can be very exciting for both men and women.

Men with smaller penis should refer to the Kama Sutra to get maximum penetration. With the right position a smaller penis size allows men to penetrate and hit spots deeper in the vagina that will normally hurt a woman. This means, men with smaller penis size are able to please women in ways that men with larger penises can not. Isn't that a boost to the ego!

Finally, men who are below average in penis size should not assume that they aren't able to satisfy women. Don't get hung up on the question of quarter-inches! Be **confident** and **adventurous**. With the right attitude such as being creative in foreplay and in sex, women will see your size (regardless of what it is) as an advantage.

Show women that indeed you master several skills in **pleasing her**. Learn about new sex positions, sex creams, and sex furniture to show women you put your time and effort to giving her the best sex ever. With all these factors in use, she'll think you're the **ultimate lover** and will **brag** to her friends on the great things you can do!

### Get The Most From Your Penis: A Guide To Natural Penis Enhancement



Most men think they can't do anything about their penis size or **sexual stamina**; but they're wrong. The penis is a muscle which can be worked on to get **optimum results**. Today I'm going to inform you how to get the most out of your penis size and performance without resorting to surgery or embarrassing pumps. You'll learn that your penis has the potential to gain **1-3 inches** in length and thickness **naturally!**

#### Natural Penis Enlargement: What is it?

Is it possible for your penis to grow naturally? Yes. This is called "natural penis enlargement." The basic principle behind natural penis enlargement is to increase the blood flow of your penile chambers. By doing so, the penis gains an average of 1-3 inches in length and thickness over the course of a few months; the results are permanent. To fully understand how blood flow affects penis size, you'll have to learn about the various penile chambers.

#### The Penile Chambers

The penis consists of three tube-like chambers. These chambers run along the length of your penis. The smallest chamber known as the **Corpus Spongiosum** is located on the bottom of your penis and is used for urinating and ejaculating. You might think that this chamber is responsible for your erection size but it's not.

In fact, it's the other two chambers known as the **Corpus Cavernosum** that are **90%** responsible for your penis size. These two chambers are the largest in your penis and are located above the smaller Corpus Spongiosum chamber. When you get sexually aroused the Corpus Cavernosum swells up to several times their usual size with blood, causing an erection.

Naturally, the extent to which these chambers can expand and the amount of blood they can hold during an erection determines your erection size. Since the size of your Corpus Cavernosum determines the size of your penis, these chambers are important in naturally enlarging your penis size.

#### Natural Penis Enlargement: How it works

The principle behind natural penis enlargement is to enhance the potential of the Corpus Cavernosum chambers so that they are able to hold greater volumes of blood and expand further. Over a short period of time the chambers permanently hold a greater amount of blood and a steady **increase** in penis size results.

Another benefit of increasing your genital blood flow is a stronger PC muscle. As your penis begins to hold more blood, it also sends more blood flow to your PC muscle; the muscle located behind your scrotum and plays a vital role in ejaculation. Men can **delay ejaculation** with a stronger PC muscle and also increase their **sexual stamina**.

There are various natural penis enlargement methods which work to promote blood flow. Among these are exercise, topical oils, and supplements. Let's briefly take a look at all three.

### Options for Natural Penis Enlargement:

#### Exercise

The **jelq** is the most common exercise for penis enlargement. This technique is similar to masturbating with the exception that you can not allow yourself to ejaculate or become fully erect. To do this, men must “milk” the penis; meaning stroke your penis upward to stimulate blood flow toward the head of the penis. If you find yourself becoming fully erect, you must stop and recover before continuing with the exercise.

This method originated from the Middle East and was used to enhance sexual stamina. It allowed men to gain ultimate control over their erection so that they were able to last all night. They found that by increasing the time between erection and ejaculation, they could also **increase their performance and penis size**.

A typical jelqing session should last about 20-30 minutes. Men should refrain from sex before and after a session for best results. Engaging in sex prior to the exercise will reduce the amount of blood flow. It is also recommended that men take a warm bath before jelqing to increase blood flow to the penis. 100-200 jelqing movements is the average workout.

So what are the **cons** to jelqing? Although jelqing helps promote blood flow, penis size, and stamina, it is extremely **time consuming**. Among all the natural ways to increase blood flow to the penis this method is the most prolonged in results as well – as long as **one year**.

Because of the advance improvements in science many new options are available which **provide faster and guaranteed results**. They have the same science behind natural penis enlargement; which is to promote maximum blood flow to the penile chambers.

Here's how:

#### Supplements

Many natural male enhancement supplements are available to men such as [VigRX Plus](#) and ProSolution. The active ingredient in both these supplements is **L- Arginine**. In fact, it's the one ingredient I recommend men should look for in male enhancement supplements. The reason is because L-Arginine is the **only scientifically tested** ingredient that **stimulates genital blood flow** or what is also known as the **nitric oxide pathway**.

The discovery between L- Arginine and the nitric oxide pathway resulted in a Noble Prize in medicine and physiology, awarded in 1998. L- Arginine is a natural amino acid which stimulates extra blood flow to the penis. It works naturally to increase blood flow to the penile chambers.

Results are much faster with supplements because the pills work on the inside to stimulate blood flow. Unlike jelqing which takes time and technique there's no way to go wrong with supplements. Most require taking two capsules daily with a meal. Within weeks men notice a change in their erections.

Because the blood circulation has improved and the volume of blood traveling to your penis has increased, **erections** are now much **firmer and fuller**. Over the course of 1-3 months men also notice a change in their size and performance. The average increase men can expect from natural male enhancement supplements are gains of **1-3 inches** in length and thickness. Most men who experience the largest amount of growth are ones who started with a below average penis size.

The results of natural supplements are permanent. Over time the penis stretches as more blood flow is circulating through it. Erections are not only bigger but last longer.

Another natural male enhancement method is topical oils, unlike supplements these offer an on the spot erection boost.

#### Oils

Erection oils work similar to natural supplements. Most effective oils contain ingredients which **stimulate blood flow instantly**. The most popular ingredient is L- Arginine as discussed above. The difference between supplements and oils is that oils work instantly and results wear off quickly.

The reason oils offer immediate results is because they are meant to be used prior to sex. Once the oil is topically applied to the penis an increase of blood flow surges through the penis; promoting a firmer longer erection. The oil can be reapplied as many times during intercourse to obtain a **quick erection boost**. Results can last as long as 1 hour before another application is needed. I would recommend [VigRX Oil](#)

#### Enhance your Sexual Experience

The science to natural male enhancement is simple, which proves that it is real. Men can maximize their size and performance permanently without resulting to painful surgery. Personally I believe sexual satisfaction is more than size but I also believe in **enhancing** the sexual experience. If bigger and longer erections offer men more sexual enjoyment than why not try to enhance your penis; especially if it can be done naturally?

There's nothing wrong with working to improve your sexual organs and performance. Here's a secret, women also work on improving the way their vagina works. They perform kegel exercises to increase the intensity of their orgasm and their ability to orgasm faster. Doctors also prescribe L-Arginine for women have sexual dysfunctions.

So don't feel like you're the only one who worries about the function of your genitalia. I'm here to say that the decision is yours and options are available.

### What Causes Erectile Dysfunction?



Most men cringe at the words, “erectile dysfunction” or most commonly called ED. For most the term is loosely defined; it can be anywhere from a total inability to achieve an erection, an inconsistent ability to do so, or a tendency to sustain only brief erections. The fact that these symptoms are extremely common makes the diagnosis for ED a whopping **15 million** to **30 million** in the US alone!

That’s incredible! And part of the reason I wanted to discuss the disorder with you today. It is very important to know what causes ED and how to treat it; especially since it affects this many men in the US today.

Perhaps you or someone you know has erectile dysfunction and are afraid to speak to a professional about it. After reading this basic information I hope you obtain a better understanding of ED so that you can work towards bettering your sex life. Let’s begin with an analysis of the male erection.

#### How does an erection occur?

Let’s take a look at the male penis and its composition. The male penis has two main chambers called the **Corpus Cavernosum**. These chambers run along the length of your penis and are surrounded by a membrane called the **Tunica Albuginea**.

Erections begin when you become sexually aroused. Sexual arousal can stem from physical or mental stimulation, or both. Once your brain receives signals that it is aroused it causes local nerves to relax the muscles of the corpus cavernosa; this allows blood to flow in.

The blood creates pressure in the corpora cavernosa, making the penis expand. The tunica albuginea helps trap the blood in the corpora cavernosa, therefore sustaining an erection.

#### What causes ED?

Because an erection requires a sequence of events, ED can occur when any of these events do not fall into play. For a successful erection to occur the brain must receive signals that it is aroused, be able to transfer these signals to the penis, and obtain responses from penile muscles arteries, and veins.

**70 percent of ED** cases are a result of **diseases** which damage nerves, smooth muscles, and fibrous tissue in the penis. Some of these diseases are diabetes, kidney disease, alcoholism, multiple sclerosis, atherosclerosis, vascular disease, and neuralgic disease.

The other cause for ED is **psychological**. Many men who have stress, anxiety, guilt, low self-esteem, and fear of sexual failure experience ED. Since their mind is on overload, they are unable to receive proper sexual arousal signals. ED resulting from psychological factors make up for 10-20 percent of the cases.

Other possible causes for ED are smoking, which affects blood flow in veins and arteries, and **hormonal** abnormalities, such as not enough testosterone.

### How is ED diagnosed?

Erectile Dysfunction is diagnosed by performing a series of tests. The doctor will first ask questions about your medical history and symptoms. A medical history can disclose diseases that lead to ED, while a simple recounting of sexual activity might distinguish problems with sexual desire, erection, ejaculation, or orgasm.

Informing the doctor on medications you take also help determine the cause of ED, since drug effects account for 25 percent of ED cases.

If the doctor is still unsure on the cause of your ED, he will perform physical examinations. Low blood flow for example, can be determined with pulse tests to wrists and ankles. A problem with the nervous system also could be determined if the penis does not respond to touch.

Unusual characteristics such as hair pattern or breast enlargement can point to hormonal imbalances. Other symptoms such as curvature in the penis could be the result of Peyronie's disease.

**Laboratory tests** also help diagnose diseases which cause ED. Blood tests, urinalysis, lipid profile, and measurements of creatinine and liver enzymes help determine if a patient has a disease affecting the proper functioning of the penis. Because signs of ED may be the result of more serious diseases, it's extremely important to visit a doctor if you experience erectile problems. You don't want to jeopardize your health.

Another test to diagnose ED is **monitoring** nocturnal erections. Since healthy men have involuntary erections during sleep, doctors monitor nocturnal erections to see if they occur. If the patient does not have one, then the problem may be a physical one rather than a psychological one.

### How is ED treated?

Depending on the cause of ED treatments can be as simple as making a few **lifestyle changes**. Quitting smoking, losing weight, and exercising can help increase blood flow; a major component in obtaining proper erections.

Speak to your doctor about medications you take; learn about possible harmful side effects which cause ED. If you feel a particular **medication** is causing problems with erections ask your doctor to prescribe another medication. Usually medications for high blood pressure have side effects that cause ED.

For serious cases of ED, usually **oral** or **injected drugs** are prescribed. Let's take a brief look at the common drugs for treating ED.

### Common Drug Treatments:

Most of you have heard about **Viagra**, **Levitra**, and **Cialis**. These medications are prescribed to treat ED and belong to a class of drugs called phosphodiesterase (PDE) inhibitors. They are meant to take an hour before sex and work to enhance the production of **nitric oxide** in the body.

Nitric oxide is a natural compound which works to relax muscles in the penis during sexual stimulation and allows increased blood flow.

The breakthrough of **L-Arginine** also has helped common people reap the benefits of Viagra, Levitra, and Cialis. Many men want a **harder, bigger, erection** and **longer sexual stamina** but are not diagnosed with ED. L-Arginine works like prescribed ED treatments in that it stimulates nitric oxide in the body but it does not require a prescription.

L-Arginine is an amino acid which is safe and gentle to use. It has been included in many effective herbal treatments such as [VigRX Plus](#) and [Provestra](#). Its ability to stimulate genital blood flow has helped both men and women enhance their sex life. Sexual products for men containing L-Arginine help men obtain **optimum erections** while female L-Arginine creams allow women to experience intense orgasms.

Overall, the treatments available for ED are vast. This is just a brief overlook at the most common treatments available. Other treatments include devices such as a **vacuum**, which draws blood into the penis, engorging and expanding it and **inflatable implants** which allows for erections by pressing a small pump located under the scrotum.

### **The return to better sex**

The most important fact to remember is that ED is **treatable** at any age. Since the disorder has become more socially accepted more men are seeking help and returning to a **normal sex life**.

Even if you feel your erectile problems are not serious enough to be diagnosed as ED, many topical lubricants containing [L-Arginine](#) work to provide **firmer, harder, longer erections**; no prescription needed.

Because of the many options available you don't have to put up with erectile problems. Take the first step to bettering your sex life by becoming informed and speaking to a health care professional about your symptoms. Successful ED treatments are available and men should speak to their doctors about them, the numbers speak for themselves; you are not alone.

## Aging and Sex



### *Supercharging your sex drive at any age*

I'm going to talk about a sensitive subject: sex and age. We all know that age is relative, just a number, etc. but it's true that our bodies change as we grow older. Some of these changes can have a negative impact on your sex drive.

Fortunately, there are many steps you can take to diminish the effects of aging on your libido and sexual performance.

So let's get started!

### How old is old?

Jimmy Buffet once said, "No matter how old I get, those high school girls stay the same age." Not only is this funny, it's a healthy point of view. I certainly know that when I was 18, I thought 25 was old. When I was 25, I thought 30 was old, and so on. The older you get, the less old it seems.

Age is a number too many people get hung up on. It's not the number of years you pass on this earth that's important – it's how you choose to spend that time.

Getting older is only a problem when it starts affecting your daily life. Or, as we'll discuss, your sex life.

### Women, aging and sex

Women do experience a gradual decline in sexual responsiveness as we age. The production of hormones diminishes which can affect sex drive. In addition, these physiological changes take place:

- vaginal walls become more thin and rigid
- the vagina produces less lubrication

Both these changes can cause discomfort during intercourse (so be sure to choose a good, effective lube).

Here's the good news: a woman's capacity to achieve orgasm remains unchanged well into her senior years. (It may take longer to achieve orgasm, however.)

Menopause is associated with the end of fertility, menstruation and the production of eggs. Traditionally, menopause has been considered the end of a woman's sex life. People who thought this also thought that the only reason women engage in sex is to have children. <sigh> But recent studies have demonstrated that many women **enjoy sex more** after menopause! Their fears of unwanted pregnancies are completely ended. So, instead of being the end of your sex life, menopause can be a new beginning!

If you or your partner is an older woman who requires a longer time to achieve orgasm, you may want to try my favorite [L-Arginine cream](#) to aid in sexual stimulation.

### Age-related changes in a man's sex life

The story behind the effects of age on a man's sexual function is a little more grim. You've heard the often-repeated claim that a man's peak sexual age is 18? Unfortunately, this is true. It's a shame that most men are at their pinnacle of sexual capabilities at an age when they don't know how to use them.

Every year after this sexual peak, a man's steroid hormone (including testosterone) levels gradually decline. This decrease is measurable by the age of 30. Lower hormone levels mean two things:

- reduced speed of physiological reactions (you get aroused more slowly)
- increased refractory period (time after orgasm that it takes to achieve a second erection)

The former shortcoming is okay and can be overcome with sufficient foreplay. The second is more troublesome – like most women, I really really like round 2. Fortunately a friend of mine has found a solution that helps men get ready for round 2 faster: [this product](#), he says, makes orgasms stronger as well as helping him get back in action.

After age 40, the urgency of sexual desire or “horniness” decreases. Men over 40 are harder to turn on and generally speaking don't perform as well as younger men. (Don't get your feelings hurt! There are exceptions.) This decline continues through the 50s.

Another effect of age that sets in around age 40 is a periodic inability to get an erection. It's not that you're not aroused – it's just that you **cannot** get an erection. Many men are extremely anxious about this. Even worse, many women don't understand this phenomenon and think that a lack of erection is a lack of excitement, arousal, and sometimes even a sign of ambivalence. That's why pharmaceuticals that promise instant erections are so popular among men with anxieties and low self-esteem.

Despite these changes in a man's body, recent studies have indicated that healthy men enjoy fulfilling sex lives into old, old age. Men are also fertile their entire lives, so age need not diminish one's ability to father children.

Men concerned about declining hormone levels should strongly consider trying [VigRX Plus](#). The herbs in the formula help stimulate the body to increase testosterone production and can help you shed those extra decades when you're in bed.

### Sex and age – the bottom line

All studies that have been done lately has indicated that many of our ideas about sex and age are just plain wrong. Women don't lose interest in sex when they go through menopause. Men don't lose interest in sex after 40 – they just need more enticement to get excited.

The best thing you can do for your sexual health is to be fit. Eat healthy foods in moderation and go to the gym. Avoid stress, or, if you can't, learn to deal with it in a healthy manner. Above all else, talk to your partner about your concerns. Keep the lines of communication open.

And remember – you can enjoy a healthy, fulfilling sex life for as long as you want!

### Premature Ejaculation - A Problem We Can Solve



#### *Causes of and remedies for premature ejaculation*

I'm going to talk about an issue that makes a lot of men uncomfortable: premature ejaculation. Now, just about every man has experienced premature ejaculation (orgasm before you're ready). If you haven't, you're really quite exceptional.

Premature ejaculation can be embarrassing and frustrating to both you and your partner. But that doesn't mean there aren't ways to overcome it!

This article covers the symptoms and causes of premature ejaculation, as well as some strategies to help prevent it from getting in the way of enjoying your sex life. It also mentions the newest [cure for premature ejaculation](#) that we have discovered which is called Prexil and works extremely well.

Let's get started!

#### **Symptoms of premature ejaculation**

From a man's perspective, premature ejaculation is experiencing orgasm (and ejaculating) before, or very shortly after, sexual stimulation. Premature ejaculation used to be only associated with sexual intercourse but now any form of sexual stimulation (oral, digital, etc.) is included in this definition.

From a woman's perspective, premature ejaculation is, "That's it?"

For the man, premature ejaculation causes a lot of embarrassment and shame. Most women understand that this is something that happens from time to time and it's no big deal. But many men, especially men who have concerns about their sexual performance, have a lot of trouble just shrugging it off. This embarrassment and shame the man feels can damage the relationship.

A pattern of premature ejaculation can be even more frustrating and damaging to the relationship.

#### **Causes of premature ejaculation**

There are several factors that can contribute to premature ejaculation. These include:

##### **Level of excitement**

When a man's in his favorite position, or watching his favorite porn actress, he tends to not last as long as usual. Some men get so excited that a simple touch or two is too much for them.

##### **Novelty**

A sexy new piece of lingerie, or a new partner, or a new position or sex toy can be enough to cause premature ejaculation. Again, this is tied to a man's level of excitement.

### When was the last time?

If a man's had to go weeks or months without sex (poor him!), he's much more likely to suffer from premature ejaculation. In this case, returning to a normal healthy sex life is usually sufficient to clear up the problem. And it's a lot of fun!

Interestingly enough, all of these same things can cause a woman to orgasm much faster, too. But we don't consider this to be a problem because after having an orgasm, a woman can keep going. Lucky us. ; )

### When was the last time?

As men age, testosterone levels diminish. This generally doesn't start to be a real problem until a man is in his late 40s at the earliest. After that, low testosterone can lead to diminished erection hardness, decreased sex drive and even premature ejaculation. Talk about a triple whammy!

There's a [male enhancement product](#) that can help to increase your testosterone levels and counteract the effects of aging on your sex life. It's not just for older men – any man can try it – and it has worked quite well for my partners. If you're mature and suspect you may have low testosterone, give it a try. It's called [Prexil](#).

### Your prescription?

Premature ejaculation can be a side effect of some prescription drugs. If you're starting a new medication and start to have this issue, talk to your doctor. It's likely you can get a prescription that won't interfere with your sex life.

### Strategies to remedy premature ejaculation

Guys who have problems with premature ejaculation tend to develop their own coping strategies. Unfortunately, these usually aren't improvements on the overall sexual experience.

For example, when a man is afraid of premature ejaculation, he tends to skip foreplay, or minimize it as much as possible. But foreplay is important. Men who are afraid of not lasting long enough try to start intercourse right away. Because we're all about foreplay and build-up, this is really frustrating to us. Not only that, but in many cases our bodies just aren't ready for sex yet. Rushing into intercourse frustrates us – and when we try to return to foreplay, we end up frustrating you.

Skipping foreplay isn't an option! Instead, try these tactics to prevent premature ejaculation:

### Frequent masturbation

Not only does masturbation diminish stress and improve your mood – it also takes some of the urgency out of sex. When you're already sexually satisfied, it's a lot less likely that you'll suffer from premature ejaculation during sex.

When you masturbate, practice bringing yourself right to the brink of ejaculation, then back off. Do this three or four times before you allow yourself to ejaculate. This helps you train yourself in ejaculatory control. (By all reports, it also makes your orgasm much more pleasant!)

### **An oral warm-up**

If you're having premature ejaculation problems, why not have your partner perform oral sex on you? Go ahead and ejaculate! Then get back to foreplay during your refractory period (perhaps return the oral favor?) and continue with sex play until you're ready for round 2!

There's an [excellent product](#) I highly recommend that helps to reduce the male refractory period, which means you can get back in action faster. From what I've heard it also makes orgasms more intense for men. Sounds like fun to me!

### **It's not all about you**

A lot of men tend to over-focus on the penis. They think an erection is everything and premature ejaculation is the end of the party. To me, this just shows a lack of imagination. Women don't need a penis inside them to be satisfied. You can make sure your partner gets off with your tongue, your hands, or sex toys. Don't say sex is off just because you couldn't last as long as you wanted!

### **Full body sensuality**

This is related to over-focusing on the penis. Many men think that all sexuality, and all sensuality, is embodied in the penis. That's a failure of imagination. Your entire body can be sensual. Learn to appreciate touch everywhere, from head to toe. Explore your body! When you're aware of your whole body, you tend to be less tense and less likely to experience premature ejaculation.

### **Massage**

A nice, relaxing massage is a great way to de-stress, experience full-body sensuality, and remember what sex is really for (It's for pleasure, in case you didn't know...). Get some scented massage oil and take turns rubbing one another down. It makes sex so much more slippery and fun. Guys, when you're returning the favor, perform a vaginal massage with a little [Vigorelle](#) and watch her melt before your eyes.

### **Deep breathing**

Taking slow, deep breaths is an excellent way not only to relax your body but also your mind. It's simply difficult for your body to be tense when you practice deep breathing. Groaning or moaning during sex also helps to relax you – and can be very exciting for your partner.

### **Communication**

Don't be embarrassed! Premature ejaculation has happened to every man I know (even some of them didn't want to admit it). If this happens to you, don't try to hide it. Don't be embarrassed or ashamed. Just tell your partner, "You've got me really turned on!" or "Let's try something else." Your orgasm doesn't mean the end of sex. It just means it's time to try a new method of sex play for a while.

I hope this advice can help you to overcome any premature ejaculation problems you might have. Remember – the important thing is to have fun! Don't get all embarrassed just because you cum before you want to. Premature ejaculation can be corrected. Even better, when it does happen, it doesn't mean the end of sex. It just means you have to get creative. ; )

### 5 Ways Men Screw Up the Date



Hello, all –

This is a question that has come up several times in the last few weeks among my friends. I keep hearing these horror stories about dates gone wrong. It seems that an awful lot of men are trying to learn dating skills from watching back-episodes of *Friends* or *Seinfeld* rather than thinking about things the woman they're with might enjoy.

To help prevent you from falling into a similar trap, I'm going to present the top 5 things men do to completely ruin a date. I've experienced each of these four things myself (often multiple times). I also offer you a simple solution to each of these potential missteps. Guys, take notice!

Note to my married/monogamous readers: "date" doesn't only apply to courtship. Whenever you and your partner go out together for dinner, you're on a kind of date. Being aware of these missteps can help to insure that the two of you have a good time. ; )

#### Lack of planning

"So, where do you want to go tonight?"

"I don't know, where do you want to go?"

"I don't know."

This Beckett-esque dialogue is all too often heard before dates – or, even worse, in the restaurant over dessert. If you don't know where you're going, how can you know when you get there? This drives women absolutely batty. We want a man to take control and tell us what's going to happen – where we're having dinner, which movie we're going to watch, whose house we're going to afterward... We also want a man who is flexible enough to work around our objections.

Guys, this is really easy to fix. All you have to do is spend fifteen minutes and make a plan. Make a primary and a backup. This is especially important on early dates before you really know your partner (you plan on sushi for dinner, and it turns out she's a vegetarian – so you need an alternate restaurant idea). It's also good to have a backup activity planned. Sometimes girls are just tired of going to the movies, so why not ice skating? Or a visit to the planetarium?

Make a plan. But be flexible enough to alter the plan if necessary. That way your partner feels like she's in good hands but she also has the comfort of knowing she can change things if she wants to. Yes, it's a lot like having your cake and eating it, too, but we're women. That's what we want!

#### Lack of self-confidence

This has happened to me on several occasions: I'm in a club with my friends and I'm approached by a handsome guy. He's forward, confident, and he has a few drinks under his belt. We make plans to meet again. When we're on our date, suddenly the sexy, devil-may-care playboy becomes a tongue-twisted, shy schoolboy. I felt cheated.

This is so disappointing! It's like a bait-and-switch that some guys pull on us.

Sometimes, lack of confidence is related to just not knowing what to say (see conversation tips below). Sometimes you don't feel attractive – so dress your best, and groom carefully! Sometimes you're worried you're not a champ in the bedroom. If this is your concern, you should consider trying [male enhancements](#) to give you the sexual confidence you need. (And it never hurts to keep a tube of [Vigorelle](#) in the night stand!)

Here's the bottom line about self-confidence: if you don't have it, you can fake it. Fake confidence is indistinguishable from the real thing and it makes your date feel like she's in good hands!

### **Bad conversation**

During a date, long silences can be deadly. It really pays to keep the conversation moving. Probably the best way is to ask questions about your date, or ask her opinion about something. Nearly anything can become a good subject of conversation. I recommend keeping the talk light on dates. Religion, politics, mortality – all these things can turn into a debate when what you really want is a pleasant chat.

No, I'm not shallow. It's just that I don't want to talk about Darfur over calamari and pinot grigio.

The only thing worse than having nothing to say is having too much to say – about yourself! When a lot of guys get nervous, they cover it by going on and on and on about their own opinions, thoughts, ideas, pasts, etc. This can be interesting but only for a little while. Too much chatter about yourself makes you seem pompous and self-important.

Ask questions and listen to the answers. Follow up. If you don't know how to do this, listen to talk radio and pay attention to how the interviews work. Asking lots of questions also makes your date think you're even more interested in them...

### **Lack of closing**

There's very little more disappointing than a handshake when you were expecting a goodnight kiss. The only worse thing is a "Good night," when what you were expecting, and wanting, was an evening rolling around in bed!

There's a certain moment during the date when you feel an opportunity to advance things. Sometimes it's only a kiss, or putting your arm around your date. Escalating the level of physical intimacy is important so your date doesn't feel like she's out on the town with her brother.

A lot of guys choke up when it's time to close. They think, "She'll say I'm just a player," or, "If she really wants me she'll let me know." Guys, women don't work like that. They want to be swept off their feet – they want you to be the one who brings up sex, who initiates physical intimacies.

Don't be afraid to get a little closer. If something's wrong or if your date's not ready, she will let you know. You've told her that you think she's sexy and that you're attracted to her and that's all good.

### Lack of supplies

You go upstairs together at his place, you're making out, you're getting all hot and bothered... and then he tells you, "I'm all out of condoms." WTF?!? That is so infuriating on so many levels. Not only does it show a gross lack of planning but it also tells me that the guy's either a dope or a slut. I've had guys tell me that it's okay, they're disease-free, but there's no way I'm going to endanger my health for a one-night stand.

Lay in supplies! You should have, at the very minimum:

- Condoms
- [VigRX Plus](#) or [Prexil](#)
- [Vigorelle](#) or Provestra
- Toothbrush (a new one, still in plastic)
- Extra towel (clean!) or two

Optional supplies: massage oil, clean bedclothes, an extra pillow, an extra bathrobe and slippers, chocolate, sex toys, and breakfast fixings. All these things can help to make your night together more fun and more relaxing.

Guys, keep these things in mind when planning your dates. It's hard enough to find a partner you really like spending time with – why screw up on the easy things?

## Be cool and get the girl



Lately I've been thinking about mistakes guys make. Now, I don't mean to rag on you, but after all, how often do you get to hear a woman's perspective on these things? Honestly?

I was in a club a couple of nights ago – one of those loud places where the air was full of alcohol and sexual tension. I wasn't out for a pick-up. I was just there to observe. I wanted to spend a little time watching the ways the men and women around me were interacting. I didn't even drink anything but Perrier.

By the end of the night I think I had figured out how the guys who'd charmed me in the past had done so. I want to present these observations to you in the hopes that they'll help you in your efforts to either meet new women or become even more interesting to your partners.

What I figured out was, it all boils down to one rule: **be cool**.

### What is cool?

James Bond. Indiana Jones. Cary Grant. They all have one thing in common: **they're cool**. We'll talk about the qualities that make up coolness in a moment, but first think about the entire package.

When a guy is cool, everyone around him notices. Even though he doesn't deliberately draw attention to himself, women look at him. Once they look they can't look away. Why is he so fascinating? They can't help themselves – they want to talk to him. A cool man attracts women the way flowers attract butterflies.

At this point you may be cursing your luck. "Why wasn't I born cool?" Well, I don't think anyone's born cool. I think cool is something you learn. Most guys probably consciously imitate a role model for a long time until cool just comes naturally from them.

So what can we learn about the nature of cool? Here are my observations:

### What isn't cool

Half the battle is figuring out which of your behaviors don't fit in with the James Bond template. I'm going to point out things that aren't cool, but it's up to you to apply them to your self. (Hey, I can't do it all by myself ; )

### Cool isn't needy

Cool guys don't need attention. They accept attention they're given as their due. Think about Mr. Bond approaching a woman in a bar. Most likely, he'd light her cigarette for her, or simply say, "Good evening." He wouldn't struggle for attention or make a spectacle of himself, would he?

Don't be needy. If one woman isn't interested, move on.

### Cool isn't overimpressed with himself; cool isn't pompous

So many attractive guys know they're attractive and act like it! It's so off-putting. So many guys brag about their job, or their promotion. Am I interested? I really don't care about stock options when I've just met someone. So many men are so damn serious!

Unless you're a Navy SEAL or Rupert Murdoch, you really shouldn't act so full of yourself. Confidence is enough – any more can be too much.

## Cool isn't struggling

We've all seen people who are desperately putting up a front of coolness, and how pathetic that looks. If it seems like you're trying to be cool, you're the opposite.

If nothing else, just relax. Do what feels right and natural. Then at least you won't come off all desperate.

## What is cool?

All right, now let's look at what you can do to become the coolest man on earth!

## Cool is confident

Confidence is absolutely the most attractive aspect of a man's demeanor and personality. Women equate confidence with control, with high status, with just about everything that's good.

Being confident doesn't mean that you're pushy, or that you're pompous, or that you're always right. It just means that you believe in the correctness and appropriateness of your actions.

A lot of guys equate sexual prowess with confidence. To a degree, I think this is important. A lot of guys just feel more confident when, for instance, they've been using a [male sexual enhancement product](#) regularly. Regardless of what it does for you, it makes you feel a lot more self-possessed and self-confident.

## Cool is calm, unflappable

Cool guys don't get rattled by anything. Even when Russian spies are shooting at them, they don't freak out. Don't let yourself get worked up over anything. Stay calm regardless of the circumstances and you're halfway to being cool.

## Cool is funny – or at least amused

Don't take yourself too seriously. Don't overreact (see calmness, above) to situations around you.

Instead, make jokes. Tease. Flirt. When there's nothing to joke about, then pay attention to what's going on around you. You can find something amusing just about anywhere. And when you can find something to be amused by, you can find something to talk about, so being amused is nearly the same thing as being amusing... which women love!

## Cool is great in bed!

Last but certainly not least, a cool man has to be great in bed. (Otherwise what do I care how cool he is?)

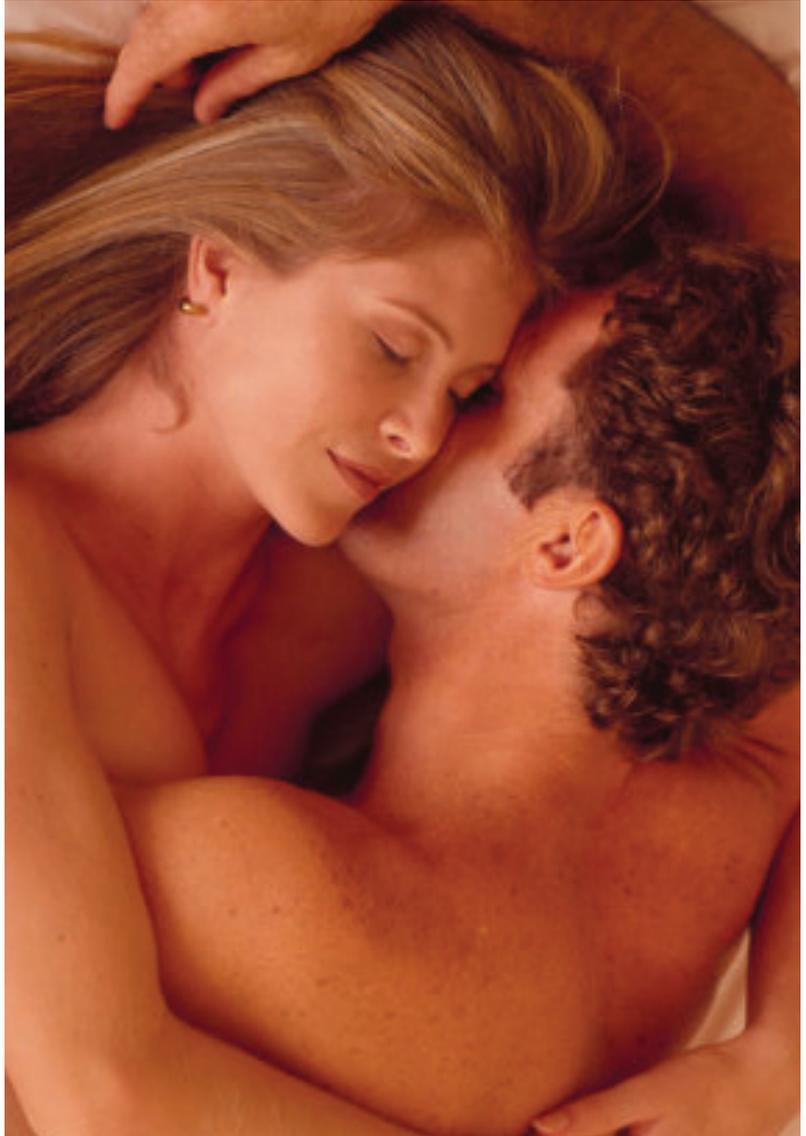
This means to you that you have to know how to please a woman, how to engage in foreplay, how to give oral sex, interesting sexual positions, and all the little bells and whistles (like [Vigorelle](#)) to turn good sex into earthshatteringly fabulous sex.

If you're not confident about your sexual prowess, there's a lot of articles on this very blog designed specifically to help you get better.

## BETTER SEX

Both men and women can benefit from these better sex tips. A new sexual position, a fun toy, a sensual piece of lingerie... all these things can rejuvenate stale sex!

This portion of the book is all about making okay sex good – and good sex GREAT!



## 10 Ways to Spice up Long-term Relationships & Marriages: Part 1



When you first met her she gave you goose bumps, your mind was filled with sexual fantasies, you vowed that you would seize and conquer! And you did. You decided she was the one you couldn't live without and headed toward the world of long-term relationships. Congratulations!

Most people know long-term relationships are not easy but definitely something to be proud of. You've worked on bad habits, arguments, and even sacrificed all for the good of the relationship. But what about your sex life? Has the passion dwindled, has the excitement you experienced in

the beginning of the relationship simply faded away?

Of course it has, and this is perfectly normal in long-term relationships. In fact, we're human and it's only a matter of time before the monotony bores us or drives us crazy. So how do you escape this trap? You work on it. Just as you work on other areas of your relationship, your intimate life takes work. But don't worry this may be the most exciting and satisfying "work" you have ever done for your relationship.

Now let's get started, it's time for you to work **extra hard** and possibly put in some over time ;) Below are 10 ways to reignite the passion in your marriage or long-term relationship:

### 1. Plan a Date

Living with a partner is wonderful; you get to enjoy the intimacy and comfort new relationships don't have. However, on the down side seeing your partner every day often causes you to miss out on the excitement experienced in new relationships. For example, remember that first date? You anticipated how stunning she would look, what she would wear, how good she would smell, you know all that fun stuff.

When you live with a person, there's no element of surprise. On a night out, you often watch each other get ready, stress out about being late, and criticize one another for taking too long.

Men, did you forget when you first dated your wife, you didn't mind waiting for her; it wasn't annoyance you felt but excitement as you anticipated how stunning she would look. You also put in that extra time to make yourself look handsome just for her. Believe me, it was something she loved then, and something she still loves now. Rekindle that element of surprise by planning a date. Here's how:

#### Choose a classy location:

It's not about how much money you will spend but about choosing a classy location so the both of you can dress up. A woman likes to look and feel sexy. Choose a location she has never been to, tell her it's an upscale location, and suggest she buy a new outfit. The fact that you are choosing a new location and she will wear a new outfit brings in a nice touch of excitement.

Likewise make sure you buy a new out fit as well; it can be as simple as a new shirt or new cologne. The slightest change to detail is just what you need to look at each other with fresh eyes once again.

**Get Ready Separately:**

After you plan your date at a classy location, make sure you get ready separately. Make arrangements with your friends or relatives so you can get dressed at their place. Don't let your partner in on your secret plan; make it as casual as possible. Figure out a way to make yourself unavailable during the day; perhaps you need to stop by your mother's to fix her T.V. or your friend wants you to check out his new car. This slight separation during the day will make you value each other's presence at night.

Next, call and remind her to give you a call when she is ready for the date. Finally, when the time has arrived pick up a bouquet of her favorite colored roses on your way home. Don't let yourself in; knock on the door and wait. When you see a stunning woman open the front door; you'll know the extra work was all worth it. She too will be thrilled at your handsome appearance. Hey you never know your hard work might get paid back later that night!

**2. Sexy Pajamas**

There's something extremely warm and cozy when you sleep next to the person you love every night. However, this can turn sour if you don't switch the routine. When you aren't excited as to what she's going to wear to bed, it's a clear hint you need to switch the routine. Likewise, if you wear the same pair of pajama pants to bed it's a message that you aren't trying to entice her. When couples can predict each other's sleepwear; the passion in the bedroom fades.

There isn't a visual stimulation to entice the body and mind. Every now and then both men and women should be sexy for one another. It can be as discreet as sleeping topless because it's "too hot" or as provocative as wearing new lingerie or boxers to bed.

**3. New Look**

Many couples don't experiment with their appearance. They say, "This is the way you met me; this is the way I'm staying." While the statement has some truth; it's boring to see your partner look the same way for years. You'll be amazed what a difference a new look can make. Personally, I love to change my hair. Sometimes I'm a fun blonde other times I'm a sultry brunette. Changing my look drives my partners wild. It's like having sex with a new girl and not cheating!

The same goes for men. Men need to change their look every so often as well. After all, female sexual desires are not as different from men's. While we may love our spouse, we too fantasize about other men. I'm not saying to change yourself completely what I'm suggesting is showing off a new you to spark a sense of desire.

Maybe your wife wants to see you in a new haircut or new clothes. Give it a try, breaking out of your shell may be just what it takes to make fun fantasies a reality.

**4. Foreplay Twist**

When men find a good foreplay technique they repeat it over and over because it works. This is fine for men with multiple partners since no woman will catch on; but if you're in a long term relationship it's only a matter of time before the routine gets old, no matter how great it is. Sure there are some favorites your wife won't want you to give up, and please don't. What I'm saying is that you need to add a twist to foreplay deliverance.

Do you repeat the same steps during foreplay? Do you kiss the same parts of her body over and over again; the same way over and over again? I'm thinking yes. Most men in committed relationships don't work as hard to get sex. They assume that it is available to them no matter how hard they try.

What men need to do is take the information they know to deliver a killer performance. If you know your wife loves oral sex, don't give it to her right away. Kiss her on other areas of the body first; tease her. Discover new and unique ways to please her.

Perhaps it's time to incorporate **sexual enhancers** like toys or sensitizing cream. My favorite is a [climax enhancing gel](#) that makes my clitoris sensitive to any touch. Within minutes, I'm ready for the orgasm of my life.

Remember, the key is change. Among the top things a woman will not stand is a boring sex life. Like they say, if you don't satisfy your woman another man will. Save your sex life and your longterm relationship by adding a twist to your sexual performance.

Read on for the other 5 tips!

## 10 Ways to Spice up Long-term Relationships & Marriages: Part 2



The road to long term relationships isn't easy. Along the way, many couples lose their passionate momentum and quiet down to a secure family life. While this is common and nothing to be alarmed about, it doesn't mean relationships will never regain their spark.

They can – and yours will! Below is part two of *Ten Ways to Spice up your Long-term Relationship or Marriage*. Follow these tips and rekindle the flame that made you decide, "This is the one!"

### 5. Sweet Morning

Starting the day off in the right foot increases the chance that your partner will come home ready for action. With all the hustle and bustle of the morning, getting the kids ready for school, getting to work on time, etc. couples rarely take the time to focus on each other.

Start the morning by giving your partner a warm wake-up call. Instead of having an annoying alarm wake your partner up, try to rouse him or her yourself. Then make a cup of coffee (or their favorite morning pick-me-up) and bring it to them. By starting the morning with a warm relaxed approach, you'll be setting the tone for a more sweet and sensual day.

Maintain your partner's good mood by sending sexy text messages during the day. You can also send racy emails on what you want to do to each other once you get home.

### 6. Love Chore

Sometimes showing romance in a long-term relationship isn't romantic at all but practical. One of the top ways couples in long term relationships show their partner how much they love them is by making their day a little easier. A great way to get your partner in a loving mood is by taking care of one of their chores.

If he or she has to do the laundry or wash dishes during a particularly stressful time; jump in and do it instead. Trust me – your partner will be eternally grateful, especially if the burden of chores was adding to an already stressful day. Call it a labor of love!

### 7. Foot Massage

Almost everyone loves getting a good foot massage. Even if giving a foot massage is not your forte, it may be a sacrifice you'll have to take for the better of the relationship since it's important that you or your partner has the skills to reduce each other's stress.

Because pressure points in the foot connect to other parts of the body, tension in the body is felt in the feet as well. But the opposite is true – a good foot massage can be felt all over! Here are some tips for a killer foot massage:

1. Start by putting a damp washcloth in the microwave for 30 seconds.
2. Have your partner lay in a comfortable spot with their feet in your lap. I suggest the bed because after a good foot massage he or she might fall into a sweet nap (or be ready for action!)
3. Next, rub your partner's feet with the warm washcloth. This will cleanse the feet and warm them up. It will also encourage blood flow throughout the feet. Now your partner is ready for the ultimate rub down.
4. Dispense a half-dollar-sized portion of oil in your hands; lavender oil is best because it has an immediate calming effect. Grasp the arch of her foot with one hand.
5. Rotate the foot in circles clockwise; to the right, down, towards you, up to the left, and back toward her to loosen up the joints and muscles.
6. Take both thumbs and move them up starting from the bottom of the foot. Start from the arches to the toe pads, and outward. Repeat this step.
7. Between each kneading move, take your hands and gently glide them all over her foot; up and down her calf as well.
8. Lastly, gently pull each toe to release tension out of the foot. The theme of the foot massage is to push the blood flow to the tips of the toe and finally out the foot. By pulling each toe at the end of the foot massage you release all the tension in the foot and body.
9. Give the other foot the same massage.
10. Finally, once you're done, heat another wash cloth and use it to give your partner a final all-over rub.

Ta-dah! You've just given your partner the ultimate foot massage. Remember the ideal foot massage lasts 20-30 minutes. So take your time and do it right.

### 8. Bath time

With the kids around, it may be hard to jump in the shower with your mate. However, it should be something couples plan during their day. Find the time to do so when the kids are over their friends or relative's house. Water already has relaxing properties and a nice warm shower instantly relaxes muscles and soothes tension.

When your partner showers with you, what is a relaxing shower turns into a sensual experience. Wash each other's bodies and hair. Start from the toes all the way up. Take your time and be sure not to miss a single body part. Soon you'll find touching your partner while he or she is soaking wet is *highly arousing*.

Remember in the shower anything goes, relax and go with the flow!

### 9. Small Gifts

In the beginning of your relationship, I'm sure you courted your wife or girlfriend with gifts. It is a traditional way men romance women. Now that you got the girl, the gifts probably have slowed down or have become obsolete. Demonstrating that you're still romantic is still important to the relationship. In fact, men hold much of the responsibility for romance in the relationship. If your relationship has lost its romance, the man most likely takes the blame. Sorry guys, but this is the area you must dominate.

Ignite the romance in your relationship by giving your partner small gifts of affection. It can be as classic as bringing home fresh flowers for the dining room table or buying her a new or favorite fragrance. You can also buy your wife sexy lingerie or a sexy bra and thong set. An inexpensive gift which women secretly love probably more than most expensive gifts is a nice card. Yes believe it or not a two or three dollar card can reignite the passion in her heart.

These sensual gifts show her you still got what it takes to rock her world and she's still worth it. It's a way of reenacting the first stages of a relationship and maintaining the fire long-term.

### 10. Libido Lifters

As your relationship ages so do you. A common effect of aging is a lost or low libido (sex drive). Popular natural sex enhancers to increase male and female libido and performance are [VigRX Plus](#) or [Provestra](#).

Endowmax is an all natural supplement with ingredients like GABA, horny goat weed, and catuaba bark which are **natural aphrodisiacs** to boost **sexual desire** in men. It also has the revolutionary ingredient L-Arginine which works to **increase penis size** and performance in men.

Unlike men who have a variety of sexual enhancers like Viagra or Enzyte, women rarely have any product to turn to. In fact, an astonishing amount of women suffer from sexual frustration; as many as **46%**. Luckily there has been a solution for them thanks to FemElle. FemElle is a female libido enhancement system which works to increase sexual arousal inside and out.

The [FemElle](#) system consists of natural supplements and a cream. The supplements work on the inside to balance out hormonal deficiency's which result in low female libido and sexual pleasure. The supplements also work to **increase clitoral blood flow** and **orgasm response**.

FemElle cream works on the outside and is used right before sex to stimulate clitoral blood flow. This enhanced blood flow makes your wife or girlfriend achieve orgasms easier and faster.

Don't let aging wear your relationship down. Be open to libido lifters; they can jump start the desire you lost but never forgot. New sex stories are waiting to be made!

Finally, reigniting sexual desire and intimacy is important to long term relationships and should be a natural phase in the relationship as well. Just as things started off hot then sizzled down, the time has come to start the fire once again. Remember not every technique to spice up your relationship is going to be erotic.

Simple tasks like doing your partner's chores or making her a fresh cup of coffee help establish intimacy in the relationship by removing stress. It's about creating a loving environment where he or she will think about the love and passion you share rather than work or the kids. So give these tips a try, the time is now!

## Mismatched Sex Drives



*What to do when your partner wants more, or less, than you do*

I want to talk to you about sex drive. Specifically, I want to discuss a serious problem that causes a lot of friction in many relationships: mismatched sex drives.

Odds are you've had a partner whose sex drive is completely out of sync with your own. I don't mean she always wants to have sex in the morning, when all you can think about is coffee. I mean your partner is satisfied with once a week when you're more of a three-a-day man. Alternately, you may be sexually sated while your partner keeps pestering you for more time in the sack.

Mismatched sex drives are a big source of tension and usually result in both partners feeling guilty, or ashamed, or angry, or all three. I'm going to talk about the questions you should ask and steps you can take to help synchronize your sex drives.

### Is there really a problem?

First, you should ask yourself, "Am I being realistic?"

A close friend of mine went through a period where she was dating a 22-year-old college student. This guy ran track and field and was in excellent shape. He was in near-peak physical condition and horny as a goat all the time. My friend complained that he just wouldn't leave her alone. When he came over to pick her up for a date, he insisted they have sex before they even went out to dinner! (I know, it sounds like fun to me, too...)

When a relationship is new, there's a lot of excitement. Often the two of you are caught up in the novelty of one another's bodies. With time, you'll become more comfortable with each other. Hopefully sex will never become just routine but still the reckless abandon will fade with time.

### Don't jump to conclusions

One of my married friends noticed her husband's desire for her waning with time. She became convinced he was having an affair and tried to catch him *in flagrante delicto*. She grew insanely jealous and obsessed over catching her husband's lover. Months later, her husband came home from a doctor's appointment and told her that he'd been taking prescription antidepressants. It seemed that his medication, which he'd been hiding from her, had wrecked his sex drive. His doctor changed his prescription and within a few weeks things were more or less back to normal!

The point of this story is, don't jump to conclusions about what might be causing your mismatched sex drives. Don't assume it's something you're doing. Don't assume your partner doesn't find you attractive, or is too young for you. Don't assume anything.

Instead of assuming, try to open a dialogue with your partner. Talking about your relationship and about sex can help both of you to set realistic expectations and prevent a lot of hurt feelings.

### Is everything okay?

Related to the above point - talking to your partner can help you discover whether everything is going okay for them. Stress at home or at work, a messy bedroom, money troubles, or just about any preoccupation can put a serious damper on libido.

Talk to your partner and make sure there's nothing on their mind that could be affecting sex drive. Keep in mind that the partner who wants more sex may be the one with the problem!

### Coping techniques and tools

Sometimes, elevating the heat level in the bedroom is a simple matter of trying out a new position, or a new sex toy, or some lingerie. Check out my other posts for some great ideas on these topics.

If it's the male partner in the relationship that needs a boost, I recommend this [male enhancement product](#). The ingredients help to boost testosterone production, which gives a man more sex drive as well as better sexual performance. One of my man friends told me that [VigRX Plus](#) took fifteen years off his age in the bedroom.

Remember that women tend to be more sensitive to mood and atmosphere. Setting the scene can go a long way to boosting a woman's libido. Clean sheets, candlelight, a bubblebath, a massage with scented oil, the phone off the hook... Doesn't that sound heavenly? And if she's still having trouble getting in the mood, a dab of [Vigorelle cream](#) can be just the thing she needs to stimulate her.

To recap, here's what to do when confronted with mismatched sex drives:

1. Don't instantly assume there's a problem.
2. Don't jump to conclusions
3. Do talk to your partner
4. Do take steps to bring your sex drives into alignment

I hope this guide helps you to balance your desires with your partner's.

## Give Your Woman A Great Massage



### *Erotic Clitoral, Vaginal, and Anal Massages*

While most couples fondle the vagina as a foreplay technique, few make it the main course. Erotic massages are a valuable skill in impressing your female partner. Erotic massages also bring fulfillment for those unable to have intercourse. They are great for pregnant women who desire sex but find it difficult to engage in intercourse, for instance.

Not only that - but an erotic massage is a fabulous form of foreplay.

Learn the techniques of hot erotic massage and please your woman like never before!

### **Before you begin: use Vigorelle**

Before you begin your erotic massage apply [Vigorelle](#) to your partner's vagina. Vigorelle is a topical cream which works to stimulate clitoral blood flow and sensitivity.

This helps a woman achieve **easier orgasms**, **more intense orgasms**, and even **multiple orgasms**. It's a perfect product to use when performing erotic massages because it works instantly. In minutes, she will be highly aroused and sensitized – your very touch will be **orgasmic**.

### **Techniques for Erotic Massages:**

#### *The Clitoral Massage:*

Grasp her clitoris with two or three fingers. Very gently grasp her clitoris with your thumb and index finger. As you slide your fingers back and forth along her clitoris, the hood should also be sliding back and forth, stimulating blood flow. You will notice when your partner is aroused as her clitoris will become firm and erect. Vary the rhythm of your strokes by beginning very slowly at first and speed it up as she nears orgasm. As soon as she has an orgasm switch to a very light stroke, as her clitoris is likely to be very sensitive. After a couple minutes you can begin again or move on to a vaginal massage.

### *The Vaginal Massage:*

You can perform a vaginal massage while you are giving a clitoral massage. While one hand massages her clitoris, the other can be used to stimulate her vagina. By inserting your finger into her vagina, and mimicking the “come hither” motion with your fingers you can stimulate her G- Spot. It’s very important to note that your palm should face upward and your finger should seem like it is rubbing the inside of her belly. The finger movement for G-Spot stimulation is the same as when indicating to a person to come across the room. This can produce very strong orgasms and pronounced ejaculations. You can also insert more than one finger depending on her flexibility and desire to be filled. Anal massages can also be incorporated to the vaginal massage, many women find the combination to be very intense and enjoyable.

### *The Anal Massage (advanced technique):*

Initially, the anal massage begins by gently massaging the outside of the anus. After massaging her anus for several minutes insert the tip of one finger, moving it slowly in and out. After her anus relaxes insert your entire finger, then more fingers if she so desires. If you decide to combine both a vaginal massage and an anal massage, its important to uses different fingers for penetration as you do not want to transfer bacteria into her vagina. For deeper penetration, you can also insert dildos, as her anus relaxes.

[Vigorelle](#) is an excellent addition to clitoral and vaginal massage. Especially if you’re not yet comfortable with your technique, use Vigorelle to make sure you bring your partner to **new heights of orgasmic joy**.

## Exercises For Better Sex



We all know that exercises are good for us. Exercises increase blood flow to the body, improve your muscle tone and endurance, and help increase your energy level. A regular cardio routine is a great idea for just about everybody.

Unfortunately, most people just don't make the time for a regular exercise routine. That's a shame because it can definitely impact your sex life.

Today I'm going to talk about two things:

1. The benefits of regular exercise on your sex life
2. Sex-specific exercises that will help you have better orgasms

Those of you who are in great shape (or really lazy!) should skip to the second part of this article.

### Exercise and sex: the benefits

First, a personal story: for a while I had a partner who could keep going for a long, long time. When I was on top, my thighs gave out before he did! I started doing daily squat exercises to build up my leg strength. After a few weeks of hard work, I was finally able to keep up with him. It was worth it. ; )

Exercise changes your body – for the better. A regular cardio workout is like tuning yourself up. Regular exercise is one of the absolute best things you can do for your sex life. The benefits of regular exercise include:

- increased energy level
- improved muscle tone and endurance
- better oxygenation
- enhances libido and sex drive

When my girlfriends complain about low sex drive, the first thing I ask them is, Do you exercise? When's the last time you worked up a sweat? I'm not surprised when they tell me they just don't have time. I call BS on that. You have to make time to exercise, even if it's just 15 minutes of walking after work. It really makes a difference. (The second question I ask them is, Have you tried

[Vigorelle](#)? Vigorelle works very well by itself but it works better if you're in shape!)

Then I tell them about kegel exercises and how much better their orgasms can be!

### **Sex-specific exercise: the kegel**

For those of you who refuse to go to the gym, you're in luck – there is a sex-specific exercise that you can perform anywhere, any time. And it won't make you sweat.

The kegel exercise is the rhythmic clenching and relaxing of the pubococcygeal muscle (usually abbreviated as PC muscle, though it has nothing to do with political correctness). The PC muscle is directly related to sexual satisfaction for both men and women.

#### **How to kegel**

In order to isolate your kegel muscle, it's best to start in the bathroom. The next time you're taking a pee, try to stop yourself in mid-stream. The muscle that you clench to stop urination is your PC muscle.

When you tighten and relax that muscle, you're strengthening your PC muscle. Not only does it control urination, it also is involved in orgasm and ejaculation. (Guys, if you want to shoot across the room, start kegeling!)

A good starting regimen is 3 reps of 10 clenches each, morning and evening. I try to work my kegels into my daily life. I do kegels every time I'm stopped at a stoplight.

Some men I know remember to kegel in the bathroom, by stopping their urination every three seconds. This sounds annoying to me so I'll stick with my own exercise regimen.

#### **Benefits for women**

Women who exercise their PC muscles will notice an increased intensity and duration of orgasmic contractions. You'll begin to notice an increase in your orgasms after a couple of weeks.

Your partner will notice you're in better shape, too. A woman's male partner will be able to feel much more intense contractions. From what I've heard, this is unbelievably sexy. It makes me wish I could experience it!

Women who've been through childbirth can help to tighten and tone their vaginas, and even return them to pre-childbirth health, by practicing kegels faithfully.

#### **Benefits for men**

A study performed in New Zealand demonstrated that regular kegeling is just as effective as Viagra in treating erectile dysfunction. Pretty amazing, isn't it?

Men who kegel regularly will also experience much more powerful orgasmic contractions. In the man's case, this means ejaculations will spurt much farther. Many women think this is incredibly sexy – and it explains why male porn stars kegel a couple hundred times per day.

With sufficient practice, men can also learn to clench the PC muscle during orgasm and prevent ejaculation. This opens the door to multiple orgasms for men.

As you can see, the benefits of exercise can definitely outweigh the inconveniences. So start kegeling today and see if you can make a little time every week to get yourself in shape!

## Sex Games For Couples



Once you've been in a monogamous couple for a while, you may begin to feel the need to spice things up in the bedroom. This is a perfectly normal feeling and is not a sign of insecurity or that something is "wrong" with you or your partner.

A lot of people are very insecure about introducing anything new into their sex lives.

Many men fear that a sexy piece of lingerie says to their woman, "You're not already hot enough." Many women worry that introducing a vibrator to sex communicates that their man is inept at getting them off. As a result, most people simply don't try anything new.

This is a **huge** mistake! All change, especially change in the bedroom, is intimidating. If you embrace it instead of avoiding it you can welcome new worlds of pleasure into your sex life.

This article is all about introducing play into your sex life using sex games. I'm not going to get into anything too hardcore or intimidating – just simple, but fun, sex games you can play with your partner.

### Tie me up!

Everybody knows what bondage is. You probably have a picture in your head of a man in a leather mask holding a bullwhip, or a woman in thigh-high black boots and nipple clamps. Full-on bondage or BDSM is a little too intimidating for most people.

But there's a related sex game that won't have your partner calling 911. I personally like to keep a silk scarf next to my bed (just like Sharon Stone in *Basic Instinct*). When I'm on top, sometimes I tie my partner's hands together. The trick is to use a big loose knot, so your partner feels restrained but not incapacitated. You never want to spring this on anyone unawares; it can really freak some people out. (Trust me on this.)

So, say, "I'm going to tie you up. Let me know if you're uncomfortable and I'll let you go, okay?" With your partner's consent, tie their hands over their heads, to the headboard if possible, with a bow knot or something easy to untie. The point isn't to hold them hostage – but to take away their sense of control.

Once your partner is tied, you can tease them with a feather, or light licks and kisses all over their body, or oral sex, or just about anything else you can think of. (If you haven't tried this [sensitizing cream](#), you really should.) It's called Hersolution Gel - and it's been featured on TV a bunch of times!

### Cards and dice

There are three fun games that I've played (and a whole lot more on the market) that add an unexpected, random and fun element to your sex life. Keep in mind that the idea isn't to play the game by its specific rules, but to add that unanticipated element to foreplay and sex.

### Wheel of Passion

This is a pretty straight-forward spin-the-spinner-and-do-what-it-says. The Wheel of Passion isn't particularly imaginative but that's not really the point. The idea behind it is to bring something new and exciting into the bedroom. Also, it's relatively inexpensive.

### Erotic Dice

This is a great idea! These plastic glow-in-the-dark dice come in pairs. One die has body parts on it (lips, nipples), and the other has verbs (lick, pinch). They're a really simple and fun game that adds spice to foreplay – and, even better, they're inexpensive.

There are only 36 variations so you can't rely too heavily on these dice for all your foreplay needs. But I've never met anyone who didn't think these are a great idea.

### Card Game For Lovers

This game is more about learning more about your lover as it is about having sex. Each game takes about 2 hours and consists of taking a card from the stack and following the instructions. Some of them are sex-related, others aren't.

Even though it's not 100% bedroom-appropriate, I really like the Card Game For Lovers because it encourages both you and your partner to explore your relationship.

### Clothing and sex games

The easiest way to introduce clothing into sex games is simply not to undress completely. The rough texture of cloth on bare skin is incredibly sexy.

Undress your partner, but remain clothed yourself. Explore the sensations of your clothing against your partner's skin. Buttons, belt buckles, your cuff, the tail of your shirt – all of these things can produce fantastic sensations. In addition, being dressed adds an element of power similar to Tie Me Up! above. Many women enjoy the feeling of being dominated by a man – keeping your clothes on helps add to this sense of dominance.

I personally find this to be one of my favorite sex games. It's hard for me to describe why it's so sexy, but the thought of a man on top of me, fully dressed, really gets me hot. ; )

### Role playing

Many people have a sort of mental barrier against incorporating role playing into their sex lives. It's true – it's really easy to feel silly when you're pretending to be a policeman pulling over a speeding stranger...

But get over it! Roleplaying is the sex game that allows you to explore your fantasies most fully. You can act out different roles to fulfill your own fantasies or your partner's. The secret is not to judge, not to be closed-minded, but to be willing to explore. It's sort of like watching a science fiction movie. You have to be willing to suspend your judgement and disbelief.

Just so you'll feel a little more comfortable trying role-playing, I'll tell you some of the roles I've played with my partners: cheerleader, highschool teacher, White House page, policewoman (complete with handcuffs), airline stewardess, and helpless woman with a broken-down car.

Props and costumes can add a lot to role-playing. Keep it simple, though. You only need a book and a pair of glasses to be a librarian, or a plastic pistol to be a policeman. Once you're more comfortable role-playing you may want to add on more elaborate props and costumes. Go for it!

### **The last word on sex games**

Don't be insecure – be adventurous. Remember: when you play sex games, you both win!

## Try New Sexual Positions



*Make her orgasm, what you need to know to seal the deal*

What brings a woman to experience orgasms? Why we get it right? We try everything: oral sex, toys, edible lubes, and new sexual positions just to make a woman orgasm. However, it's sad to say that as many as **46% of women suffer from sexual dissatisfaction**. Does this mean men aren't doing what it takes?

The truth is, most men haven't tried *what works*. While sexual positions might guarantee deeper penetration or even hitting the G-spot, it doesn't guarantee your woman an orgasm.

*What if there was something that could?...* [Provestra](#) works to help women achieve **easier orgasms, more intense orgasms** and **even multiple orgasms!** Using V Cream with new sexual positions could be what men have been missing out on all along!

*Finally* you won't have to worry about falling short. Why go halfway in pleasing your woman? Sex positions alone just don't work! Add [Vigorelle](#) to these new sexual positions and give her the **greatest orgasm of her life**.

### **New Sexual Positions: Hit the G Spot every time**

**Your Highness** (Man Kneeling or Standing, Woman's Legs on His Shoulders)

*How it works:*

Stand near the edge of a bed and have your woman lying on her back. Apply Vigorelle to her clitoris to intensify her **sensitivity to your penetration**.

Now, in order to hit the G-spot, her legs must be high and wide. A woman can put her feet on her partners shoulders or wrap them around his biceps. The only key to this position is that the **penis is angled upward** and the woman's **legs are spread wide open**.

With Vigorelle, this position will have her achieving **easier orgasms** and even multiple orgasms! You can achieve this combination in lots of ways. Try it off a countertop, sofa, or chair. Men can modify it to work by kneeling vs. standing. Be creative!

**Bow Down:** (*Submissive doggy style*)

*How it works:*

A new twist to the doggy style is the submissive doggy style. It's similar to the doggy style where the penetration is coming from behind, however a **woman is pushed down**. She is actually bowing down, with her arms extended forward.

Here, a man reaches her G-spot by positioning his legs outside of hers. By putting his weight forward and riding her from up higher, he will achieve maximum penetration. This puts his penis on a downward angle, and helps hit her G-spot more directly.

Women can also experiment with spreading their legs wide open or tightening them to see what feels best. Men should amplify a G-spot orgasm by placing his hands under her clitoris and applying [HersolutionGel](#). In minutes, she will be so sensitive, each thrust will have her reaching **multiple orgasms** like she's never had before!

**Mastery:** (*Woman on top*)

*How it works:*

The mastery position is ideal because it allows the woman to control the depth, intensity, and speed of penetration. Here she faces her partner and sits on him. The position is best with the male sitting upward as well. A woman can choose to wrap her legs around her partner or have them spread wide open. If she chooses to spread them open, a man should hold her ankles apart to give her balance. This sex position gives the woman the greatest amount of control. She can control the amount of thrusting and the angle of penetration. A woman can find her G-spot on her own in this position. However, a man can help her find it faster by **tilting his pelvis upward** as much as possible. This will have her finding her G-spot in no time!

Mastery is a great position because it leaves her clitoris open and available for stimulation from hands or toys. Sex toys that are meant to go around the penis and provide clitoral stimulation are most effective with this position. You can also rub more [Vigorelle](#) to her clitoris and **intensify** or even **multiply** her orgasms.

Remember - you can **guarantee her satisfaction** with a combination of the right position and [Vigorelle](#).

## The Best of the Kama Sutra: Most Popular Positions



Has your sex life basically gone stale? Maybe it involves the same three positions over and over again?

Over time, routine sex positions cause your sex life to become mundane. Sex becomes robotic and no longer exciting. Sure it's okay to recycle your favorite positions. But all too often the same sexual position bores men and women. When this is the case it's time for a little help from the Kama Sutra.

You've probably heard of the Kama Sutra, the ancient Indian guide to erotic techniques and sex positions. Nowadays, there are countless Kama Sutra books available in stores or online, each with their own variation of technique and position. From the huge number of rear entry, sitting, and lying-down positions it's the ultimate catalog of sexual positions!

The Kama Sutra is one of the best ways to introduce fun and excitement into a sexual relationship. Often, couples find that exploring a new position leads to communication, laughter, confusion, and, finally, a sense of accomplishment and adventure. It makes sex life all the more interesting.

The best part is that when couples do find a new pleasurable sex position they are more willing to try other things with their lover. This form of sexual exploration often transforms relationships and sex lives. For instance, women learn techniques that enable them to have vaginal and G spot orgasms and men discover ways to increase their stamina, gain ultimate control, and last longer.

So are you ready to break free from the ordinary into a new revamped sex life? One with fun, excitement and exploration? Oh and did I forget to mention ultra-erotic sex positions? ;)

Let's begin.

### Lying Down Positions

In the Kama Sutra there are really only a handful of basic positions such as lying down, sitting down, and rear entry positions. The only difference is that there are countless variations for these positions. To make things easier, don't try to remember all sex positions. Instead, focus on the different categories and the variations in them. This will help you recall sex positions when you are ready to try them.

#### 1. The Flower in Bloom:

The female draws both her knees to nuzzle the curves of her breast. Her feet are placed on her lover's armpits. She cups and lifts her buttocks with her palms and spreads her thighs wide open; her heels should rest besides her hips. The male then penetrates deeply in the vagina and caressing her breasts as he thrusts.

### 2. The Splitting of the Pole:

The female lies on her back and the male grasps her ankles and raises her beautiful thighs. He spreads them wide open, whispers sweet words to her and approaches her body stiff as a pole. He thrusts straight forward until limbs are joined.

### 3. Aphrodite's Delight:

While the female is on her back the male holds her two feet and brings them toward her breasts. Her legs will form a rough circle. The male clasps her neck and makes love to her.

### 4. Throat-high:

Gently lift the female's feet until her soles are facing each other. Bring her feet up to her throat; each sole should lie on each side of her throat. Cup her breasts and enjoy her.

### 5. Sky-high:

Your female partner while lying on the bed will grasp her own feet and bring them up until they reach her hair. You grasp her breasts and make love to her.

### 6. Cupid:

The female lies flat on her back and you sit between her parted knees. Lift her knees and bend her legs back so that they hook over your thighs. Cup her breasts and enjoy her.

### 7. The Stem:

She lies on her back and presses her two thighs tightly together. You penetrate her while keeping your thighs outside hers.

## Sitting Down Positions

### 1. Striking:

The female sits with raised thighs; her feet are placed on either side of your waist. You strike hard blows into her body.

### 2. The Shoulder Rest:

Your lover sits with both her knees drawn tight to her breasts. You mirror this position and thrusts into her while clasping onto her shoulders.

### 3. The Sun Flower:

Both lovers are seated erect. The female folds one leg to her body and extends the other along the bed. You mirror this position and thrusts deeply into her opening.

### 4. The Capture:

The beautiful lady sits up with her left leg extended. She then encircles your waist with her right leg and brings her right ankle across her left thigh. You do the same and thrust in slowly.

### 5. The Swing:

Both lovers sit face to face in bed. She brings her chest forward and presses it tight against your chest. Lock your heels behind your lovers waist and lean back clasping one another's wrists. Now set the sex swing in motion. Your lover will lean back and cling on to you while she swings and moans in pleasure.

### 6. The Tortoise:

Both lovers are seated face to face. Each place their feet on their lovers chest. The man's toes gently caresses his lovely wife's nipples and she nuzzles her feet firmly in his chest. They clasp hands and make love holding hands.

### 7. The Padlock:

While sitting down, the male faces his lover and grasps her ankles. He fastens them around his neck like a chain and she interlocks her toes. They enjoy each other in delight.

### 8. The Offering:

The beautiful lady sits up and raises one foot high in the air. She steadies it with her hands and offers her vagina for lovemaking.

## Rear-entry positions

### 1. Milk the Cow:

The female bends forward with her buttocks raised high in the air. You thrust in from behind and squeeze her breasts together.

### 2. Doggy Style:

The female bends forward; resting on her knees. You mount her and grip her waist firmly. She turns her face toward you while making love.

### 3. The Doe:

The female eager for sex goes on all fours. On bended knees you stand behind her and she thrusts herself back onto you.

### 4. The Ass:

The female stands with her feet wide apart on the ground. She bends forward and places her hands around her thighs. You take her from behind.

### 5. The Cat:

Lay your lover on her stomach. Sit on her buttocks and raise her ankles with one hand. Use the other to gently tilt her chin back. Enter from the rear and make love to her.

### 6. The Stride:

The female stands palms and feet on the ground. You stand behind her and lift one leg to your shoulder; enjoy her.

### 7. The Archer:

Kneel down as an archer with your buttocks resting on your bent leg. Take your lover and place her between your thighs. Bend her forward so that her breasts touch her thighs. Enter from the rear and make love to her.

## Kama Sutra Techniques

During intercourse certain Kama Sutra techniques help women achieve orgasms. Learn these simple thrusting techniques and experiment with your partner.

### 1. The Churning:

Grasp your penis and move it in circles inside her vagina.

### 2. The Double-edged Knife:

Grab your penis and strike sharply down into her vagina.

### 3. Rubbing:

When your lover's hips are raised by a pillow you strike a rising blow into her vagina.

### 4. Pressing:

Press your penis deep to her womb and hold for a few seconds.

### 5. The Return:

After you withdraw from her completely strike violently into her vagina.

### 6. The Boar's Blow:

While inside her, hold pressure on one side of her vagina.

### 7. The Bulls Blow:

Thrust wildly in every direction.

### 8. The Flower's Nectar:

This is my personal trick to giving women orgasms. Just apply a [sensitizing cream](#) on a woman's clitoris. This lube will make her clitoris highly sensitive to any touch. She will orgasm easily by hands massaging her vagina, oral sex or through intercourse. It's my favorite trick and I wouldn't have sex without it.

### A New Sex Life

Finally, having an exciting sex life is about exploring. Find new ways to please each other, new ways to bring fun and humor to your relationship. Sometimes you'll find that new sex positions seem silly and awkward, you may stumble, laugh, or fall. But who cares? Sex should also be fun and playful.

Often times you will find a sex position that works. One that will make you feel sensations like never before. You will look at your partner with new eyes and wonder, "Where did he/she learn that?" Whatever the case, you will enjoy your new adventurous partner. As I said once you're open to exploring the pleasures of sex your relationship will never be the same. So forget about routine positions; especially ones that don't give women orgasms and explore new ones. Start with these Kama Sutra positions and eventually create your own. Remember the key is to have fun!

## Sex Toys 101



*Everything you need to know about sex toys, where they go, and what they do!*

Sex toys can add a great deal to any relationship. Most people are more than a little intimidated by the vast variety of colors, shapes, sizes and materials. That's too bad, because they can be really fun. Many people use sex toys to enhance their relationship and sex life. So I wanted to demystify the world of sex toys.

Perhaps you want to **spice up** your relationship or want to have a little fun yourself. It's ok to be curious about it. Below you will find information on the most popular sex toys, what they do, where they go and why **women love them!**

Let's get started.

### **Bullets and Eggs:**

These sex toys are small handheld vibrators shaped like an egg or bullet. They are **great for beginners** and are used to stimulate the clitoris and vulva area. They can also be used to stimulate a man's perineum (the area behind the testicles and in front of the anus). Bullets and eggs are ideal because they are less intimidating than other sex toys. New couples can experiment with this toy by giving each other gentle massages or using this toy over clothing for foreplay.

Bullet and egg vibrators also come in an array of styles and sizes. Some models offer textural styles (Double Bumpy Bullet) while others offer **clitoral stimulation** for extreme orgasmic pleasure (5 X Flicker Mini Massager). Bullet and eggs also come in various colors and shapes. I recommend beginner couples to experiment with soft colors and small sizes. These styles are more inviting and will create a comfortable and pleasurable experience. Hey, you might even consider upgrading to a more exciting toy. Read on to learn more.

### **Dildos:**

Dildos are penis or phallic shaped sex toys. These are used to penetrate the vagina or anus. Dildos are ideal for those who **enjoy feeling filled** without a vibrating sensation. Like the bullet and egg, dildos come in a variety of shapes and sizes. In order to find the right one for your partner, you must consider the various features of each dildo. Some offer a realistic look and are modeled after a penis. Other natural looking dildos are made with a soft flexible material called cyberskin. These are unique because they are warm to the touch and maintain heat as you use it.

If you prefer a dildo that doesn't look realistic, opt for models made of soft jelly materials. These also come in a variety of colors from clear to rainbow. For those who are allergic or are sensitive to latex and other material, I recommend glass dildos. These can be cooled or warmed for **amazing pleasure**. Couples can even have fun together by creating their own dildo! Yes, products such as "Clone-A-Willy Dildo Kit" enable women to create a dildo modeled after their partner's penis.

**Vibrators:**

Vibrators are similar to dildos but are battery operated to vibrate, pulsate or both. They are used for vaginal and anal penetration as well as clitoral stimulation. Vibrators help women **achieve easier, more powerful orgasms**, and are perfect for **women learning how to orgasm**. The varied vibrations offered in this toy enable women to learn their own body's orgasmic signals and what type of stimulation brings on an orgasm.

The variations of vibrators are endless. Like most sex toys, vibrators come in all shapes, sizes and colors. One of the most popular is the g-spot vibrators. These are made with a slight upward tip and are designed to promote intense g-spot stimulation. Since most women never experience a **g-spot orgasm**, this is the perfect model to bring her to her knees! Other vibrators are curved to fit the natural shape of a woman's body and offer clitoral stimulation (Sensual Curve Vibrator). If your partner enjoys stimulation, there are many vibrators that offer both clitoral and **anal stimulation** (The Gypsy II).

High tech vibrators are costly but offer the most intense stimulation for the big O. These vibrators offer multiple functions such as a rotating shaft, anal/ clitoral stimulators, and bendable models to reach places never explored! The most popular and my absolute favorite is the classic Jack Rabbit. This vibrator is made famous because of its amazing clitoral and vaginal stimulation features. My **personal trick** for using vibrators is combining them with erotic cream to enhance my clitoral sensitivity and penetration ([Hersolution](#)). This way the vibrator slides easily in for extreme orgasmic pleasure. Yes I use them, and I love it!

**Cock Rings:**

Who says sex toys are only for women? Sex toys such as cock rings make **sex incredible for men too!** Cock rings are circular bands which go around the shaft of the penis to promote **harder firmer erections**. Cock rings effectively **prevent premature ejaculation** and make men last **longer** during sex. The rings come in various styles and materials. Some come in silicone (Buckshot Toys Silicone Cock Ring) and others are made in leather. The most amazing are those that include a small vibrator to stimulate both a man's penis and woman's clitoris during sex (Reusable 9 speed vibrating cock ring).

Cock rings are a great alternative to introduce a sex toy to your female partner. She won't feel intimidated since this is a toy for men. However, her curiosity for sex toys will be heightened once she feels the cock ring's amazing vibrations on her clitoris. Men can also take the cock ring and place their testicles through the ring with the vibrator facing down for an **amazing stimulation** that will have him in complete ecstasy.

**Handcuffs and Blindfolds:**

Handcuffs and blindfolds can be an exciting sex toy for couples in a loving trusting relationship. It can be just the right tool to **spice up long term relationships**. These toys create an erotic environment for **sexual fantasies** and **role playing**. Restraints such as handcuffs are used during sex or foreplay to keep your partner's hands off your body while you tease them from head to toe. Blindfolds are used for sensory deprivation and work to heighten the rest of the body's senses.

There are many ways and scenarios to use handcuffs and blindfolds. Couples can take turns restraining one another, this way both partners get to experience both being in control and being in total submission. These sex toys also lead into role playing where couples can act out their sexual fantasy's using props and costumes. Women love seeing their partner as someone new. When men role play, women get excited because it's fulfilling that part of them that longs for sex from a mysterious stranger. Try coming home one day as the sexy cable guy ready to plug in the cable box or the cop who has a search warrant. The list of role playing is endless. Speak with your partner to discover what really turns her on.

Finally, the world of sex toys is vast but doesn't need to be intimidating. The reason for such a variety of sex toys is so people can **find the right one**. Beginning couples can start slow, using light restraints (handcuffs) or small massagers such as eggs or bullets. More erotic couples can opt for high tech vibrators and lubes for intense sexual pleasure. The key thing to remember is that sex toys can be **fun** and just what couples need to **spice up their sex life!**

Have fun!

## Female Sex Toy Favorites



### What to get her and why she'll love it!

Most men are intimidated by sex toys and feel they will be replaced by them. They wonder if sex toys please women better than they can.

The truth is, while sex toys have a variety of functions like high speed vibrations and multiple stimulations, they will NEVER EVER replace men. Sure many of them work in ways that men can not but sex toys are made to enhance a woman's sexual experience with men.

For instance, many women don't know how to orgasm and most men don't know how to make their partner orgasm. A sex toy can teach a woman how to orgasm or what stimulation is needed for orgasm. Sex toys also work to spice up a hum drum sex life.

So men, don't feel left out, getting your girlfriend a sex toy could mean giving her an orgasm. I know what you're thinking, "I didn't give her an orgasm; a toy did." You're wrong, a woman will appreciate a man who can make her orgasm no matter how he does it, with the aid of a toy or not. Because once she experiences what she's longed for, her sex life will never be the same and you're the one to thank!

### How both men and women benefit from sex toys

It's easy to understand how women benefit from sex toys. As mentioned above, a sex toy helps women achieve an orgasm. Why is this important? Here's why: 46% of women lead an unsatisfied sex life due to never experiencing an orgasm. That's almost half of us!

The reason for this has much to do with unexplored territories. Most women don't know what it takes for them to orgasm; and if *they* don't know how can they expect men to either? A sex toy helps women explore their body. It enables her to learn what stimulation pleases her, what doesn't, and what has her moaning in ecstasy.

With the right sex toy, a woman will soon discover exactly what it takes for her to orgasm. Learning which body part arouses her most, as well as the rhythm, speed and stroke makes her orgasm helps her teach men how to do the same.

This is how men benefit from sex toys. Most men aren't familiar with making a woman orgasm. If they did, then there wouldn't be such a high percentage of women who don't know what it's like to orgasm. However, men, can not take all the blame for this. Much of this is caused by women who just don't know their bodies and what pleases them.

Sex toys help men at their *guessing game*. Instead of men guessing what they think will make a woman orgasm. A woman can let them know exactly how to do so. This can only happen when a woman truly knows her body. When a woman is able to tell her partner how he can please her then both partners are fulfilled. He knows what it takes to please her and she is pleased. Both experience an enriched sex life.

### 1. The Hitachi Magic Wand



The Hitachi Magic Wand is on the top of my list because it is one of the strongest vibrators made by far. Don't be fooled by its boring appearance, this baby has power like no other. My wand is so strong that by setting it over my pants on a low setting, it *still* makes me orgasm!

The Hitachi Magic Wand is great for beginners since it is a hand held massager. Women can use it over clothing if they are shy and slowly work to risqué techniques. The wand is operated by a two speed switch and plugged into a standard outlet for constant foreplay sessions. Most women reach orgasm by setting the wand over their clitoris for intense clitoral stimulation.

### 2. Jack Rabbit



What else, can I say? The first time I used it, I had a g-spot orgasm in about a minute!

The Jack Rabbit was made famous by *Sex in the City* now it's famous by the many women who have tried it and loved it. This sex toy is a favorite because it has the ability to stimulate women in multiple ways. It is a vibrator with a rotating shaft for g- spot stimulation, it also has fluttering rabbit ears to stimulate the clitoris, and pearls that roll and tumble at the opening of the vagina.

With such a variety of stimulation, there's no such thing as hit or miss. This toy will stimulate all the right places to achieve an orgasm. Both you and your woman will discover what type of stimulation makes her orgasm. Is it all about the clitoris or the g-spot? Other Jack Rabbit vibrators offer anal stimulation as well. I say experiment with them all and find out which is your partner's favorite hot spot!

### 3. Pocket Rocket



I cum every time I use this! This is a great first timer sex toy. It broke me in the best way possible and I am looking forward to 'graduating' to the Jack Rabbit.

As mentioned above, the Pocket Rocket is a great beginner sex toy. It is small, discreet, cordless massager that you can take practically anywhere you go. Similar to the Hitachi Magic Wand, it is an intense clit stimulator. Women love the Pocket Rocket because it is travel size sex toy. They can carry the pocket rocket in their purse or "pocket" and be ready for whenever the urge hits.

You can take it on long camping trips with your lover, car rides, or at home together. Because this toy is so small most women are not intimidated by it. They easily fall in love it and master several clitoral techniques with it.

After experiencing such pleasure with this small toy they wonder about other advanced sex toys such as Jack Rabbits or vibrators.

Don't think you're girlfriend will be addicted to sex toys; this is a good thing. The more she is open to sex toys the more open she will be during sex. Since she will learn how to please herself and what it takes to make her orgasm, she no longer will be a shy lover but confident in what she wants and expects during sex. This not only makes her a better lover but enhances sex life for the both of you.

#### **You do want a confident sex vixen, don't you?**

Bottom line: get your girlfriend a sex toy. If you know your girlfriend is shy start out with a discreet massager like the Pocket Rocket and massage other areas of her body first. Then slowly work to her vagina.

Afterwards, let her hold onto to it for a few days and see what she has learned. Now if you're girlfriend is a wild one, surprise her with a top of the line Jack Rabbit. She'll love that you're confident in your sex life and want to please her in various ways.

Finally, remember sex toys are as much as your friend as your partner's. They will never replace the male race and can only serve to bring women out of their shell. The sexiest thing is a confident woman who knows her body and how to please it. And the steamiest sex is with a confident woman.

## Night Stand Supplies For Hot Passionate Sex



How do you prepare yourself for a wild night of passionate sex? Multiple orgasms for her and round 2 for him. The answer lies in revolutionary sex products. New sex enhancement products in the market today make it possible for women to achieve easier, more intense orgasms and men to obtain harder longer erections. These products are all-natural topical creams that work instantly! They're a definite must in experiencing the wildest sex of your life.

Learn more.

**Female Orgasm Cream for Women:** [Vigorelle](#) and also try new Hersolution Gel.

*Finally, women aren't left out.*

Many sex products in the market today cater to men and their sexual frustrations. Products such as Viagra and VigRX Plus increase male sex drive and performance. But what about women? Did you know that as many as 46% of women suffer from sexual dissatisfaction? And for many orgasms are either hard to reach or non-existent. Finally, there's a solution.

[Vigorelle](#) is an all natural topical cream which works to stimulate blood flow to a woman's clitoris. This is important since blood flow increases sexual desire, promotes easier orgasms, and increases a woman's sex drive. V Cream is also designed to heighten clitoral sensitivity making it possible for women to achieve **faster orgasms, more intense orgasms** and **multiple orgasms**.

Vigorelle's fast acting ingredients make it the perfect sex product to use before sex. In minutes, you'll have your women hot and ready to experience the greatest orgasm of her life! But wait, now that your woman is prepped up, you'll need something to keep up with her sex drive...

**Longer, Harder Erections:** [VigRX Plus](#)

*Instant boost in erection size, firmness, and stamina.*

Every man wants to give his woman mind blowing sex but many come up short. They often experience erection problems such as failure to achieve an erection, soft erections, or even premature ejaculation. With [VigRX Plus](#) - you won't have to worry about sexual performance.

VigRX Plus gives you **stronger, harder, longer-lasting erections instantly!** It's a natural solution which is clinically proven for fast effective results. This formula increases blood flow to the penis quickly and safely - and promotes an instant increase in one's erection size, strength, and sexual stamina. It also reduces premature ejaculation. With VigRX Plus you can stay as hard as you want as long as you want. You also cut down on your refractory period, the time it takes for you to be ready for **round two!** Now your ready to experience the hot and steamy sex you've always dreamt about.

### Experience Hot Passionate Sex

Go ahead make your wildest fantasy, a reality. With sex products such as [Vigorelle](#) and [VigRX Plus](#) - sex can be nothing short of pure ecstasy. As each partner's sexual experience are heightened, there's no limit to how amazing sex will feel for the both of you. With multiple orgasms for her and a rock hard erection for him, these sexual enhancement products are a must in experiencing hot passionate sex.

### Sex Furniture She'll Love



Have you thought about bringing sex to a new level but aren't ready for toys? Sex furniture is a perfect way to spice up your sex life. It's non intimidating and so discreet your partner won't even be able to distinguish it from the rest of your home decor. Today I'm going to inform you on sex furniture, what it is, what it does, and why your woman will love it. C' mon guys it's about time you take sex out of the bedroom!

#### What is sex furniture?



Unlike most sex toys, sex furniture is made for couples to enjoy together. It's not to be used alone or only on one partner. Sex furniture is home furniture designed specifically to allow partners to reach perfect angles for ultimate penetration and sensations. Sex furniture is not cheesy; it's versatile, comfortable and stylish enough to be part of your home decor.

In fact, sex furniture should be made to be out in the open. Studies show items put away or hidden get used less than ones easily available. The innocent look of sex furniture

allows you to integrate them into your home decor. This means they're always accessible, just like a bed but so much better. Their ability to be arranged into shapes makes it perfect furniture for the day and so much more at night!

#### How does sex furniture work?



Most people know the difference between *okay* sex and *great* sex is finding the right angle. Sex furniture allows couples to find perfect angles flat surfaces like beds don't offer. With sex furniture couples find their bodies fit together like never before. For women this means a position where her clitoris is stimulated and her G-spot can also be accessed. Men also experience intense sensations from reaching new angles during sex. Because sex furniture is so flexible, couples can create unique positions and angles that ensure every thrust reaches the right place.

This ability which allows couples to find just the perfect angle makes it one of the easiest and satisfying ways to improve sex life. In fact, women know the secret to great sex can be as small as a slight change of angle and it's no wonder over 90% of people buying sex furniture are women. The truth is beds are dull and boring in comparison to sex furniture. Here's why:

### **Benefits of sex furniture**

As mentioned above, the key to great sex is finding the perfect angle; any kama sutra book will tell you that. However, what they don't take into account is that not many couples are as agile and youthful as they use to be. Some couples are limited by their bodies due to injury or from the natural aging process. Sex furniture will help you get into those amazing angles without catching a cramp! Just because you are no longer in your physical prime doesn't mean you can't experience sex like if you were 20.

You don't need to be a gymnast, sex furniture will give you the right support for wild sex. Unlike, regular furniture which can wear down, lose shape or collapse after heavy use, sex furniture is built to last. They are designed to support the force of two bodies with a much higher level of specification than traditional upholstery. In fact, most products come with a 10 year guarantee. They also come with removable, machine washable covers so that you leave no trace behind!

With the wide variety of sex furniture stores available you can easily find a product that fits right into your home. Most have an extensive product line with different colors, materials, and dimensions so that you can easily add it to your home decor. My favorite product line is by Loving-Angles but my girlfriends all love the Liberator as well. Here is a brief reminder of why you should consider sex furniture:

- Access exquisite angles not offered by flat surfaces such as beds
- Enhances sex life by creating new sex positions
- Allows men to stimulate a woman's clitoris or g-spot during sex
- Provides support and comfort for unique positions
- Is built to last; won't lose shape or collapse
- Designed to be part of your home decor
- Machine washable covers for easy up-keeping

## 5 popular sex furniture items



### 1. Wedge

The wedge is great for beginners. In fact, many couples have used the science behind the wedge without realizing it. Have you ever noticed your girlfriend prop a pillow underneath her during sex? This gives her a slight lift so that her clitoris or g-spot is stimulated during sex.

However, unlike a pillow which loses shape and goes flat, the wedge securely elevates a woman's hips to improve her sensation during

sex. It also helps men penetrate deeper into the vagina. The wedge offers a slight change of angle which can make all the difference. It can also be used in combination with other products below. It's definitely an essential.



### 2. Tilt

The tilt is a larger wedge and is great for doggy style or anal sex. During rear entry sex positions many women experience discomfort as they elevate their body with their arms and shoulders. The tilt eliminates this pressure and makes sex more enjoyable for women. It supports and pushes a woman's hips up for the perfect back door angle. Now both of you can last as long as you want without having to stop from discomfort.

The tilt can also be used for front positions similar to a wedge for extreme elevation to the

hips. The tilt and wedge make a perfect combination on or off the bed. These are one of the smaller sex furniture items which are great starters.



### 3. Pad

The pad is a base for sex furniture. Instead of placing items such as the wedge and tilt on the floor it is ideal to use them on the pad. The pad eliminates carpet burns or pain to knees caused by hard floors. The pad also converts to a seat when folded in half. The pad gives great control and leverage so that sex is more comfortable. In combination with other sex furniture, like the tilt seen below, the pad is the perfect base for all shapes.



### 4. Box

The box is also a familiar furniture seen at home. It resembles an ottoman but is designed to deliver a stable springy bounce for rocking sex! Internal layers inside the box allow it to alternate from a stable seating to a bouncy love cube. You can sit on it while you have your partner straddle you or you can use it to place her feet over it. The possibilities are endless. Below it is used to give you ultimate rear entry penetration.



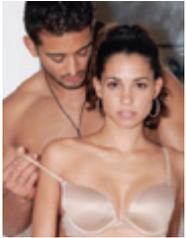
### 5. Head Rest

The head rest is a perfect support for oral sex. It supports your head when you are on your back and your woman is on top just as the picture demonstrates below or it can be used to support and lift your chin while lying on your stomach. The head rest can be adjusted to give an upward or downward tilt without slipping or losing shape. It ensures the perfect fit and support no matter how tall you are. Bye Bye neck aches during oral sex!

Overall, sex no longer is a thing for the bedroom. It could and should be explored in other areas beside the bed. Even if you don't have sex furniture, improvise using furniture in your own home. Be creative and find those angles that can make sex so much better! Another great tip to giving your female partner the ultimate sensation is to use special lubrication in combination with a great sex angle. Special products like [Hersolution Gel](#) enhance a woman's clitoral sensitivity so that each penetration is intensified and she achieves orgasms easier. I personally never have sex without it; it's like the icing on the cake!

So men, it's about time you offer women unique angles for penetration and couples it's about time to start creating them. Remember, you don't have to be in your 20's to have wild sex. There are ways to have both comfort and pleasure during passionate sex. Be open and explore other regions; I bet you never knew your home could be your playground!

## The Man's Guide To Buying Lingerie



Spring is around the corner and it's just the right time to toss the winter chill right out the bedroom. Yes, it's time to toss those frumpy pajamas ...you know thick socks, over sized sweaters for something more sexy and revealing. Men, it's time to get your woman out of hibernation and put her into some revealing nightwear. It's time to buy her lingerie!

I know, I know, buying lingerie isn't really a man thing and you might be wondering, *why do I have to buy her lingerie, isn't that a woman's job?* To some degree you're right; women usually buy themselves lingerie. However, they do this when they feel sexy. Over time, especially during the winter months, women fall into a slump. They'll wear heavy clothing, stop shaving their legs :( and opt for cozy bedtimes rather than hot steamy ones. And that's ok but it shouldn't become a habit.

Therefore, it's a man's job to try to jump start a woman's sex drive especially when spring and summer is approaching. So let's greet this spring with warm weather, SEXY LINGERIE, and steamy nights!

### The foolproof guide to buying your woman lingerie

Now that you decided surprising your loved one with sexy lingerie is just the thing she needs you probably don't know where to begin. You're also not fond of the idea of walking into a lingerie store. Luckily, I've got you covered. Below you'll learn the basics to buying lingerie that you'll *both* love and the wonderful world of online shopping so that you can skip lingerie store embarrassment

### The Basics

Browsing online, you may find something that excites you however keep in mind that this is a gift you *both* should enjoy. Be considerate of your partner's personality, preferences, and body shape. Key factors you should consider are style, color, and fabric preferences. What is her favorite color? Silk or cotton?

Also, stay away from anything that requires a cup size unless you know you're partner's sizing extremely well. In these situations you can opt for easier fitting lingerie such as gowns, baby dolls, and teddies. Now that you've got the basics let's delve in!

### Color

Choosing the right color is important when buying your woman lingerie. Certain colors will flatter her complexion and make her as vibrant as ever. Most women know this and buy clothes within certain color schemes. How do you know which color will flatter your woman's complexion? Ask yourself *what is her favorite color?* If you're not sure take a look at her wardrobe; are there any colors that stand out?

If you're not to sure what color would best suit her, a safe color to go with is black. Black is classic and is flattering on most skin tones; it is also known to be slimming. Slimming color schemes are very important to choosing sexy lingerie. If you're woman is concerned about her weight then go for solid colors; stay away from prints; they might make her look wide or be distracting. Plus, finding a print she'll love is hard unless you truly understand your partner's fashion sense. If this is your first time, and I'm guessing it is; keep it simple. Later on you can ask her about fun animal prints.

### Size

Sizing is very important to finding the perfect lingerie. After all, the point is for her to wear it so you want to buy something that fits. If you're in a long term relationship this is easy, by now you know enough to know whether she is small, medium, or large. If you're on top of the game you may even know her cup size. But if your relationship is new, this part may be more difficult.

Unless you want to do some risky investigating like snooping through her underwear drawer while she's in the bathroom, I suggest buying lingerie that doesn't require cup sizes. Lingerie such as dresses are easy to shop for since they come in three sizes S, M, or L. Even if your relationship is young you should be able to tell which of these sizes best suits her.

If you don't, ask what T-shirt size she is. Let her know you saw one that you thought she would love but didn't know her size. This is the safest way to finding out her size since a T-shirt size is the same as her lingerie size. It's also a question that won't offend her. DON'T ask about her cup size until much later in the relationship. It's a touchy subject, just as it would be if a woman would ask you about your penis size.

### Styles

There are several choices in lingerie such as bra and panty sets, baby doll dresses, teddies, and boy shorts. Finding the right style involves matching it with your partner's personality. As you will see below, the variety of lingerie caters to all women. If your girlfriend or wife is sporty and playful then a pair of boyshorts is a top choice. But if your woman is sexy and sophisticated then you might consider a bra and panty set or teddy. Here are the top lingerie choices and how to tell if your girlfriend will love it.

### Bra and Panty Sets



Most men love bra and panty sets since these types of lingerie are the most revealing. However, it is not for every woman. Although women wear bra and panty's not many feel comfortable and confident in them. Remember the key to a good piece of lingerie is that your woman feels incredibly sexy and powerful in it. If she is insecure about her body image then this is not the way to go. She will feel awkward and uncomfortable as problem areas such as stomach and buttocks are revealed.

However, if your woman is incredibly confident about her physique then you want to nurture this with a hot bra and panty set. As mentioned above finding the right cup size may be difficult if your relationship is new and you aren't familiar with her sizing. In this case the next best option is a teddy or baby doll since these come in general sizes such as S, M and L.

### Teddies:



Teddies are super exotic. They are for women who love to tease and tempt. A teddy is a lingerie body suit that almost every woman loves. The reason for this is because a teddy can be both revealing and cover problem areas at the same time. Since a teddy is a body suit it works to contour the body and flatters nearly all shapes and sizes. As mentioned above, they are also easy to shop for since they come in general sizes.

### Baby Dolls:



Baby dolls are probably the most versatile. They are little night dresses which are made to compliment nearly all women. They come in fun and playful patterns; great for flirty women. They also come in sexy styles for the seductress type and comfortable cottons for confident laid back gal.

A great factor about the baby doll is that it covers up the body but is still sexy. Most women feel confident in babydoll dresses because it covers the stomach and buttocks. It's the perfect "first" lingerie gift.

### Boy Shorts:



Boy shorts are a new trend in lingerie. They are small boxers shorts made for women. Sound like a turn-off? Think again. Lots of men love women in boy shorts. So who is the boyshort for? The boy short is for women who love both comfort and sex appeal. It's also perfect for women who are sporty and the cute "tom-boyish" type.

### Online Shopping:

Going to a lingerie store can be very intimidating. Lots of women staring as you awkwardly peruse through bras and panties. Forget about it! With the internet you can search countless of lingerie shops and skip the embarrassment. My favorite lingerie website is [www.victoriasecret.com](http://www.victoriasecret.com). However, Victoria's Secret is not for all sizes. If your partner needs plus size lingerie then [www.hipsandcurves.com](http://www.hipsandcurves.com) is a great online lingerie store.

Overall, buying your partner a lingerie gift is the ideal way to jump start the heat in the bedroom. Remember don't let those winter months chill your sex life. Start rekindling hot summer nights with steamy gifts for your girlfriend or wife. In addition to lingerie, I recommend [female sex enhancers](#) which work to bring ultimate sensations to the clitoris. The best part is, it's one size fits all! ;)

## Bedroom Don'ts



*A guide to the things you shouldn't do in bed*

One of the reasons I keep this blog is to let men in on the things women talk about. It seems like there's a big barrier between the genders when it comes to sex and the bedroom. A lot of women don't want to ruin the mood by pointing out their lover's shortcomings when they're in the bedroom. (Come on, guys – admit it! You hate being told when you're wrong, and hate it even worse in bed!)

Girls end up talking to each other about these things. If you listen you'll build a mental database of all the mistakes men make before, during, and after sex.

This article is a list of things guys do to drive women the wrong kind of crazy in the bedroom. Don't be afraid to read through this list – maybe there's just one thing that you do that's preventing you from being the perfect lover!

### **The three categories of bedroom mistakes**

I've spent a lot of time thinking about this (I can't help it, it's my nature ;) and I've figured out that there are three categories of bedroom no-nos:

- Lack of attention
- Physical mistakes
- Poor or inappropriate communication (including body language)

We'll discuss them one at a time.

### **Lack of attention**

Lack of attention to details – about the bedroom, say, or the bed, or your own body – really irritates most women. We're extremely sensitive to environment and atmosphere so dirty sheets and smelly feet can just destroy the mood!

Ask any woman what it's like to be picked up in a club and then going back to his place only to discover that his whole apartment smells like a cat box... It's awful. Believe me.

The mistakes that result from lack of attention are usually pretty easy to correct. All you have to do is put yourself in our shoes and think for five minutes and you won't be making these mistakes.

### **Fluffy is sitting on the nightstand**

Having a cat or a dog (or, heaven forbid, a *Myna bird!*) watching me having sex is not my idea of a good time. Shoo your pets out of the bedroom!

### **You left your socks on**

Okay, maybe if you're a soccer player... otherwise, take half a minute and pull your socks off. Socks aren't sexy.

### **Be clean and kempt**

If you haven't showered in over 24 hours, I don't want to be in bed with you. If you haven't, ahem, groomed yourself, then you really should. It increases your chances of getting oral sex if nothing else ; )

### **Focusing on your own pleasure**

Some guys get really intense during sex – but focus on themselves. They go into a kind of trance. I want to say, “Hello – I'm still here?” Don't overfocus on yourself!

### **Dirty sheets and a messy bedroom**

When I see a pile of dirty clothes on the floor, I'm thinking of doing laundry, not of having sex! Make sure your bedroom is tidy and your sheets have been changed at least every week. Please.

### **No lube / contraceptives**

There's nothing more obnoxious than a guy who doesn't stock condoms (except maybe a guy who won't wear them!). You should have a handful of condoms and some lube, just in case. Get some [Hersolution](#) too, in case you need some help setting the mood.

### **Leaving the TV on**

I'm sorry, but if you think the Packers game is more interesting than I am when I'm naked, I'm out of here. If you'd rather watch American Idol than make out I'm definitely in the wrong place.

### **Physical mistakes and missteps**

Sometimes, this category of bedroom blunders stems from lack of experience. Other times a man just thinks things are sexy when they really aren't. Or sometimes men just forget about their partner and do whatever they want.

Here are the top physical don'ts:

#### **Twisting nipples**

Jeez, guys, they're nipples, not the knobs on your car radio! Go easy on them!

#### **Don't just lay on me**

Sometimes, during sex or immediately afterward, guys just lay there – deadweight. This rapidly goes from “sweet” to “suffocating.” It's even worse when you could stand to lose a few pounds...

When you're done – get off me!

### **Going for penetration too soon**

Having sex before we're prepared is not just uncomfortable, it can actually cause damage. Don't skip foreplay and try to jump me!

Also, sometimes we need a little lube to really enjoy ourselves. (Using a [sensitizing cream](#) is best.) Don't neglect this step!

### **Just because you've finished, don't assume I have, too!**

It's sooooo selfish and frustrating when a guy just rolls over after he comes!

The game's not over when you orgasm. Don't just stop – don't just pull out – don't assume I'm satisfied just because you are.

### **Just one position**

The same position over and over gets boring. Mix it up a little.

### **Rushing foreplay**

Women need foreplay. I've written several articles about this – in order to be ready for sex, and to enjoy sex, women need to be excited. Stimulated. We need to get in the mood.

Foreplay is vital for women to enjoy sex. Don't skimp on this important part of the sexual experience!

### **Poor communication skills**

You know how, sometimes, the wrong word can totally ruin the mood? Well, it's not just a word that can do it! Body language is a part of communication as well and I've thrown in a few of my complete pet peeves, too.

### **Don't sigh**

There's nothing worse than a big sigh, especially in response to a question or request. It's like throwing a bucket of ice water on me. If you're frustrated or tired, just say so!

### **Don't answer the phone**

This has happened to me on more than one occasion. Once a guy actually got out of bed in the middle of sex to answer his cellphone. I couldn't believe it.

Unless you're a spy, or maybe the President, ignore the phone! It makes it seem like I'm less important than whoever might be calling. And if it's another woman – oh, boy, then I'm really mad.

### **The future**

I don't want to discuss what we're going to name our future babies in your fantasies. Especially if we've just met!

### **Not listening to what I want**

So one time I was with a guy – it was our third date, and we were in bed together. I was having a little trouble getting turned on so I asked him to apply a little [Vigorelle](#). (I carry some in an overnight bag with a few other good things ; )

He was all, “I don't need any help.” Come on – if you didn't need any help, I wouldn't be asking! He got his feelings hurt just because I wanted to enjoy myself more. I wound up leaving soon after, frustrated in more ways than one.

### **Talking about exes or bad sexual experiences**

When I'm getting aroused I don't want to hear about your ex, or any weird sex stories, okay? Let's stay focused on the task at hand!

### **Calling out someone else's name**

Just don't do it.

All right, guys, I hope you don't think I'm being too hard on you. After all, I'm not saying all these things to dis you or hurt your feelings. It's just as important to know what women don't like as to know what women like to become an outstanding lover. So practice not doing the wrong things!

## Epilogue



Now you know all my secrets!

Okay, maybe not all of them. ; )

Now that you've read this book, the most important thing you can do is put this information to work for you. The best advice I can give you is, don't try to do everything at once. Introduce new sexual positions and techniques slowly. If you go slow you're a lot more likely to take your time and do things right.

Don't expect to love the same things I do (though you really should expect your partner to love them!). For instance, some of the sexual positions are going to seem excessively clumsy for you. You'll try sex toys that just don't do it for you.

That's okay.

The important part is that you're trying new things. You aren't letting your sex life stagnate. You're being adventurous and open to different experiences. That's the most telling sign of an **excellent lover**.

Now that you have my secrets, the next step is up to you. Don't flip through these pages and never pick up this ebook again! You must take the time and energy to put my secrets to work for you.

Do so, and I promise, you'll enjoy it.

Special thanks to the ladies at [www.womenreviewed.com](http://www.womenreviewed.com) for their help with this E-book. I strongly Recommend you check out the website for loads of information and reviews on products which will be certain to ramp up your sex life and help you increase your sexual pleasure and satisfaction. Visit [WomenReviewed.com](http://WomenReviewed.com) today and check out the products that will re-ignite your passion!

All the best,

Danielle

**Compare The Top Female Enhancement Products**

**Special thanks to the folks at [WomenReviewed.com](http://WomenReviewed.com) for their help in allowing me to publish this guide for better sex**

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**DANIELLE**  
*Diamond*

## Resources

There are a lot of websites offering opinions, but not too many that offer good advice and information. I've listed my favorite online resources for both women AND men, for information, reviews and reference.

### HSDD - Hypoactive Sexual Desire Disorder

[www.hsddonline.com](http://www.hsddonline.com)

They have a ton of information on the technical aspects of female sexuality and problems with low female sex drive and libido. A very high-quality site worth spending a lot of time on. Highly recommended.

### SemenPro.com

[www.semenpro.com](http://www.semenpro.com)

They have great advice on increasing semen production and sperm volume. Learn how to shoot big loads here.

### W WomenReviewed.com

[www.womenreviewed.com](http://www.womenreviewed.com)

Another one of my favorites. They offer lots of ways to increase male sexual enhancement. They have male enhancement exercises, product reviews and the latest and greatest recommendations on male enhancement pills.

### Provestra.com

[www.provestra.com](http://www.provestra.com)

This is a great product for women to increase sexual desire and improve both arousal and sexual pleasure. A fantastic doctor approved product which will increase sensation, improve vaginal lubrication and help you have the best sex of your life! You need to try this!!

### Sexual Enhancement Products

There are a handful of sexual enhancement products I wholeheartedly recommend. I've tried just about everything you've ever heard of but there are only a few that I've found really, really work. I've contacted these companies and received their permission to list their products on my website and in here, too.

### Vigorelle Cream

[www.vigorelle.com](http://www.vigorelle.com)

The only iron-clad guaranteed way to surprise your lover with multiple leg-shaking orgasms! (I wish I could give them a "Danielle's Seal Of Approval" to put on every tube:)

**VigRX Plus**[www.vigrxplus.com](http://www.vigrxplus.com)

This is one of the best ways I know to turbocharge a man's sexual performance and libido. If you want to be an animal in bed, you should really try VigRX Plus. I also recommend this product to older men who are suffering from the natural effects of lowered testosterone levels – it'll knock at least 10 years off your sex drive!

**VigRX Oil**[www.vigrxoil.com](http://www.vigrxoil.com)

Made by the same company as VigRX Plus, above. VigRX Oil is a topical erection enhancer that works fast to give you rock-solid erections that last a long time. Though you could use it as a lube, it's best if you rub the oil in completely about 10 minutes before sex. It's water-based and condom-safe, too!

**Semenax Pills**[www.semenax.com](http://www.semenax.com)

This herbal semen enhancer is strictly for men who are interested in more intense, longer-lasting orgasms. They stimulate your body to produce 500% more semen. (I'll leave the other uses to your imagination...)

**Prosolution Pills**[www.prosolutionpills.com](http://www.prosolutionpills.com)

This little pill promotes the production of testosterone and HGH also known as the "fountain of youth." You'll experience unbelievable staying power and control. An excellent choice for maximum penis enlargement.

These products all have fantastic guarantees - so you can try them risk free.

**Get Ready to enjoy the best sex of your life!!**

**Have FUN!!!**



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