

Sex Secrets

A Husband's Guide to Lovemaking



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For fellow clueless husbands everywhere, the secrets your dad and school *should* have taught you.



Part I:

Sex Secrets

It may be that men are from Mars and women are from Venus. But when it comes to lovemaking, many wives might suspect their husbands are orbiting Pluto. Too many husbands are way out when it comes to understanding how to please a woman.

Adding to the problem, many women are less than forthcoming about what really pleases them in bed. A woman often won't tell her lover what to do for fear hurting her mate's feelings, because she's too embarrassed to talk about sex, or (having never experienced really satisfying sex) she may not even know what really turns her on. Compounding the problem, many men often assume that what "turns them on" must also do the same thing for a woman.

It often does not.

Little wonder then, that many husbands appear clueless in bed. Sure, they have the basic mechanism down pat, but the results are more like a child playing T-ball as compared to a professional baseball player. Both are the same sort of game, but one player achieves much more than the other, and on good nights can hit one into the stands.

The good news for husbands reading this manual is that, if you diligently apply the information in the following pages, you'll

no long be stealing bases, but instead will regularly be hitting home runs. And you'll also discover that when this starts happening, both you *and* your wife will enjoy sex more, and you'll gain a new sense of control and capability. As this continues, your significant other will become more and more interested in pleasing you, and will most likely even be interested in having sex with you more frequently.

Additionally, your marriage will become better. Good sex translates into a better marriage. Part of this is the enjoyment sex produces. However, recent research indicates that sex promotes better relationships through the production of the hormone, oxytocin.⁴ (Oxytocin promotes bonding, and may also increase feelings of love, empathy and connection to others.)

In other words, by applying the information in this manual to your marriage, you'll create a win-win situation.

One more thing before we get down to the nitty gritty: I have targeted this manual at husbands in large part simply because it is less complicated to



⁴ Pepper Schwartz, PhD, "Revitalizing Sexuality for Mental and Physical Health," OHSU Women's Health Conference, 2006.

write that way. The techniques will apply to unmarried men, those in unconventional relationships, and so forth.

I've put everything in this manual into husband/wife terms in order to avoid the various "landmines" that are coupled with relationships, law, and morality in our current world societies. But in the end, this is a sex manual, not a thesis about law or morality. So please read with an open mind and, for the moment at least, lay those other elements aside so you can learn the essentials you need to know to enhance your relationship.

That said, in fairness it must be noted that statistically, the most satisfying sexual relationships are within marriage. Researchers have found this to be the case, even though conventional wisdom sometimes argues otherwise.^{4 5}

(There is also some evidence that couples who attend church also have happier sex lives, but these are a bit more sketchy than the fact that married couples have better sex than do their unmarried peers.)

Even though the grass may *look* greener on the other side of the boundaries of marriage, it's not. Married people simply have better sex as compared to couples that are not married. And ironically those folks that are into one-night stands seem to have the worst sex lives of all, proving that experience with multiple partners does not a skilled lover make.

In truth, this isn't quite as surprising as it may at first appear. People vary in their preferences and their needs. That means people need time to learn about a partner in order to establish a deep emotional commitment and build the strong relationship that sets the stage for sexual satisfaction and enjoyment.

As the old saying goes, your most important sex organ is between your ears. Until you learn what you and your partner really need for a satisfactory sex life, you can never enjoy it. Learning that takes time and commitment — two things that

⁴ Martin Bentham, "Married Couples Happier than 'mid-life' singles." *The Daily Telegraph*, Issue 2109, March 4, 2001.

⁵ A. Johnson, et al, "Sexual Behaviour In Britain," *The Lancet*, Vol. 358, Issue 9296, pgs. 1835 - 1842.



aren't found in one-night stands or even casual relationships. Marriage gives lovemaking the time it needs to blossom into something special and truly satisfying.

A monogamous relationship also acts as a safety factor. In this age when a variety of sexually transmitted diseases have become rampant, marriage partners who remain faithful only "bring to the table" those diseases they may have picked up before tying the knot. The knowledge that you're not likely to contract a sexually transmitted disease during lovemaking lowers tensions, thereby making sex more enjoyable.

To put it bluntly, it's hard to enjoy love making if you fear you may have an incurable disease a week later.

Likewise, a layer of latex between you and a lover is far from the most conducive method of promoting enjoyable sex. Safe sex may be safe, but it is often far from the most

enjoyable. A married couple (when each partner remains faithful) can enjoy safe sex without protection, and this puts them way ahead of in love making.

Marriage also forces a person to own up to shortcomings. It isn't too easy to leave a marriage, with social and monetary penalties to be paid. Often this forces an individual to work out problems they might never address if they weren't forced to by the bond of marriage.

This manual will see worldwide readership and sadly what is legal in my neck of the woods may not be where you live. If so, I am sorry. You will have to determine the law of your land and then do you best to obey it. I don't advocate breaking any laws, regardless of how foolish they may seem to me.

Finally, I want to note that there are practices that may cause physical or emotional harm to one or the other partner in a sexual relationship. Such practices are dangerous and eventually will do lasting harm to both partners. Over time, these can even destroy a relationship and perhaps lay the groundwork for ruining future couplings as well. Make it a rule to always avoid *anything* that one partner feels uncomfortable with.

The chain of marriage is only as strong as the weakest link. Once that link is broken, the chain is useless and divided. If you value your relationship, you will protect any weak links that exist in your mind and body as well as those of your mate.

Now let's start looking at some of the essential sex secrets you need to know to become the perfect lover.



The Female Body

There are a number of areas within the female body that, when properly stimulated, are capable of bringing a woman to a climax. The catch is that not all of these work with all women. Some of these key spots may not bring an orgasm due to injury, because of psychological reasons, or simply because the nerves in these areas aren't as sensitive or even as dense as they may be in other women.

So keep in mind that some or all of these spots when properly stimulated *may* bring your wife to a climax — or they may not. You'll need to first study this manual carefully, and then you'll need to experiment with your wife to determine which of these you are both comfortable with, and which work — or do not.

There's no fast rule for any human body. There are variations. Our brains all work a little differently from one person to the next. Just as no two snowflakes are alike, no two women are alike. If one of these techniques fails to launch fireworks, never assume something must be wrong with you or your wife. Rather, just accept the fact that each of us is different and some things that are very sexually arousing for one individual may do little for another.

OK. Here are the areas of the female body that *may* bring your wife to a climax. Since not all work with all women all of the time, you'll both need to experiment and see. And chances are, not every one of these will result in a climax, regardless of your efforts.



A Clitoris by Any Other Name

When it comes to orgasms, stimulation of the clitoris is most apt to work with the majority of women.

Many men have trouble finding the clitoris (sometimes simply called the “clit”), and sadly some husbands are totally clueless about the clitoris. This organ is very similar to the glans (head) of the penis, but considerably smaller. The two organs are similar for a reason:

During human development, the clitoris develops from the same bud of tissue as the penis does in a man. Like the penis, clitoris is comprised of erectile tissue that swells up when a woman becomes aroused. And, yes, the clitoris has a shaft — but it is internal inside a woman’s body. Because it’s so sensitive, the clitoris is protected by a hood of skin (somewhat similar in design to the foreskin of the penis).

The clitoris is very sensitive because it has about the same number of nerves as the penis; thus, its smaller size makes it much, much more sensitive than the penis — something for you to *always* remember. Over-stimulation of the clitoris is actually unpleasant.

Locating the clitoris is a bit daunting if you don’t know how to find it. It’s the “bump,” roughly the size of a pea, between the forward side of the labia (vaginal lips).

The key point for you to remember is that the clitoris is very, very sensitive. Be very gentle in stimulating it and you’ll give your wife maximum pleasure. It’s not necessary to actually contact the clitoris in order to bring a woman to a climax.

When engaged in intercourse, bumping the clitoris with each forward thrust of your pelvis can do the trick. Likewise, slowly and rhythmically rubbing over the hood covering the clitoris with your finger may bring a woman to a climax.

For most women, the clitoris is key to reaching a climax.



Take your time, be gentle, and you'll likely bring your woman to a very satisfactory climax whenever you concentrate on stimulating her clitoris.

The G-Spot and the Vagina

German gynecologist Ernest Grafenberg has the honor of discovering the G-spot in the mid-20th Century. The G-spot is not easily located. It's formed by the spongy tissue surrounding the urethra (through which urine leaves a woman's body). It is stimulated by rubbing an area one-and-a-half to two inches on the top inside the vagina, about a third of the way between the vaginal opening and the cervix.

Here's the key point for you: By stimulating the ceiling of the first third of the length of the vagina, you may enable your wife to experience great pleasure and perhaps even achieve an orgasm with just the stimulation of this area.

For those women who can achieve an orgasm through stimulation of the G-Spot, the experience may result in a longer, deeper, and more powerful orgasm (as compared to that reached with only stimulation of the clitoris).

The best way to locate your wife's G-spot is with her help. Explain what you're doing and then use your finger to reach about two inches into her vagina and gently play with the upper side of her vagina. Your wife should also empty her bladder before this experimenting since the stimulation of the urethra (which results when the G-spot is stimulated) may otherwise be uncomfortable.

Some sex experts claim that it's possible for a woman to reach a climax through stimulation of the vagina as a whole. Others claim it is the action of stimulation of the clitoris and/or the G-spot that causes a climax during intercourse and that the vagina itself is not responsible for this.

You don't have to worry about which theory is correct and which is not. You only have to achieve the results.

The important thing to remember is that bringing your wife to a climax is likely with rhythmic pressure of your pelvis (just above the base of your penis) against her clitoris accompanied by the stroking of the glans of your penis across the upper wall of her vagina where her G-spot.

Advance to the Rear

Many women (as well as some men) become very aroused when the sensitive nerves in the anal area are properly stimulated, and some men and women will even reach a climax through this mechanism.

The catch is that many couples are less than enthusiastic about incorporating the anal area into their love making. The key thing to remember is that it is not necessary to penetrate the anal area in order to stimulate it. That's right: You don't have to have full penetration of the anus in order to experience pleasure.

On the other hand, if you or your spouse enjoy the sensation of anal penetration, go for it. (That said, you should know that the anus leads into the rectum, which is anywhere from 5 to 9 inches long. The rectum, in turn, leads to the colon, and you definitely don't want to go that far. Generally, penetration of just an inch or so into the anus is going to give maximum enjoyment — and this coupled with the position of the clitoris and G-spot suggests that size does *not* matter if you wish to lay an old cliché to rest once and for all.)

For women who become aroused by anal stimulation, simply caressing the rim of the anal area without actually penetrating it may be very pleasurable, and this may be all you wish to do to give your wife pleasure. You can stimulate this area with your fingers or even orally (which is relatively safe if your wife has bathed carefully just prior to your lovemaking).

If your wife enjoys anal stimulation, then you can also try slipping a lubricated finger into the anal area. KY Jelly is generally the best lubricant — baby oil or Vaseline will work (but may

cause a rubber to break if you're using one).

Never try to penetrate the anal area without a lubricant because this will cause damage. If anal penetration with a finger proves pleasurable to your wife, then you may introduce your penis very *gently* into this area, again using a generous amount of lubricant.

Two very important points with anal penetration: 1) There are bacteria in the anal passage just beyond the sphincter muscle, and 2) the anus is much smaller than the vagina.

These two points mean that you must thoroughly clean your finger or penis after penetrating the anal area *before* touching your lover's lips or penetrating her vagina. Bacteria from the anal area, introduced into the mouth or vagina, are an extreme health risk. Nothing that has entered the anal passage should be introduced anywhere else until after you have thoroughly washed it.

Or, you can use a condom over your fingers or the penis, and then remove and discard the condom afterward, being careful not to touch its exterior surface with your hand (easier said than done).

When penetrating the rectum it is important to remember that this is delicate tissue. You must always use lubrication and always limit penetration to only a few inches. Going beyond a few inches will cause discomfort and may even cause serious injury.

Always exercise self-control.

The anal sphincter muscle (on the rim of the anus) guards the anal area by tightening when stimulated. Because of this, you must never attempt to force a finger or your penis into the anal canal. Rather you must go very slowly and gently to work your way past the sphincter. Penetrate very slowly and cautiously until you feel the muscle relax and dilate to admit you.

Pay close attention to how your wife feels about anal sex. If she's uncomfortable with it, then don't force the issue. There are many other ways (and ways that require less concentration and caution) for you to have enjoyable sex.

It is always important that all parties involved are enjoying sex. If you fail to observe this rule, you may discover that the only sex you're seeing in your marriage is solo sex.

A Breast In Hand

Stimulation of your wife's breasts is always important in lovemaking. As with other techniques, this one is best conducted very slowly.

An important point: *Women like to be teased in ways that would infuriate most men.* If you slowly, and softly creep up on a woman's breast with your finger tips, lightly caressing the area around the breast proper, it will be very arousing for your wife. Slowly stroke across the edges of her breast, gradually working your way toward her nipples. The longer you take before reaching your target, the more your wife will enjoy it.

From time to time you may "break off the advance," seem to discontinue your movement toward the nipple and instead kissing her lips or eyes for a time before resuming. You basically should get closer and closer to touching each nipple, while making it seem as if you never will reach your goal.

The result will be that your wife will become more and more aroused. Finally, you can gently stroke her nipple with your finger or tenderly kiss and suck on it. Do this right and you'll likely discover your wife is really keyed up for lovemaking.

Vary this process. Carry on with finger, lips, and tongue. Use your imagination, and change your tactics from one lovemaking session to the next. Never let her know when — or even if — you're ever going to reach her nipples as you fondle and play with her breasts.

Once you have reached her nipples, lightly kiss them and gradually increase the pressure on them. Pet them, stroke them, roll them gently between your fingertips. Suck on them, blow on them. Be creative. Gradually suck longer on her nipples and knead her breasts like dough in your hands. Roll her breasts in

gentle circles. Stimulate her gently but unmercifully.

One point to keep in mind with breast size. First, never compare your wife's breasts (or any other part of her body) to that of another woman. Appreciate her breasts, but don't compare them to someone else as it will hurt her (and hurt your lovemaking as well).

Smaller breasts and larger breasts have about the same number of nerve endings. That means you must be gentler when caressing small breasts while being a bit more aggressive with larger breasts. But regardless of the breast size, nearly all women will find the slow, drawn-out approach to their breasts very arousing.

A few women may reach a climax with stimulation of the breast, though this is fairly rare. If your wife is one of these few, don't worry. Unlike men, women can reach a complete climax again, and again, and again. So there's no need to hold off unless she'd prefer that (and there are women that prefer having just one intensive climax the same as their man — if your wife is that way, respect her wishes).

Note that all approaches in bringing your wife to orgasm via her breast can also be employed for generally arousing your wife. Remember: For women, the longer the tension of "will he or won't he" is maintained, the more aroused they will become.

Yes, you may prefer to just have your wife grab your penis and start playing without any warm up.

And if that's the case, tell your wife.

But chances are, she's not going to feel anything like that when it comes to making love. "Slowly with lots of surprises" is how most women like their sex.

Take a teasing, slow approach in your lovemaking and you'll almost always leave your wife in ecstasy and wanting to make love more often.



Sexercise

Now since women like to go at sex slowly, with their men gradually working up to the “final act” of the play, it’s important for you as a man to learn how to be patient and also how to avoid premature ejaculation.

So it’s time to get down to the “how-to” of becoming a lover who can keep going and going and going like that famous energizer rabbit.

One key to becoming a great lover is learning to strengthen and control the PC (*pubococcygeal*) muscle that supports your genitals. Not surprisingly, good muscle tone with the PC translates into greater orgasmic intensity, better control over how soon you reach a climax, and also increases the time you can maintain an erection.

Obviously, the PC is a good muscle to build up and maintain if you want to enjoy a good sex life.

And you can do this with a key exercise.

First, however, you need to identify the PC. You can do this by urinating and stopping the flow of urine once it has started. The only way you can stop the flow is by squeezing your PC muscle. Once the urine flow has been stopped,



relax and let it flow again, then cut it off once more with the PC. After a few tries, you should have a feel for how to tighten your PC muscle.

Once you have learned what it feels like to flex your PC muscle, you need to exercise it *without* the involvement of urination. That's because cutting off the flow of urine with the PC may, over time, cause some problems. So after you discover how to control the PC, don't use it to cut off the flow urine.

Now that you know how to tighten your PC, you're ready for the sexercise that will enhance your ability to maintain an erection (and will also help avoid the problem of "bed wetting" that can occur with older men as their PC muscles weaken).

The exercise is quite easy: Simply tighten your PC muscle, and then keep it tense for as long as you can. You'll likely discover that you can do this for only five to ten seconds at first. Don't worry about the time; just tighten the PC and hold, keeping the muscle tense until you feel it spasm and go limp. After that happens, let the PC rest for a few seconds (about as long as you were able to keep it tense), and then do the exercise two or three more times.

Do these "reps" every day and slowly you should be able to increase the time you can keep your PC muscle tensed up before it must be relaxed. Go for longer times to make this muscle group stronger and stronger.

This may not seem like much of an exercise or achievement — but it will pay off in the bedroom and also in later life, helping to keep you out of Depends adult diapers when you reach old age.

Sexercise for Control

Being able to control when you reach a climax is important if you're to satisfy your wife. This is because once a guy "shoots his wad," the penis tends to become flaccid. While getting your PC muscle strengthened will give you additional time "in play" before your member becomes flaccid following your reaching a

climax, a better bet for satisfying your wife to delay your own climax until after she has reached hers.

To do this, you must learn how to recognize when you're about to reach a climax and learn how to "back off" from this point (to delay things). You may also have to rethink a few things.

For example, masturbation seems like something a man should no longer do after he's married, right?

Not so.

Masturbation, if properly done, can actually make you a better lover. Because masturbation can serve as a way to practice gaining control of your sexual abilities and, over time, even enhance them. Put away the idea that there's anything wrong with masturbating after you're married. With masturbation, you can learn to be better a better lover.

Most men masturbate simply to pleasure themselves. That's fine, but it's possible to achieve much more. Rather than just a quick satisfaction of unmet needs, you can also use masturbation to explore the sexual process within your body. As you become more in touch with how your sex organs function, you can begin to gain skills that will enable you to pleasure your wife more fully.

You'll also do muscle building — love muscle building. Because while the penis itself isn't comprised of muscle, there are some key muscles that, when developed, can turn you into a much better lover. And not surprisingly, that is our old friend, the PC muscle.

Only this time, you'll employ masturbation to gain even greater control of your PC muscle.

First, you need to get into a part of your home where you won't be interrupted and where you can relax. Once you have such a place, you'll strip down and either lie down on your back or sit in a chair, whichever seems more comfortable to you.

You'll also need to employ plenty of lubrication (such as KY Jelly, baby oil, or Vaseline). Coat your hands and penis with lubricant, and then begin stroking your penis, paying careful attention to your level of arousal.

Try to scale your arousal level, with one being barely aroused, to ten being the point where you're about to reach orgasm and ejaculate. (This may sound hard to calculate, but most men are very capable of judging levels of both pain and pleasure, so just concentrate on this and you'll be able to accurately score your arousal level.)

Pay attention as you stroke your penis, slowly bringing yourself (ideally over three minutes of time) to an arousal level of four. Once there, squeeze your PC muscle tight for ten seconds and concentrate on letting your arousal level drop to two as you continue to stroke yourself, but much less vigorously.

Once you've settled back down to the level of two, stroke just enough to take three minutes to reach level three, then another three minutes of slightly more intense stroking to bring yourself to four, then another few minutes to reach level five, and finally three more minutes to reach level six. Now squeeze your PC muscle tight for ten seconds and then let yourself drop down to an arousal level of two once more. This is one cycle.



Do this whole cycle again, but this time you peak at level eight before sinking back to level two.

Next go cycle to level six without tightening your PC muscle and drop to two.

Bring yourself through another cycle (ideally over three minutes) to level nine, squeeze your PC muscle for ten seconds, release, and breath deeply as you drop down to level two.

Here's the tricky part: Bring your arousal level to nine or even nine point five so you feel like you're about to ejaculate. Tighten your PC muscle for about ten seconds and continue stroking your penis vigorously, trying to hit a ten on your arousal scale. Keep your eyes wide open, focusing on your penis and testicles, breathing deeply and regularly as you begin to reach a climax. You should be able to feel the semen collecting for its last spurt down the starting gate. Your PC muscle may begin to spasm, but you will likely not ejaculate (if you do, no problem — just practice again the next day or so and keep trying until you can gain full control and “keep it in”).

Once you've managed to go through all these cycles without ejaculating, take a deep breath, slow down the stroking, and let your arousal sink to level six. Stay there for a few minutes then bring yourself quickly through the various levels, and this time, do not tighten your PC muscle. Instead, this time reach full orgasm. You'll discover your orgasm is a bit more “explosive” and more satisfying than a quick ejaculation. (It should be noted that this “skating on the edge of an orgasm” and then dropping to a lower level is sometimes called a “multiple orgasm” by some sex experts. It is not as satisfying as the multiple orgasm of most women, but most men find it more enjoyable than one quick climax.)

As with all building of muscles and the perfecting of skills, you'll need to practice this technique over days if not weeks. But once you learn to relax and control your levels of arousal by adjusting the “stroke rate” on your penis and by using your PC muscle to avoid reaching a climax until you're ready to, you'll be able to apply this control to your lovemaking with your wife. At

that point, you'll be able to pleasure her for however long it takes for her to reach one — or more — orgasms while you maintain control over how long it takes you to climax.

Gaining this control will turn you into a super lover and give you both much more enjoyment, especially if you've had problems in the past with you coming before she does.

Multiple Orgasms

As noted earlier, women can achieve multiple orgasms. With some women, each of these will be just as explosive as the first. With other women, the first will be the greatest with the others creating smaller bursts of joy. You'll need to experiment and, in time, you may discover you can “play your wife like a fiddle,” bringing her to one climax after another, and almost always satisfying her needs in every love-making session.

It should also be noted that for your wife, multiple orgasms aren't quite the same as the multiple orgasm you may experience through control of your PC muscles. (You say potato, she says tomato.)

On the flip side, it's also important to note that for most women, not achieving an orgasm is not as frustrating as it is for men. A man taken to the peak of climax and then let down without any resolution to his excitement finds the experience very frustrating. This is not always true with women.

So, there may be some nights when your wife is more interested in simply being close and perhaps not aroused enough to reach a climax, regardless of how skillfully you perform. When that is the case, don't feel like you've failed. Remember that the important thing in a marriage is that both partners satisfy their sexual needs.

For you this will usually mean being brought to a climax. For your wife, this may not always be the case.

Verbal Arousal

Men are visual. The sight of the nude female form is generally enough to get the horse in your pants ready to dash out of the starting gate, right? Little wonder then that more than a few guys get “hooked” on pornography or that women in various states of undress sell a lot of products in advertising.

Women also become slightly aroused at the sight of a handsome male body. But this effect generally is mild, not nearly as profound as nudity is for men. The reason for this is that women tend to be more verbal, and also more subtle in what arouses them.

Where the sight of your wife’s breast might get you hot to trot, the sight of your naked body will not likely have the same effect on your wife. Don’t mistake this lack of interest as rejection or the suggestion your wife isn’t attracted to you. It’s just that your naked body won’t have the profound effect on her that her nude figure does on you.

On the other hand, just talking about your romantic evening at a restaurant or some other time when the two of you were together and the sparks seemed to fly may actually be very arousing for your wife. It may seem crazy to you, but that’s how women are.

This is why a “fast-talking” con artist can often have more success with women, despite being uglier than sin, while the most handsome “hunk” who lacks verbal skills fails to win over a woman. The key to arousing your wife will often be flowers, candles, or a romantic dinner rather than raw sexual visions of nudity.

You will always get farther in arousing a woman if you know how to sweet-talk her. And that includes your wife.

Here’s another secret: Over time, you may discover that a whispered suggestion in the ear of your wife will often be very arousing for her. Just don’t say off color things aloud — most women worry about someone overhearing, even if there’s not one for miles around. But make that sentence a whisper that only

she can hear, and often you'll have a surefire turn-on for her.

You can even add to this by “accidentally” letting the back of your hand touch her breast as you lean over to whisper into her ear. Make it seem that this is just inadvertent on your part. Don't let it be obviously you're aware of it. Remember that the lightest touch is the most arousing to a women. Just let a knuckle briefly stroke a breast as you whisper into her ear and you may discover you have a hot turn-on for your wife.

Now, before you race off to try this technique, know that it takes finesse to pull this off. And you must strike when the iron is hot — and no other time. Many a husband has discovered to her peril that the whispered suggestion when a wife is not in the mood may actually backfire.

Save this powerful tool for that moment when the time seems right. You don't want to miss the opportunity, but you also don't want to be seen as too suggestive or aggressive. Yes, it's a tight line to walk, but as you spend time with your wife and grow into your new sexual abilities, you'll learn when and how to employ this tactic.

Interestingly, once your wife is interested in sex and between the sheets with you, that's the time when you can talk more openly about you upcoming lovemaking. You can let her know what you would enjoy, and ask her what she wants.

Provided you don't “slow down the action” with conversation, she'll most likely find this arousing, and it will also give you the knowledge to make her experience more enjoyable. (If she doesn't seem to enjoy talking about these things, then write off this idea and try other approaches, remembering that everyone is different.

The big plus of the monogamous relationship is that you can learn to play the music of love, discovering what notes strike the proper chord in your relationship, and gradually improving sex not only for her but for you as well.



Key Behaviors

There are other turn-ons for women, and likely some of these will also work for your wife. Probably the most important is to understand that just loving her is not enough. You need to *demonstrate* that love on a regular basis.

A woman who knows that she's loved becomes a powerful lover. A woman who doubts your love will often perform poorly in bed.

This means you should regularly tell your wife much you respect her and want to please her — and you should mean it. If you don't feel that way, then it's time to analyze why, and get it straightened out, perhaps even going to a marriage councilor. Until things are right between you and your spouse, things are never going to be good in the sack.

So give her praise, but never say anything you don't mean. Being very verbal, most women are very good at spotting liars. They can read the tone of your voice and your body language like a book. If you lie, you will eventually get caught. And nothing turns a woman off faster than an insincere husband interested only in sex and who lies to get it.

It's also good to discuss what your wife enjoys in the way of sex; you can do this when actually having sex is out of the



question, such as a drive to visit her parents or the like. Such conversations are “safe” for her since she can speak freely without fear that it will lead to sex if she’s not interested in love making at that moment. Question her thoughtfully to learn what she likes, what she dislikes, and what her fantasies are. Then try your best to accommodate her desires in your next lovemaking session.

If your wife is reluctant to talk or shy, you may need to ask questions that will help her open up. Ask what her deepest desires are, and how you can meet them. Find out if there are things about your lovemaking that need changing.

Even small things, like how rapidly you thrust during intercourse, how much foreplay you engage in, how much French kissing goes on, etc., can all make a huge difference in her enjoyment, and what her response and desire for sex with you will be. The more you learn about what she wants and likes, and the more you can fulfill her wishes, the more often she’ll want to make love with you and the more enjoyable it will prove to be for both of you.

Because women are verbal, getting your wife to talk freely about sex may also prove to be a turn-on for her (though this should never be the only reason you discuss it). Something to keep in mind.

Timing

Women tend to slowly warm up to the idea of sex. This is important to remember. Where you may be ready to jump into bed at a moment’s notice, your wife likely wants to work up to it over hours if not a day or more.

This means you need to start “making love” to your wife hours or even days before you actually have her in bed. You always need to go slowly, perhaps starting your day with a long, romantic kiss.

Give her a call during the day and tell her you love her.

Take her to a romantic restaurant that night.

Make everything you can seem like a romantic moment. Even if you've been married thirty years, you still need to woo your wife like it's your first date, and bring her into the mood each time you wish to have sex. Do this, and she'll feel the excitement as you build up to the big event.

As she feels more and more romantic, the barriers between reserved sex and a wild, carefree romp will come down. If that's what you want, then remember: *Verbal and emotional foreplay is essential for pleasing your wife so she can, in turn, please you in bed.*

This isn't hard to achieve. Just a statement like, "You look so lovely tonight," or "I love the twinkle in your eyes" can work wonders (provided you really mean it). Search for something you really like about her and then be sure to compliment her on it.

Has she spent a lot of time on her hair and appearance? Let her know you see that.

Has she picked out a special dress that you like? Say so.

Anything you say that makes her feel good will also make her feel more romantic toward you. Don't miss any opportunity.

You must also be careful to continue your compliments



after you've had sex. The kind words must continue — otherwise you leave the impression that you simply said these things for sex.

There are other important points that can be scored after sex. If you've done your homework ahead of time, you may discover that she likes to be held after making love (most women do). If she does, do that. Do everything you can to accommodate her needs. Do this, and the woman you love will do her best to take care of your needs as well.

Also, remember that tastes and desires can change over time. What is a huge turn-on for your wife tonight may not be so desirable to her next year, or even next month. Once you achieve verbal frankness with your wife, keep the lines of communication open. Discover what she likes and what she doesn't find so desirable.

Never think that once you know how to make love and get her moaning, that the same things will achieve this time and again until they lower your cold body into the grave.

People get tired of the same old thing and so will your wife. Variety is the spice of the life, including your sex life.

Continue to talk and learn. Sense out what your wife's changing needs may be, and be sure to tell her yours as well. If she has new likes or wants some new adventures, you should be the one to deliver them. If you are her prince charming, she'll be a whole lot less apt to be tempted to daydream about the contender to your throne at work or seek out other company. A satisfied woman is not likely to have an affair, or even seek emotional support and "friendship" from other men.

If every man really worked at satisfying his wife's needs, there would be a whole lot fewer office romances and one-night stands in our society.

In today's world, married women are more apt to have affairs than are married men. There are many reasons for this, but one might well be that husbands are failing to listen and to their wives and fulfill their needs at home.

Erotic Talk

Some women are turned on by erotic talk. Most probably are. But a few are not. So, after you've experimented a bit, you should decide whether or not it is working with your wife. Probably the best way to determine this is simply to ask her, telling her that you can discontinue it if she's really bothered, because you don't wish to do anything that makes her feel uncomfortable.

If erotic talk works with you wife, and since women tend to be verbal, you'll discover that certain phrases can become a powerful form of seduction. The exact words that excite your wife will depend on you and on her. That means you'll have to experiment and be patient, carefully noting what works and what does not.

Delivery is key. If you sound like a schoolboy caught writing four-letter words on the bathroom wall, it isn't going to make the impression you want. That means you need to go somewhere where you won't be overheard and practice (practice makes perfect, a cliché that is perfectly true).

Test every word you can think of. Then say them aloud when you're all alone in the shower, driving home, or anywhere where you won't be overheard.

And don't think you must limit yourself to course terms. Be creative and poetic. Likening her wife's vagina to a fragrant flower and your penis to a bee (provided you can pull this off without giggles) may be more powerful than simply using the more direct and realistic description of your organs and the sex act. And you may also gain some points simply for being inventive. So give it some thought, practice delivery your speech until you can do so flawlessly, and then test you words of seduction on your wife.

When you deliver your carefully chosen words, be sure to whisper them into her ear so she won't be concerned that anyone might overhear. Since many women's ears are quite sensitive, whispered words can create a double whammy. You may excite her as well as creating a more intimate mood.



You may also discover that a very intimate whisper, delivered in a very public place, will excite her. Or it may not. Again, your job is to experiment to find the right combination that will work the magic.

If you find yourself at a loss for words, take a piece of paper and write down as many words as you can think of for your penis, testicles, and tongue. Do the same for her sex organs and breasts — as well as her feet, butt, eyes, lips, or anything and everything else that you find attractive.

Still having trouble?

Then go to the library and check with the reference desk to see if the library has a book of phrases designed for writers; one to ask for is Jean Kent's *The Professional Writer's Phrase Book*. Take the book and look up what it offers as euphemisms for private parts and sex acts. "I want you to ride me like stallion" or "I want you to run your fingers across my bare chest while I sip on your nipples" may work wonders with your wife.

If your wife loves romance novels, pick up a few old titles and read some steamy passages, noting key phrases that you can employ. Just be careful not to choose anything book she's read too recently lest she recognize your lines.

Once you have your phrases, incorporate them into sentences and practice saying them over and over again until they feel comfortable on your tongue and you can make your delivery without hesitation. Your speech should flow as if spontaneous.

You don't have to deliver your lines live; you can record them on her voicemail (but probably not her work voice mail as sometimes businesses monitor these). Or you can write them in a note.

Be creative.

It's likely that your wife fantasizes about upcoming sexual encounters with you. If you've agreed to have a "meeting of the minds" later that evening (and if you both work, scheduling your "appointments" makes a lot of sense), you can enhance



this process with phone calls during the day to prepare her for the main event. You can also email her with little reminders (remembering that her boss or the workers in the technology department are likely to be reading it as well).

To get around prying eyes, you and she can have code words; use them when you're sending email or leaving messages at her work number. (That said, the fact that you are a married couple will permit you to get away with a bit more salty language than would a couple trying to carry on a secret affair outside of marriage. Marriage gives you an edge — exploit it.)

Let's say you have a private call to your wife. Unlike email, you can be very explicit. So what do you say?

Not just any words are going to do. Men and women are slightly different when it comes to erotic talk. Both love to be complimented and flattered so don't hesitate to admire your lover's sexual organs. But men get more excited by graphic details, whereas women tend to prefer words of love and romance. Where you might love hearing, "Honey, you feel so good inside me," a woman would welcome, "I love your beautiful breasts and soft silky skin."

On the other hand, both men and women can use words like, "I want you," "Give it to me," "You're so sexy," and don't forget the most powerful word of all, "Yes, yes, yes."

Just bear in mind that these are all generalizations. Your best bet for learning what words work for your lover is to ask her, trying words out on her, and then going with what works best while discarding those that fail.

Labor for a time and soon you'll possess a collection of words that will leave your wife weak in the knees and feeling hot and bothered. You'll discover you are well rewarded for your efforts.

Perfect Timing

Men are generally ready to cut to the chase when it comes to sex. Chances are you could start with intercourse and call it quits after reaching a quick climax three minutes later, and find it all pretty satisfying.

Not so your wife.

Most women need approximately 20 minutes of foreplay before they're ready for the actual act of intercourse. Think about that a moment and, if you're like many husbands, you may realize that you've seldom done an adequate job of this. The proverbial "wham, bam, thank you ma'am" may be a joke, but it is one that rings true for too many wives.

Never again let that be the case with your wife.

Now let's back up. What's the order of actions that should lead up to the act of intercourse? What should you be doing for those 20 minutes?

The answer is that there's somewhat of an actual "protocol" of actions that are seen in almost every culture. If you follow this process with your wife, you'll have the perfect system for your foreplay routine (though you need to be sure to vary everything slightly to keep her guessing and keep your routine from growing old).

First, couples generally start with hand holding. Then they progress to touching the arms or head. Then kissing. From there the guy will generally lightly caress the edges of a woman's breast — but never quite go full tilt with this, never quite reaching "the goal."

Little by little the two become more and more intimate until the man actually fondles the woman's breasts and perhaps begins "playing chicken" on her thighs, but not yet touching her pubic area, but coming ever closer.

Next the two stroke and fondle each others groin areas, with the man perhaps penetrating her vagina lightly with his finger tip, stroking her clitoris, and so forth. They may play at oral sex, licking and sucking on penis, nipples, and clitoris.

After somewhere close to 20 minutes, the man finally mounts and penetrates the woman with his penis, slowly easing into her — ideally with some “false starts” that aren’t completed and some other teasing (remember, woman like sexual teasing).

Even when the penetration is completed, the man may slow his thrusts or thrust in and hold his position for a time — anything to make the woman wonder if he’s going to continue. Then he will start a long and rhythmic “jack hammer” that gradually picks up the pace, so that his wife it apt to be writhing in ecstasy by the time he finally brings her to a climax shortly before he reaches one as well (sexercises pay off here).

A Kiss Is *Not* Just a Kiss

One of the key things for arousing a woman is a proper kiss. And the proper kiss is going to change with the occasion, depending on how intimate you are and how intimate you will soon become. Basically you should start with gentle pecks and then gradually go father until you’re French kissing, dropping back to regular kissing, sucking on lips, and so forth — provided you’re going to move to actual sexual intercourse. If you will be doing less, then your kissing will generally be less intense as well.

The key is to start simple and *gradually* work your way toward more and more intimate forms of kissing.

That said, it’s hard to learn how to kiss. TV is not much help. Older programming suggests all kisses are pecks (even in old steamy “sex romps” this type of kiss is generally all that was seen). Modern silver screen offerings go the other extreme to make even a first kiss appear to be mortal combat fought with dueling tongues.

Little wonder then that far too few husbands know what a proper kiss is, or the variety of actions that are encompassed in kissing.

So here’s “the real deal,” with the understanding that you’ll want to keep variety in your kissing as with other sexual

actions in order to keep your spouse guessing and interested.

Your first kisses in any lovemaking session, as well as good-bye and hello kisses, should be *without* using your tongue, with your mouth only slightly open. Only after this initial modest kiss should things become more serious, and generally not until several more such exchanges have occurred.

Women generally signal when they're ready to have your tongue entering their mouth. This is done when a wife starts extending her tongue into your mouth, or when she drops her jaw down slightly to invite your tongue between her lips. Until you get such a signal, maintain your more modest kissing.

Once French kissing begins, there is a variety of ways you can up the stakes. You can outline her lips with the tip of your tongue (the less saliva left behind the better); you can suck gently on her lower lip; you can stroke her teeth with the tip of your tongue as you kiss her; you can suck her tongue gently when she extends it into your mouth.

Also, remember that you don't have to limit kissing to her lips. You can kiss her neck, her ears, her eyes. You can kiss her breasts and the small of the back. You can kiss the lips to either side of her vagina. You can suck on her earlobes and lick her clitoris. Just be sure you're *slowly* progressing from less to greater intimacy (as outlined earlier), and also keep her guessing as to where you'll focus your attention next.

Start modestly with your kissing and then become more intimate as your foreplay continues. Do this right and she'll almost be begging you to penetrate her after the 20 minutes of foreplay is completed. (And, that said, you'll have to time this by approximation — no alarm clocks going off twenty minutes into the event, please!)

Become aware of your wife's kissing techniques and how she's touching you because she'll often mimic the actions she'd like you to emulate. Pay attention to what works with your wife and what cues she's giving, and soon you'll be guiding her through the most amazing lovemaking times of her life as you consummate your coupling.



Before Bedtime

Love can't start just inside the bedroom door.

Not if you want things to sizzle in bed.

You must let your wife know she's the center of your attention. That means your cell phone and pager are turned off while you're with her. It means you let her talk about subjects that interest her some of the time. It means you don't sit mindlessly in front of the TV until bedtime (get the boob tube out of your bedroom and you'll enjoy more time playing with real breasts).

If you have children, then it's important to let them know that mom and dad need to have their private playtime, too. You and your wife should make each other first in your lives, with children, jobs, and paying the bills coming second. You need to diplomatically convey this concept to your wife as well once your children are beyond the toddler stage (if not sooner). A couple should place each other first with jobs, family, and so forth in second place.

You can also show your love with surprise gifts given for no special reason. A single flower or some chocolates will let her know that you were thinking about her.

Think it's a joke that low lights and romantic music can help bring out the romance in a couple? Well, it may not do much to

bring out the romance in you, but almost certainly will with your wife. Allowing her to play music and talk to you before, during, and after you make love will do a lot to keep the marriage bed hot.

Candles, oils, lotions, perfume, and powders are all romantic things to most women. Find out what she likes and buy her some more. Don't worry about buying too much — a woman can almost never have too much when it comes to these things.

Buy some sensuous satin sheets or buy her some sexy lingerie. You may find the biggest turn-on is seeing her naked. But for her, being clothed in something sexy makes her feel special. (You can always remove her clothing after she becomes aroused, and doing so may prove an added turn-on for both of you.)

The old saying that the way to a man's heart is through his stomach may not be true (the way is actually a bit lower — and between his legs — right?). But this saying is often true for wives. A gourmet dinner at a fancy restaurant, or even just a favorite snack or drinks, will often open the way to her heart.

Undressing for Success

When you undress your wife, the same principle of going slowly and making her think it's going to go on forever applies. You should appreciate every part of her skin as it becomes exposed, caressing and kissing it before exposing more.

Turn this undressing process into a strip tease with you controlling the timing and what comes off next. Undressing her should be done slowly, as if in slow motion. This will often drive a woman wild.

If haven't already acquired the skill, you should also learn how to remove a woman's bra with one hand in the dark. Otherwise, you'll fumble and, even if your wife is thoughtful enough not to laugh aloud, your clumsy actions will break the mood. When she's out of the house, put a bra around a chair or some

other piece of furniture and practice your moves until you have the trick down pat.

You should also figure out how to undress yourself smoothly and gracefully. That may mean avoiding certain styles of pants and shirts when you're planning to make love. Otherwise, you may appear to be doing a comedian routine.

One key problem area can be shoes and socks; removing your street shoes and socks and donning slippers or some other easily removed footwear can be a real plus. So are pants that are loose enough to fall down and be stepped out of when released. And you can always "forget" to wear your underwear for a little bit of a surprise when you drop your pants.

Wife Mapping

Always remember that most women love a softer touch (and be prepared to remind your wife from time to time that you prefer a firmer touch — provided that's the case, of course).

One way of discovering what areas of your wife's body are most responsive to lovemaking is to give her a sensual massage. As you start, ask her to rate her enjoyment from one to ten as you complete *gently* massaging each area of her body. Concentrate on each toe, ear lobe, and muscle. Don't miss any spot because it has the potential of revealing an area of her body that can't be used to bring her enjoyment.

Keep track and you'll likely discover her erogenous zones from head to toe. There's no need to make this massage overtly sexual (you already know about *those* zones, right?), but if she becomes so inclined, be ready to accommodate her, perhaps simply bringing her to a climax with your fingers and mouth rather than actually having intercourse.

Ideally you simply pleasure her during a massage without expecting anything in return (just remember you'll get much in return as you learn what areas of her body become "on" switches for turning on her sex drive).

If your wife is into massage, you can use ice chips, whipped cream, or strawberry jam for foreplay massage as well. The only caution with food is that you want to keep everything out of her vagina as even a trace of food there may lead to yeast or other infections.

Don't be afraid to let her give you a massage as well. This will give her a chance to fully explore your body and learn what turns you on.

Masturbation

Although in the past masturbation was frowned upon and often loaded with guilt, today it is recognized as a normal sex practice. Furthermore, it seems likely that (at least for men) it may offer health benefits; research has found that a man who reaches a climax three or more times a week is considerably less apt to die from *any* cause of death than is a man who has sex less frequently.

This suggests that masturbation not only won't make you go crazy or blind, it might actually save your life.⁴ And frequent ejaculation also appears to reduce the risk of prostate cancer.⁵ Never feel anxious about masturbating if you desire sex and your partner isn't available.

Now this may really sound odd to you: Masturbation need not be a solo activity in marriage. It can be a way to bring a couple closer.

Having your wife masturbate in front of you may sound weird, but if you can inspire your wife to go along with this idea, it offers key benefits. First of all, watching someone masturbate is a good way to see what techniques, strokes, and speed of stimulation is most apt to pleasure them.

If a picture is worth a thousand words, then seeing the real

⁴ Davey Smith G, Frankel S, Yarnell J, "Sex and death: Are they related?", *British Medical Journal*, 1997;315(7123):1641-44.

⁵ Pepper Schwartz, PhD, *ibid*.



thing is worth even more, right?

Likewise, if you masturbate in front of your wife a bit, she'll soon be handling you better than you handle yourself. If each of you pays attention as your partner masturbates, you'll each quickly learn a thing or two about bringing each other pleasure.

Beyond that, many couples may have slightly skewed sex needs. While with most couples this isn't a problem, once in a while couples will have very different sex drives, with one perhaps wanting sex every day of the week while the other is happy with once a month. There are obviously a variety of solutions to this problem from simply accommodating a partner by offering sex even when you're not so interested in it, to using oral sex or a "hand job" to bring your partner to a climax.

Another solution is simply to have the one needing more sex to masturbate while the partner encourages, embraces, or even helps out. This is often less apt to create resentment with the partner wanting less sex while still satisfying the needs of the partner needing more sex.

Best of all, it prevents the anger that sometimes results when a person is forced to masturbate in secrete because a partner seems to be ignoring their needs. Having a partner in need of sex masturbate while the other offers support can defuse an otherwise dangerous situation that often leads to enough resentment and bitterness to damaged the relationship.

That said, a partner may be a bit uncomfortable with this at first — whether the masturbator or the masturbatee. But if you're careful to discuss the practice, go over the pros and cons (if there are any of the latter), chances are you'll both recognize this as the tension-resolving tool that it often is.



Oral Delights

Cunnilingus is oral sex performed on a woman's sex organs; fellatio refers to oral sex performed on a penis. Anilingus is oral stimulation of the anal area. Oddly enough, oral sex generally does not include kissing, sucking, or licking other parts of the body. In other words, if it doesn't involve the mouth on sex organs or in the anal area, it isn't officially "oral sex."

Remembering that anticipation can be important in arousing a woman, it's always wise to take your time in giving your wife cunnilingus. Tease your wife with your lips and tongue, kissing and licking the inside of her thighs as you slowly work your way toward the sexual target (perhaps curtailing the mission once or twice as you appear to be about to reach the target area, just to prolong the wonderful agony your wife will be enjoying).

Remember: Most women like to be teased during sex.

Before going on, mention should be made of the natural odor of a woman. Many a husband is unaware of his wife's natural odor and may remain so until a chance encounter when his wife has failed to swamp her pubic area with perfume and scented soap. If you aren't aware of it, here's the full scoop: The scent of a woman is not like the smell of roses, but neither is it



unpleasant. It's just unlike almost any other smell you are likely to encounter during the day.

Most men will perceive the natural scent of a woman as a slightly musky odor. This scent is as unique to your wife as her fingerprints are. If you find her scent troubling, then you can simply explain this to her and ask her to try a fruit-flavored lotion, minty gel, or other lubricant designed specifically for enhancing oral sex. (Just be forewarned that this discussion needs to be approached diplomatically.)

Chances are her scent will not be a problem if you are patient and simply take some time to become accustomed to having oral sex with your wife. Unless you're a rare exception, you'll soon discover that her scent, why not sweet, is anything but repellent.

Whatever you do, don't suggest that she stinks. She doesn't. You just don't find her scent agreeable. No one likes being told they stink and if you wish to avoid weeks or months in the doghouse, put a bit of thought to all this before running your

mouth.

All this said, after teasing your wife before reaching the tunnel of love, take your time to explore the cave entrance, letting your lips and tongue prod the entire Vulva (the outside rim of the vagina). Such explorations will soon bring your lover to a high state of arousal. At that point you can start experimenting to see what she enjoys:

Try a circular tongue motion.

Try sucking her labia (vaginal lips) gently.

Try long lapping motions with your tongue from her vaginal opening to her clitoris.

Try circling her clitoris with the point of your tongue.

Try writing numbers on the vulva area with your tongue.

Try stiffening your tongue to lick her clitoris from side to side.

If your tongue gets tired, take a break by slipping one or two fingers inside her vagina and then gently rub her clitoris with your nose.

Try making humming sounds with your lips against her clitoris.

Try stroking the perenium (the skin between the anus and vaginal opening) while sucking gently on her clitoris.

Try lifting her hips with your hands under her hips and give her vulva a long passionate kiss (as you might her mouth).

Try a long passionate French kiss of her vulva.

Try inserting one or two fingers into her vagina and play with her G-spot while licking her clitoris.

Try alternate pressure with your tongue as you lick long and short strokes from the anus to the clitoris.

Try gently pulling the *Labia Majora* (outside lips) apart so you can lick the *Labia Minora* (inside lips) with the tip of your tongue.

When she is about to reach a climax, try making an O with your lips and over her clitoris and gently suck on it.

OK. You have the idea. Be creative, be gentle, work



slowly, and you'll drive your wife wild with joy.

There are some very important "thou shall nots" in oral sex with your wife. The most important is to never rub or insert anything sugary into your wife's vagina since this can cause a yeast infection (and you will not be popular after that).

Never seal your mouth over a woman's vagina and blow air into it. While this is unlikely to cause an air embolism, it could. Don't risk your wife's health in this way.

Never change the rhythm of your motion when your wife is about to reach an orgasm (whether you're engaged in oral sex, using your fingers, or manning your penis). Keep the rhythm constant once she's starting to be fulfilled.

Never stop immediately after she has climaxed. Instead, keep working until she stops you. If you continue to stimulate her beyond the point where she reaches a climax, you'll be rewarded with seeing her writhe in even greater enjoyment. Don't stop until she gives the signal for you to stop. (These rules pretty much apply with any type of sex as well as oral sex).

Pheromones and Marriage

You may have seen the ads in men's magazines for colognes with "pheromones" which — according to the promotion text — will cause women to find you irresistible. Fortunately for women everywhere, this is mostly ad hype. There is no one pheromone that attracts all women, or even more than a handful (while repelling all others).

But there are things you should know about pheromones as they can enhance or harm your marriage.

Let's take it from the top: The word pheromone combines the Greek *pherein* ("I carry") with *hormon* ("to excite"). As such, pheromones are invisible chemical communicators, each with a power-packed molecular message.

Pheromones are odorless and produced by many animals as well as human beings. These chemical markers are released from the sweat glands and often linger in strands of hair. Each pheromone molecule carries information coded to the individual and is as unique as a fingerprint.

When pheromones enter a person's nose, they travel into a small sense organ known as the VNO (vomeronasal organ) where they connect to special receptor cells to relay a chemical signal to the hypothalamus (the part of the brain that controls a host of basic bodily functions, including the sex drive).

Since the hypothalamus directs subconscious thought, the messages pheromones create register as feelings or premonitions — or as a feeling of sexual attraction or love at first sight when the proper chemistry occurs between two people.

Because the information generated by a pheromone bypasses the area of the brain that controls our conscious mind and instead goes directly into our subconscious, this chemical trigger is perceived as an emotional response or even as a premonition—rather than as a thought that we are consciously aware of. This gives it a very subtle yet powerful kick.

Recent evidence suggests a man and woman often are very strongly attracted to each other because of their pheromones,

and that they are aware of the attraction but can't really put words to it other than to feel they have "chemistry" or a "love at first sight" feeling. Additionally, this attraction can be reinforced over time and may even be used to identify objects belonging to a loved one.

The body metabolizes natural steroids in the skin to produce pheromones. After being created, pheromones stay on the skin. But people shed as many as one thousand skin cells per square centimeter of skin per hour, creating a virtual microscopic snowstorm of cells floating in their wake — with each cell containing a pheromone message about that person.

When a skin flake travels through the air, it can be inhaled by an individual, and enter the VNO in the nose where the pheromone molecules on the skin cell are released and processed. This sends a message to that individual's subconscious about the person shedding the skin cells.

With human beings, the most potent pheromone producing areas of the skin are located in the groin, the armpits, and, interestingly, in the narrow strip between the base of the nostrils and the upper lip — the nasal sulcus.

Since the VNO "receivers" for processing pheromones are two tiny organs inside the base of each nostril, and since the sulcus area produces a large amount of pheromones, kissing



exposes a couple to greater concentrations of pheromones. This is likely one reason kissing is so rewarding.

Likewise, it isn't too surprisingly many women like to snuggle up next to the armpit of a lover since this again is exposing her to a greater number of pheromones. Additionally, the act of placing an arm around a lover exposes them to more pheromones. And kissing your wife's breasts also exposes you to the pheromones from her armpits.

In short, it would seem that many of the joys of sex are reinforced by these chemical messengers, even though most lovers remain blissfully unaware of what's going on, even as they are attracted to activities that increase their exposure to pheromones being produced by each of them.

It is hard to say how great a role pheromones play in cementing a relationship. But it seems certain that many couples are initially attracted to each other at least in part by their pheromones.

What message is producing the attraction? It appears the data pheromone molecules give to the brain contains messages that predict whether or not a couple will be genetically compatible to produce offspring with ideal traits. Beyond that, pheromones appear to help establish and maintain a bond between a couple, and aid in maintaining that bond once it is formed.

For couples wanting to maintain a relationship, there are some key points worth noting:

One is that when a woman takes birth control pills, her brain's preference in pheromones may become upset. Why this occurs is uncertain, but the result is that where once her husband produced pheromones that attracted her, when she is on the pill she may discover that he may no longer be as attractive (from a pheromone standpoint).

This may make the birth control pill less than ideal for those wishing to maintain a relationship, and it's something you should keep in mind if your wife suddenly loses interest in you when she starts using the pill.

On the flip side, a woman taking birth control pills when



she meets a mate may discover her feelings about him alter when she discontinues the pill. Thus, a woman who found a man attractive when viewed through the prism of birth control pills may discover he's not so hot when she discontinues the hormonal treatment. She may find her husband no longer "has the magic" because his pheromones are no longer as attractive to her on the subconscious level.

A second point is that because pheromones are produced by sweat glands, couples who exercise together may find they are also more sexually attracted to each other — the bombardment of additional pheromones has basically turned on their subconscious minds, bringing them into the mood for love.

Likewise, more than one man has discovered that his wife is abruptly interested in making love to him after he's been doing yard work on a hot day, entering the house to give off a stream of pheromones that turn on his wife at the subconscious level. This is something you should keep in mind.

It's a mistake to think that pheromones control all our actions or make us slaves to their unseen forces. And it is possible that some of us are less attuned to pheromones than others, just as some of us have a better sense of smell and others are less sensitive. But being aware of pheromones and the effects they can exert over a couple can be important in maintaining a marriage as well as in having a healthy sexual relationship.

Become a Romantic

You can know all the great techniques and information outlined above and still be the worst of lovers. That's because how-tos and sex secrets are only as good as how you apply them to your relationship.

You must know what your wife wants and enjoys, and also what she dislikes. Be thoughtful and sensitive to what your wife wants.

Do that, and you don't have to be a bedroom acrobat or the world's greatest sex machine. You will be the world's greatest lover in the eyes of your wife.

Always remember that a woman is romantic at heart, and she wants a lover who brings out the romance in her.

Always tell her what you like the most about her.

Phone her in the middle of the day just to hear her voice.

Take her on romantic outing once a week, and let her choose where to go if that seems to make her day.



Try recording some songs she likes so she can listen to them at home or in her car.

Make breakfast in bed for her.

Take a romantic walk with your wife.

Surprise her with a picnic lunch.

When was the last time you wrote your wife a love letter? If it was more than three weeks ago, sit down and write another one now.

Your wife should know she's making, and has made, a difference in your life; the only way for her to know that is for you to tell her. Compliment her when she's looks great (and look at her once in a while so you'll know). Drop everything and pay attention when she speaks to you. Look her in the eye when she's talking.

You can never be too romantic or too old-fashioned when it comes to winning and keeping your wife's heart.

Always kiss her goodbye and give her a big welcome home and don't miss an opportunity to kiss her at unexpected times.

In short, be romantic and she'll feel romantic. And the result will be that she also feels sexier and is ready to act on that feeling.





Part II:

Dealing With

Sexual Problems

Even if you currently are not suffering any problems in sexual performance, it's wise to read this section so you can stay on top of any problem that may gradually manifest itself. Additionally, the exercises designed to strengthen the lower pelvic muscles can prevent a variety of problems from ever occurring, making the exercises wise to adopt even if you're currently trouble-free.

If you are having a sexual problem, read on because there are many viable solutions for you to choose from these days.

It shouldn't be any surprise that a man might have sexual problems. The penis and the other components involved in sex are very complex structures and prone to a variety of injuries and diseases that may interfere with their proper functioning. Additionally, it's obvious when a man is having problems (Snow White's eight dwarf would have been named Droopy).

That means there can be a layering of psychological hang-ups that are inspired by the least problem in performance. These can compound a minor problem in ways that are often terrifying to see. A little stress often makes sexual performance worse, so that a minor problem escalates into a major "let down."

That's the bad news.

The good news is that if a couple is willing to work their way through sexual problems, and if a man is willing to seek any of a variety of fixes, nearly all male performance problems can be fixed. (And even in very dire situations where a man or his wife have serious injury that prevents conventional sex, often systems can be devised by the couple to overcome them, such as oral sex, mutual masturbation, and the like.)

The key to overcoming these problems is to face them squarely and to then work until a satisfactory solution has been discovered.

Premature Ejaculation

Premature ejaculation is far from rare. According to the American Psychiatric Association, three out of ten men suffer from premature ejaculator at one time or another. It's also more of a problem for younger men rather than for those who are older.

The simple reason for this is that younger men not only attain faster erections than do older men, younger guys tend to reach orgasm faster as well. So while younger guys have a faster and stronger erection, it's often the old codgers who are actually better suited to satisfy a woman, once "things are up and running."



Premature ejaculation is also a problem for those with new partners. The novelty of a sexual partner creates added excitement that can cause a guy to ejaculate faster than he might otherwise. That means that married guys, once the honeymoon is over, are less apt to have a problem with premature ejaculation.

To counter this problem, some physicians may suggest a device called “Control.” Control consists of a band that wraps around the entire scrotum, tightening to keep the testicles pushed away from the body. The band is put into place prior to arousal and then keeps the testicles from rising as they generally do when a man is about to reach a climax.

In theory, the Control band prevents a man from reaching ejaculation until he pulls on the Velcro “rip cord” permitting his testicles to release semen. The catch is that some men can reach a climax without having their testicles rise; this makes this device almost useless for such fellows.

Another system that may — or may not — help is “delay cream” (one brand is “Sta-Erect” which, despite its name, actually helps control premature ejaculation). This cream is applied to the glans (head) of the penis ten to twenty minutes prior to intercourse to make the skin a bit less sensitive and thereby increase staying power. This may or may not be satisfactory, but certainly is worth a try.

That said, there are more satisfactory ways to prolong the time you need to reach a climax and these have the plus of doing away with constricting bands, creams, and other complications.

One fix is simply to enjoy more frequent sex. Frequency of sex in part determines how soon you’ll ejaculate. This doesn’t necessarily mean your wife has to have more sex (though that might be a possibility if she’s game); you can simply masturbate more often and learn to gain self-control as you stimulate yourself (in part using the PC muscle exercise outlined above).

Another trick is the “squeeze.”

When you feel yourself about to reach a climax too soon, you grasp your penis right below the glans between the thumb and forefinger and then squeeze. After a few seconds of squeez-

ing, the need to ejaculate passes and you can resume sex. Your wife should also be aware of this technique and you should let her feel free to employ it if she wants to make love for a while longer even though it sounds like you are about to shoot your wad.

Possibly the best solution to the problem is exercising your PC muscle to increase your control over when you ejaculate. To do this exercise, let's assume that you are lying on your back and that you're able to communicate your needs and feelings to your wife. Ask her to begin a gently caress your penis with her hands and/or mouth. As she does this, you need to give her lots of feedback as you reach a series of low-level peaks from level one to six with your wife backing off and or intensifying her caresses as needed.

Once you have completed one set of these peaks to six, switch positions with your partner lying on her back with her legs in the air, slightly bent while you have most of your weight on your knees. Now penetrate her and do a series of peaks while having intercourse, starting with slow, comfortable penetration of her vagina.

Be sure to take your time, bringing yourself to a level six peak, then backing off while squeezing your PC muscles until you drop back to two (you may need to almost completely stop thrusting at this point and ask your wife to lie still as well).

Now you work your way up the scale, peaking at level six and then backing off. Peak to level seven and then back off. Peak up to level eight, back off. Peak to level nine, back off.

It may take several days to get to the point that you haven't reached a climax by this point. But eventually you will be at that stage (and you will be if you and your wife are patient and continue working — and you should explain that for this to work she *will* need to be very, very patient).

When you are able to get through these stages without reaching a climax, you then continue on with a series of fast, vigorous thrusts with the understanding that the moment you stop thrusting, your wife will as well.



Eventually you'll be able to reach level 9.5 without reaching a climax. The moment you reach that point, both you and your partner should stop moving while you squeeze your PC muscle as hard as you can, Take deep breaths during this time with your eyes wide open, your concentration on your genitals. Try to feel the semen moving from your testicles, into the base of your penis as you hold very, very still. If you can contain yours semen, at this point you will experience a mini orgasm, but without ejaculation.

Now here's the takeaway: When a man achieves this mini orgasm without ejaculation, his penis will tend to remain rigid but it will take him much longer to reach a second, full climax.

So once you've had your mini-climax, you can back off, rest for a bit, and start making love again with your wife. As you penetrate her, you will feel your arousal level rise again, but this time, continue past eight, nine, and finally ten, thrusting all the way so you'll reach another (but this time complete) orgasm with ejaculation.

After doing these exercises over several weeks, you'll likely discover you can prolong your orgasm for as long as you like and also control exactly when you ejaculate. At that point, your wife is going to get a lot more out of intercourse since you can start concentrating on helping her reach a climax as well.

As with any sort of physical skill, this technique may take a lot of practice. So if first you don't succeed, keep on trying. Eventually you'll achieve the ability to control when and how long it takes to ejaculate. And both you and your wife will be very glad you both took the time to cure this problem.

Erectile Dysfunction

Impotence, now often called “erectile dysfunction,” is an umbrella of several problems. At its worst, it’s a persistent failure to achieve and sustain erections of sufficient rigidity for penetration during sexual intercourse. It may also be seen as the inability to sustain an erection long enough to reach a climax. However the definition has slowly been expanded to include men who are able to sustain an erection for enough time to reach a climax, but not long enough to do so *and* satisfy their partner as well.

Erectile dysfunction tends to happen as men age. However several diseases including diabetes, high blood pressure, prostate cancer, and vascular disease can cause this condition as well. Erectile dysfunction can also be caused by a psychological problem or stress. For all these reasons, erectile dysfunction may signal another underlying problem so if you suffer from this condition, a checkup is in order to be sure all is well.

This said, some husbands discover that it takes them so long to bring their wife to a climax that their “get up and go has got up and went” about half way through the lovemaking session. Ironically, this can happen in part because the husband has become better at lovemaking; the guy knows how to slowly take his wife “through the paces” bringing her to an exciting, moaning climax.

Only instead of taking the ten minutes they’d been spending before he did a good job, the couple may now spend half an hour upward to forty minutes or perhaps even an hour with each encounter. Abruptly the husband finds that even though nothing has changed with him physically, he finds it next to impossible to keep going for the length of time needed to satisfy his wife.

Often this situation can be fixed with a short break during the lovemaking. However the catch is that the guy’s wife may lose interest during this time. And soon the guy may start worrying about maintaining his erection, getting stressed out so that matters get worse and he becomes a “flop” almost out of the starting gate.

Back in the “good old days” that probably would too often have been the end of sex as the couple had come to know it. Fortunately, today there are a number of viable solutions, and most work well.

Today about the only time a guy can’t be successfully treated for erectile dysfunction is when he’s suffered a serious injury that makes it impossible for him to function at all.

The Unique Organ

Before looking at what may be causing problems in obtaining and/or maintaining an erection, it’s important to understand what is happening when the penis attains an erection.

The penis is unique in the various organs that comprise the human body. It’s the only organ that has its blood supply shut off to just a trickle most of the time. Only when the blood supply is fully flowing into this appendage does it become erect. To restrict the blood flowing to the penis and thereby keep it from becoming erect, muscles surrounding the artery feeding into the penis constrict, thereby limiting blood flow.

Arousal causes your brain to send nerve impulses that trigger the secretion of nitric oxide into the bloodstream. Nitric oxide relaxes the muscles constricting the artery entering the penis. The increased blood flow fills the two large, spongy-tissue chambers in the shaft of the penis.

At the same time, the veins moving blood away from the penis constrict, trapping a large portion of the blood in the penis. This all results in, and helps maintain, an erection.

If something goes wrong at *any* point in this process, erectile dysfunction results. If there’s a lack of nitric oxide, poor blood flow, poor muscle tone, lack of artery flow, lack of vein constriction, or other problems, the result is a penis that either fails to become erect or which remains fully erect too short a time.



Diagnosing Impotence

Erectile dysfunction, as most men discover the hard (or not so hard) way, is a problem that plays havoc with both sexual performance as well as self-esteem.

It's important that a man (as well as his spouse) remembers it's perfectly normal to fail to get an erection or have problems maintaining one once in a while. Provided you don't let this occasional problem become a worry that it might happen again, it's unlikely that you'll have further erectile dysfunction.

The catch is that if you worry about one such event, that anxiety can carry over into the psychological arena and you will, indeed, start to have problems. Your worry becomes a self-fulfilling prophecy.

To avoid this, it is important to understand that an occasional failure is normal, and that if you don't agonize and worry it to death, such failure will be a rare.

If you've avoided any serious impotence occurrences to date, you can help keep them from developing by:

- Exercising on a regular basis.
- Limiting your fat and cholesterol intake.
- Avoiding alcohol and tobacco products.

The Cure

So, if it's normal to have an occasional bout of droopiness, how do you know when you *really* have an erectile dysfunction problem and need to be treated for it?

The medical answer is that you've got a problem if twenty-five percent (or more) of the time you want to have sex you have difficulty obtaining or maintaining an erection. Once you reach that point, the odds are that this problem will only get worse until you do something to treat it.

The treatment starts with a visit to a urologist (a doctor who specializes in kidneys, bladder, prostate, and penis problems). Your urologist will ask a battery of questions, give you a complete physical exam, check your hormone levels, the state of blood vessels, nerve response, and (yes) even examine your penis. This process will likely enable him to determine the cause of your troubles.

You can save one visit to your urologist and cut out one test with a self-administered "nocturnal penile tumescence test." This test determines whether your problem is more likely a psychological problem or a physical problem. Men who experience erections when they sleep are likely to have at least components of psychological problems with their erectile dysfunction; those who have no erections during sleep are likely to have physical problems.

The professional medical way to determine which a patient has is to put the patient in a sleep laboratory with a small gauge strapped to his penis. This apparatus measures the frequency and duration of sleep-induced erections. Or the patient may be asked to take a snap-gauge home, attach it to the base of his penis before he goes to sleep, and see if he is having erections as he sleeps.

You can create a do-it-yourself snap gauge with a roll of stamps purchased at the post office. You simply break off a string of them, lick the end of one stamp, then form the string into a ring that fits snugly around the base of your penis. You go

to sleep and if the stamps have been pulled apart during the night, you know you had a nocturnal erection. If the ring remains intact, you did not.

If you had a nocturnal erection, then it's likely that you are suffering from a psychological cause of erectile dysfunction or a milder physical problem that can be treated through a change in lifestyle, by discontinuing this or that drug that may be causing problems (more on these in a bit), or through the use of a medication that can help you achieve a longer-lasting, fuller erection. (Depression, suppressed anger, or other psychological problems will need to be addressed for full recovery from erectile dysfunction if it is caused at least in part by a psychological component.)

If nocturnal erections fail to occur, the impotence is most likely because of a physical problem. This dictates additional testing to identify the precise cause of the problem and determine its treatment. The good news is that today, even the most serious problems can generally be treated provided there is still some physical sensation left in the penis.

Among the physical problems that can lead to erectile dysfunction are:

- Hardening or clogging of the arteries
- Damage to nerves controlling blood flow to and from the penis
- High blood pressure
- Liver or thyroid disease
- Renal failure
- Foods or medications that adversely affect the penis



The Question

Sometimes the cause of erectile dysfunction is not clear-cut. Often a minor problem that creates only an occasional problem exasperates psychological conditions that aggravate things and make them worse. And even after the physical problem has been removed, those psychological scars may leave the victim impotent.

If you wish to avoid such psychological complications, especially those that basically boil down to a loss of confidence, it's important to realize that no man will always be ready to have sex at the drop of a hat. You probably enjoyed nearly instant erections when you were young; but as men mature, the time needed to have an erection becomes longer and you will be no exception.

This doesn't make you any less capable, just slower on the draw even if your aim is now better. And since most wives prefer a 20-minute period of foreplay, there's little or no downside to taking longer to achieve an erection (and arguably somewhat of an advantage).

As you get to the point that your lovemaking sessions last longer, you'll also discover that the hardness of your erection will wax and wane. Many men panic when they see a momentary loss of full erection, and this panic can cause them to lose their erection altogether. Don't panic!

The secret is that when your erection sags just a bit, you should simply relax, take a deep breath, and ask your wife to stimulate your penis a bit more so your erection returns to its full power.

Finally, it is wise to not hold yourself up to an impossible standard. Often men watch porno flicks and think such things reflect real life. They don't. Not only is the acting generally bad, so is the sexual information imparted.

Avoid thinking that any porno star's apparent abilities demonstrate what you should expect in a real-life sexual response. Many of the men in such movies actually have fake penises or are employing medications to maintain their erections.

As far as sex in real life is concerned, the picture presented in these movies is as fake as a three-cent penny or the starlet's boobs. (Couples are generally better off avoiding porno simply because the result will always be unrealistic expectations that neither partner can live up to.)

You should also remember that most women reach a climax due to stimulation of the clitoris. This can be achieved without the penis even being in the vagina, let alone erect. If you continue to thrust even if your erection is less than full, often you'll still be able to bring your wife to orgasm.



Medications

Some prescription medications cause erectile dysfunction as a side effect. That means your doctors may be able to adjust the dosage of a drug or change your medication to reverse or minimize your problems — provided your physician knows the medication is causing a problem (so tell him). If you're taking any of the medications below and having trouble, contact your doctor and see if this won't clear up your problems.

Among the antihypertensive medications, thiazides most often are the cause of impotency (with beta-blockers running a close second). If this is your problem, switching to an alpha-blocker may cure erectile dysfunction while still handling your high blood pressure.

Other medications that may cause problems:

- Antidepressant and other psychiatric medications including amitrip-

tyline (Elavil), buspirone (Buspar), chlordiazepoxide (Librium), chlorpromazine (Thorazine), clorazepate (Tranxene), desipramine (Norpramin), diazepam (Valium), doxepin (Sinequan), fluoxetine (Prozac), fluphenazine (Prolixin), imipramine (Tofranil), lorazepam (Ativan), meprobamate (Equanil), mesoridazine (Serentil), nortriptyline (Pamelor), oxazepam (Serax), phenelzine (Nardil), phenytoin (Dilantin), thioridazine (Mel-laril), thiothixene (Navane), tranlycypromine (Parnate), trifluoperazine (Stelazine)

- Antihistamine medications including dimenhydrinate (Drama-mine), diphenhydramine (Bena-dryl), hydroxyzine (Vistaril), meclizine (Antivert), promethazine (Phenergan),

- Antihypertensive and diuretic medications including atenolol (Tenormin), bethanidine, chlorothiazide (Diuril), Chlorthalidone (Hygroton), clonidine (Catapres), enalapril (Vasotec), guanabenz (Wytensin), guanethidine (Ismelin), guanfacine (Tenex), haloperidol (Haldol), hydralazine (Apresoline), hydrochlorothiazide (Esidrix), labetalol (Normodyne), methyldopa (Aldomet), metoprolol (Lopres-sor), minoxidil (Loniten), phenoxylbenzamine (Dibenzylamine), phentolamine (Regitine), prazosin (Minipress), propranolol (Inderal), reserpine (Serpasil), spironolactone (Aldactone), triamterene (Maxide), verapamil (Calan)

- Opiate-based painkillers including morphine, methadone, fentanyl (Innovar), meperidine (Demerol), codeine, oxycodone (Oxycontin, Percodan), hydromorphone (Dilaudid)

- Parkinson’s disease medications such as benzotropine (Cogentin), biperiden (Akineton), bromocriptine (Parlodel), levodopa (Sinemet), procyclidine (Kemadrin), trihexyphenidyl (Artane)
- Chemotherapy medications including antiandrogens (Casodex, Flutamide, Nilutamide), busulfan (Myleran), cyclophosphamide (Cytosan), ketoconazole, LHRH agonists (Lupron, Zoladex)
- And a variety of assorted medications including: aminocaproic acid (Amicar), atropine, clofibrate (Atromid-S), cyclobenzaprine (Flexeril), cyproterone, digoxin (Lanoxin), disopyramide (Norpace), estrogen, finasteride (Propecia, Proscar), furazolidone (Furoxone), H₂ blockers (Tagamet, Zantac, Pepcid), indomethacin (Indocin), lipid lowering-agents, licorice, metoclopramide (Reglan), NSAIDs (including Ibuprofen), orphenadrine (Norflex), prochlorperazine (Compazine), propantheline.
- Some over-the-counter medications can also contribute to impotence. These include antihistamines (Benadryl, Dramamine), aspirin, codeine, and as stomach-soothing drugs (including Pepcid, Tagamet, and Zantac). Ditto for over-the-counter versions of some of the drugs listed earlier.
- Some “recreational drugs” can also cause erectile dysfunction. These include alcohol, amphetamines, cocaine, marijuana, heroin, and nicotine.

Even if the various drugs listed above don’t create problems directly, they may compound any minor problems you might have. A change in medication can often work wonders when it comes to erectile dysfunction.

Hormone Imbalance

While a man's testosterone gradually declines after age 40, not much of this hormone is required to maintain sexual activities. Consequently, only about five percent of all erectile dysfunction is related to low testosterone levels. Often low testosterone will manifest itself in a lower sexual drive rather than erectile dysfunction.

Abnormal testosterone levels are rare in men but, when present, can occasionally cause impotence. Some diseases can cause hormonal shifts; kidney failure and liver disease are the most common of these. Likely candidates for low testosterone levels are men who needed testosterone in their teen and post-teen years in order to reach full sexual maturation.

If impotence is accompanied by a low sex drive, then your hormone levels should be tested.

A testosterone level of 300 ng/dL or less is generally ruled as low, especially if the blood is drawn in the morning (when levels are usually higher). For such men, hormone replacement may be beneficial, though generally medication for erectile dysfunction will also be necessary.

Psychological Causes of Erectile Dysfunction

Depression, stress, or worrying about sexual performance can all create a vicious cycle that leads to erectile dysfunction. The key treatment is therapy and counseling. Those experiencing difficulties should work with a specialist who can diagnose and treat this condition.

If you find yourself angry or upset with your wife, if you are stressed at work, or have any of a variety of other worries, then this may be the cause of your problem.



“Spectatoring” can also lead to, or compound erectile dysfunction problems. Spectatoring is the mental process whereby you start mentally observing and evaluating our performance during lovemaking rather than simply enjoying it.

Anything you can do to reduce the stress in your life, treat depression, and/or smooth your relationship with your wife is going to help treat this cause of impotence. But often this is easier said than done, and thus the necessity for counseling and therapy.

Medications (like those listed below) may also help ease you through your problem period.

Pelvic Floor Muscles

Before opting for surgery or medication to treat erectile dysfunction, it’s wise to try strengthening the muscles employed in lovemaking. Sadly many doctors are quick to suggest medical fixes when exercising pelvic floor muscles could cure the problem (in defense of doctors, patients are notoriously bad about sticking to exercise routines).

The pelvic floor muscles (including the pubococcygeal muscle mentioned earlier in this manual) can become weak and

contribute to, if not cause, erectile dysfunction. This weakening can be caused by operations for an enlarged prostate, constipation and straining on the stool, chronic cough, sneezing from hay fever, and/or being overweight.

Some simple exercises can strengthen the muscles and help prevent not only erectile dysfunction but also loss of bladder control while asleep (something worth avoiding as old age approaches).

At first glance, it seems puzzling that these exercises would help reduce erectile dysfunction, but they appear to work by increasing blood flow to the penis and possibly by decreasing the flow out of the organ as well.

For combating impotence, these exercises should be done three to five times a day for 15 minutes. Studies have found that roughly 42 percent of those engaging in such exercises will see their erectile dysfunction cured, with an additional 15 percent seeing improvement.

To exercise these muscles, you first must identify them. Lie on your back and relax all the muscles in your legs, butt, and abdomen. Then tighten the ring of muscle around your anal area as if you were trying to control diarrhea or wishing to avoid breaking wind. Don't squeeze any muscles in your stomach, butt, or legs; only tighten the muscles ringing your anus.

The second group is the PC muscles that you can learn to control by stopping urine in mid-flow and then restarting it — the PC muscle controls this. (Remember that stopping the flow of urine should only be done to gain a feel for the PC muscle and that you must not make a practice of doing this as it can cause problems over time.)

When you squeeze the PC muscles, you may feel the base of your penis move up slightly; this is caused because the muscle group has pushed additional blood into your penis. It's that pushing action that will help overcome erectile dysfunction.

Once you have learned what it feels like to flex of your lower pelvic muscles, you can commence the exercise. To do this exercise, you lie on your back and simply tighten the muscles

around the anus and your PC muscles at the same time, hold the contraction for five seconds, and then slowly release it over five seconds. Then you relax for a few seconds before doing a few repetitions. That's it.

Work toward increasing the number of repetitions of this exercise over time, and also work toward holding the muscles in their contracted state for a longer period before relaxing the muscles.

Muscles gain strength more quickly during exercise when they are released gradually, so try to avoid a quick release and instead slowly release the tension over five seconds. Rest between contractions as this allows the muscles to take in more oxygen so they aren't damaged and grow stronger more quickly.

There's a tendency to hold your breath when contracting these muscles. If you can keep breathing, blood continues to be enriched with oxygen, allowing muscles to get the oxygen they need.

Also, remember that the muscles in your butt, thighs, and abdomen should remain *relaxed* during these exercises so you can be sure you're actually tightening the PC muscle group.

You should aim for eventually being able to squeeze your PC muscles and maintaining the contraction for ten seconds, followed by a slow ten-second release. It may take time for you to achieve this, but keep working until you can.

Once you are capable of the ten-second hold/ten-second relaxation, you should work toward doing ten sets of these contractions each day with a ten second rest between each. Doing a ten set group several times a day is the next step after that.

If you do these four to five times every day, you'll be on the road to strengthening your lower pelvic muscles, avoiding health problems in later life, and improving (or preventing) your impotence problems.

Keep in mind that it takes time for the muscles to strengthen. It may take weeks or even several months of exercising before you see results.



Exercise, **G**ood and Bad

Some types of exercise can help overcome impotence by increasing the efficiency of blood flow through the cardiovascular system.

This translates into greater blood flow into the penis so an erection is more easily maintained. Exercises that are ideal for this include jogging and walking, and a variety of sports incorporating elements of walking and running will also be of great help.

There are also some exercises that are best avoided due to their potential for damaging the lower pelvic muscles or nerves feeding into the penis. Obviously you should avoid these activities.

These potential sex-killers include bicycling, horseback riding, or other activities that place a lot of pressure on the lower pelvic area.

Eating for Great **S**ex

Being overweight can cause loss of lower pelvic muscle tone, leading to erectile dysfunction. However there are other ways that being overweight will work against you when it comes to impotence:

- Being overweight can reduce blood flow, some-

times promoting arteriosclerosis.

- Obesity predisposes a person to Type II diabetes, a leading cause of erectile dysfunction.
- Being overweight causes a loss of self-esteem — which may lead to psychological problems that contribute to impotence.

This all means getting your weight under control may also improve your sex life.

Sadly, losing weight is a whole lot easier said than done. But if you're patient and can stick to a routine, weight loss can be achieved through a reduction of caloric intake (taking care to avoid foods with excessive cholesterol, saturated animal fats, and hydrogenated fats) while increasing the amount of exercise you get. Just be sure to consulting with a doctor to determine what level of exercise you should start with.

Current research suggests that you have to really work to get weight off and keep it off, with an hour of intense exercise for five or more days a week coupled with a sensible diet being essential for most men if they are to remain slim and healthy.

Dietary Supplements

Some dietary minerals can improve sexual functioning. Zinc is essential to good reproductive health, with high levels of zinc being present in seminal fluid. That said, zinc from supplements doesn't seem as readily used by the body as that from food (and also it's easy to overdose with tablets, causing problems with the absorption of calcium and copper). For these reasons, adding good sources of zinc to your diet is a great idea. Among the best sources of zinc are seafood (especially oysters), poultry, lean meat, skim milk, beans, nuts, and whole grains.

L-arginine, an amino acid found in many zinc-rich foods including meat, dairy products, poultry, and fish, helps the body

make nitric oxide. And nitric oxide is key to relaxing the blood vessels feeding the penis to create an erection. While l-arginine can be obtained through supplements, it again is generally more efficient when found in food.

Ginkgo may help combat erectile dysfunction by increasing the efficiency of blood flow in the body, including to the penis. Ginkgo may also be employed to counter erectile dysfunction caused by antidepressants including Prozac.

Ginkgo supplements should never be combined with blood-thinning drugs as this can damage blood vessels; these drugs include warfarin (often marketed as “Coumadin”), heparin, aspirin, and pentoxifylline (Trental) as well as garlic, phosphatidylserine, or large doses of vitamin E.

Ashwagandha (*Withania somnifera*), also known as “Indian Ginseng” has traditionally been employed as an aphrodisiac, and as such may help people with psychologically induced impotence. This supplement causes drowsiness and therefore should never be taken by those using other sedatives, with the usual cautions about driving or operating machinery being applicable as well.

Pygeum bark (from an African evergreen) is a traditional cure for urinary problems. Some users claim it also helps with erectile dysfunction.

Saw palmetto (*Serenoa repens*) may help prevent some prostate problems and some users have reported that it reduces impotence as well.

The West African yohimbe tree bark is a traditional aphrodisiac and is actually the source of yohimbine, a prescription drug created to treat erectile dysfunction. The compound works by increasing blood flow to the penis.

That said, while yohimbine might be useful, yohimbe bark is best avoided because it is easy to overdose with it, and the drug is toxic when taken above optimum amounts. Side effects of safe dosages include dizziness, anxiety, and nausea. And just a slight overdose can cause a dangerous drop in blood pressure, abdominal pain, hallucinations, and even paralysis.

Penile Self-Injection

Papaverine, phentolamine, prostaglandin-E1, and similar drugs can be injected into the penis to increase blood flow and achieve erection. On the downside, many men grow faint at the thought of jabbing a needle into their organ.

In reality, the injection isn't quite as terrifying as it may at first seem because the needle is quite thin making the process almost painless. Shortly after the injection, an automatic erection occurs and it looks and feels natural once achieved.

Injections pose some risk since they may produce a prolonged and painful erection before the proper dosage is determined. In rare cases, these injections may cause priapism (more on this condition elsewhere in this manual).

Most men using injections to treat erectile dysfunction eventually discard it for other treatments, even though most are helped by it and can enjoy sexual activity with the injections.

Urethral Inserts

Urethral inserts are designed to deliver medication that promotes an erection and therefore are sometimes employed to treat erectile dysfunction.

First, the user urinates, and then employs an applicator to insert the inch and a half insert into the urethral opening of the penis. A plunger in the applicator shoves the medicated suppository into the penis. Body heat melts the suppository, and the penis absorbs the medication which causes an erection.

Psychologically, the urethral insert makes perfect sense. Rather than taking a pill that delivers medication throughout the body, causing a variety of side effect, the urethral insert puts the medication right into the penis, and does so without the hypodermic syringe required for such delivery in the past.

But in the real world, most men find the urethral inserts more painful than an injection. Consequently, most men discard



this system and replace it with another after using the urethral inserts for a short time.

Vacuum Pumps

A vacuum pump allows a man to create an erection by pulling air out of a tube placed over the penis. The vacuum created inside the tube by a manual or small electric pump draws blood into the penis causing an erection. An elastic ring is then slipped off the cylinder onto the base of the penis, trapping blood in the penis so the organ remains erect when the pump tube is removed.

Many men find that the pump creates a somewhat uncomfortable erection. And some men are too embarrassed to use it with a partner so the erection has to be “brought to the party” from another room.

The vacuum pump also presents some risk of injury since over-doing things can painfully overextend the penis. And leaving the elastic band on too long can starve penile tissue of oxygen and cause damage. Because of these dangers, it’s essential never to deviate from the specific instructions for the device. Otherwise some serious harm might result.

Viagra

Oddly enough, Viagra was originally developed to treat high blood pressure. Researchers conducting tests discovered that subjects in the trial were reluctant to discontinue taking the drug, even though it did little to improve their heart problems. Only as subjects were carefully questioned did the story come out: The drug didn't help the heart, but one of the side effects was fantastic.

Soon the drug manufacturer had a sure-fire product to offer the public, and millions of men who thought they'd never enjoy sex again were having hard erections like they did when they were 18.

Viagra doesn't help everyone, but it does improve things for anywhere from 50 to 80 percent of those men taking it (depending on which study you look at), and given that some men experiencing erectile dysfunction are in very poor health, such numbers are rather amazing.

In use, a tablet is taken from 20 minutes to an hour before sexual activity is expected, thereby allowing a man to be prepared for sex. After that time, he can achieve an erection after becoming sexually aroused by kissing or petting, making the results very much like men enjoy before suffering from erectile dysfunction.

Dosage is limited to one tablet per day and it is necessary to experiment a little to get the right dosage (approaching this from the low end to prevent problems). A man's ability to achieve an erection enhanced for one to three hours following ingestion of the tablet, though some men discover they can still achieve a quality erection 24 hours or longer after taking a tablet.

Viagra does have side effects including acid indigestion (making Tums a good medication to use in conjunction with Viagra) as well as promoting occasional headache and backache. The medication should be avoided by men with heart trouble, previous heart attacks, or low blood pressure since it tends to lower blood pressure.



In rare cases, Viagra may cause vision problems with a tiny percentage of men suffering from loss of sight in one or both eyes (the fact that men who exhibit the early warning signs of vision loss want to continue taking the drug even when risking total blindness tells you something about the human sex drive as well as the effectiveness of the drug, perhaps).

Rarely, Viagra may cause priapism (see below). This occurs most often with men using Viagra when they have no real need to be taking it. They insist on using the drug and discover their erection won't go away after four hours, dictating a trip to the emergency room.

Since the introduction of Viagra, rival companies have marketed Cialis and Levitra. These formulations have slightly different characteristics making them more suitable for men having problems with Viagra's side effects.

Penile Implants

For men who are unable to obtain a suitable erection with the various exercises, systems, and drugs covered above, surgical implants may be in order.

Although there's a 10 to 15 percent chance that an implant will malfunction within five years, the surgery to correct the problem is relatively simple and almost always successful.

There are two types of penile implants. One consists of two malleable rods that are inserted into the outer channels of the penis through a small incision in either the lower abdomen or the scrotum. This system is very simple and consequently malfunctions are uncommon.

The rods keep the penis erect at all times, but allow the organ to be “bent” against the body for concealment under clothing. The man then “places his thing into the upright position” to create an almost instant erection that’s ready for intercourse

The second system employs two inflatable cylinders inserted through an incision (usually in the scrotum) into the penis. A pump activated by finger pressure transfers liquid from a small reservoir embedded under the skin, thereby inflating the tubes. When a man prepares for sex, he squeezes the small pump in his scrotum and inflates his penis. Following sex, he can release a small valve to “lower the flag.”

Men using either system can maintain an erection for as long as they wish — even after reaching a climax. This makes these devices ideal for extended lovemaking. In the case of the inflatable system, a man will also have a penis that is somewhat wider and bigger in circumference than before the operation, due to the two tubes having been inserted into the penis. And the inflatable system seems so natural that most lovers never detect it.

Either type of surgery is considered “minor” (as operations go) and generally the patient will see a quick recovery. The penile cylinders, pump, reservoir, and tubes are all inserted through the same incision.

The operation is also generally covered by insurance and costs from \$12,000 to \$20,000 according to what hospital handles the procedure.

Surgeons doing this forty-minute procedure usually have a patient come to the hospital the day of the operation, stay overnight for observation following surgery, and then leave the next day if all goes well.

Priapism

Priapism is a prolonged and painful erection. Such an erection may last from several hours on up to a horrifying few days. If it continues for more than four hours, permanent damage may be caused to the tissues in the penis.

Priapism occurs when the penis loses its ability to drain the blood in it in order to become flaccid. Damage occurs as blood cells lose oxygen, thereby causing the tissue in the penis to die. As the condition continues, the blood acidifies and loses its ability to flow, causing the problem to get worse.

In most cases of priapism, the cause is a man who decided to “try out” an overdose of penile injections or Viagra, though less often this condition may be triggered by anti-depressants. Men with sickle cell anemia, leukemia, or multiple myeloma should never take Viagra as doing so may result in priapism.

Regardless of the cause, it’s important to seek treatment for this painful condition within four hours in order to avoid damage to the tissues within the penis.

Treatment generally consists of draining the penis of blood with a needle placed in a large vein in the penis (which isn’t as painful as it sounds). This will often be coupled with medications that shrink blood vessels to decrease blood flow into the penis.

Anorgasmia

Anorgasmia is basically the inability to easily reach a climax even though an erection is achieved and held. Perhaps one in ten men may experience this at some time in their lives, with one percent of all men having the problem often enough to be concerned about it.

Primary anorgasmia means that an individual can reach a climax, but only with prolonged and intense non-intercourse stimulation. While this type of anorgasmia is generally seen in women, some men suffer from it. Nevertheless most of the

research has been devoted to women with this problem, and this can be extremely frustrating for men suffering from this affliction since most such research has little to do with the manifestation of the condition in men.

With men, it now appears that many cases of primary anorgasmia are psychological in nature. Negative attitudes towards sex, childhood or adult sexual abuse, or rape might be triggers. Other possible triggers are marital strife, boredom within a relationship, or a monotonous sex life. Obviously dealing with any of these problems is a job for a counselor or psychologist; resolving the difficulty will generally cure the anorgasmia as well.

That said, outside of these more obvious psychological causes, there currently is some disagreement as to how primary anorgasmia in men should be treated. One school holds that less stimulation should be employed in masturbating or even that there should be no sexual stimulation of the penis other than through intercourse.

For men who masturbate a lot and who are having problems reaching a climax during intercourse, cutting way back on masturbation may be the solution to the problem (though sometimes good-sounding theories are disappointingly wrong in the real world, so this may be an incorrect “solution” for any given man).

For a man who isn't getting too physical with his masturbation, the solution may be for the couple to abstain from penetration and intercourse for a short time, instead concentrating on petting and cuddling with the wife bringing her husband to a climax either manually or orally.

This should be done while the husband fantasizes about having intercourse (as his wife brings him to a climax with her hands or mouth). This practice continues for several weeks, after which the wife brings her guy very near to a climax while he's on his back, and then she mounts him to bring him to the actual climax in her vagina while she's on top of him.

Eventually the manual stimulation is decreased and more time spent in actually intercourse until he becomes accustomed

to reaching a climax with no manual or oral stimulation.

Because of the psychological components of primary anorgasmia, men having troubles with this condition are also encouraged to revisit methods and places in which they previously met with success in sex, whether in the back seat of a car or a motel bed. By placing himself and his wife in these places and then successfully reaching a climax, the husband will gradually regain confidence and an ability to reach a climax normally, and the couple can eventually return to the bedroom, bridging the emotional gap that has created the problem.

Secondary anorgasmia is the complete loss of the ability to have orgasms. While this can be caused by illness, alcoholism, depression, grief, medications, or illness, for men the most common cause is a prostatectomy that has severed the nerves running to the penis. And sadly, secondary anorgasmia caused by nerve damage is currently irreversible.

Peyronie's Disease

This condition causes a bent penis, making the male member adopt an angle. It is generally caused by a hard lump of plaque that forms in erectile tissue. This lump may result from a slight injury that becomes inflamed, eventually forming scar tissue that warps the penis. The bend can be at various angles according to where the injury/plaque is located. The condition generally takes time to develop, though there are reports of it showing up overnight.

At its worst, the bend causes pain during erection; sexual intercourse may also be difficult with some angles of a bend. Needless to say, such pain and difficulty can quickly cause relationship problems as well as psychological problems that exacerbate the condition or generate other secondary problems.

Peyronie's disease may clear up on its own after one or two years. Damage that persists can often be repaired through surgery.

Retrograde Ejaculation

Retrograde ejaculation occurs when semen enters the bladder instead of exiting the end of the penis during ejaculation. Prostate or urethral surgery, diabetes, or medication (especially hypertension and mood-altering drugs) are common causes for this condition.

Provided you're not trying to conceive a child, retrograde ejaculation is not a great concern since you can still achieve an orgasm and causes no health problems. The semen reaching the bladder exits with the urine, creating a slight cloudiness in the liquid.

Drug-induced retrograde ejaculation can be treated through a change in medication; if caused by diabetes or genitourinary tract surgery, then the epinephrine family of drugs (including pseudoephedrine and imipramine) may reverse the condition.



Conclusion:

Making Love

The old saw that variety is the spice of life is most certainly true when it comes to married couples and lovemaking. If you want to have a lover that keeps coming back for more, then you need to do your part to learn her interests and needs, and then you must do your best to fulfill those needs.

You also need to gain the know how to perform an occasional sexual surprise as well. This need not be a feat of great physical skills in bed. It only needs to be thoughtful and a bit original. A rose placed on a pillow, the gift of a sexy nighty, or some other small gesture. Create such pleasures for your lover and she won't become one of those sad women who gets bored and is continually finding excuses to avoid sex, or worse, a wife who starts looking for someone besides you to engage in sex with.

You can learn what you lover wants mostly by listening to her fantasies and then figuring out a way to fulfill them in the best way that you can. In doing all this, remember that understanding and listening to a woman is as important or even more so than is any sexual techniques you may have mastered.

Sexual gymnastics may be valued in one-night stands. But if you want a really meaningful and lasting relationship with your "dream woman," then you need to listen to her, learn her needs, and do your best to fulfill them. You won't always succeed, but she'll understand and appreciate it just because you're trying.

As you continue to learn how to pleasure your wife, you'll discover you are succeeding more and more often. Because as with other skills, becoming an accomplished lover requires prac-

tice.

But unlike some other skills, the practice itself is a lot of fun. So practice as much as you can and have a whole lot of fun learning and perfecting your skills.

Now stop reading this manual and go find your wife and tell her how much you love her. That will be the first step toward making your relationship blossom as you apply the various sex secrets you've learned in this manual.

Now go and have some fun!





Sex Secrets

A Husband's Guide to Lovemaking

Learn how to make your lover so “hot to trot” she’ll practically drag you into bed. You’ll discover how women *really* view sex, what they desire, and how you can employ this knowledge to bring pleasure to your mate — and yourself.

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This manual reveals which sports, medications, and foods can destroy your lovemaking abilities almost overnight. You’ll also learn ways to make love like the Energizer bunny, why size does not matter, the four ways you can bring a woman to orgasm (actually five ways, but this manual combines two of them).

There are even some “sexercises” to treat erectile dysfunction and an uncompromising look at “medical fixes” for sexual problems including anorgasmia, priapism, ED, etc., etc.

These are the secrets they *should* have taught you in Sex Ed (but didn’t). Read this manual today for a super sex life that will help you build (or rebuild) a lasting and fulfilling relationship.

Sex Secrets will change your life and your relationship, giving you a whole new love life.

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