

# 8 Steps to Heightened SEXUAL RESPONSIVENESS

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Would you like to increase the enjoyment and pleasure during sexual encounters with your lover? These eight strategies will help you get there through mind, body and soul.

## 1. Regular health check-ups.

I can't emphasize enough that making sure you don't have any of the chronic conditions I mentioned before, particularly with high blood pressure, depression, diabetes, pelvic disorders, and endocrine problems are key to making sure you don't have organic problems impeding your ability to fully enjoy the sexual response.



## 2. Monitor what goes in your mouth.

Certain prescription medications, particularly antidepressants, are notorious for causing sexual dysfunction. But poor diet, tobacco, and too much alcohol can be just as damaging to your sexual ability as pharmaceuticals.

## 3. Exercise

Think of it this way, sex is great exercise. Yet, without any exercise, it can be hard to get in shape for sex. Whatever form of exercise you should choose, stick with it, because you will gravitate towards what you enjoy. My suggestion is for moderately challenging aerobic workout ranging from a daily jog, swimming, to dancing. Not only is a well-tuned body in optimal shape for making love, but also it enhances your cardiovascular and hormonal functioning, which in turn elevate to improved sexual function. Remember, your whole body is a sexual organ, so make the most of keeping it fit.

## 4. Mind-Body Workouts: Yoga, Tai Chi, and Pilates

Of course, undoubtedly the center of our erotic self lies in our mind. Many people begin to lose interest or ability to increase their fulfillment of sexual arousal because they've lost the ability to focus and center in their mind. It is for this reason that I recommend mind-body workouts that center on mental and physical awareness: yoga and Pilates. I recommend incorporating either yoga and/or tai chi into your physical fitness protocol. Sexual function depends on a healthy balance, which means we need some form of mental and physical exercise that helps focus our inner mental and spiritual self. Too much exertion and exercise on one hand can exhaust and drain you, so it is a good idea to blend moderate aerobic exercise with yoga or tai chi. Keep in mind, that these are disciplines from Ayurvedic and Chinese Medicine, so they have healing properties that in of themselves contribute to improved sexual function.

## 5. Pilates

This innovative and balanced discipline started from the 20s in New York by an ex-gymnast and bodybuilder has recently gone mainstream from the dance studio to gyms around the world. The focus of these exercises are on the pelvic core region, which is precisely the region which house your...well, you get the picture. Back pain, weak abs, and sexual dysfunction often go hand in hand, and Pilates-based workouts and exercises can help improve all three at the same time. Visit the Online Pilates Studio for more info.

## 6. Massage

It helps to be rubbed the right way before hitting those sheets. Massage is an integral form of non-sexual physical contact that can promote not only improved circulation, but also improved health benefits stemming from the nervous and endocrine system. Massage is can be done for many reasons, from pain management to athletic enhancement, and of course, for erotic stimulation.

## 7. Aromatherapy

Light the candles and set the night to music. We have five sense that we use, yet outside of the cosmetic section, smell is one that is often most ignored. Go to a nature-oriented store, and learn about the wonders of candles and scents. They have been a part of healing along with herbs and food for centuries, and no doubt will become more of a central role in our holistic healing era.

## 8. Kegel Exercises

Ah...the pelvic exercise for champions. As with every other muscle in your body, if you don't exercise and keep it in shape, it will head south and disappear forever. This is particularly important for women who have given birth and or had a pelvic operation of some sort. Sex probably would happen more frequently if you could enjoy the physical sensations more fully, which is all the more reason why you need to start looking at your pelvic muscles as just as important as working on those abs. Lack of muscle tone can contribute not only to inability to enjoy intercourse fully, but may lead to many common urologic conditions resulting in urinary incontinence.

These are merely a few suggestions provided. It is up to you to find a balance of choices and be creative with them. The bottom line is to take time out of your busy schedule to focus on building awareness within yourself and with your significant other. The goal is not quantity, but quality. You will soon discover how many wondrous ways you can expand the dimensions of your sensuality both as an individual as well as a couple.

ENJOY!