

**A SEX GUIDE**

# HE & SHE

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## **DEDICATION**

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***This book is dedicated to  
that fascinating girl,  
I dreamed most!***

**PREFACE**

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***This book is compiled with the latest information about sex, available worldwide. All these sequences of information are carefully extracted from various articles, reports, books, journals and magazines available on the internet and written by renowned sex educators, counselors, therapists and sexologists.***

***Hope this "sex guide" will help both men and women, to make their sex-drive more valuable, sustainable and enjoyable.***

***Good Luck!***

**NOTE FROM THE AUTHOR**

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# Sexual Health

## **Sexual Curiosity**

By: Marriage and family therapist Jean Koehler, Ph.D.,  
President of the American Association of Sex Educators, Counselors and Therapists.



### **Does size matter?**

Size matters to people psychologically – men and women often feel that size changes effectiveness. If a man is well below average (in size), then yes, that might matter because the vaginal walls depend on pressure for sensation. However, the most important and sensitive part in some women is what we call the G spot, which is a few centimeters in and can be stimulated by rhythmic pressure from just the tip of the man's penis. Not all women find that erotic; some people aren't easily orgasmic from that. What's more important to a woman, rather than size, is the quality of interaction – does her partner ask what turns her on and pay attention to that?

A lot of research supports that what's essential is what goes on before the sexual touching even starts – the quality of the relationship, the sense of safety and trust, how the partner approaches sex. Has he helped her through the day, treated her nicely, and helped with her workload? Does he start touching her lovingly in non-genital areas?

Research shows the effect of size is very much overstated in terms of what leads to sexual satisfaction. Most women don't easily orgasm with intercourse, anyway, so stimulating the outside can be more important. The vulva can be stimulated with the hand, with the mouth, and in many ways that have nothing to do with the size of the penis.

### **Does sex with the same person have to get old?**

There is a natural calming down of sex with the same person after about 6 to 18 months – that's because in-love feelings at first cause euphoria from changes in brain chemicals. People get blinders on and think their partner is wonderful, and will start lubricating with just a kiss or from just about any touch. That neuro-chemical reaction is limited in terms of time. People in satisfying long-term relationships have developed a calm sense of enjoying each other, trusting each other and being good friends – and the sexual arousal comes in spurts. If a couple does not communicate sexually – if they desire variety but aren't open to trying different things – then the sex can get stale. But that's true of relationships in general – that people need to keep growing. People can be disappointed when the euphoric feelings go away – they don't know it's normal and can mistake it for losing the feelings of love. But sex can still be meaningful and passionate, though not in exactly the way it was in the beginning.

### **Do women having an orgasm tend to scream like in the movies?**

It depends on the woman. Of the educationally made films, most women don't scream. Some women have learned to be silent during sex, though making sounds is perfectly OK. Some people moan, some make other noises, but mostly not like you see in pornographic movies, where the women are programmed to feed the male ego by screaming out, "Oh John, it's so wonderful!"

### **Are there women who will never be able to achieve the big "Orgasm"?**

There are women who can't achieve orgasm because of permanent neurological damage, like from a pelvic injury, or women with advanced diabetes or alcoholism, or who are

deficient in testosterone, or who need certain medications, that suppress orgasm. But those issues are unusual. Many other women simply don't know their bodies and what it takes to produce orgasm. A woman's equivalent of the penis is the clitoris, which is on the outside and often doesn't get stimulated effectively during intercourse. Some women need to learn more about their bodies and to speak up to their partners about what they need.

## **The Anatomy of Orgasm**

By: Sexologist Dr. Ava Cadell, Ph.D.

### **Make Your Next Orgasm the Biggest, Best Ever**

If you're a woman in search of an out-of-this-world orgasm, try some techniques that sexperts swear by. If you're a man, orgasms are usually "a given" with direct stimulation of your penis, but a man's orgasm can also reach new heights.



### **Trigasm: Three Times the Excitement**

Two genital points of pleasure are commonly the center of a woman's orgasm: the clitoris, a sensitive, pea-sized part of a woman's genitals located in front of the vagina's opening before the lips join together; and the G spot, a small, spongy pad of tissue about two inches into the vagina, on the side facing the stomach.

Tell your partner where you prefer the focus, sex experts recommend, and whether you favor a lighter or firmer touch with a finger, tongue or sex toy. Then, take a chance at tripling your sexual pleasure – let your mate in on the "trigasm" technique.

A trigasm, which Dr. Ava calls the "ultimate orgasm," results from simultaneous arousal of the clitoris, G spot and anus. Experiment with various ways your partner can stimulate the three spots at the same time, using different combinations of his tongue, forefingers and penis (a vibrator can also play a part) to accomplish the triple touch. You can even achieve three times the stimulation by yourself, using your imagination and letting your fingers, maybe helped by a vibrator, do the feeling.

### **Two Out of Three Are Not Bad in Bed**

If trigasm seems like too much of a good thing, pick any two of the three points and be happy with "bigasm," (or the tried-and-true "unigasm," with a single point peaked). Dr. Ava's bigasm best-bet is a technique called the Venus Butterfly. It's an age-old favorite, first practiced in India around 3000 B.C., that employs simultaneous stimulation of the clitoris and the G spot, which can result in an explosive orgasm.

### **How a Man Can Be a Hero?**

Don't count on sexual intercourse itself to give a woman a top-flight orgasm – only 30 percent of women reach climax during intercourse. The missionary position (man on top), in particular, tends to provide insufficient stimulation of the clitoris. So try to mix up positions and see which ones both partners can enjoy. And no matter what position you choose – or how many erogenous zones you set your sights on – don't forget the foreplay. A woman almost always needs a buildup to make her orgasm a blockbuster. That's why "a man with a slow hand is a hero in bed."

### **Men Can Have Multiple Orgasms, Too!**

Come again? It's true – men, like women, can become multi-orgasmic. The secret, sexologists say, is to improve your command of the PC muscle, which controls ejaculation, as well as the flow of urine. You can strengthen the large pelvic muscle by repeatedly

flexing and holding it, as if you're stopping the urine flow; in time, you'll be able to tighten the muscle when you're about to ejaculate – that'll stop the ejaculation, but not the orgasm. In the same session, you can have another orgasm, ejaculation and all. Now you can wait to ejaculate ... long enough to please your mate.

**The Trigasm:**

By: Sexologist Dr. Ava Cadell, Ph.D.

**Revealing the Ultimate Orgasm.**

As you know, for most women it's stimulation of the 8000 nerve fibers of the clitoris, especially by a talented tongue. Then there are those who swear by the G-spot orgasm as being the ultimate orgasm. The illusive G-spot is definitely not a myth but a treasure, which, when explored, can result in a deeper, longer orgasm and some women are even capable of ejaculating from it. People often find that which taboo is more sexually arousing, such as exploring that power-packed little bud of erogenous sensitivity located only inches from your vagina-the anus.

The combinations of simultaneous G-spot and clitoral stimulation have remarkable results. Couples loved it. Women got some serious attention-learning how to climax internally and externally at the same time, and men felt like they were heroes. So, here's the revolution, the ultimate orgasm-Trigasm. A Trigasm is the result of arousing the 3 points of pleasure, the clitoris, G-spot and anus simultaneously.

**How do you achieve a Trigasm?**

Many people are experienced with various forms of dual stimulation-a penis and a toy, a tongue and a finger, and the various other combinations. Here are some ideal ways to create three points of stimulation.

**Alone:**

CLIT	G-SPOT	ANUS	POSITION
Thumb	Forefinger	Middle Finger	Sitting
Vibrator	Vibe - Double Head	Vibe	On Back
Rubbing On Pillow	Finger - Vibe	Butt Plug	Stomach

You can use stimulation variations like anal beads, dildos, water faucet or shower head.

**With a partner:**

CLIT	G-SPOT	ANUS	POSITION
Tongue	His Forefinger - Palm Up	Forefinger	Missionary
Tilt Hips Into Him	Penis	Finger/Vibe	Woman On Top
Her Fingers	His Hands Above Pubic Area	Penis/Vibe	Rear Entry

Again, be sure to experiment with the variety of possible combinations in order to determine what pleases you most. Also, experiment with stimulation variations, such as using water, warm breath or anal beads. Turn sex into adult play.

Speaking of anal beads, many people start at the thought of anal play because they think of the anus as an exit, not an entrance. The anal canal is less than an inch long, and the majority of the nerve endings are located there. So, you don't have to have full penetration of the anus in order to experience pleasure. In fact, your partner can use a feather, tongue or pinky to stimulate or add pressure. If you do enjoy anal penetration, go

for it! But 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.

Here are some tips for you as you go off on your Trigasm exploration. Get in the mood by preparing yourself for the ultimate orgasm. Stimulate all five of your senses. Use a topical solution such as Vigel to make the clitoris even more sensitive. You will also want to have plenty of lubricant around, especially for anal play and G-spot stimulation. But, lube is great with toys and fingers too. The final tip-take up juggling because you're going to need to work on your coordination to master this technique, but it's well worth the effort and mighty fun learning. If a Trigasm isn't your goal, you can still achieve a great orgasm with a Bigasm, stimulation of 2 of the 3 points. This can be clitoris and G-spot, anus and clitoris or G-spot and anus stimulation simultaneously. Any combination will do. Now if that's still too much to handle, there's always the good old-fashioned Unigasm, stimulation of 1 point of pleasure unilaterally.

### **The Venus Butterfly Technique:**

By: Sexologist Dr. Ava Cadell, Ph.D.

#### **Multiple Orgasms for Women**

78% of women do not explore the inside of their bodies. The G-Spot can be a longer, deeper, more powerful orgasm than a clitoral orgasm. It is advisable for the woman to empty her bladder before embarking on The Venus Butterfly technique since it does stimulate the urethra.

1. Pull back the clitoral hood.
2. Stimulate the clitoris with short and long strokes (using your tongue, fingers or a vibrator) until the woman has reached a number 8 on a level of excitement on a scale of 1-10.
3. Move your stimulation away from the clitoris and stimulate the entire vagina in roundabout motions (small roundabout motions and larger ones, using your tongue, fingers or vibrator).
4. Now go back to stimulating the clitoris as before, using short and long strokes until she reaches a number 9 on a level of excitement.
5. Slip the finger(s) of your other hand, palm up inside the woman's vagina at the same time, tapping the G-Spot (approximately 2 inches inside, on the upper side of the vagina, between the pubic bone and the cervix).
6. Continue to stroke her clitoris (it is most effective with the tongue), while tapping her G-Spot with your hand until she reaches an internal orgasm and an external one which may result in multiple orgasms.

This technique takes lots of concentration, coordination and communication.

#### **Multiple orgasms for men**

The P.C. muscle is the support muscle for the genitals in both men and women. There is a definite correlation between good tone in the P.C. muscle and orgasmic intensity and control. A quick way to identify the P.C. muscle is to urinate, then stop the flow of urine by squeezing your P.C. muscle, then urinate again. After a few repetitions, most people are able to tighten this muscle without the involvement of urination. This technique

requires the control of your PC muscle. You also need to learn to enhance your ability to peak at various arousal levels.

### Solo Exercise

1. Lie down on your back and get comfortable or sit in a chair. Using plenty of lubrication, begin stroking your penis and experiencing your arousal. Your arousal level will vary from level (1) which is barely aroused at to level (10) which is when you orgasm and ejaculate. It is important to become adept with each level of excitement.
2. For example when you reach level (4), use your PC muscle by squeezing it, then concentrate on letting your arousal level drop by two levels. Now resume stimulation and peak at level (6), and then let your arousal level drop again. Take plenty of time. Each peak should take at least 3 minutes. Resume your stroking and peak at level (8). Once again, allow your arousal level to drop off two levels. This time peak at level (9), then slam on your P.C. muscle, breathing deeply as you let your arousal drop down once more.
3. Intensify your stimulation and let your arousal rise to (9.5) which is almost to the point of no return. Now tighten the PC muscle for about 10 seconds, but don't stop stroking. Open your eyes and focus all of your attention on your genitals. Breathe deeply and regularly as your body begins to go into orgasm. You should be able to feel the semen collecting at the base of your penis. You should also feel the PC muscle begin to spasm, but you should not ejaculate.
4. Take a deep breath, slow down the stimulation and let your arousal dip back down to level (8) or even (7). Once you've rested for a moment, intensify your stimulation once more and let your arousal level rise. But, this time you don't want to get in its way. You don't want to squeeze your PC muscle. Just let yourself have a full orgasm, complete with ejaculation. And that is a "multiple orgasm."
5. The first few times you try an exercise like this, you may experience any number of unusual sensations, such as a partial orgasm or a "skipped" orgasm. These things may not feel very normal but they are and there is no reason to be concerned. Your body is learning something new!

### Prolonging your Orgasm with a Partner:

- a. This exercise begins with the man lying on his back. Ask your partner to begin a genital caress with her hands and/or mouth. Do a series of low-level peaks - from level (1) to (6). Give your partner lots of feedback so she knows when to back off and when to intensify her caresses. Once you have completed these peaks, switch positions.
- b. Your partner should now be lying on her back with her legs in the air, slightly bent. You want to be on your knees, with most of your weight being supported by your legs. Do a series of peaks while having intercourse with your partner, start with some slow, comfortable penetrating. Taking plenty of time, peak up to level (5), then back off by squeezing your PC muscles. Next peak to level (6), then back off. Peak to level (7), then back off. Next peak up to level (8), and then back off. Now peak up to level (9), then back off. Now try the same thing with a series of fast, vigorous thrusting. The moment you stop thrusting, your partner must stop moving too.
- c. Finally, thrust almost all the way up to your point of no return at level (9.5). But this time, the moment you reach that point, both you and your partner should stop moving.. Squeeze your PC muscle as hard as you can, (remember that the higher

your arousal level, the harder you have to squeeze your PC muscle), take deep breaths, open your eyes, focus all your attention on your genitals and try to feel the semen moving from your testicles, to the base of your penis. (Any extra motion right now could cause you to ejaculate before you want to). If you stopped thrusting in time, you will have experienced an orgasm without ejaculation. Congratulations!

- d. Now back off and rest a little bit by starting some really slow, easy penetration to maintain your erection. Let your arousal level rise again, but this time, don't try to stop it. Pass level (8), (9), keep thrusting and go all the way. Let yourself have a full orgasm complete with ejaculation.

Once you master this technique, you can prolong your orgasm for as long as you like and you can control when you have an orgasm and when you ejaculate. This technique takes lots of practice and self control. If at first you don't succeed, keep on trying.

### **How to Achieve Orgasm during Intercourse?**

By: Psychologist and sex therapist Dr. Laura Berman

For women who want to have an orgasm during intercourse, here are some positions and techniques that may help.

#### **Approved Techniques:**

- **The missionary position with a full pelvic tilt.** This position enables the penis to reach the G-spot, the part of the clitoris that extends into the vaginal wall. Lie on your back, beneath your partner, and tilt your pelvis upward. It helps to put one or more pillows beneath your buttocks, or have your partner raise up your buttocks with his hands.
- **The woman on top.** This allows the woman to adjust the position of her pelvis so she can better control the friction of the penis as it rubs against her clitoris. This position also allows deep thrusting into the vagina, which can stimulate the cervix and trigger an orgasm. The technique can be carried out with your partner lying down on his back or sitting.
- **Strengthen the grip.** During intercourse, many women flex their pelvic floor muscles to give both partners greater pleasure. The stronger the muscles, the better you can contract your vagina and create greater friction against your partner's penis, leading to more clitoral stimulation. Try squeezing down throughout intercourse.
- **Keep your legs together.** This can create friction from the penis and lead to a clitoral orgasm. When your partner inserts his penis into your vagina, squeeze your legs closed and have him place his legs outside yours. Your partner can then squeeze your legs further closed with his thighs. It may help if he can shift his pelvis forward to cause pressure and friction on your clitoris.
- **Stimulate the cervix.** While many women don't enjoy penile thrusting against their cervix, others find it's the key to orgasm. To determine whether this technique works for you, find a position that allows for deep penetration of the penis. You might try lying on your back, hugging your knees to your chest or resting your legs on your partner's shoulders. Or, have your partner enter from behind while you rest on your knees and lean forward on your elbows. For maximum cervical stimulation, straddle your partner, facing his feet (be careful, though. This position can cause a penile fracture).

## **A Man's Guide to a Woman's Body:**

By: Psychologist and sex therapist Dr. Laura Berman



### **How You Can Turn Her On Without Trying Too Hard?**

Do you think a lesbian knows how to sexually please a woman better than a man does? Nearly 70 percent answered "yes" in a Berman & Berman poll on the Web site. Public opinion aside, you don't need a sex change to please a woman – just a more exciting approach to transform your lovemaking from run-of-the-mill to remarkable.

### **What a Girl Wants?**

Whatever you do, don't assume the way you like to be touched will be a turn-on for your wife. "Ask her what she likes". "Chances are, it's different." "Knowing the 'map' is only the first step,". "You not only need to be aware of the range of erogenous zones on a woman's body, but you have to understand the way she likes to be touched in different areas. She may like the back of her neck gently kissed, or the inner thighs touched in a certain way. She may even have a preference for the order in which you stimulate her different erogenous zones – first her back, then her neck, then her inner thighs, for example." And women, it's up to you to tell your guy what peaks your pleasure (while zeroing in on his favorite zones!). Otherwise, you can only blame yourself if he takes a lust-dampening detour.

### **How to Explore her Erogenous Zones?**

The Greek god of love, Eros, lent his name to the erogenous zones – those hot spots on the body that contain nerve endings galore, and where foreplay is rightly focused. A woman usually needs foreplay to prepare her for orgasm, so save contact with her clitoris for later, and build up to the night's climax by probing these other body parts:

- **Her breasts.** They're a sure-fire arouser for most women. Respondents to the same Berman & Berman poll named breasts and nipples as second only to the genitals as the most important erogenous zone on a woman's body. Just be mindful that at certain times of a woman's menstrual cycle, pressure on the breasts can be painful. A soft touch is a safer way to play.
- **Her buttocks.** Many women like a touch or a spank behind the scenes. You'll know if she likes it; if she's too self-conscious, you might want to leave that area out of the erotic tour next time.
- **The nape of her neck.** Kiss it, massage it, or breathe on it – when you're necking with your honey, you can never go wrong.
- **Her lips.** Kisses are a key lust-heightener for many women. From quick, soft pecks to passionate tongue-twisters, try all different styles, even in a single session.
- **Her ears.** Licking, sucking or kissing can all be sexy – just go gently. And hear this: whispering sweet, sexy nothings can definitely help get her hot.
- **Her scalp.** It drives many women crazy when their scalp is caressed or their hair is brushed in bed.
- **Her inner thighs.** She's probably sensitive here, so fondle softly to fan the flames.
- **Her palms.** Seems innocent enough, but a little soft stimulation is a handy way to wow your woman.

- **Behind her knees.** When it comes to a big bunch of nerve endings, there's no place like the knees. But if she's ticklish, take her giggle as a cue to move on. (There's no such thing as laugh-out-loud sexy.)
- **Different Strokes.** Just hitting your mark might earn you a B+ in bed. But to be a grade-A lover, obey these additional zoning laws:
  - Indulge your mate's individual desires. Which sensitive spots get your lady love rare in to go? Maybe she gets worked up when you blow gently on her belly button. Then add her navel to the sensual stops en route to intercourse. Pay attention – does she seem to like a slow hand, or does she find the rougher stuff more exciting?
  - Please don't be predictable! If you neglect to mix it up, you risk becoming a bore in bed. One of the mistakes men make is they discover a good spot and then focus on it again and again. "It's important to know what she likes, but also not to be too predictable."

### **Things Men can do to be more Sexy**

By: Sexologist Dr. Ava Cadell, Ph.D.

#### **Set the mood for love - Stimulate all five senses:**

- **Hearing -** music and love-talk before, during and after.
- **Smell -** flowers, incense and favorite perfume or cologne.
- **Sight -** Pretend someone special is going to be staying in your bedroom, add ornaments and candles, (a candle can turn a plain room into a romantic one).
- **Touch -** Oils, lotions, powder, satin sheets and lingerie.
- **Taste -** Order in a gourmet dinner or buy favorite snacks and drinks (never make love on an empty stomach)

#### **No distractions during love**

- Don't answer the phone or pager.
- If you have children, tell them mom and dad need to have their private play time.
- Turn the TV off

#### **Women need to be prepared for love**

- Men should learn to undress a woman slowly and appreciate every part of her skin before making love to her. Every man should be able to remove a woman's bra with one hand in the dark.
- Bubble baths are so romantic if only men would try them.
- Phone calls during the day to prepare your lover for the evening events are very effective.
- Bring home little trinkets for no special reason. A single flower or some chocolates will let her know that you were thinking about her.

#### **Slower is better**

- Every man should learn to give his lover a sensual massage.
- Take time to discover her erogenous zones from her toes to the top of her head. and ask her to rate your caresses and kisses from 1 to 10.
- Use ice, whipped cream or strawberry jam for foreplay.

### Let a woman know she's making a difference in your life

- Make her breakfast in bed.
- Write her love letters
- Ask her for her wish list
- Give her lots of compliments
- Take her on romantic walks
- Surprise her with a picnic
- Always kiss her goodbye and give her a big welcome home
- Kiss her at unexpected times in unexpected places
- Tell her what you love about her the most
- Phone her in the middle of the day just because
- Take her on a fantasy date once a week
- Record a message of love for her

### **G-Spot:**

By: Psychologist and sex therapist Dr. Laura Berman

### Anatomy and Phenomenon

The G-spot (or Grafenberg spot) is a dime to half-dollar sized, localized area of especially high sensitivity, situated beneath the surface of a woman's vagina on the wall toward the front of her body. While location varies, the G-spot is typically located about half way between the pubic bone and the cervix, about three inches into the vagina. However, if you seem to miss the mark, it shouldn't surprise you – many sex therapists and scientists doubt that this zone even exists.

Researchers have found that some women experience sensitivity more generally along the upper vaginal wall, rather than in a definable spot. Because the G-spot is beneath the surface of the vaginal wall, it must be stimulated indirectly through the vaginal wall. Many women reportedly notice an urge to urinate when the spot is initially stimulated, but find continued stimulation (with an empty bladder), very pleasurable. Some go on to experience orgasm, and some expel a fluid along with the orgasmic contractions. If your fingers hit the spot, you'll know by her out-of-this-world orgasm.

### A Source of Great Debate

Named by researchers Perry and Whipple in honor of the German gynecologist Ernst Grafenberg, who first wrote about it, the G-spot's existence, as well as its location, has been a source of great debate and controversy. Grafenberg himself identified the sensitive area as the point where the urethra (the tube that carries urine from the bladder) runs closest to the top of the vaginal wall. Perry and Whipple argue that the area is located higher up along the vagina, while Israeli sexologist Dr. Zwi Hoch, claims that the entire anterior wall of the vagina, rather than one particular spot, is filled with nerve endings capable of producing intense arousal when stimulated. Other research seems to show that the G-spot does not exist at all for some women.

### What about Female Ejaculation?

Also under debate is the composition of the fluid (sometimes called female ejaculant) that is expelled by some women during orgasm from G-spot stimulation. Some researchers claim that it is urine; others assert that it is a substance corresponding to seminal fluid in males (but without the sperm, of course). Not all women with a G-spot ejaculate, and those who do, do not necessarily ejaculate with every G-spot orgasm. It is relatively difficult for a woman to explore the G-spot on her own because most do not have fingers long enough to reach it. Inserting an appropriate, safe, clean object into the vagina is

probably required for self-exploration. Or working with a trusted partner can make for enjoyable self-discovery of a woman's G-spot.

Through experimentation a woman can learn the type of stimulation that feels best to her. Penile stimulation is often more effective when done through steady and prolonged pressure, rather than with the usual penile thrusting, because the G-spot generally needs an intense and quite localized pressure. Gradually increasing the pressure will help identify the optimal pressure for erotic pleasure without causing pain. Some women are able to climax simply as a result of this pressure; in others it may act to significantly heighten arousal. Rear entry and female on top positioning for intercourse can be effective ways to produce more direct stimulation.

### **Pick the Right Position:**

By: Sex coach Dr. Patti Britton, Ph.D.

#### **How to heat up your sex life with options aplenty?**

It's moderately important to try new tricks in the bedroom – so say 88 percent of those responding to a Berman & Berman poll. Yet the survey says that more than half of those who responded stick to a single position or two during intercourse, and more than two-thirds of respondents hanker for more sexual variety. Want to mix it up from just man-on-top, but don't know where to go from your missionary mainstay? Take some tips and accept some age-old advice from Vatsyayana, whose Kama Sutra positions have spiced up people's sex play for upward of 15 centuries.



Doggie Style



CAT



Ecstatic Union Pose



Pretzel Pose



Spooning Pose



The "T" Pose



Warrior Man Pose



Yawning Position

#### **On Animal Attraction**

Dr. Patti recommends these exciting options for your next lustful interlude:

- **Doggie-style.** Rear entry is an arousing way to go – in addition to the woman's pleasure from the deep penile penetration, a man can put the finishing touch on this sexual technique by reaching around and caressing his lover's clitoris. Or he can touch another arousing area, be it her breasts, buttocks or back.
- **CAT.** This position isn't actually named for the furry felines, but stands instead for "coital alignment technique." To position himself perfectly to bring a woman to the peak of pleasure, the man moves forward from the missionary position so that he and his partner are lying pelvis-to-pelvis (bodies flat against each other). The base of his inserted penis will be rubbing her clitoris, and while the woman pushes her pelvis up, the man gently counters. Repeating this rocking motion over and over

can bring both partners to the pinnacle of pleasure. Thrusting is out of bounds, though the man might be tempted.

### Secrets of the Kama Sutra

Consider adding some tantric positions to your carnal choreography. The Kama Sutra, viewed as the sexual bible since it was written in the 4th century, suggests the following techniques (and many more) that are meant to merge sexual enjoyment with spiritual enhancement:

- **Yawning Position.** In this variation on the old missionary, the woman straightens and raises her legs, and parts them widely. Like the traditional man-on-top, little clitoral stimulation is achieved, so the man might enjoy this one more than his partner can.
- **The Widely Opened Position.** This is another twist on the traditional man-on-top. It offers deeper penetration, though, and more clitoral friction – and thus sexual fulfillment – for the female. From the missionary posture, the woman arches her back so that her body meets her mate's (rather than him thrusting toward her as she lies back), and opens her legs wide.
- **The Pair of Tongs.** This woman-on-top position has the female sitting astride the man, who is lying flat on his back. With her weight on her knees, the woman uses her vaginal muscles to squeeze her mate's penis. (The vaginal muscles grow stronger with practice.) Penetration is deep in this position, and little sexual movement is needed to give you and your main squeeze a mutual thrill.

### Recommended Position

Most Sex Educators, Counselors, Therapists and Psychologist tests a variety of positions and the unanimously recommend the CAT position above some others because it allowed more contact and stimulation of the woman, thus increasing the pleasure.

### **Oral Delights:**

By: Sexologist Dr. Ava Cadell, Ph.D.

### The Signals You're Sending

- A woman is more sensitive so begin with less pressure than you would like.
- Kiss and lick the inside of her thighs to create sexual anticipation.
- Explore the entire Vulva (outside of the vagina) with circular tongue motions.
- Suck on her labia (vaginal lips) gently.
- Long lapping motions with your tongue from her vaginal opening to her clitoris.
- Use a pointy tongue all around the clitoris but not directly on it.
- Write numbers on her entire Vulva area with your tongue, then the alphabet.
- Slip one or two fingers inside her vagina as you gently lick her clitoris.
- Use a stiff tongue to lick her clitoris from side to side.
- Make humming sounds with your lips so they vibrate as you kiss the clitoris.
- Stroke her Perineum (between the anus and vaginal opening) while sucking gently on her clitoris.
- Never rub or insert anything sugary in a woman's vagina because it will cause infection.
- Draw her closer by lifting her buttocks and kissing her vagina just as you would her mouth.
- Alternate pressure with your tongue as you lick long and short strokes from the anus to the clitoris.

- Insert a fingertip into her anus as you lick her clitoris.
- Gently pull her Labia Majora apart (outside lips) and lick the Labia Minora (inside lips) with the tip of your tongue.
- Nuzzle your face in her mound and brush your lips and nose over her clitoris.
- Insert your tongue into her vaginal opening with quick pointy motions.
- Flick your tongue over clitoris alternating from up and down and side to side.
- When she is on the verge of orgasm, make your lips into an O and take her clitoris in your mouth sucking gently.
- Insert one or two fingers and discover her G-spot while licking her clitoris.
- Lick her entire Vulva like an ice cream cone with lapping motions.
- Use your tongue like a snake sliding and twisting it inside her slowly, then fast
- Suck on some ice before licking her vagina for a cool sensation.
- Drink some hot liquid and then suck and twirl your hot tongue over her.
- Don't change the rhythm of your motion when she is climaxing.
- Don't stop immediately after she has climaxed. Keep going until she stops you.
- Ask her how and where she wants you to lick, kiss and suck her. Tell her to direct you.

Remember that practice makes perfect!

### Female Oral Delights

- If you suffer from the "Gag Reflex", leave your tongue outside of your mouth.
- Put his penis inside of your cheeks to avoid "Gag Reflex".
- Always use your hands as an extension of your mouth.
- Try to keep eye contact with your lover.
- Pump him up by squeezing him in the palm of your hand.
- Use the tip of your tongue from side to side across his urethral opening.
- His Frenulum deserves extra licking, kissing and gentle sucking.
- Wrap your lips tightly around his Glans (head) and use plenty of suction.
- Flick your tongue around his Coronal Ridge (around the base of the Glans).
- Lick and lap his Raphe with the flat of your tongue (underside/seam of his penis).
- Change your rhythm from long, slow sucking to short, fast, milking action.
- Shake and wiggle his penis in your mouth.
- Hold the base tight while making spiral motions around the Glans.
- Gently tug his Scrotum while sucking him from the shaft to the Glans.
- Push on his Perenium (between the Anus and the Scrotum) while sucking.
- Put your finger (palm up) inside his mouth, while giving him oral love.
- Stroke his "Sacred Spot" (just inside the anus) while sucking.
- Discover his Prostate area while sucking.
- For "Deep Throating" keep your head back and let him straddle you.
- Stimulate his Glans with your index finger while you are sucking.
- Suck on an ice cube prior to oral love.
- Drink some hot liquid prior to oral love.
- Make humming sounds during oral love for some extra vibration.
- Rub fruits and juices on him and lick them off.
- Put him between your breasts (cleavage fornication) for variety.
- Wrap beads around his scrotum tugging gently while sucking.
- Stroke his penis lovingly with your hair and your face.
- Gargle with mouthwash or suck on a mint prior to oral love for a tingle.
- Don't change your rhythm just before he climaxes unless he asks you to.
- Ask him how he wants to be sucked; gently, hard, slow, fast, deep...

Enthusiasm is more important than technique!

## **Sex Aids and Toys**

By Karen Berney and Donna Engelgau

### **How to add pleasure to your Sex Life**

Laura and her sister, Jennifer, a urologist who also specializes in women's sexual health, are big advocates of vibrators. "We certainly recommend vibrators to everyone, but obviously not everyone is comfortable with the idea," says Laura. "I think the first step is getting to know your body, feeling comfortable with your body—and some women are never comfortable with vibrators, and that's okay."

### **Sexual Aids**

To improve arousal, lubrication and even orgasm, the Berman sisters recommend a variety of pharmacological agents, including Viagra, testosterone and estrogen cream. "These things are not used just to enhance one's sex life, they're used to treat women who have physiologically based arousal problems—they don't have enough blood flow to their genital area, for example, or they have nerve damage."

Jennifer recommends Viagra for women who suffer from a lack of libido, often tied to aging, surgery or medication. While Viagra has been approved for men, the Food and Drug Administration (FDA) has not yet approved it for women. For that reason, women who take Viagra should be closely monitored by their doctors.

Jennifer also recommends for women testosterone—the hormone of "desire"—in the form of cream or sublingual lozenge. Testosterone is very important for a woman's desire, as well as for a man's desire." But like Viagra, testosterone has not yet received FDA approval. Lastly, Jennifer, recommends estrogen cream to help with vaginal drying, thinning and irritation—a common sexual complaint for many women.

## **Reclaiming Your Lost Libido**

By Marcia Holman

In fact, 35 percent of the women, who have sexual dysfunction have no or low sexual desire—what the experts call hypoactive sex drive or HSD for short. By definition, women with HSD lack sexual fantasies, suddenly find sex uninteresting, and rarely masturbate. While women with HSD may not feel deprived without sex, a defining feature is that lack of libido causes distress.



### **Libido Can Be Reclaimed**

The good news is that libido can be restored, although it may take more than a Viagra-like aphrodisiac. With men, HSD is usually related to an erection problem. But a woman's lack of sexual desire is often more complex, and directly intertwined with many aspects of her life. "Female sexual dysfunction is like a pie made up of relationship conflicts, emotional issues, past traumas, hormonal imbalances and physical responses such as pain, arousal, or orgasm problems. "A problem in one area impacts on the other. Emerging research is revealing that libido is neither all in your head nor all in your body. There is no magic cure and no one set solution."

### **Here are the leading libido killers:**

- **Post-childbirth and breastfeeding:** Desire can decline for a number of reasons. After childbirth, a woman is exhausted and sleep-deprived. What's more, pelvic

nerves and muscles may have been damaged during delivery, which lowers genital sensitivity. Moreover, breastfeeding lowers levels of “Estradiol”—the hormone responsible for keeping the uro-genital tract lubricated and supple. This can make penetration painful. Breastfeeding also raises the “Prolactin” hormone, which suppresses sexual desire and lowers testosterone—the hormone in both genders that stokes desire. If you are breastfeeding for one year, not having sex can become a way of life.

- **The onset of menopause:** The output of “Estradiol” is reduced with natural or surgical menopause (removal of ovaries, via hysterectomy). To compound matters, testosterone production drops by up to half. This may trigger a sudden dip in sex drive, loss of pubic hair, diminished sensitivity in the clitoris and nipples and a weakened ability to climax.
- **Antidepressants and other drugs:** Low libido—and impaired orgasm—is a notorious side effect of “selective serotonin reuptake inhibitors” (SSRIs). Other culprits include birth control pills, blood-pressure lowering drugs, and in some cases, estrogen replacement.
- **Stress:** Juggling job/childcare, marital problems, a death in the family, change of location—all can overload the adrenal hormones, deplete energy, jump start an over-secretion of “Prolactin” and may lead to depression—a major contributor to HSD. Desire can diminish if you have a thyroid deficiency, or a joint, nerve or blood flow disorder, or from pain-causing uro-genital problems such as fibroids, endometriosis, yeast and bladder infections, vulvodynia or inflammation.
- **Couple problems:** A sex shutdown in women often stems from power struggles, resentment over unequal distribution of household chores, feelings of inattention, or anger about past injustices. “Anger is often a leading—if not the leading—sex suppressor.
- **Other issues:** Feeling bad about gaining weight or having small breasts can kill lust. “The bombardment of sexual images has raised the bar on what it means to be sexy. The message is we must have a perfect body and very frequent intercourse. It’s especially hard to live up to these standards as you age.

### Remedies that Restore the Spark

Depending on your symptoms or function of your desire disorder, you may need one or several of the following options:

- **Adjust your medications:** Working with your doctor, you may need to switch to a higher estrogen birth control pill or use a barrier contraceptive. Gradually lower your “selective serotonin reuptake inhibitors” (SSRI) dose or try Bupropion which boosts the production of dopamine, a chemical messenger linked to sexual desire. In one study comparing the effects of SSRIs, Bupropion-treated patients reported a significant increase in libido, arousal and orgasm; patients on other SSRIs had a decrease. There’s more good news. “Preliminary evidence shows that Viagra—the highly touted remedy for flagging erections—may help override the side effects of SSRIs in women when used before sex.
- **Restore vaginal lubrication:** Depending on the severity of vaginal dryness, there are a range of options available to restore vaginal moisture, plump up thinning tissues and make penetration more comfortable. For severe dryness, prescription estrogen regimens provide effective relief. Choices include creams, suppositories,

or the diaphragm-like E-string vaginal ring. For mild dryness, try over-the-counter vaginal moisturizers. Herbs—in liquid or pill form—purported to help relieve mild vaginal dryness include black cohosh or dong quoi.

- **A dose of testosterone:** Dubbed the "hormone of desire," testosterone replacement in women has become the focus of intense study. An increase in studies shows that in women nearing or beyond menopause, the administration of oral or topical testosterone may help switch on sexual urges and re-sensitize the genitals. Testosterone may also boost energy and well-being and override the libido-lowering effects of SSRIs.

If you choose to experiment with taking testosterone, it's important to note that "we don't have long-term randomized clinical studies and there have been no conclusive studies on testosterone in younger women. Because testosterone has the potential to change HDL (high density lipoprotein—the "good" cholesterol) and LDL (low-density lipoprotein—the "bad" cholesterol), your cholesterol levels should be monitored carefully.

Women at risk for heart or liver disease may not be good candidates for testosterone. Women at risk for breast cancer should avoid testosterone since a percentage of this hormone converts to estrogen, believed to fuel certain breast cancers. Start with a low-dose regimen. Testosterone can be prescribed in pill, patches, creams, suppositories and lozenges (also called troches) in compounded or synthetic forms. Non-pill preparations that bypass the liver may be the best place to start. A six-week trial is generally recommended. Here are two options:

- **Under-the-tongue troches:** "Testosterone lozenges can be used intermittently as a kind of jump-start for libido. "You could, for example, take a lozenge after dinner in preparation for sex that night. A recommended starting dose is 0.2 milligrams (for methyltestosterone) or 0.5 milligrams for compounded testosterone.
- **Topical cream:** An array of creams and gels that can be rubbed directly on the vulva can be prescribed. "Methyltestosterone does not get converted to estrogen so these preparations may be theoretically safer. Preparations range from 1 percent to 2 percent. If you have the right dosage for your body, the effects of the creams can kick in as early as a half-hour later. Testosterone replacement need not be long-term. "Once the sex behavior has shifted, you can stop testosterone and see how sex goes without hormones.

When a woman turns off sexually, her mate may feel undesired. He may withdraw, causing the woman to shut down further. "Couples need to find ways to reconnect both verbally and non-verbally outside the bedroom. Here are some guidelines that help to build intimacy:

- Take a walk after dinner or have coffee on Saturday morning (no kids).
- Tell your partner what you need to feel aroused—that may be words, cuddling or other signs of affection.
- Talk about the redistribution of the workload. A skilled therapist can help you resolve deeper conflicts and to "bring it up, talk it out, let it go." You can then advance to techniques that focus on stimulating sensations without actually having sex. For example, deepening eye contact and breathing together helps build trust.
- Take steps to re-sexualize yourself. You are responsible for your own pleasure, "but you have to work at it. For 20 minutes, three times a week, get your brain off

the cub scouts and grocery lists and do some fantasy work. For many women, reading erotica is an effective trigger. Lastly, engage in exercise such as yoga that involves squats, lunges and lifting. This helps blood flow in the pelvis and clitoris. Yoga also helps open your body to sensations and can boost your body image.

### **Sex Tips**

By: Sexologist Dr. Ava Cadell, Ph.D.

- Always pee after sex to prevent infections.
- Don't say "I love you" during sex unless you mean it.
- To intensify your orgasms, change your regular sex position.
- Gargle with mouthwash before oral sex. It provides a tingling sensation for your lover.
- Never compare penis or breast size with your lover. It reminds them that you're thinking of another lover.
- Use a lubricant before you need it, to prevent soreness.
- Arouse your lover by licking their eyelids.
- Always use water-based lubricants. (Oil or petroleum-based ones can destroy latex)
- Try latex gloves for finger penetration, especially if you have cuts or abrasions. (gloves will offer a new form of stimulation)
- Don't forget to put a condom on a sex toy that will be used by more than one person.
- Change condoms when going from the anus to the vagina.
- Don't place anything used for anal play into a woman's vagina before cleaning it thoroughly, including your finger.
- Never discuss past lovers with your current partner, unless they ask you to.
- Never criticize your lover's mother.
- Don't argue, insult or criticize your lover in front of friends, family or in public.
- Never leave the wet spot on your lover's side.
- Never talk about your daily problems during love-making.
- Never argue with your lover before you go to sleep.
- Never seal your mouth over a woman's vagina and blow air into it. It could cause an air embolism.
- Be careful about placing food inside a woman's vagina, especially sugary foods. They can cause infections.
- Don't take it personally if your lover doesn't climax every time.
- Don't use nylon stockings to tie up your lover, because they are difficult to untie.
- Keep your eyes open during love-making and watch your lovers face for a different sensation.
- Don't forget to cuddle after sex.
- Lack of sexual desire is mainly caused by stress and overworking.

