

## **Sexercise Your Way to Good Health!**

What is your News Years Resolution to make yourself healthier?

SEX is one of the healthiest things you can do to get in shape for the New Year. The lists of benefits are **BIG** and long. Burning calories is the obvious. Working various muscle groups is another benefit, and don't forget the most important muscle; the love muscle, the squeeze box or technically known as the PC muscle (Pubococcygeus). Enhancing your relationship is another and it helps take your mind of other things like not getting what you wanted for Christmas, bills, the dreaded winter cold are all lost in the heat of the moment. Sex relieves headaches as it releases tension that restricts blood vessels in the brain and it cures mild depression releasing an endorphin into the bloodstream, producing a sense of euphoria. The more sex you have, the more sex appeal you possess as a sexually active body gives off greater quantities of pheromones, which drive the opposite sex wild. Get some **Silent Seduction** pheromones (strongest pheromones on the market) if you need to get started. Gentle, relaxed lovemaking reduces your chances of suffering dermatitis, skin rashes and blemishes as the sweat produced cleanses the pores and make your skin glow. Making love for women produces the hormone estrogen that makes hair and skin smooth. Kissing each day can keep the dentist away as it encourages saliva to wash food from the teeth and lowers the level of acid that causes decay, preventing plaque build up. Then even more research recently has stated you can relieve colds and many ailments; sex is a natural antihistamine, it can help combat asthma and hay fever by unblocking a stuffy nose. The list of benefits goes on and on. Check out the latest DVD from the Alexander Institute called **Sexual Healing** to show you how. No wonder we say Oh God! So whether you are self pleasuring or with a partner it's the best New Years resolution.

Have some fun and **STRIP-A-SIZE**. This DVD directed by exotic dancer Mary Taylor is a step-by-step, hands-on program covering everything you need to know to create an erotic seduction from beginning to end so you can surprise and seduce someone special.

How about going swinging! Find a spot in the basement or bedroom (outdoors is great in the warmer weather) and hang up the **Love Swing**. Bend and bounce your partner about, there are multiple positions. Get the **Spinning Sex Swing** and do 360's. Or get the original **Bungee Sexperience** that won 4 awards at INPEX including original invention and medical for taking stress off the hips, knees and ankles to assist in more pleasurable positions for him too.

For the women you want to take care of that all important Love Muscle, the PC muscle when it is strong gives you an easier and stronger orgasm, gives your partner a nice tight youthful entrance for enhanced sensation, and you can grip and squeeze and pop him out even if you want. After having children, surgery, not using the PC muscle regularly you can become loose and lazy and cause incontinence problems (releasing fluid from the vagina when coughing, sneezing, running etc.). This is relieved by doing your "kegal" exercises and is way most effective done with weights, just like using weights to strengthen any muscles you are trying to develop or tone. The weights are little round balls called **Ben Wa Balls**. Used many centuries ago to test looseness; they should not fall out while walking. Ben Wa Balls are for the advanced or ones without children as they are the smallest and heaviest. **Pleasure Pearls** are a little bigger and lighter, and then there are the larger **Vibratone Balls**. Start by inserting one into the vagina, and do your kegal exercises by pulling up on your PC muscle and holding. Eventually increase your reps and go to two balls. Don't worry, you can not loose anything up there, it is a closed area (unlike the anal opening). Added bonus, you can also insert and walk about or rock back & forth for pleasure, or insert them and have intercourse like normal for much more sensation. You can even put them in the fridge or freezer prior for an ice cube like effect feeling.

You can also try the new to Canada **FEMETONE** neuromuscular stimulator, which is a dedicated pelvic floor stimulator, excellent for incontinence problems and also gives you the other benefits of building up and strengthening the PC muscle to improve your sex life. Using the latest techniques from research the Femetone restores the muscle and with the Femetone electrode the stimulator **does the squeeze & release exercises for you**. The electrode is as easy to insert as a tampon. Being extremely light weight it is easy to keep in place and many women continue to be active in the house while receiving treatment.

Want to workout a few different muscles and have fun by trying some new positions, check out the really great book **Sexual Positions**. It contains 170 different positions with pictures, including a few pages on the G-Spot, a reflexology chart to work the erogenous zones from the feet up and whatever else ails you.

Now you know why it feels soooo good because it is soooo good for all of you inside and out. So make a New Year Resolution towards Sexual Health, whether you are self pleasuring or with a partner, let's get going and bust a move!

Sandra Weeks  
Sensual Secrets  
[www.sensualsecrets.org](http://www.sensualsecrets.org)