

Romance to 120

The plan that over 42,000 men
are using to add decades of love
and intimacy to their lives



MATT COOK

Health Researcher and Acclaimed Publisher of Daily Medical Discoveries

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A Few of the Highlights from Inside the Book

- ❖ **Discover the top 5 reasons why older couples stop having sex and how to overcome them all to keep enjoying a deeply rich and rewarding sex life – no matter how old you get, no matter how long you’ve been together, no matter if you’re still getting rock-hard erections or not...This is a way to keep having sex until you’re 110 or 120 years old! Starts on page 49.**
- ❖ **Who says the fun has to stop when you’re 60? Scientists don’t call us SEXagenarians for nothing! I’m going to show you how much BETTER sex can get and why it’s so much better than sex in your 20’s or 30’s. It’s quite possible that the best is still to come! Page 56.**

- ❖ I'm going to show you how easy it is to find a single, willing woman in touch with her sexual side who is looking for a man to satisfy her needs...so instead of wasting money on dates with women who have no drive, you can put your time and energy into a woman who is looking for the same sexual fulfillment you are, and who will be more than willing to join you in a new fun and exciting sexual relationship... Starting on page 74 with many more examples!
- ❖ You won't believe what older women are getting up to in their retirement communities...I almost didn't believe it myself! This just goes to show you that women of ALL ages want and need sex too...And just wait until you see how naughty these women can be... This is going to BLOW your mind! Starts on page 96.

- ❖ **Nirvana Sex is the one simple technique I'm using with my wife to make sex a more intimate experience where we are bonding and deepening our connection with each other while still feeling incredible pleasurable sensations...This is how we keep our marriage hot even after 30 years! And you know it's working when your friends come up to you at parties and beg to know your secret... descriptions and examples throughout the book.**
- ❖ **It's time to forget everything you thought you knew about sex over 60... because it's 2021 and attitudes are changing, especially among younger women! Sex at an older age is no longer considered taboo -- in fact, it's being celebrated all over the world. There are more opportunities now than ever to enjoy the sex life you've always wanted, even with a much**

younger woman! And I'm going to show you how to take advantage...
page 141.

- ❖ I've discovered several simple foods that men are eating to raise testosterone and have the sexual stamina to last 30 minutes or more every single time they have sex. These are men in their 60s, 70s, and 80s, and they're lasting longer than men in their 20's! And it's all thanks to these foods that supercharge a man's lasting power... pages 126 and 148.
- ❖ Here are numerous techniques that make sex with a long-time partner feel like it's the first time again. This is like sex that's been locked in a time capsule... It will stay as hot and passionate and exciting as you want it to be, and you only have to use one of these techniques to experience this. And there's only one word for it

-- exhilarating! Starting on page 137 with much more on page 153 and even more on page 186.

- ❖ Men who live in the world's Blue Zones are considered the healthiest men in the world...and you know what else they are winning at? Sex! Men living in these Blue Zones have more sex than any other men in the world...and it turns out, it's all because of this one single thing they are all doing every day... Beginning on page 49.
- ❖ I've discovered a doctor's trick to getting good, strong erections every single day no matter what age you are or how long it's been since you've gotten an erection -- and it's the simplest trick that any man can do in the morning to guarantee he gets a rock hard boner that same night and the day after, and the day after... start learning this on page 146.

- ❖ **These are the most common reasons why women are losing interest in sex... and it's NOT what you think! It turns out that most men are dead wrong when it comes to what women are looking for later in life in the bedroom...and once you know what they want, you will be amazed by how willing they are to get busy with you more often... Technical info on page 19 but you have to read it in their own words throughout the book!**
- ❖ **Women are always talking about intimacy...but what does that even mean? Discover what women are looking for when they say “intimacy” in their own words, along with several helpful hints for men to use to instantly butter up their wife or girlfriend and make her feel so good, she starts trying to make YOU feel good... Step-by-step instruction**

throughout with plenty of real examples.

- ❖ **Most men know how important it is to stay healthy as you get older... but did you know that sex is a huge part of that? Studies show that men who don't have sex often or regularly die much sooner than men who do. And the men who have sex regularly have better overall health and live longer, happier lives -- here's how they're doing it... Starting on pages 28 - 30 with multiple studies referenced throughout.**
- ❖ **A lot of my students are single and worry that it's almost impossible to find a woman with a high sex drive past a certain age... until I show them this! This is what my successful students are doing to find fun, sexy women of all ages who are interested in dating older men and having a flirty**

sexual relationship... Starting on page 56!

- ❖ **Some men tell me that their wives WANT to have sex... but it's painful and doesn't feel good anymore. This is often because of a hormonal change and can be easily remedied with this one quick fix I've found that works for my wife, Jodi. It's allowed her to get wet and wild with me again the way she's been wanting to, and I think your wife or girlfriend will be willing to give it a try! My personal sexual revolution begins on page 14.**
- ❖ **Strippers in old folks homes? It sounds weird, but it actually has this ONE huge health benefit that is allowing seniors to live decades longer with better health and happiness -- and you can get this same benefit another way at home, with or without a partner... Senior Sexual Revolution on page 132 and again on page 218.**

- ❖ You don't have to have a girlfriend to keep having great sex later in life. I have thousands of single students who are having fantastic sexual experiences on their own thanks to this fun game I like to play when my wife isn't home... and the best thing about this game is how it may help you last longer for when you ARE with a woman! Page 232.
- ❖ Dying to try new things with your longtime lover? This is the easiest way of convincing your partner to step outside the box and try something different. And it works for even the most conservative woman. So if you've been having fantasies you've been dying to fulfill, this is the way of making them a reality with a willing, excited partner! Page 208.
- ❖ How about sex twice a day every day? A lot of men hear this and say, "Matt,

at my age? That's crazy." But it's easier than you think to make this a reality, thanks to this simple discovery I've made that gets a man and a woman on the same sex drive schedule. Now you'll just look at each other and head to the bedroom with the same naughty smile... Instructions on page 169!

- ❖ No erection? No problem! Plenty of men with health issues or taking treatments that cause them to struggle with erections are still able to have extremely pleasurable and satisfying sex lives. The secret is in this method I've perfected that lets you have sex with or without an erection -- and believe it or not, women enjoy this too! Gotta read pages 87, 104, 180, 197, and 243!

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Introduction

Some men have serious erectile dysfunction.

Some men perform fine sometimes but not always.

Some men can't ejaculate.

Women have sexual problems too.

There are many different sexual problems.

Something I think is disturbing is that almost all men and women accept mediocre sex as being okay. It's good sex, but not great sex. This leads to less sex, and having sex less frequently leads to not having any sex.

That's a real problem for too many men and women as they enter their 50s and 60s. It's not that they can't have sex anymore. It's that okay sex isn't good enough anymore.

This book fixes what can become broken when the intensity, passion, intimacy, and closeness seem to have left a relationship. This can be a relationship lasting decades or only a few months. Okay sex just isn't good enough anymore.

Oxytocin-based Nirvana Sex opens a door to a whole new sexual world for the second half of your life.

Men Have a Sex Drive Until Dead

The blue pill craze is proof that even men with ED still have a strong sex drive. When their physical and emotional sexual needs are not being met, men look for other ways to fulfill their unquenchable sex drive. Some become porn addicts and others turn to prostitutes in search of a happy ending. Or they might see married women on the side because no commitment is required.

Probably the worst outcome is when couples that were once deeply in love resign themselves to live out the rest of their lives in a sexless relationship. Right at an age when they have more time to enjoy the pleasures in life.

While men have a sex drive until dead, many women lose interest in sex by the time they reach 50 or 60. That can be a reason that so many men chase younger women. None of this helps nurture and sustain long term relationships.

What you are about to discover fixes all of that in amazing ways to keep romance and sex alive for the rest of your lives. Here's how it began for me...

Matt Cooks Short Story Leading to Nirvana Sex Success

I had a lot of health problems when I was young. I was taking a ton of Big Pharma meds and

treatments that kept me on the unhealthy merry-go-round. All of that gave me sexual problems and ED at a young age. How I became and stayed healthy is in my book *Healthy to 120*. When I got away from Big Pharma, my sex life improved.

But along the way, I got strung out on porn. That led to another bout with sexual problems in my late 40s and 50s. Porn is a big problem for men of all ages. What's out there is much more available and much more intense than what was in glossy pages of my father's *Penthouse* magazine.

So, I got into my 50s still married to a wife that I love very much but I was completely unhappy about my sex life. The porn had desensitized me to her sexually. I was also at the age when I was regretting not sowing more wild oats during my youth.

As I face the second half of my life, I wanted a great sex life. At first, I tried adding some novelty including light bondage and a few other things. This stuff just made me feel like we were playing a game. I knew that sex was suppose to be romantic, intense, and intimate. It had been in our 20s and 30s. I also knew that I could bring back those days gone-by but we still had a long life in front of us and I wanted more.

That's when I started looking into ancient sex practices that are time proven. I started with

Tantra Sex. I also looked at the work of Masters & Johnson. I looked broadly at a lot of ways to improve sexuality. I even looked into the practices of porn stars.

I learned a lot about sex and encountered some extraordinary things. It helps that I've spent decades traveling the world and learning from other cultures. What I did is simplify what I learned to make it as easy as possible to practice.

My main point is that, now in my 60s, I have a tremendous sex life that I never had before. Way beyond anything that I was even able to imagine in my 40s and 50s. Without a doubt, this is the best sex that I've ever had.

This is Not 'Pump, Come, and Done' Sex

Let's get down to basics. This is not 'fertilization' sex. This is not the fast sex as you might have had with a girl behind the high school gym before both of you went your separate ways for the rest of the day. That's **dopamine** tract sex. It's fast and furious with the purpose of getting young women pregnant. Its fine when you're young and that is one of the main reasons for sex, but it doesn't fit into the lifestyle of older men and women. Like adrenaline, dopamine is a 'fight or flight' hormone. It's all about stress, not relaxation. It serves a purpose but not for the most enjoyable sex.

In 2011, I got serious about discovering the secrets to the most pleasurable sex. That's when the secrets of oxytocin began to reveal themselves. **Oxytocin is the love hormone.** It's also associated with empathy, trust, sexual activity, and relationship-building. When Jodie (my wife) and I got going with oxytocin, our almost dormant sex life came a daily affair. Everything changed immediately. Over the years, we've scaled it, back but we still have sex four times every week. We know we are going to have sex four times a week because we schedule it. Nirvana Sex (oxytocin) is something we want in our lives until the very end.

We are going to get into a lot of ways to make oxytocin the foundation of your new sex life going forward. If you want Nirvana Sex, you have to get off the dopamine. You have to get on the oxytocin track. You have to stop searching for something you can't have with dopamine. Once you discover oxytocin, it will be what you were looking for anyway.

You don't need the porn or the prostitutes. That all goes with the dopamine. You need to stop all of that. You can stop the dopamine driven arguments in your relationship.

Our relationship is better in every way. We never argue. We agree on almost everything. We want the

best for each other. It's about wanting to please the other one.... Do you want to be pleased?

Why Women Have Little or No Sex Drive

I sincerely hope that you have not fallen for the long-held myth that all women lose their sex drive as the years add up. True, some women do lose interest but it's far from the majority and there are very effective ways you can revive a strong sex drive in every woman that you have a sexual interest in.

That's exactly what we are going to discuss in deeper detail than you will find anywhere else. Here's another truth – probably the biggest reason sex for seniors decreases is because the subject is considered taboo. At least until very recently....

It never occurred to my mother's generation to bring the subject of a declining libido up with her doctor or even with a trusted friend. Men and women just accepted (wrongly) that sex ended in their mid to late 50s when menopause set in. But that was long ago In 1964, near the beginning of the age of sexual enlightenment, Masters and Johnson shocked everyone with their study revealing the power of **female sexuality** and that women had the capacity for **multiple orgasms**.

Masters and Johnson, along with the birth control pill, started the sexual revolution but left seniors from previous generations behind.

The time has come to reveal the **Senior Sexual Revolution....**

Medical Disclaimer

I am not a doctor, nor do I play one on TV. So I am not qualified to give anyone medical advice. I am simply sharing the knowledge that I have acquired through extensive research about the best ways to remain healthy, live a robust life into old age, and maintain the sexual health that so many men and women lose as they age. Before embracing any of the suggestions you read in this book, it is **vitaly important that you consult with your doctor or health care provider**. I strongly recommend that, after reading this book, you have an open and completely honest conversation with your doctor about how you may or may not want to change your current treatments. If you are not satisfied with your doctor's advice after that conversation, you could consult with another doctor. But under no circumstances should you alter your treatment without the agreement and ongoing care of a doctor knowledgeable about you, your health, and your sexual practices.

A Few Reasons Why Sex May Slow Down for Women

Let's not become too hung up with these reasons, but we all know that women's bodies do change with age. You'll soon learn how to triumph over

every one of these changes to enjoy sex bigger, better, more often, and in ways that only life experiences can bring with enlightenment.

It just helps when you become aware of what might need some extra attention to make your Senior Sexual Revolution a reality.

There are many reasons why sex may slow down for women, as they get older. The most well-known is menopause that can bring on a thinner vaginal lining, less vaginal elasticity, less muscle tone, less lubrication, and slower arousal. As a result, women may experience:

- Decreased libido (a lack of interest in sex).
- Difficulty with lubrication.
- Pain from penetration.
- Difficulty or inability to climax.

Other women may have sexual dysfunction that's related to social or psychological issues, such as stress, anxiety, body image problems, relationship problems, or the lack of a partner. Poor health is definitely known to get in the way of having great sex.

Lively and Spirited Sex is Coming Your Way

The good news is that none of these (or other) issues has to come between the two of you having

an energetic and dynamic sex life going forward and for as long as you desire. But...

Men and women have sex issues in common and also sex issues that are different. The main age-related sexual issue for men has been erectile dysfunction. Men didn't accept this setback and neither should women accept giving up their most pleasurable human experience. Men persevered until science gave them the answers they demanded, and so should women.

Men Overcame Sexual Issues and So Can Women

Everyone knows that men are 'horny goats' and people accept this. So why would we accept that women lose interest in multiple orgasms just because the year on the calendar changes? Women shouldn't and don't have to. Women have come a long way, baby.

So let's get started right away...

Why It's Time to Amp Up Your Woman's Sex Drive

When birth control pills were developed, it was predictable that women would have a lot of catching up to do with men. Women have been up to the equality challenge ever since. Whatever a man can do, a woman can do. Or as the song says, "I can do better."

The 1960s and '70s really were a sex revolution. Besides the pill and Masters and Jonson's study, David Rubin came out with his book *Everything You Always Wanted to Know About Sex* (*But Were Afraid to Ask)*. It talked very frankly about sex to the public. Before that, the only way people learned about sex was either illegal, black market, or gray market porn – so-called marriage manuals. But Rubin's book wasn't like that. It was a best seller in all of the bookstores. It was the first of its type to be very explicit about sex in ways that everyone could understand and apply to their lives.

Women Are Built Different

One of the big points he made is that a woman's genitalia is more specialized than men's. They have more holes for specialized purposes, such as vaginal intercourse being separate from urination. And of course, women get pregnant and have babies.

Why It's Time to Amp Up Your Woman's Sex Drive

Men's genitalia is multipurpose. I don't really go along with Rubin's conclusion that this makes women superior but it does point out that they are very different from men. I think men should have already known that, but I guess men never took the thought further to understand that sex is also different for women.

It's the pregnancy and babies part that makes the biggest difference. Before the birth control pill, women had a high sex drive until they had a few kids. Then they became moms and spent the next couple of decades taking care of the kids' needs. When this happens, you can expect the woman to say something like "I haven't had a sexual thought in 20 years."

If the man chose to, he could do his part to get her pregnant and afterward go his own way. Why would men leave? Because they've always been trained to leave. Men have a drive much more towards accomplishment, achievement, and competition. Sure, men want to have children but then they want to be on their way to go slay another dragon. Often, the next time he wanted sex and children, it was with another woman. Often with a younger woman because back then women were sexual creatures starting at about age 14 or 15 until they had kids and having kids shifted what they wanted to the kids for the rest of their lives.

Why It's Time to Amp Up Your Woman's Sex Drive

For centuries, men kept slaying dragons and pursuing their strong sex drive with young, fertile women. Until society became monogamous. We formed families to bring the man home after a hard day of dragon slaying. This brought us...

Kids First, Sex Second

So, this is the age of society when women still stayed home while the men went to work. Women were consumed with kids and men were still driven towards accomplishment, achievement, and competition.

The man came home to the same woman every night with sex was on his mind, but the woman's instinct was to always ask, "Where are the kids?" or "Are the kids asleep yet?"

We know this part of the story.... by the time the kids move out of the house, menopause begins. Since the cave days, women have been conditioned to stop having sex after they have kids.

Now Women Can Have Sex as Much as They Want

Today, they don't have to have babies. They don't have to bear the physiologic, metabolic, and economic cost of having a child, which means they're on equal footing with men. But are they really on an equal footing with men? Not really,

Why It's Time to Amp Up Your Woman's Sex Drive

because they have a different set of plumbing and different brains and different thought processes.

We did invent locks for bedroom doors, which means couples can have sex even if the kids aren't asleep. But what we are interested in here is sex at an older age. Sex after menopause.

When it comes to menopause, the first thing most of us think about is that she has lower estrogen levels. But when it comes to sex drive, it not the estrogen that counts so much. With women, as with men, sex drive is accomplished by testosterone. Testosterone plays a big role in all of our physiologic and metabolic processes.

When it comes to amping up a woman's sex drive it comes down to dealing with her physiologic, metabolic, different plumbing, and different thought processes.

My Sex Life With Jodie

Before we start down the path of why some women lose interest in sex, let's be clear about what is even more important as the years add up. Many older couples find even greater satisfaction in their sex lives than they did when they were younger. In many cases, they have fewer distractions, more time, more privacy, no worries about getting pregnant, and greater intimacy with a lifelong partner or multiple partners.

That is a big part of what you should expect to take away from this.

I'm Still Learning About My Own Sex Life

I've been in the business of finding scientific solutions to a lot of health issues, including sexual dysfunction issues. It's reasonable for you to conclude that my sex life is euphoric – and it is today. But it hasn't always been that way, which is the biggest reason for my early research. As our maturity grows, my wife (Jodie) and I have faced many of the same issues that you and many others face. Our good fortune is that we've developed a long track record of finding the answers that all of us need.

Something that I've known for a long time is that I have a stronger sex drive than Jodie does. That

does mean she doesn't like sex or has a low sex drive. It just means that I'm the bigger horn dog in our relationship. I'm the one that has always been getting our sexual activities started and showing up in the bedroom with new ideas.

That worked great for decades and both of us have been more than happy with the arrangement. Then Jodie entered menopause. This was new to both of us and we didn't even recognize the major life change at first. But it didn't take long for me to notice that Jodie no longer seemed to have any interest in sex. None at all. But my lifestyle included lots of sex and I wasn't the one entering menopause. My sex drive was still as high as ever.

Very quickly, the lack of sex became a crisis for me. After more than 35 years of great sex, the crisis became so serious that I thought it might become a deal breaker. Sorry to say, but one of my first thoughts was that I might have to find a new life with someone else because I was so frustrated.

But my years of research and experimenting told me that there had to be a better answer. That's the point in our lives that Jodie and I discovered Nirvana Sex and took our sex lives to an entirely new level.

Soon we'll get into a whole bunch more about Nirvana Sex but for now, suffice it to say that Jodie

and I are having divine sex four times a week for 30 or 60 minutes and it's amazing and wonderful. I'm not forcing her to have sex. She's very happy to have sex with me. But it puts to light the fact that you need to have a sex drive to have sex. If you don't, you don't have sex.

How the Washer & Dryer Brought Back Our Sex Life

Before we were married, I used to do my own laundry. I would go to the laundromat or I had a machine in the building, one that you had to put the coins in. In those days, I did my own laundry. When I got married, Jodie started doing my laundry so I stopped doing it. A few weeks ago, for some reason I had to figure out the laundry and I thought, "How do you do this again? How do you do this?" It was a different machine than I had used years ago. Since we got married, I had never learned to do the laundry because Jodie always did it. It had been 30 or more years since I did laundry.

She does the laundry and I initiate sex. That's my department. Sex. Her department is laundry. There is a connection between laundry and sex because after menopause, our old routine sex wasn't happening any more. It was like trying to do laundry after 30 years. Everything had been good as long as Jodie did the laundry, but when Jodie no longer did the laundry (or wanted sex), I didn't know how to

get things done in a new way. I only knew that when it came to sex or laundry, Jodie did her part and I did my part and everything was good and routine.

It became clear that her sex drive wasn't coming back but we negotiated over time to find a solution that worked for both of us. Something that came up was that while Jodie was responsible for the laundry, I was responsible for initiating sex. Only she wasn't interested in sex so my old ways of initiating it weren't working any more.

Of course, I'm doing research this entire time to come up with the best solution. One solution was the Nirvana Sex that we'll get into a lot more. But another new issue was initiating sex.

Well, the laundry has to get done every week and our marriage depended a lot on having sex on a regular basis. So we started scheduling sex. Just like the laundry is done twice a week, we decided to have sex four times a week. First, it was three times a week then I said, "Nah, that's not enough. Four times a week."

In case you're interested, it's Saturday, Sunday, Tuesday and Thursday; four days a week. I don't set a timer. I know people that do, believe it or not. But we generally go for at least 30 minutes. The goal is to spend time in intercourse with each other

and it's very clinical to put it that way, but the reality is it's absolutely, stupendously wonderful for both her and for me.

Low Sex Drive Doesn't Mean Not Enjoying Sex

Jodie and I learn some very important things when we started scheduling Nirvana Sex several times a week. What we learned is that Jodie's low sex drive didn't mean that she no longer enjoyed sex. It only meant that she did not think about sex unless it was happening. When I tried to initiate sex the old way, it wasn't enough to get her sex drive started.

Along with the Nirvana Sex, once Jodie got started with sex (four times a week) she really enjoyed it. She enjoys it enough to stay with it for 30 minutes or longer every time. It turns out that the secret is just getting her started on a regular schedule. Hence, the reason that scheduling sex now makes so much good sense.

I'm a big believer in scheduling sex because it's just a big myth that you have to feel like it to have sex. When women have no or low sex drive, they don't feel like it. And if you wait for them to feel like it, you're never going to have sex. But if you get her started, it turns out that she still wants sex in her life with you.

Common Reasons Women Lose Interest in Sex

There are more reasons beyond menopause that cause women to lose interest in sex. But let's not overlook the fact that a lot of women still have a strong interest in sex after menopause.

Being Sexually Active Keeps Women Sexually Active

A letter written to the *Journal of the American Medical Association (JAMA)* confirms what Jodie and I discovered about maintaining an active sex life. The letter reports that women between the ages of 40 and 65 who place greater importance on sex are more likely to stay sexually active as they age.

What it comes down to is that if sex is important to you, you will take action to keep it part of your life. So that is the place and mindset to begin with.

Fixing General Health Problems to Stay Sexually Active

In 2007, the *New England Journal of Medicine* published an unprecedented sex survey involving 57 to 85-year-olds in the United States. A key finding was that more than a quarter of those up to age 85 reported having sex in the previous year.

The survey found that when sex does drop off, big contributing factors are health related or lack of a partner, especially for women (47% without a partner). I've got a lot more to say about helping you fill the partner role with these women but let's start with some of the basic health issues.

Painful Intercourse Has Multiple Causes

A 2015 study presented to the North American Menopause Society (NAMS) found that 26% of women said that their sexual inactivity was “due to vulvovaginal dryness, irritation, or pain,” and 24% said that dyspareunia (painful intercourse) was the main reason. The study concluded that “...these symptoms limit the ability to be sexually active and negatively affect the emotional experience of their sexual life.”

Something important here is that there are many different causes of painful intercourse. In a general way, vaginal dryness and painful intercourse (dyspareunia) can be two broad categories. Vaginal dryness can be very easy to overcome naturally with more foreplay and clitoris stimulation to encourage physical lubrication. Natural lubricants such as coconut oil are also known to be of great help.

Dyspareunia may have other easily treated causes. The pain is most frequently experienced in the

vagina, clitoris, or labia. Although it can be caused by medical conditions, many causes are from drug side effects, allergic reactions, or easily treated infections. Common drug side effects come from antihistamines and tamoxifen (Nolvadex and other brands). Allergic reactions can happen from clothing, spermicides, or douches. Infections include urinary tract infections, vaginal yeast infections, or sexually transmitted diseases.

For drug side effects, women may need to work with a doctor to find alternative treatments or lower doses. Importantly, generally improving your health and diet will often get you off the drugs entirely.

Eliminating allergic reactions begins by narrowing down possible causes to remove them from your lifestyle or find alternative replacements.

Most yeast infections can be avoided by not wearing tight clothing, wearing cotton underpants, and practicing good hygiene. Change your underclothes after prolonged sweating. Bathe or shower daily, and change into dry clothing promptly after swimming. To avoid bladder infections, wipe from front to back after using the toilet, and urinate after sexual intercourse.

Lifestyle and General Health is the First Step

Everything goes better with better health - including sex. We are just getting started with the many ways to stay sexually active for a very long time but there is no better answer than taking good care of yourself. As you discover the many ways to amp up your sex life for the rest of your life, begin by taking these actions:

Simple exercise like daily walks and just moving more will improve your sex drive and sexual function by improving blood flow, strengthening your heart, and improving your breathing.

Stop smoking to further increase blood flow to your sex organs. This is also known to push back menopause for a few years.

Drink alcohol in moderation, because large amounts of alcohol can diminish sexual bodily functions, trigger hot flashes, and causes restless sleep.

Eat a healthy diet to keep your hormones balanced and reduce problems with physical diseases such as heart disease, diabetes, and low metabolism. Healthy eating is also the best way to maintain a healthy weight.

Controlling your weight gives you the body image that you want. Women that lack a good body image often lose interest in sex.

Make more opportunities for sex by going on date nights, taking a sexy vacation, or bringing other romantic novelty into your life.

All of this is sure to rev up your metabolism and boost your immune system. A healthy body is the secret to frequent sex that further feeds the libido, along with helping the vagina stay lubricated, elastic, and healthy. Sex is fun and makes your senior years all the more enjoyable. You owe it to yourself.

What Jack & Jill Do at 72

Finally, the world of science is beginning to study the sex lives and habits of seniors. And plenty of seniors are talking. As we get started looking at specific studies and case studies involving specific people, something you don't want to get hung up about is the specific age range of any one study.

We're Just Learning About Wise Old Sex

Remember, there aren't centuries or even decades of studies to draw information from. Scientists have only recently begun collecting and analyzing the information needed to help all of us make the most of our sexuality as seniors. One thing I have noticed is that most of these studies still limit the age range of participants with an upper end at 85 years old. We can be grateful that studies are now up to this age but we still need to know much more about the sex lives of men and women between the ages of 85 and 120. The myth was that sex for most people stopped near the age of 60 (or younger) until that myth was busted by simply asking older people what they are doing behind closed doors.

I have no doubt that we have much more to learn by peeking behind the closed doors of people older than 85. A few studies have stretched past 85 and we'll look at those, but more time and more studies

are still needed to reveal how our sexuality remains part of life right up to the end.

Sexual Nuances in Mature Men & Women

One sex study was conducted during 2005 and 2006 with participants between ages 57 and 85 by the National Opinion Research Center at the University of Chicago. This was part of the larger National Social Life, Health, and Aging Project (NSHAP).

Not very surprisingly, a basic finding was that men are more willing and open when talking about their sexual rendezvous. However, another key finding was that both men and women across all ages found the intimacy of sex to be important. Keeping in mind that most of these people grew up during the ‘sexual revolution,’ an interesting finding is that “Participants were more likely to refuse questions about income than they were about sex.” That’s good news as more of these studies continue to be conducted.

Some age parameters need to be understood because this age group generally only considered it ‘sex’ when both foreplay and vaginal intercourse were involved. The study separated participants into a “young group” of 57 to 64 year olds, a “middle group” of 65 to 74 year olds, and the “oldest group” of 75 to 85 year olds. The youngest group said they usually or always have vaginal

intercourse (87% women, and 91% men). The oldest group wasn't far behind with 75% of women and 84% of men also reporting usually or always having vaginal intercourse.

Here is probably the most interesting quote from one of the researchers:

"If [women] continue to be sexually active they appear not to be much more likely to have problems with sexual function at older than at younger ages ... sexually active older men seem to function at much the same level as sexually active younger men, with a few exceptions, not all of which favor younger men."

~ Linda J. Waite of the University of Chicago

No Age Limit on Sexuality

I'm changing the names people for obvious reasons but here is what 73 year old Wenda says, "Sex keeps you active and alive," according to the retired businesswoman. "I think it's as healthy as can be, in fact I know it. That's what kept my husband alive for so long when he was sick. We had excellent sex, and any kind, at any time of day we wanted." After the death of her husband, Wenda began another relationship with a man in his 80s. "I expect to make love as long as I can," she says.

Thelma (75) married her current husband when he was 73. Thelma says (and her husband agrees), "We feel like young lovers or newlyweds. I felt like I was able to make love better when I was 30 than when I was 20, and now I have a whole lifetime of experience."

Unfortunately, even in retirement some couples still have grown children living at home. Craig was a college professor with an adult son still at home when he said, he "makes love less often than he'd like but still enjoys it very much."

Mature sex is not without challenges. Catherine (74) is single again, after outliving two husbands. Yet, she still wants sex and intimacy in her life. In her words, "At this point I don't have a lot of loose lust flying around, my sex drive has diminished, but if I met a man that really attracted and interested me, it could be restarted."

We all associate sex with fleshy and intimate pleasure. But as we learn more about golden years sex, healthier and longer lives are also beginning to emerge as perks.

Having More Sex Improves Health

Our society debates the wisdom of including sex education in our schools' health curriculum. Sex education is mostly limited to pregnancy and sexually transmitted diseases.

Frustratingly, what is not taught at a young age is the life-extending component of having an active sex life your entire life. Instead of allowing young people to think of mature sex as an abnormality or freakish, we should be teaching them that at any post-puberty sex improves health and longevity.

"Individuals with strong, functioning sexual and intimate relationships will have better trajectories of health and well-being than those whose relationships function less well or who lack such relationships,"

*~ Linda J. Waite of the
University of Chicago in
The Journals of
Gerontology.*

Busting Another Old Age Sex Myth

A strongly held myth among young people is that old people either don't or shouldn't have sex. Probably the fastest and healthiest way to bust this myth is by teaching people at a young age about

the mental and physical benefits of a lifetime with a strong sex life.

Teaching this early in life isn't likely to suddenly make 18-year-old women develop a lust for an 80-year-old men. But it should lessen her fear of growing old into a sexless existence. We should do everything that we can to remain young in heart, mind, and body for as long as we can.

Research about physical and mental health outcomes resulting from older adult sexual activity reveals benefits beyond companionship and intimate touch. These include reduced cognitive decline, reduced loneliness, and reduced depression. Only recently has on-going sex been shown to positively improve reported health status, physical functioning, and many other aspects of life quality.

Social Roles Alter Our Sexual Desires and Behaviors

As we mature, our roles become much more complex regarding biological, psychological, cognitive, socioeconomic, religious, and even societal factors. Maturity means changes in our analytical thinking, mobility, and health care needs, just to name a few. Over time, changes happen with our work, social lives, family roles, and responsibilities. A common timeline for life

goes through our carefree teenage years to a full-time work life, to parenting, to an empty nest, to caring for aging parents, and our own retirement.

We should expect our sexual desires and behaviors to change with these phases of life but nowhere is it written in stone that we lose the craving for the most natural of human behavior – sex.

Society has always had prudes that dwell on extreme modesty when it comes to our bodies and sex. Most of them have few or no experiences to even base their point of view on. Their myths range from young people that are not emotionally ready for sex to older adults that are so medically frail that any and all sexual activity is dangerous. These people are a small minority that don't have scientific facts to back up their myths.

What the Scientific Facts Say

Scientific facts would include one of the many studies such as the 2012 American Heart Association recommendation that rather than abstain from sex, people with specific cardiovascular conditions consult with medical professionals about managing their medical condition (Sexual Activity and Cardiovascular Disease – A Scientific Statement From the American Heart Association). This statement was further endorsed by:

- American Urological Association

- Society for Cardiovascular Angiography and Interventions
- Society of Thoracic Surgeons
- American Association of Cardiovascular and Pulmonary Rehabilitation
- International Society of Sexual Medicine
- American College of Cardiology Foundation
- Heart Rhythm Society
- Heart Failure Society of America

The American Heart Association statement is not a short one-sentence summary. Rather, it is a paper citing and evaluating 148 studies. However, the opening sentence of the full study is powerful:

“Sexual activity is an important component of patient and partner quality of life for men and women with cardio-vascular disease (CVD), including many elderly patients. Decreased sexual activity and function are common in patients with CVD and are often interrelated to anxiety and depression.”

On major conclusion of the paper is:

“The increase in absolute risk of sudden death associated with 1 hour of additional sexual activity per week is estimated to be <1 per 10,000 person-years.”

Frequency of Mature Sex Counts

A study by researchers from the universities of Oxford and Coventry, U.K., was published in *The Journals of Gerontology, Series B: Psychological and Social Sciences*. Participants between the ages of 50 and 83 were asked about frequency of sexual activity with answers divided into never, monthly, and weekly. They were then given a series of cognitive tests. The results showed:

“...men and women who had sex on a weekly basis scored higher on the visual, spatial and verbal tests than those who had sex monthly or never.”

This study does not have all of the answers. It could not draw a conclusion about why sex provides a cognitive boost. But it encourages further research... "an area we would like to research further is the biological mechanisms that may influence this."

Mastering Sex for a Better Life and Health

I have no idea what prudes rely on to perpetuate their myth that sex is bad, that sex is unhealthy, or that sex should end at a certain age. It certainly isn't scientific studies.

Although much more research needs to be done on sex as we age, the results that we do have are very encouraging. In fact, it makes good sense that our

Having More Sex Improves Health

sex lives can continue improving. After all, age is closely associated with most improvements in our quality of life. We become better at our work as we gain experience. We become better at managing our finances. Our relationships deepen and strengthen. Almost without exception, every aspect of our lives improves as we develop skills and strategies to manage our lives with more mastery. So should our sex lives.

Until recently, it has only been popular culture and worn out myths telling us that sex is a young person's game. As we continue unraveling the full life cycle of sex, a contradiction between young and old sex begins to emerge. Along with sociodemographic characteristics, and mental and physical health - older adults actually have better sexual quality of life.

What research has already revealed is that the majority of men and women over 60 in the U.S. are sexually active. Most are having sex at least two to three times per month (typically more often than many younger adults). They also rate sex as an important part of life.

Sex Stories at Age 60 and Beyond (Baby Boomer Sex Lives On)

Another title that I thought about for this chapter is “Boomers Having Sex.” Baby Boomers have consistently redefined social norms since they came of age. Some of the most memorable and lasting changes have been the Women’s Movement, the Sex Revolution, Rock ‘n’ Roll, attempted a ‘Utopian Society’ during the ‘60s & ‘70s, the Technology Revolution, and much much more.

Now we are redefining old age and sex after 60. Baby Boomers are sharing their stories about sex after 70, 80, and soon into their 90s. I’ll include a few of those as we go along. What’s unique about Baby Boomers is they have always endeavored to be open about their sexuality. Baby Boomers fought for gender equality and kick started the LGBT movement. We can expect Baby Boomers to continue openly sharing their stories of sex after 60.

What follows are a few case studies that fairly represent the major cross-section of today’s society. I want to warn you beforehand that some of these situations are far from desirable and some are decent but less than perfect. There is lots of room for improvement in every one of these cases.

Case Study #1 - Married With an Active Sex Life

Janice is 64 and has been married to Frank since she was 20. She says they still have sex about once every two weeks but the enjoyment has steadily left their bedroom over the years. There was the honeymoon phase with sex a couple of times a day and twice on Sunday. Janice says it became mostly a weekly routine, but was still a highlight of her week after the kids came and sex faded into something to look forward to on Saturday night after Frank got some rest from the work week. Now she says that it's been 15 or 20 years since she has truly looked forward to sex. She goes on to say that Frank is more interested in her body parts and his own satisfaction than he is in her as a woman. The romance is gone. She just lays there waiting for him to finish, which takes about 3 minutes. He's asleep in less than 5 minutes and she's awake wondering if this is all there will be for the rest of her life.

Janice says the only times she agrees to sex is when she needs Frank to do something or when she can't think of any more excuses. She says that she's never considered being with another man because she thinks they are all the same at this age.

At 66, Frank tells his own version of the story. He says he still likes having sex but finds it almost impossible to find Janice in the right mood for sex. She's always making excuses about aches and pains

Sex Stories at Age 60 and Beyond (Baby Boomer Sex Lives)

or some such nonsense. Her health is good for her age but since menopause, her sex drive has dropped to zero. Frank goes on, “I have to admit that I’ve had a few extramarital affairs over the years that she doesn’t know about and those still bring on fantasies. There’s an energetic 40 year old down the street that I often think about, especially when I get Janice to take off her clothes. If I had my druthers, I’d have sex a lot more often – temptation is everywhere.”

Case Study #2 - Married Without a Sex Life

Jackie, 67, has something in common with Janice. She calls her husband (Paul) a selfish pig when it comes to sex. She stayed with him because he has been a good provider for the family but today he never puts down his beer or gets out of his recliner. Jackie says that she had a strong sex drive before menopause and dressed in teasing negligees when the kids were gone for the day. But menopause was like hitting a wall and Paul did nothing to support her through the change. Whenever she tried to talk to him about it, he told her it was all in her head and she needed to get over it. Today, they sleep in separate bedrooms and never touch each other. Like Jackie, she says she never considers being with another man because what she hears from other women makes them all sound the same.

Paul will turn 70 in another month. He says Janice

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has been impossible to live with for the past 12 years after she hit menopause. It turned her into an old grouch who only sees the bad in everything. No, he didn't get involved when she went through the change because he can't relate to any of it. He didn't lose interest in sex – she did. And it ruined their married life. After retirement, I put on some weight and I'm out of shape. If it wasn't for that, I'd probably pursue another woman. As it is, I'm satisfied in the other bedroom and taking it easy in my old age. The only thing I want from Jackie is dinner on the table every evening.

Case Study #3 - Single With an Active Sex Life

Becky is 68 and has been a widow for three years. She says that she and her husband had a great sex life right up until the last few months of his cancer. Sex did change for them over the years and menopause was one of the big changes. But they adapted over the years and after a year of grieving, I found I still had a lot to offer men sexually. But after Bill, I don't have any desire for a fully committed relationship. I have to admit that I don't get a lot of dates, so if I'm at all attracted to a date, I try to let him know that I'm still sexually active on the second date. By the third date, we usually figure out if we are sexually compatible – most of the time we are. I don't want to sound like I'm sleeping with a new guy every month but I

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don't want a man around all of the time. There are four or five that I see regularly. I usually have a date at least once a week and sometimes twice a week. If I wasn't sexually available, I don't think I'd have any dates at all. Life is good for me.

Jack doesn't know Becky but he has his own similar story. When I asked him if he is still having sex at 64 and single, he got a gleam in his eye and asked me rhetorically if a bear shits in the woods. Jack's been divorced for seven years and says his wife shutting down sexually had a lot to do with it. While she was shutting down, he was being propositioned by widows and divorcees. Jack says he has lots of woman to choose from. He says that he lost the house and his toys in the divorce but he got what he wanted most – lots of sex with a lot of different women. He likes the young ones but says he has more in common with older women when they go on first dates. Jack also says that it costs less and takes less time to move older women from the restaurant to the bedroom. He says that as far as he can tell, the supply of sexually happy women is endless.

Case Study #4 - Single Without a Sex Life

Rachel is 61 and divorced after her husband of 32 years (Dave) took up with a 38 year old. It devastated Rachel's self-esteem. Her story is another case involving menopause when depression

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led her to overeating that resulted in some serious weight gain. Dave wasn't at all nice about the extra weight. He lost interest in sex and called her a blimp. Rachel says that getting into a simple exercise routine now has her losing weight. It's also helping with her self-esteem and she says her sex drive is back. She says it's time for her to start seeing men but she's not sure how to go about it her age.

Larry is 64 and says he hasn't been interested in sex since even before his marriage ended two years ago. Larry has mild erectile dysfunction that he says his wife was brutal about. He tried one relationship after the divorce but says that woman also had unreasonable expectations. Despite his ED, Larry still has some sex drive. He even tried a prostitute after his marriage ended but that made his ED worse instead of helping. A few more years down the road and Larry says that living single is wearing down his health. Now, he thinks that he is too far gone for any decent woman to want to be part of his life.

Silly Battle of the Sexes

These cases all show that our sex lives in maturity has a lot to do with attitude. Those that lose their sex life often do it because of lack of romance, grudges in the past, aches and pains, low self-esteem, a wondering eye, weight gain, or any of

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the many events in life that others say only makes life more interesting.

When men and women maintain a zest for life, they seem to be able to find sex at any age and any place. Flings at 70 and beyond are on the horizon. You can have your share too!

Overcoming the Challenge of Menopause

Menopause, estrogen, lubrication, vaginal atrophy, erectile dysfunction, affection, intimacy, stimulation, dopamine, oxytocin, and others are symptoms that creep into our sex lives as we age. But rest assured that every one of these is less of a challenge than you might think. It's surprisingly easy to overcome any obstacle when you want a robust sex life well into your 90s before even thinking about what might be the next phase in this pleasurable experience.

The previous case studies of people having (or not having) sex in their 60s frequently mentioned menopause as an early stumbling block. That makes it the natural place to begin.

Here are a few quick facts from a 2020 National Institute of Health (NIH) paper simply named "Menopause."

- The median age for menopause is 51 years old.
- 95% of women experience their last menstrual period between age 45 and 55.
- Women spend one-third of their lives post-menopausal.

Women Still Orgasm After Menopause

Sex for women can get better in midlife and in the years beyond. As always, the brain is a woman's (and man's) most important sex organ. Sex on the brain can be even more important as we age. One of the most useful tools is working at it and being creative.

Women can use maturity to their advantage for improved sexual experiences. Many women attribute improvements in their post-menopause sex life to improved self-knowledge and self-confidence. They take the new attitude that sex is for recreation instead of procreation. Women do best by striving to be more in tune with how their bodies respond the most enthusiastically to sex. Without children in the house, this is also the time to cultivate more connectedness and intimate relationships between the two of you. Women become more aware of who they are, and sexually less inhibited. Sexual satisfaction needs perspective. It's not dwelling on the things that she might miss from younger years. The younger years are a great chapter in her book but now is the time to write new chapters.

Scheduling sex is the best answer to getting started if a low libido means she is seldom thinking about sex. Oral sex and more intense genital stimulation can help with both her arousal and orgasm. During

and after menopause is a great time to experiment to learn what works for you at this point in life.

Mind-body activities can help sexual intercourse and sexual desire. These are particularly helpful with anxiety, stress, and depression. After menopause, most women have more time to practice:

- tai chi
- yoga
- acupuncture
- mindfulness

But as with everything in life, it takes a better understanding of good health practices and promoting healthy lifestyles. The integrity of our sexual health and well-being should certainly be no exception. Menopause is the journey of recreating balance and discovering new beginnings in the relationship with yourself and your partner.

Testosterone After Menopause

If you visit a few forums about menopause, a common post that you'll read goes something like, 'I feel like I am going insane' or 'I feel so alone.' Many of those women have been prescribed antidepressants for their symptoms but got no relief. This is ridiculous because half the population

is going to experience menopause. Why are all of these women being left to suffer in silence?

You may not have heard of it but like the ‘blue pill’ for men, there is a ‘pink pill’ for women (Flibanserin). But like the blue pill for men, antidepressants, and other Big Pharma solutions, the pink pill has substantial side effects, including fainting, nausea, and low blood pressure. And just like men with ED, low blood pressure to a woman’s sex organs is a serious problem without being at all helpful. That makes the pink pill a nonstarter in my book.

When it comes to age-related low libido and low sex drive, women need more testosterone just as much as men do. Women's bodies also produce testosterone. In fact, women use it to make a form of estrogen called estradiol. As women get older, their testosterone levels decline too. Yet you don't see the same ‘low T’ advertising directed toward women. Many women should be interested in increasing testosterone, not only to enhance their sex drive, but also to improve muscle strength, bone density, and mood.

Multiple and very recent studies show that testosterone for women increases both sexual desire and pleasure compared to a placebo. There are many ways to increase testosterone levels. The best nutrients to increase levels of testosterone are

Overcoming the Challenge of Menopause

protein, zinc, magnesium, and B vitamins – (particularly vitamin B6). Good sources are:

- Eggs (organic, free range) – rich in protein and vitamin B6; 1 or 2 eggs daily is recommended for most people.
- Almonds and pumpkin seeds – both rich in zinc, magnesium, and protein; aim for a handful of almonds (approximately 20) and sprinkle a handful of pumpkin seeds on your oatmeal, salads, and soups daily.
- Beans (particularly black, kidney, or pinto beans) – rich in protein, zinc, B vitamins, and magnesium; lentils are also a great vegetarian source of protein.
- Tribulus – studies with tribulus in postmenopausal women showed that women taking an extract of tribulus saw a significant increase in their libido and testosterone levels. Try it as a tea or liquid extract. For dosages, talk to an herbalist.
- Ashwagandha – although the studies showing ashwagandha increases testosterone have been performed mainly on men, it is thought this herb has a similar effect on women. This herb has a long tradition, backed up by science, in supporting women's health by balancing

hormones, improving sexual function, and reducing the stress response. It can be taken as powder to make a delicious latte with cinnamon and almond milk. For a therapeutic dosage, the best option is a standardized root extract taken in capsules (250 to 500mg daily).

Those mindful exercises like tai chi and yoga also have an important role in a woman's testosterone levels. Chronic stress causes a decrease in testosterone in the body. Both testosterone and cortisol (a hormone produced in high levels during stress) are made from the same prohormone in the body. A high demand for cortisol can lower testosterone production. That's another reason why self-care should take priority.

New Sex Positions with Lubricant

Most of us know that menopause can change our sex lives – but it certainly doesn't have to be for the worse. The few simple adjustments already mentioned along with a little experimentation can rev up your libido, add spice to your love life, and nurture new intimacy with your partner.

Armed with a healthy supply of lubricant (almond and coconut oils), an adventurous attitude, and a variety of sexual positions you can build an intimate and creative sex life for you and your partner.

Overcoming the Challenge of Menopause

Women in their 80s and 90s have found that trying new sex positions can lead to having great sex. Changing sexual positions can alter pressure and friction, but if you are experiencing discomfort, a generous amount of lubricant can make all the difference you want. You can begin with just a little on the tip of his penis to begin exploring how much is just right.

Support your body with pillows. Whatever sexual positions you try, padding for bones can help. Pillows provide extra support and enhance your experience. Try placing a pillow or two under her bottom while in the traditional missionary position to open up her pelvis and vagina a bit more. For a few bucks and a sense of adventure, experiment with specially designed wedges.



Spooning. Also known as the cuddle position, this isn't only for after you've both been satisfied and content to hold each other. Instead, make it the main event. For maximum effect, the male cuddles

up to the female's back. She can either just press back against him and he can penetrate her from behind or lift a leg and he can enter from an angle. It's doggie style, but with no pressure on the knees. This is a great position for sore backs and even for larger bellies.

Get back at it for back relief using these positions:

Face his feet. With the woman on top, she faces his feet. This position gives the woman control over pressure and pace. For some women, this brings orgasm in a new way. A variation of this is with the man is seated in a chair and the two of you are face-to-face. The chair version is also easy on the back. It helps to have a low chair so that the woman's feet are on the floor for balance.

On your sides. In this position, the man spoons the woman's back. The woman then lifts her top leg to allow penetration. Keep in mind that this might take some maneuvering to get the best fit.

Your goal with new sex positions is making sex fun again and maximizing your pleasure. Don't be afraid to try a new sexual position or two in pursuit of that goal.

Later in the book, we'll get into slowing things down to heat it up and other positions that bring more intimacy and pleasure today than you've

Overcoming the Challenge of Menopause

probably ever experienced in your many decades of life.

Top 5 Reasons Older Couples Stop Having Sex (and How to Overcome Them All)

There are several places in the world that are worth our time paying close attention to. These are called “Blue Zones.” Among the reasons of interest in the Blue Zone is the fact that people here commonly live well past 100 years. Also, 80% of people between ages 65 and 100 are still having sex. Eighty percent!

Dan Buettner (a National Geographic Fellow and multiple *New York Times* bestselling author) began studying these Blue Zones closely based on original demographic work done by Gianni Pes and Michel Poulain and published in the *Journal of Experimental Gerontology*.

Now, compare those Blue Zone numbers to a 2017 U.S. general study that found the only 40% in this age range are typically still tossing the sheets together. (University of Michigan National Poll on Healthy Aging.)

Let’s understand what the 60% of men and women in the U.S. between 65 and 100 are saying about no longer enjoying the pleasures of sex.

Top 5 Reasons Older Couples Stop Having Sex (and How to Overcome Them All)

Sex Excuses in Older Folks

Different experts come up with different top reasons why older couples stop having sex.

However, here are five that consistently make the short lists (not including menopause and ED).

1. Chronic pain (this can include arthritis). When you are in pain, the last thing you might want is an intimate encounter with your partner. But that intimacy and touch could very well be what you need to lessen the pain. We know a healthy sex life positively affects every aspect of our lives.

You want to be talking with your partner about the specific aspects of your pain that have you shying away from sex. That can begin the conversation that leads to creative sex that works for you. Show your new found freedom by starting the conversation with clothes on but don't hesitate to explore answers with your clothes off.

At the same time, you want to take steps to reduce the affect that pain has on your sex life. This might be reducing or eliminating pain medications that cause low libido or affect performance. Or it could be timing when you take the medication so that your pain level is low when you have scheduled sex. Quite often, the best answer is making lifestyle changes that naturally lessen the pain that you do experience.

Top 5 Reasons Older Couples Stop Having Sex (and How to Overcome Them All)

Conversations along with both of you looking for ways to lower pain levels begins building emotional intimacy to make it easier to move to the next step of physical intimacy.

Before sexual intercourse, you may want to work on creative ways to build intimacy.

- **Warm baths together.** These are often good for arthritic joints and other pains with the added benefit of boosting intimacy at the same time.
- **Touch.** Exploring each other's body through touch is an exciting way to heighten your sexual feelings. This can include holding hands, cuddling, fondling, stroking, massaging, and kissing. Touch in any form increases feelings of intimacy and oxytocin.
- **Oral sex.** It can avoid pain and be an alternative or supplement to traditional intercourse.
- **Different positions.**
 - **Lie side by side** to take pressure off the back and other joints. Both lie facing one another with their legs interlaced. This can be particularly good for back pain and after hip replacement.
 - **Kneel,** a women with hip or knee arthritis can lie on the edge of the bed with the

Top 5 Reasons Older Couples Stop Having Sex (and How to Overcome Them All)

man kneeling (or standing) in front of her.

- **Woman on top** is good for a man with arthritic knees. She straddles him on top.
- **Missionary position** with pillows helps when both partners have painful or arthritic hips. The woman is on the bottom with pillows propping up her bent knees. The man is between her knees in a ‘push-up’ position with bent knees and straight arms.
- **Sit or anything that feels better.** Just the act of trying these new techniques will greatly improve the intimacy between the two of you. There is more to come about trying new sex positions and techniques.

2. Diabetes. The first line of defense against sexual problems from type 2 diabetes is avoiding or controlling it through diet and moderate exercise. If you already have diabetes, lifestyle changes will lessen the severity and often eliminate it completely.

As you work towards overcoming type 2 diabetes altogether, it doesn't hurt to keep a ‘diabetes sex kit’ handy. Keep a box of juice and test supplies alongside candles and other sex supplies. Vaginal dryness can be an issue for women with diabetes. If

Top 5 Reasons Older Couples Stop Having Sex (and How to Overcome Them All)

you're using a lubricant, I still say that coconut oil is the best. Avoid lubricants with sugar, especially for women that have diabetes because these can trigger yeast infections that she is already susceptible to.

Some men with diabetes develop a condition known as retrograde ejaculation. Instead of ejaculating through the penis, their semen goes backward into the bladder. This doesn't make sex any less pleasurable and shouldn't bother you.

3. Heart disease. Anxiety, rather than the heart disease itself, is one of the biggest obstacles to great sex when you have heart disease. First of all, understand that less than 1% of all heart attacks occur during sexual activity (including people with heart disease). And of that 1%, 75% were having extramarital sexual activity.

A sedentary lifestyle increases the risk and the good news is that having sex regularly lowers the risk. Nirvana Sex is not strenuous, but doctor approved moderate exercise can improve your stamina.

If you're being treated for heart disease, you should talk to your doctor but even after open coronary artery bypass surgery, sexual activity can usually resume in 6 to 8 weeks (after your breastbone has heals).

Top 5 Reasons Older Couples Stop Having Sex (and How to Overcome Them All)

4. Medications. Side effects from Big Pharma medicines can cause low libido, ED, and other sexual problems (blood pressure meds, antidepressants, tranquilizers, appetite suppressants, diabetes drugs, and ulcer drugs). This is best dealt with by changing your lifestyle to improve your physical health but you can also talk to your doctor about other drugs and lowering dosages. When you improve your lifestyle, you can often lower the dosages very quickly. Exercise moderately, reduce stress, eat a balanced and nutritious diet, drink lots of water and juice, and don't smoke or drink. The same applies to alcohol and other substance abuse.

The Big Picture of Sex After 60

Focus on the journey, not the destination. If you encounter setbacks, try not to become discouraged or focus on the negative. Keep trying. Sex isn't just physical but an emotional expression of intimacy.

Younger certainly is not better when it comes to sex. Memories of amazing younger sex are forgetful of the inhibitions that came with it and the lack of knowledge about your body and even more so about knowing little about what pleases a woman.

As we gain knowledge with age, we have a deep appreciation for intimacy that has often been nourished and developed over decades. We also

Top 5 Reasons Older Couples Stop Having Sex (and How to Overcome Them All)

develop self-confidence that builds desire in ourselves as well as our partner. Less stress, fewer responsibilities, more time, and privacy encourage more exploring and creativity.

If you're not feeling this way already, you can 'fake it till you make it.' When you start 'just doing it,' you will break stagnant old habits that are holding you back. There is no better proof of this than is often the case with women with vaginal lubrication and elasticity concerns. Sexual release has shown that both conditions quickly improve and desire returns. Even if it feels artificial at first, get started, let the oxytocin flow, and give it a little time to become better than any of your youthful memories.

Oxytocin, Candles, and Soft Music for Intimacy

Make oxytocin a big and regular part of your wellness routine. Continuing to build intimacy is still important as we age, and even more important if your sex life has hit a period of doldrums.

Long periods of time with the same partner may have diminished your arousal and oxytocin is just the answer to bring desire and arousal back to your bedroom. Oxytocin is not a myth. It has been scientifically proven to make you feel closer to your mate. Research shows oxytocin makes us more emotionally vulnerable, allowing us to share and

Top 5 Reasons Older Couples Stop Having Sex (and How to Overcome Them All)

converse in ways we otherwise don't. Affection and naked cuddling leads to more pillow talk that brings on bonding behaviors that become sexual behaviors. Diversify your sexual experiences so that you and your partner can keep on going (and going and going). Your reward is a sexually beautiful long life.

The Lives of Sexagenarians

When I get older losing my hair
Many years from now
Will you still be sending me a Valentine
Birthday greetings, bottle of wine?
If I'd been out till quarter to three
Would you lock the door?
Will you still need me, will you still feed me
When I'm sixty-four?

~ From The *Beatles*
"When I'm Sixty Four"

Real life can be more convincing than dry scientific studies. The internet dating site Match.com first got started when today's sexagenarians were in their 30s. Match.com's annual survey finds the optimal age for sex among single women is 66. For men it's 64, finally revealing the answer to the question that the Beatle song asked many years ago.

Sending valentines and bottles of wine are all part of the oxytocin lifestyle. The survey found that 83% of all singles consider the two most important components of great sex to be a caring and an enthusiastic partner.

When it comes to the 'free love generation,' the old 'wait until the third date' belief is gone. More than one-third of Sexagenarians say they have sex

with a new partner even before a first date.
Imagine that John Lennon!

Sexuality of Women 60 and Beyond

Men have a sex drive for life but don't ever think that women lose all interest in sex because of menopause or when they turn 60. Women of all ages and backgrounds refuse to go quietly into the night. These women have no use for the stereotype that age is a factor in their sexuality.

Ali was 64 when she when she met Bernard at a social gathering of friends. He was a retired airline pilot with a world of experiences. It started out with a couple of dinners but quickly became a weekly meeting at a hotel. That went on for several months and Ali was satisfied with the arrangement. However, the intimacy soon blossomed into a friendship that neither expected because they had nothing in common except a strong sex drive. Now Ali is 71 and Bernard is 73 and there sex life is stronger than when it first started. The only change in their sex routine is that now it also includes going to art galleries or movies.

When Jane and Ed met, both had been married for over 35 years and were now both widowed. Jane was sure that she was done with sex after her husband passed. That was, until she met Ed. Their meetings over lunch were pedestrian. She

remembers the first time he brought up sex, she talked about how the subject made her feel sick.

But Jane enjoyed the company even though Ed persevered about taking it to a sexual level. The lunches got longer and after six months, Jane yielded to Ed's desire. Fast-forward two years. Today, the two meet most weeks and often vacation together. Jane, who once believed her sex life was dead and buried, now oscillates between elation and disbelief.

You might think Ali and Jane are exceptional women carrying on like women half their age. But Ali and Jane say they have friends with similar stories. They say their sex drive is at least as strong as it was at age 30 and more enjoyable because they have a few more decades of experience.

Rachel's story is a little different. She's 67 and seeing a 76-year old man. In the beginning, he was unable to have intercourse due to prostate problems. But Rachel swears he gave the best oral sex she ever had and it kept her coming back for more. Rachel can't explain why but his ED cleared up. In Rachel's words, "I began experiencing my first vaginal orgasms. Phenomenal."

Rachel also goes on, "We're in different cities. We see each other on alternate weekends and generally have sex two to three times over the course of two

days. When we travel for a week or longer, there is rarely a night when we don't have sex."

Jacklyn hasn't had sex in a while. The last time was with a much younger man about three years ago. She says sex with a younger man wasn't as satisfying as she thought it would be. However, it was surprisingly empowering. She says she didn't feel at all embarrassed about her older body and was happy with herself because she accepts it. She learned that changes in her body might not be wanted, but acceptance is an important part of staying sexy and positive. Jackie concludes, "It's evident in my life that though my body is showing natural aging, the sexual desires have remained. Now, I think an older man can satisfy me!"

The Seasons of Sex

Linda wrote to me about how at age 68, she was extremely happy with her husband (Bob) of more than 40 years and how their sex life had evolved through "seasons." After many decades, today, Linda and her husband enjoy each other and an active sex life that they never imagined possible. Here is Linda's story.

I didn't know it in my mid 20s but there are inevitable sexual seasons in a long-lasting partnership. When Bob and I married, we were certainly planning to be lifelong friends and

teammates but you can never be sure in today's world. In hindsight, I'm convinced that our dedicated sex life is the glue that holds us together. That includes the sexual off seasons when life was hectic but we always found time for lovemaking, although sometimes not as often as we would have liked.

The Honeymoon Season was a highpoint that I still cherish today. The sex was intense and frequent. Often waking in the middle of the night for another go at it before the sun came up. I'm sure these memories got us through some rough times that we may not have otherwise. I sometimes think that couples that marry later in life short-shift the honeymoon, which could be why so many marriages don't last.

Bob and I had another season in our sex adventure that I call the YOUNG AND IN LOVE Season. The intensity of the honeymoon had faded but we still had energy, time, and desire for each other to do it whenever and wherever we wanted. This was before the kids and when our careers were getting started but before we had all of the responsibilities that would follow. We never took each other for granted with the weekend sex being the best. I didn't know about oxytocin at the time but we were certainly engaged with lots of those behaviors. Little things like unexpected hugs while I

was doing the dinner dishes that led to snuggling on the couch in front of the TV for the evening.

But eventually the Tough Sex Season of kids and career followed. Waking each other for sex at three in the morning became getting up with a crying baby and trying to get another hour of sleep before the alarm went off at six. Sex was limited to ‘time permitting and both of you weren’t exhausted from work.’ During the infant year, we would still get into bed naked and it didn’t take long to ‘get in the zone’ at least once. Then came the toddler age that dampened the mood as we worried about being overheard romping around without awareness of anything else in the world, other than each other. Then came the grade school and teenage years that required helping with homework and being a taxi driver that added to the exhaustion of ever-busy careers. These were the toughest of our sex seasons, when spontaneous sex happened occasionally if one or both of us wasn’t too exhausted AND we were sure a kid won’t walk in on us. Still, I now realize that the family life kept our oxytocin levels high enough to get us through the rough times.

Then there was the Not So Young But Still In Love Season that happened when the kids were out of the house and away at college. Our careers were also on autopilot. It was almost a second

honeymoon but our bodies were beginning to have limits. The best part is that sex was much more about lovemaking and connecting emotionally. More oxytocin to fuel the still burning fire.

Next, the second honeymoon became the Menopause Season. We got through it better than I've heard other couples talk about. Or I should say not talk about it. Bob heard from his buddies and I heard from girlfriends that bedroom life had gone dead. What we realized is that they were talking to us but not each other. We realized this because we were talking about the changes that come with menopause. As I recall, this is when we realized there are seasons to sex that we needed to adjust to. Bob's libido was higher than mine and he wasn't ready to give up on the second honeymoon. But by now, his back was giving him plenty of trouble. Us talking about it helped a lot. Somehow, we got into doing some experimenting that led to Tantra sex practices. I guess that was natural because we had been hugging, cuddling, carrying on, and finding time for spontaneous sex for almost 40 years. We weren't ready to give up on what had kept us the happiest all these years.

Today, we are fully into our Nirvana Sex Season. Bob learned about it in a Tantra chatroom. Today, we are still a little new to this. Bob passed the big 70 birthday last year and mine is coming up. Matt,

I'll give you an update a little further down the road because, as you like to say, "See you at 120!"

Short Sex Stories and Quotes

Matt here again and back with you. I do hear from a lot of people, although most aren't as thorough as Linda was. What might surprise you is that although most of the material is geared towards men, I hear a lot from women. Here are a few short stories of what they say about sex after 60.

Olivia, age 61. "Young people tend to think they invented sex; I once thought that also. Now I'm a 61-year-old woman and my partner is a 67-year-old man. We have been together for over 25 years, and we are not averse to waking up in the middle of the night to have sex, lots of it. Age improves intimacy; it improves communication; it makes for much better sex."

Victoria, age 61. "I am 61 and I love sex! As I have aged, sex has gotten better. I am open and speak up about what I like and how I like it. Sex brings on pleasure and confidence and it makes me glow! Sex is a key factor in aging well and taking care of myself."

Bella, age 66. "When I was younger, I'd fake an orgasm to make the man feel better about himself. Sex is healthy, but not if it's fake. After Nirvana Sex changed my mindset, I have amazing orgasms!"

Sometimes, I would fall asleep at the end, which is okay and should be taken as a compliment by my man, which it is. Good sex means giving and taking with respect. Be honest with yourself first and foremost so you can help your lover know how to satisfy you. Relax and let yourself go!”

Anna, age 53. “I have it. A lot. I have a wonderful partner whom I love very much. He and I are very compatible in many ways, not just in the sack but also in terms of our values. Even though I am going through menopause, we are together through and through. I feel lucky, as this relationship has been my best sexual experience by far. We have been together seven years.”

Julie, age 63. “Sex is so much better with age and body acceptance.”

Kathy, age 67. “Sex is so much better than in my 20s. I am able to orgasm, I’m not afraid to ask for what I want and I look after my body. I am finally putting myself before my kids.”

Faith, age 67. “Sex is a wonderful gift from nature designed to keep our bodies younger and to bring us zen.”

Arya, age 67. “Ideally, I would have it a lot more. ‘Old’ doesn’t mean not into sex; it just means we’re too set in our schedules...too much TV, not

enough hands-on time. Get your partner off the couch and into bed. Don't lose the romance (not the jump your bones stuff – the sweet, thoughtful stuff).”

Rose, age 61. “I've never enjoyed sex as much as I do now. I have an older lover. I didn't think lovemaking could be this pleasurable, and it keeps getting better. I've learned to let go of all my inhibitions and be adventurous, and he keeps pushing the boundaries. I've never felt so beautiful and loved as I do now. This is the best time of my life.”

Dopamine Versus Oxytocin is Not the Battle of the Sexes (Fertility Sex -v- Nirvana Sex)

As ancestors of cavemen, we haven't evolved much beyond seeking out fertile young women to get them pregnant. What we have evolved to is being able to go one of two ways. Either being promiscuous by having lots of sex with lots of women. Or taking a long-term partner to settle down into a family life. And some men fall into the middle by supporting a family for many years before going back to the jungle looking for more young women.

We Can't Go Back to Our Caves

A very big difference today is the number of women that men see as being available for sex. Even Fred Flintstone's rockmobile didn't get him much further than the girls serving brontosaurus ribs at the local drive-in. That's ten millennia back in time from the endless stream of porn that today's man holds in the palm of his hand with a smart phone. Although not true, man's brain today thinks every one of those 10,000 women he sees every day is a potential sex partner.

Porn women, women on the street, women on TV, women on billboards, 10,000 women a day

Dopamine Versus Oxytocin is Not the Battle of the Sexes

stimulate men's brains the same way. It's our lizard brain that doesn't think in complexity. It only thinks in terms of good and bad. 'This is sexy' and 'that is not sexy.'

The modern sexual world has overwhelmed man's lizard brain. Every sexual image causes hormones to be released. The lizard brain is about 'fight or flight.' With sex, it's about 'go get it' or 'leave it alone.' The hormone that is released in the lizard brain is dopamine. A fight or flight hormone. At most, it lasts for about 20 minutes.

As the psychologists say, the lizard brain response constantly works to destroy the 'pair bond.' The one man, one woman, family bond. Dopamine sex is 'pump, come, and be gone sex.'

Since escaping the cave days of fight or flight, we have slowly evolved towards a goal of feeling happy and wonderful. We want our 'human brain' to control our happiness. It should never matter what your boss does, which political party is in control, or what your neighbor is doing.

Sex makes us happy. Sex is wonderful. We are living to be much older than cavemen. 'Pair bond sex' is what our sex lives best evolve into as we age. The pair bond hormone is oxytocin. Not dopamine. Oxytocin is the love hormone or the happiness hormone.

Oxytocin is Long Lived

Biology research has taught us a lot about the differences between dopamine and oxytocin. We are constantly bombarded by dopamine but it's short lived. Afterward, there is a huge drop off in the brains 'pleasure center.'

Oxytocin is long lived. Often for days. It works wonders in pair bonds. It's the love hormone. She wants the best for you and you want the best for her. The good thing is that we know how to hack this biology so that we can be ecstatically happy all of the time. We can have relationships without arguments, no bickering, no difficulties, no worrying about what the neighbor is doing.

Working towards more oxytocin in your 40s, 50s, 60s, and beyond doesn't mean you shouldn't sow some wild oats in your 20s. What oxytocin is about is the secret to long-term happiness that you'll most enjoy as you age.

The Endless Honeymoon

Oxytocin hacking is the secret to Nirvana Sex. It's eternal happiness and an endless honeymoon. This has nothing to do with religion. This is about the human experience because sex is the best of the human experiences. With Nirvana Sex, nothing can get in the way of your happiness.

Dopamine Versus Oxytocin is Not the Battle of the Sexes

Still, some men and women don't seem to be built for long-term relationships. Nirvana Sex will still bring profound happiness, although the effects might not last forever.

The promise is that with Nirvana Sex, you can achieve relationships with ecstatic bliss and happiness. Maybe not when you are young but this works extremely well with age. We go through sexual phases that are easy to reignite. Even if you think your sex life is dead, there is an answer.

Beyond Fertilization Sex

So there are two dominant types of sex — fertilization sex and Nirvana Sex. Fertilization sex is dopamine sex and Nirvana Sex is oxytocin sex. Fertilization sex is okay in your 20s. You have quick sex and it's over. You move on to your next partner. Moving on to the next partner is almost instantaneous. It begins as soon as you ejaculate and fall asleep. There might be a short honeymoon period with a partner but these are over in 12 or 18 months at the most.

Orgasms no longer bring you together. Orgasms can actually drive you apart. This is called the 'Coolidge Effect.' The Coolidge Effect is all about dopamine and finding a new partner. The phrase comes from an incident between President Coolidge and his wife while being guided around a farm. They each

had a separate guide for the tour. Mrs. Coolidge saw a rooster mating with a chicken. She asked how many times the rooster mated in a day. The guide explained that it was "dozens of times" each day. Mrs. Coolidge replied, "Tell this to my husband when you see him." Of course, it was passed onto the President when he came to the same pen. The President then asks if the rooster does this with the same hen every time. The guide said, "No, it's a different hen every time." He then smiled and said, "Tell that to Mrs. Coolidge."

The entire world lives like this. The Coolidge Effect is all about dopamine and the lizard brain. You can become addicted to always wanting a new partner from all of the commercial bombardment with sexual images. It's a challenge in the modern world preventing us from reaching Nirvana Sex and all the bliss that comes with it.

The 60-Something Itch

Horny old broads and dirty old men. I remember hearing those words as a teenager. Those words meant that something wasn't quite right about the elders who refused to give up on sex. Today, I have a completely different way of thinking. Obviously, I think a great sex life continues well beyond the years any of us would make a great pin up poster. I suspect the old coots that labeled others as horny old broads and dirty old men were more jealous that they weren't getting any action than willing to admit they also have strong sexual desires.

Fortunately, we've learned there is a big difference between our 'genital prime' (related to fertility and youth) and our 'sexual prime.' Our genital prime is what happens early in life when hormones kick in that we haven't yet learned how to handle. They have us feverishly groping each other in the backseats of the family car and dying of embarrassment when called to the front of a high school class, in front of our current heartthrob, with a big bulge straining the zipper on our pants.

There is No Age Limit on Sexuality

Our sexual prime comes along much later and lasts much longer than most of polite society admits (hence: horny old broads and dirty old men). As we age, we benefit by accepting ourselves as we are

sexually, knowing what we like, and not being afraid to ask for it.

Age itself does not affect your sexuality. If you want to enjoy sex until the day you die, you would be smart to control the factors that actually do decrease it. Things like too much stress, too little sleep, poor eating and exercise habits, and not making the time to nurture yourself and your relationships. Letting your overall health fall by the wayside is the biggest culprit in sexual woes. If you nurture your sexuality, it will come as no surprise that people in their 60s are sexually better adjusted than hormonal-raged youngsters.

Admittedly, sex is often slower and we are more in control as we age. While younger women may lubricate in as little as a few seconds, it can take older women up to several minutes to become lubricated. The same applies to men and their erections. But it's important for both sexes to realize that taking longer to become erect or lubricated doesn't at all mean that both of you aren't becoming highly aroused.

In fact, slower can actually be better for your sex life. When the physical markers of arousal aren't instantly obvious, it gives partners more time to play and connect with each other in bed. The behaviors we usually think of as foreplay can become the main event during sex, and give

couples the opportunity to rediscover themselves and each other sexually.

It's with age that we learn that when one position used to do the trick or if sex has always followed a predictable sequence (as it does in many long-term relationships), it helps couples to shake things up.

It's the 60-something itch that brings on a curiosity about erotic massage and other techniques. Now is when you have the courage, reasons, and confidence to introduce them into the relationship. This is the time to 'Celebrate what improves with age.'

Younger men may have stronger erections, but older guys tend to have better control. You and your partner now know each other's bodies very well, you've perfected your bedroom technique, and you should feel less inhibited than you did in the past.

Being aware that the mind is the biggest sex organ is a great place to begin. By understanding the inevitable changes that occur over our sexual life cycle and knowing how to deal with them, you can sustain a healthy and satisfying sex life well into your golden years. Keeping a sex-positive attitude and a commitment to overall health is the way to maximize sexuality, whether you're 60 or 90. Here

are the stories of a few that have figured this out and are willing to share (anonymously).

Giddy Golden Girl

Liz begins with, “I’m going into my 66th year and have been fortunate to have had a very constant lover my same age for over 35 years. Insomnia became a blessing when we started napping together in the afternoon.”

We are both past the point of sexual gymnastics. For several years, he has had difficulty climaxing, but I am able to help him become aroused enough so that we can have gentle intercourse. I think he has remained sexually excited himself and exciting to me because I am multi-orgasmic, which gives him great pleasure. We also have what we call ‘conversational sex.’ We talk a lot while we are engaged but not necessarily active.

Our favorite time of day is a sunny afternoon when the sun streams across the bed. We are also discovering sexual napping together, brought on by his bouts of insomnia. After reading about the problems that others have, I think we are both very blessed.

Liz goes on to talk about how sex has changed over her years. Intimacy has definitely grown to make sex much better. In her hindsight, sex is a type of bridge to intimacy. As Liz says, “In my young years,

I used hormone driven sex in search of more intimacy. In my late 60s, intimacy now brings slower but more joyful sex. There is no doubt that sex is an intimacy bridge. One can lead to the other and vice versa.”

David and a Lady From Dance Class

I'm a 64 year old man with a wife that stopped having sex almost nine years ago following her heart surgery. The doctor told me that sex was still fine for her but she made up her own mind that it would kill her.

I accepted that for several years but gradually she stopped all physical touch including hugging and cuddling. In front of the kids, I get an occasional peck on the cheek but that's it. Three years ago, she moved into a separate bedroom. It's her choice, not mine, that we live like brother and sister.

Two years ago, I decided I wasn't done living just because she was. She doesn't know it but I met an attractive woman in our dance class and we both found that we still love sex. It's not always intercourse but we both enjoy giving and receiving oral sex. Just as much, we often just hold one another naked while fondling, talking dirty, and generally enjoying ourselves. Both of us find this very satisfying at our age. We also have many of the

problems of old age but we continue to enjoy each other in what we call 'gotta-live sex!'

Yes, I'm still married and her husband passed on 10 years ago. My point is that sex is enjoyable at our age but it is not the sex you see in the movies or in porn. I guess at our age, both the woman and the man have to want it. I, for the life of me, don't understand not wanting it and all of the good, no, great feelings that go with it. Please don't respond with negative comments about my cheating on my marriage, this is not about that.

Deborah's Not 30 Anymore

I'm 64 and my husband is 68. We've been married for 21 years and have had a really good sex life until recently when he started having problems maintaining an erection or staying stiff enough to penetrate. Now, every time we try to have sex, he panics and starts trying all kinds of different strange positions that he thinks will help him to penetrate. My body no longer does some of the things he wants me to do. My hips start giving me so much pain that I could cry. Still he thinks it's up to me to continue to 'work' with him until he gets 'better.'

We aren't 20, 30, 40 anymore. I want to try more gentle, more foreplay type sex. He won't even try it that way. We use olive oil or coconut oil as a

lubricant and in the past, I would have multiple orgasms. I used to love sex, but now I dread it. It's like being in a triathlon. It wears me out and it just isn't fun anymore. He gets offended that I feel that way. Selfish? I suppose I am. I just wish that he'd realize that things DO change and it isn't always a bad thing.

Jerry - Sex More Often Means Both of You Will Be Happy

According to Jerry, many men over 60 are looking for sex with other women because their partner has lost interest in sex or have medical issues. There are two sides to every story and part of the issue could be some men just wanting to take care of their needs. When you don't consider her needs, it can lead to her not being satisfied and not wanting sex in the future. You both lose!

The funny thing is others in the same age range are having their best sex. This is because they have more free time and more experience to name a few common reasons. Why do you think many young men want older women? The younger men know that the older women are more experienced and better lovers.

Sex helps you sleep better and increases happiness. It improves the body's immune system. It helps you control weight by burning calories – sometimes

quite a few. Orgasm is great, but sexual afterglow is better for the relationship long term. The holding, cuddling, and kissing after sex increases romantic satisfaction.

Men who are one and done, especially after 5 to 10 minutes, often leave the woman unsatisfied. I would highly suggest taking care of her needs with your fingers, tongue, or toy. Best to do this before you have an orgasm. She will love it. This will lead to sex more often and both of you will be happy.

Paul Has the Right Idea

I'm 65 years old and my girlfriend is 60. We've been using coconut oil as a lube for about 3 years now. There's nothing better, if you get too much, you just rub it in to your skin, its edible so when she goes down, it's perfect. I love massaging her butt with it!

Keep it simple and enjoyable!

Re-Wiring Your Brain for Sensation Orgasms

No morning wood?

No porn?

No fantasy?

How are you going to get aroused?

Understanding Your Brain Wiring

When something feels good, your brain dedicates more resources towards obtaining more of the good feeling. Men with brains wired to porn are pumping dopamine into their brains. To obtain an ever-bigger rush of dopamine, they escalate the extremism of the porn until they are way past the limit of what almost any woman will find sexy.

Not only do these men become hard-wired in their brain to this extremism for sexual arousal, eventually there is nothing extreme enough to further boost the dopamine. This is a big cause for the onset of erectile dysfunction (the opposite of arousal).

When you understand brain wiring, you can do anything that you want to do. It almost sounds as simple as positive thinking but there is much more to this. What we want to do is work on better sexual brain wiring. The best sexual brain wiring

happens when it is shared with your partner. But having a partner is not at all necessary.

Rewiring When You Don't Have a Partner

If ED caused by porn or fantasy is a problem, the place for you to begin is with masturbating without involving porn or fantasy. But here's the unexpected thing – you're not trying to get hard. At least not in the beginning. The reason is because you have no control over your erections. There is a very true saying that when you're in bed with a woman, there are three of you in the bed – her, you, and the penis. The same basic truth applies to masturbating. There are still two of you present in the moment – you and the penis. You still have no control over erections.

What's important to comprehend is that a flaccid penis is fully capable of giving you pleasure. You can wire your brain to go where you want to go for pleasure – not where your penis wants to go (no porn or fantasy). If your penis is flaccid, just go with what you've got at the moment. It's about making sex fun again. Same thing when there is a woman in your bed – go for the pleasure of sex. If your penis wants to join the fun it will. You can make sex fun for only you or for you and a woman. Let your penis do what it wants.

Skip the Anxiety and Get to the Pleasure

Once your brain is wired to masturbating to porn, it will never go away completely. However, as you rewire your brain, the porn stuff does become less dominate and even dormant, but it never goes away 100%. You don't want to go back to the porn and fantasy behavior because that hardwiring will easily return. Moving towards pleasure sex needs to be a one-way trip.

Rewiring Your Brain for Arousal

With practice and after you get this right, you'll be capable of a 'dry orgasm' at any time (clothing is optional) with or without a partner. A dry orgasm comes without all of the negative consequences of ejaculation, but with all of the pleasure that you want. It avoids what I call 'sexual leakage.' No feeling drained or unattractive to your partner. No depression. No weakness. None of that. If you don't think this can happen, try stopping ejaculation for just a few weeks to discover what a different man you become.

There is a huge biological price paid for ejaculating. It takes a lot of resources for a man's body to produce sperm – 500 million sperm per ejaculation. A typical man will ejaculate 14 gallons of semen in a lifetime. It takes so many biological resources to produce sperm and semen that a man's body will literally shut down this process when the

body is going through a traumatic illness or needs the resources for something else. The less you ejaculate and the more sex you have, the happier you will be.

What has become my ultimate pleasure is sex four times a week for at least half an hour each time without ejaculating. You can do more if you want.

Orgasms at Any Time with Any Body Part

Having all of the orgasms that you want is the goal. And you're going to do this using what you have at the moment - no erection required. Erection or no erection, it doesn't matter. Partner or no partner, it doesn't matter.

The body parts can be anything but often are the prostate and nipples. I've been practicing this for a while and now when my wife, Jody, touches me anywhere (including my thighs) I have a dry orgasm. It's a new level of Nirvana Sex.

You don't need an erection to masturbate. You don't need porn and you don't need to fantasize. You only need to feel sexual pleasure. You don't want to use porn or fantasize because that feeds the old brain wiring.

Instead, you want to wire your brain to sensitivity and a little stimulation but not mental images. Arousal will follow the sensitivity and pleasure.

Start With a Light Touch

Use a light touch on the penis's frenulum. This is the highly erogenous elastic band of tissue under the penis and slightly behind the head. It looks like a small 'V' just below the head. Usually part of it remains after circumcision. This is the most sensitive part of the penis and is also known as the male clitoris. Start with a light touch with one or two fingers. It doesn't take long to begin feeling the sensations from just a little stimulation. Feeling the sensations doesn't mean you'll quickly have an erection but it does mean you have started to rewire your brain.

It means your brain is becoming sensitive to touch. You will become sensitive to touch and light stimulation even without an erection, fantasy, or porn. This may take time but in a few months, you'll feel aroused even without ejaculating. Your brain becomes aroused through touch. Having her do the touching is fine. No porn or fantasy needed or wanted.

In time, you'll have orgasms in your nipples, testicles, heart, and all other parts of your body. It becomes sexual pleasure all day and every day. Very different and much more rewarding than what your brain has been wired for.

Want more proof? Think about how little boys are

constantly touching their penis long before they reach puberty. It's all about the sensitivity that we are born with naturally and long before we become wired to ejaculating and porn.

Ejaculating and Orgasm are Not the Same

Once we begin masturbating to ejaculation after puberty, our brains become wired to closely associate ejaculating with orgasm. But the two are not the same.

I want you to try an experiment to prove these are not the same. Begin masturbating but go slowly and pay close attention to what you're feeling. Shortly before ejaculating, is when you should feel the orgasm. This shows you that the two are separate. You don't need to ejaculate to orgasm. With practice, you'll be able to orgasm without ejaculating. A lot of rewards come with that. It saves all of the biological and sexual energy that it takes your body to build semen. Here is a biggie – men closely associate ejaculating with orgasm, which is why very few men have multiple orgasms. If you don't ejaculate, you don't need a refractory period to physically recover. You don't roll over and fall asleep. Orgasm without ejaculating means you can have multiple orgasms without becoming physically drained.

It takes time but I've become able to orgasm and

ejaculate without losing my erection. That enables me to still have intercourse after ejaculating. I don't do this often and it does require becoming very good at Nirvana Sex. It begins by practicing to separate having an orgasm from ejaculating.

Then it continues by learning how to move sexual energy around in your body so that you have full body orgasms multiple times and still stay hard.

Prostate Massage Can Be Better Than Penis Sex

You can think of a man's prostate as similar to a woman's 'G' spot. This is not her clit. Her G spot is on the upper vagina surface about an inch or less inside her vagina. Your prostate can take a little time to become sensitive but it is another way to bring full body orgasms. When the penis is not involved with ejaculating, these orgasms can go on for hours.

There are three ways to you can approach your prostate.

1. From the front, which is very challenging.
2. Indirectly via the perineum. That's the landing strip of skin that runs between the scrotum and anus. (Also by tickling your testicles.)

3. Inserting something in your anus (prostate massage).

When you are aroused, your prostate swells. This is how you know when you are doing it right. You can use a 'come hither' motion with a finger. You know you are touching your prostate when you feel it swelling. This is a slow way to orgasm, you need to know that orgasm doesn't happen shortly after the swelling starts.

In the beginning, you won't feel much at all. You need to focus on the sensations in the beginning. Eventually, you'll be able to quickly locate your prostate and sensations will happen faster.

Arousal is about physical sensations. It doesn't matter if you are with a woman or not. Rewiring your brain begins by focusing on sensations. Your goal is for it to never involve porn or fantasy.

Getting an Erection With a Woman Even Without Morning Wood

We've already established that it's not up to you if or when your penis decides to join in the sex. You might have to talk to the woman about this and that takes courage.

Before anything else, begin your efforts to rewire your brain to sensations. Only after you start doing this do you want to move on to having intercourse with a woman. However, it is with a woman that you can earnestly begin working on Oxytocin Behaviors.

Soft Entry Feels Great

Even with sensations starting to return, you need to be okay with not getting an erection or not always getting an erection. There are a lot of Oxytocin Behaviors, but kissing and naked cuddling are among the most powerful. Part of your full rewiring involves the sensations of intercourse using soft entry. It's a very simple two-step process.

1. Lubricate your penis with a natural lub like coconut oil (usually all that's need is some on the tip).
2. Gently guide it in.

At first, it might not feel as good as erection sex, but like many things in life, it takes some practice to reap the rewards. You will soon feel incredible pleasure.

It's common for men recovering from porn addiction to not have any sensitivity in the penis. As you recover, you will begin feeling more sensitivity. As sensitivity returns, you can expect erections to be close behind. The number one mistake that men make is not dating (or naked cuddling) enough or taking the other needed actions to improve penis sensitivity.

The other mistake is not taking action to get healthy. If you're taking 3, 5, 7 medications, none of this is likely to work. You need to change other behaviors to get off the meds (or at least reduce them).

The Young, the Old, and the In-between Become Aroused

Young men are particularly susceptible to porn but more and more older men are becoming addicted. Here are only a few of the typical scenarios that will be greatly helped.

1. Young married couple. After 2 years, the honeymoon is over and he has lost his libido and desire for sex.

Getting an Erection With a Woman Even Without Morning Wood

2. A 65-year old man that has high libido and sex drive but has lost his ability to have any more than one sexual encounter each day.
3. A long time a married couple thinks their sex lives are over. Menopause, 3 kids, and lots of stress in their lives - none of it actually matters.

The brain is not designed to deal with the endless novelty and extremism of porn and unrealistic fantasy. If that is where you are, you need to get off it and work on your sensitivity.

Arousal IS about the success or failure of your sex life but arousal does not have to be about having erections. Improving sensitivity of your penis comes before erections.

Arousal is about how your brain is wired to expect sex. Porn can be very arousing but so can a woman's shoe if that is what you wire your brain for. Some men do have shoe fetishes. It can just as easily be about something like the bed in your bedroom. Just laying down on your bed can stir your sexual arousal. You have much more control over your arousal than you might first think. It's all about how you decide to wire your brain for sex.

The bad news is that porn (on a screen), a shoe, and a bed are lacking one important quality that you really want your brain wired for. Not a single

one of these inanimate objects have a flesh and blood, breathing and participating woman involved in the scenario.

You Decide What to be Aroused To

You want to pick what you are sexually wired to. And you want to take action to rewire your brain if what you are currently wired to is not what you want.

Loving what you already have and wanting more can both exist at the same time and in the same person. This is what happens when we equate ejaculation with orgasm. The ejaculation does feel good but what we really want is the orgasm. Before you can get more of what you want the most (orgasm), you have to separate the two of them from each other.

When you keep ejaculation and orgasm combined, you are only capable of achieving less than 1% of your sexual pleasure.

Ejaculation is always about climbing a hill to achieve a brief moment of sexual pleasure. This requires a huge amount of stimulation at the sacrifice of sensation. What you are now after is lots of orgasm without the huge hill and without all of the stimulation. As we age (and some younger men), we often have more trouble being stimulated

to the point of ejaculation. But it's through sensation that we feel orgasm.

For stimulation, you pump and pump without coming. You get sore. She gets sore. Sex is no longer pleasurable for either of you.

You Can Rewire Yourself to Enjoy Sex Much More

You want to learn to become aroused by different stimuli. You want to learn to love the feelings that are being created in your body. The physical sensations.

The rewiring begins by loving 'what already is.' Right now, you need to begin loving what you already have - erection or no erection. To love what you already have, you need to stop trying to 'get somewhere else' (stop climbing the hill to ejaculation).

At first, you may feel little or no sensation in your penis. Or prostate if you are rewiring to prostate sensation and orgasm. You have to persevere to even pick up on the tiniest of sensations. You might need to resort to a little masturbation (or even porn) to get things started but be very careful not to overdo it (definitely no ejaculating). Your goal is to start feeling sexual arousal but not orgasm yet. (Fantasy is better than porn, if you have to). Stop

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external stimulation the moment you begin feeling sexual arousal. Switch to completely focusing on the sensation in your penis or prostate.

If you have ever done the ‘penis root exercises’ that I teach, it is the same except your focus is on sensations rather than your penis root. Masturbating is best (instead of porn or fantasy) to bring on the sensations quicker. But don’t over-masturbate to the point of ejaculating.

Repeat this for several sessions until you can start with sensations without any stimulation. This is when your brain is beginning to rewire. With time, the sensation of orgasm will begin. Eventually the orgasms become automatic based on sensation and just thinking about the sensations.

These orgasms are not at all the same as climbing a hill of stimulation to ejaculation. Rather, these are more like a spectrum that moves back and forth between feeling the sensations and feeling the orgasm. These orgasms go on for a very long time.

These will be small and subtle in the beginning. When you can stay relaxed, the orgasms will build into larger orgasmic episodes. You will not become spent, lethargic, or burned out.

You will become more attractive to your partner and more magnetic to all women.

While you are rewiring, you want to stay completely away from ejaculatory orgasms. And for sometime after they begin. Definitely wait for them to move past the subtle period and into orgasmic episodes. You should instinctively know when (and if) to bring ejaculation back into your sexual activities.

The Two Requirements Getting Started

There are only two prerequisites to enjoying pleasure based sex (erections are not one to them).

1. Arousal
2. Relaxation

Arousal can be difficult. For most men, arousal is the tricky part. You have to become aroused to sensation before this will work. It's a subtle sensation that you might not notice at first. It's not masturbation sensation. It works for the prostate, nipples, breast, testicles, penis, and other parts of the body. If you become frustrated by not feeling sensations in one part of your body, try another part. I suggest the nipples.

Relaxation is a common problem that becomes noticeable when you physically tense up. A particular problem is edging towards ejaculating that can cause physical tensing. This will take away your ability to feel sensations. Remember the

Getting an Erection With a Woman Even Without Morning Wood

exercise about focusing on orgasm just before ejaculating to learn how the two are separate. It takes a lot of focus because of the physical tension.

You need to start from a mental place of not having any expectations. This is the ‘loving what is’ part. Instead of anticipating what is going to happen, you’re waiting to discover what is going to happen next.

Another hindrance is when you feel an orgasm starting, you shift your focus away from the sensation and towards achieving the orgasm. This doesn’t work. You need to stay focused on the sensations. It takes practice because we are wired to tense up just before ejaculating, which we are wired to associate with orgasm. The more you relax, the easier it all happens.

It’s like learning penis root focus. Or you can think about it like your car driving skills. When you first learn to drive, it takes all of your concentration. When learning to drive, you can’t talk to people or listen to music. All you can do safely is concentrate on driving. With time and experience, your driving skills become second nature. It takes a lot less concentration and you can share your focus elsewhere.

As you begin, relaxing to focus on sensations is the new skill you are learning. Focus on relaxing and

the sensations will follow. As the sensations build, the orgasms will follow. Soon, all of this happens with little or no direct focus. Just thinking about the sensations will bring on orgasms.

Intensity and Pleasure Becomes Bigger and Bigger

You aren't even thinking about erections. As you discover the sensations, your pleasure intensity becomes bigger and bigger. Your brain rewiring is becoming stronger. The keys in the beginning are arousal and relaxation.

Don't forget that you also have to work on your testosterone levels. That is the part about a healthy lifestyle (healthy foods including sugars and healthy proteins). Also moderate exercise and staying away from estrogen (especially plastics). You can have high testosterone well into your 90s and beyond. Today, many young men also need to take action to overcome low testosterone. I'm not talking about testosterone replacement therapy (TRT). You want natural T.

It's all about having hours of sexual pleasure every day. Some is with your partner and some is without her. Without a partner is valuable because you don't have distractions.

This is so much better than reaching age 60 and

Getting an Erection With a Woman Even Without Morning Wood

resolving yourself to no longer enjoying sex. When you learn and practice these techniques, you will look forward to being 80 years old and excited about getting married. Or you can look forward to all of the sexual activity going on today in nursing homes and assisted living facilities everywhere.

Senior Homes Are Sexy Places

Old people live in nursing homes. Not dead people. One thing that there is no shortage of are stories from these people who have a lot of years and experience with life.

Don't believe everything that you hear from every staff member at senior living facilities. One staff member said, "There's only one married couple here, so no one else is having sex." Some staff members intentionally downplay what they know perfectly well is going on.

Here's what another staff member said, "A few days after they get their Social Security checks, we remove a mattress from behind the building. And we clean up condoms. Not only are they are having sex, they're hiring prostitutes."

There's another story about an older guy who was told to leave when staff caught him hiding a prostitute under his bed.

The stories coming directly from the residents are also very different from the first naïve staff member.

Your Genitals Don't Fall Off at 65

Irene, 77, isn't fond of modern technology. Instead of an email or Facebook, she sent a scented letter

pursuing romance with Sam.

Dear Sam,

Just like in the old days, a handwritten, perfume scented letter is so much more personal, don't you think? Besides, I can't send you a pair of my panties through the computer, now can I?

I just hope you don't think me cuckoo for being so forward in confessing my feelings for you but we have such little precious time left to waste playing games. I want you to know that I haven't given anyone my panties, since Elvis, Tom Jones, and Engelbert Humberdinck.

Truth be told, I don't feel 77-years-old and truth be told, you don't look 75-years-old. I apologize for being so bold and so offensively literal, but I was just wondering, can you still pound the pussy, please the beaver, part the clam, and pulsate the mound? My wet pussy aches for your hard cock.

Having never smoked and having only drank socially, always having exercised, I'm in excellent health for my age. I still have my sexy legs and round, firm ass. Proud of my tits, very sensitive to the touch, my nipples make me wet when fingered, pulled, twisted, and sucked. Oh Sam, my breasts need the touch of your hand and my nipples ache for your fingers and your mouth. Hoping that I don't

Senior Homes Are Sexy Places

scare you away, I don't mind telling you, Sam, that I have the libido of a 40-year-old woman.

A free spirit, a real pistol, I'm highly spirited. Your loving woman, Irene

Marybeth was 67 and had already been taken by Albert. It had been several weeks since Marybeth had given herself an excuse to visit Albert's room. Since then, she has often found herself masturbating just before jumping into the shower. It wasn't because she had some sick fetish with the toilet, at least she hoped she didn't, but because that was where Albert had taken her. All she had been able to see was the toilet and her image reflected back in the mirror. She often wondered if Albert had watched them screwing in the mirror. Seen the way her breasts jiggled. Her eyes had been closed at that point and how she dearly wished they hadn't been. Albert was a tall man with pale blond hair. She had seen images of him when he was younger, and it had always looked so startling close to white, but a soft buttery color that kept it from appearing so. He had pale blue eyes and despite his age, there was still muscle to his body. Lean is what she would call him. She hadn't expected such strength in a man his age.

Pauline Has a Cocktail Named for Her. This is from one of the largest senior communities in Arizona. With a ratio of 10 women for every 1 man -- one

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resident was quoted, “turn your back for a minute and someone will try and steal your husband.” This led to accusations of swinger parties and black market Viagra sales. There was a recorded incident when a 68 year-old resident named Peggy was caught having sex in a public square with a man 19 years her junior. The incident was honored by a local bar that designed a “sex in the square” cocktail in Peggy’s honor.

Time Goes By

While I won't deny that celibacy is what some older adults chose, we know that only a minority of them make that choice. We also know that sex is about intimacy and partnership -- not necessarily about the sex act itself. I've had seniors say, "I just like the feeling of someone in my bed" or "It's his touch that I miss the most." They're talking about the relationship, the intimacy, and the feeling of having someone close to them. Maybe it leads to sex and maybe not.

It's also just as important to understand that sex for seniors doesn't always occur within a serious relationship. We know they engage in casual sex -- which could be about just the sex itself, or about a need for intimacy.

Let's try a little exercise: Stop reading and think about your most recent sexual experience. Get a

nice picture in your head. Now compare it to your first sexual experience. These weren't the same, right? And they shouldn't be! Sexually, we don't want the same things today that we did in our 20s and 30s. This is what I mean by changing expectations. At some point, we'll all find ourselves saying something like, "I don't like this position anymore, it makes my lumbago act up", or "my tummy gets in the way", and so on.

Senior Jokes You Should Hear

Here's a joke that has been heard in more than one senior home. It's called, "**Don't ask me!!!!**"

Lucile 58, is new to the facility when she approached an 83 year old woman that had been there several years. The younger woman was complaining of having trouble with some of the men. To put it bluntly, the younger woman asked the older one, "At what age did you stop wanting sex and the attention from these old men?" The even blunter reply from the older woman was, "You're going to have to ask someone older than I am!"

80-year old Suzie asked a male staff member to take her on a special outing for her birthday. The staff member said he was going to the gym that afternoon and asked if Suzie wanted to come along.

“When we walked in, she looked around and collapsed in laughter. When she was able to talk again, I managed to ask her what was so funny.”

She said - “I’m looking at all this equipment and I can think of ways to have sex on every one.”

I want to grow old just like Susie. Oh, and I’ve never looked at the gym equipment the same way again.

And...

From Richard, “The wife and I tell the kids that when we get to the nursing home in our old age, we will make the place such a hot spot that local college kids will try and sneak in to learn a few things.”

One more for the road..

There’s an unusual and little known fact that can be found in some nursing textbooks. A tip on having sex with a male with an indwelling catheter. Apparently, because I do not know this for a fact, one would merely fold back the tubing and slip a rubber over the penis and catheter. Something to keep in mind.

Boys? Did you pick up on the fact that almost every one of these senior stories were from the girls?

Senior Homes Are Sexy Places

What you waiting for? They don't neuter you when you go into a senior facility!

Don't Give Sex Up at Age 60

A lot of people helped me find the oxytocin practice and helped me get better at it. There is no reason to give up on sex, ever. The best part is only beginning.

You no longer have the crazy hormones raging the way they did at 20. You don't have the distractions and stress of raising kids the way you did in your 30s and 40s. You don't have the same work responsibilities and workload in your 60s and 70s as you did in your 50s.

Now is the time to begin the best sexual and romantic adventure up to this point in your life. Beyond what you could even image before.

Nirvana Sex Begins a New Adventure

This works for the young and the old. But older people with physical issues get the most benefit because otherwise their sex life might be over. For men, this includes ED, coming to fast, not coming at all, not being able to stay erect, and other sexual challenges.

For her, it overcomes pain in her vagina, low libido, menopause, and more. If she says that she can't have sex anymore, she should be reading this.

When you leave dopamine sex behind and go with

oxytocin, you also leave all of these obstacles behind with the dopamine. It's all possible. It can be your new reality. This works with the woman you have been with for decades or the one you will meet next week.

Oxytocin is Your Sex Bio-Hack

If you don't understand hormones, you can think of oxytocin as being like the vitamins, food, and exercise that make life better. This isn't about the mechanics of sex. It's about an 'other world' connection and closeness with her and this world.

One reason I wrote this book is because all of us fear or dread going into old age without a partner. Many of us will have a partner but without sex, the relationship will come up way short of what it could be. This is the time to enjoy the fruits of everything we have learned so far in life. And what our ancestors have taught us.

This is NOT only for men with ED. It also works for others with health conditions like diabetes and heart problems. A rule of thumb is that you can have sex if you can walk up two flights of stairs. That's fine for dopamine sex but oxytocin sex works even if you can't walk up any stairs. Oxytocin sex doesn't need to be about physical performance or at all stressful. Just the burden of thinking you always have to get an erection can be as stressful

as carrying around a 300-pound cement ball. A huge burden is relieved when you learn you don't always (or ever) have to have an erection with Nirvana Sex.

The amazing part is that erections often return or better erections occur once that burden is gone.

Naked Oxytocin

This is even more amazing. You are learning that you don't want to have very many ejaculatory orgasms but when you do, your penis won't go limp. You'll stay hard for more sex as long as you want. That's Oxytocin!

Oxytocin is the male hormone for erections. Oxytocin comes from the testicles, a tiny gland in the brain, and from other parts of the body.

There are many ways to encourage your body to produce oxytocin. It's the love hormone. It's produced when you hug a child. Or pet a dog. Or just think about a loved one. Spiritually getting out into nature is a way to encourage more oxytocin.

But the best and most powerful way to produce oxytocin is long sessions of intercourse with the woman you love. Soft entry intercourse works absolutely great. So does naked cuddling. There are a lot of ways to bring on the oxytocin.

You can have oxytocin intercourse for 30 minutes, an hour, two hours, and longer.

I don't expect you to blindly believe me about these claims, so I'll continue sharing a lot of examples and studies from around the world that show exactly that.

Oxytocin Example #1 With Too Many Meds

A husband and wife were both severe type 2 diabetics and taking a lot of medication trying to control it. They had met later in life and got married without having sex and were expecting a sexless marriage. He couldn't get an erection and they didn't know of any other way to have sex.

Fortunately, the wife learned about oxytocin and convinced him to try it with her. Yes, some of my mail comes from women and she is one of them. I still get regular notes from her saying how amazing their life together has become after they got on the oxytocin track. Wildly beyond anything they had imagined together. It's now an intense and joyful connection between the two of them that never would have happened without bringing oxytocin into their bedroom.

Oxytocin Example #2 Brings First Orgasms

The wife had never had an orgasm, which caused her to lose interest in sex altogether. Both were

already in their 70s when they learned about Nirvana Sex. He actually got it started and very quickly her entire sex experience changed when she started having incredible orgasms. It quickly escalated into multiple orgasms when they began having sex several times a day (yes, in their 70s). She was on it, it was as if she was making up for everything sexual that she had missed out on all of her life. This was a woman that had not been interested in sex for many, many years.

I got the most recent note from him after this had been going on for about a year. He mentioned some of the escapades that his wife was now up to in the bedroom. Sex that had been a rarity their entire adult life was now a daily enjoyment and highlight of their life in later years. Admittedly, this is one of the most dramatic cases that I have heard about – but not the only one.

Oxytocin Example #3 Makes Meeting Women Easy

Bring back your sex life might seem insurmountable if you don't have a partner. The good news is that the oxytocin practice can be used to make it very easy to meet women, even if you're shy.

Personally, I don't encourage it but about 6% to 7% of men use this for casual relationships. They have a couple of different girls every year. Typically, a

relationship lasts 4 or 6 months. It's not my style but these men are usually honest about not wanting a long-term relationship. There isn't any drama when it ends.

One of these men is Ron. When he was in his 40s, he was dating women mostly in their 20s. The girls were okay with short-term relationships. Many of the women went on to get married and still be friends with Ron. He was very honest that he didn't want to settle down with just one woman. His relationships were about great pleasure without drama.

What oxytocin does is give you a great presence with women. It makes them approach you and want to get to know you.

Oxytocin Example #4 Revives a Dead Bedroom

This husband and wife had no physical relationship. They are living like brother and sister or roommates. Oxytocin is perfect for resurrecting this type of situation. You'll be completely into each other and gazing lovingly into each other's eyes for hours.

Oxytocin Example #5 Solves Breakup Problems

Oxytocin works when you want her to stay even

when she is half way out the door. This is for couples in counseling and therapy. Counseling and therapy seldom work because it's all about words and those words are as likely to fuel bickering as help the relationship.

Oxytocin doesn't require any words but is sure to bring closeness and desire. She will turn around at the door and want to be with you forever.

Counseling can help work out differences like how to raise the kids but Nirvana Sex is what holds together romantic relationships.

The Oxytocin Benefits are Many

People try all kinds of different methods to solve relationship and sexual problems. Rough sex and bondage or other non-intimate methods might (or might not) work when you are young. But what serves older lovers much better is the closeness and passion that Nirvana Sex brings to the relationship and into the bedroom. It unlocks a woman that has shutdown sexually. Even if she never had a sex drive to begin with. As a man, if you don't have any sex drive, you might need to start with other materials that help you revive and increase your testosterone levels.

Other benefits include overcoming unhealthy obsessions and compulsions. These include the typical culprits of alcohol, food, and gambling.

Oxytocin is also great for conquering depression. It fixes her bad moods and makes bitchiness disappear. She'll be happy all of the time. Oxytocin creates a world where only she and you exist in. The problems of the world become small and go away.

Sex Studies for the Ages

There is the *Kama Sutra* that was written around the 2nd century CE and first published in English in 1883. There are also many other ancient texts that have been around for centuries. However, the first modern studies of human sexuality didn't begin until the 1940s. Although seldom widely published, these modern studies consistently found that sexual interest and activity continues well into old age.

Unfortunately, although it acknowledged that senior sex existed, almost none of it explored what was going on sexually with senior citizens. At best, it defined the sexual limitations that come with age but ignored the wider concept of enhancing sexuality or even what still worked well.

Age Study Findings in the Past 30 Years

Towards the end of the 20th century, research expanded to include attitudes towards sexual expression by older adults and the biological aspects of sexuality and aging. One of the early findings (if the late 20th century is early?) showed sexual expression is very possible for older adults and sustained sexual activity into old age is more likely for those who had active earlier sex lives.

These studies have also found that not working through sexual issues for older people can lead to

or worsen marital problems at a time when pleasure and intimacy are most needed. Not only does this affect relationships but it is also closely tied to health, general well-being, and quality of life.

The modern data shows that as we age, we place a higher importance on intimacy and affectionate behaviors such as touching, hugging and kissing, as well as gentler intercourse. Overall, the data says we should be challenging the stereotype of the 'asexual older person' and the idea that only intercourse defines sexually active.

Where we are now at is realizing we can improve the experience and expressions of sexuality and intimacy for adults from mid-life onwards and with few medical interventions (like not needing Viagra).

Older Sex is NOT Bad Sex

Even today, there are stereotypical perceptions that senior sex falls into a few unflattering categories:

- 'Cute' in an innocent or childlike way.
- Predatory and/or lecherous, using terms like 'cougar' or 'dirty old man.'
- Problematic (sex in senior homes or when someone has dementia).

Pure and simple, this is social ageism. Sexuality, sexual expression, and the need for physical intimacy is actually an important part of every adult person's life. It should never be discouraged or viewed as inappropriate just because people get wrinkles.

All of us get old and in our own defense, we should be pushing a view that more needs to be done to support older adults in this vital dimension of the human experience, and give them help when they find it difficult to make needed changes for the sake of their own health.

Yes, Aging Does Change Sex in Later Life

We can't ignore that age changes both the physical body and our mental function. But changed mental function doesn't have to mean reduced function. It's more common to have better mental function from the accumulation of experienced and wisdom. This applies to sexuality just as it does to everything else in life.

Changes certainly don't mean that sex has to end at a certain age. It only means that we may need to make some adaptations to accommodate our changing body and emotional needs.

Very unfortunately, the reports all show that only about half of medical professionals ever talk to seniors about their sex lives. The few times they

do, is mostly only when the seniors bring up the subject. And then the subject is usually ‘one and done’ unless grandmother persists at getting more facts (facts that the medical community doesn’t have).

But all of us have sexual experiences and can learn and share with each other. Here’s a basic truism that we can start with that comes from Barbara Cartland (best-selling romance novelist):

“Among men, sex sometimes results in intimacy; among women, intimacy sometimes results in sex.”

Rethinking Sexual Basics

It’s common for older women to experience decreased libido or discomfort during sex. The fastest and easiest way to improve this is by including more touch during sex and more time for sex.

Like in women, aging men can take longer to become aroused and can have a longer refractory period after ejaculating and before being ready to begin a new sexual cycle. This can be related to declining testosterone levels and is also commonly influenced by age-related conditions and the medications used to treat them.

Here’s a list of the most common medications to be

aware of, when it comes to arousal issues. These are listed by the condition that they are prescribed for:

- High blood pressure medications: Thiazide diuretics, beta-blockers, spironolactone.
- Pain medications: Opiates (e.g. Morphine, Hydromorphone).
- Enlarged prostate medications: 5 alpha-reductase inhibitors (e.g. Finasteride).
- Prostate cancer medications: Anti-androgens and other testosterone blockers.
- Stomach ulcer medications: Histamine-2 blockers (e.g. Ranitidine).
- Depression, Anxiety and other mood medications: Tricyclic antidepressants, selective serotonin reuptake inhibitors, benzodiazepines, antipsychotics, phenytoin.
- Atrial fibrillation medications: Digoxin.

It helps to take the necessary action (change lifestyle) to get off these medications but men can also rethink their approach to sex and intimacy. A constructive approach is rethinking sex with a focus on sexual activities that don't require an erection

or an ejaculation. Increasing intimacy can be very beneficial to older men because men are more likely than their mature female counterparts to be in a partner relationship.

Change can be difficult as we age but when we are emotionally mature about this, we can explore new techniques to keep the connection strong. This is what people need to understand (young or old):

- Sexual activity is normal and important throughout life.
- Normal aging causes changes in males and females, which can affect sexual function and interest.
- Common health issues in older adults can also affect sexual desire and performance.
- Sexuality in late life may involve reframing goals and preferences to prioritize activities to include more than intercourse.
- It's worth it to improve sexual health in older adults.

I hope the information you are learning inspires you to take action and tap into the potential of your later-life sexual self.

Results From an Unprecedented Senior Sex Study

We still need many more senior sex studies but this is the most comprehensive study done among 57- to 85-year-olds in the United States. The findings were that many older people are surprisingly frisky - willing to do and talk about intimate acts that would make their grandchildren blush.

The study did find that for some people, their interest in sex fell off in their 70s. But more than a quarter of those up to age 85 reported having sex in the previous year. The dropping interest was primarily due to health or lack of a partner - especially for women.

The study, published in the New England Journal of Medicine, involved two-hour face-to-face interviews with 3,005 men and women around the country. Researchers also took blood, saliva and other samples that will tell about hormone levels, sex-related infections, and other health issues in future reports. They even tested how well seniors could see, taste, hear and smell – things that affect being able to have and enjoy sex.

Here are some of the findings to keep you interested in what older sex can still be about.

- More than half of those aged 57 to 75 said they

gave or received oral sex, as did about a third of 75- to 85-year-olds. Convincingly, the numbers between men and woman matched.

- Sex with a partner in the previous year was reported by 73% for ages 57 to 64; 53% for ages 64 to 75, and 26% of people 75 to 85. Of those who were active, most said they did it two to three times a month or more.
- Women at all ages were less likely to be sexually active than men. But they also lacked partners – far more were widowed.
- People whose health was excellent or very good were nearly twice as likely to be sexually active as those in poor or fair health.
- Half of people having sex reported at least one related problem. Most common in men was erection trouble (37%); in women, low desire (43%), vaginal dryness (39%), and inability to have an orgasm (34%). Nirvana Sex overcomes them all.

Niels Teunis, an anthropologist and researcher at the Institute of Sexuality, Social Inequality, and Health at San Francisco State University, said the survey bolsters the "use it or lose it" factor seen in previous studies.

Let's admit it, sex as we age still makes us feel closer and it plain feels good. I think it's important 'till the day we die.'

Low Testosterone is a Modern Problem

Major pharmaceutical companies want you to pay them to keep you unhealthy. You read that correctly. They earn more money by keeping you unhealthy than by providing long-term cures. Big Pharma has come up with many creative ways to do this. One is the way big pharma goes about increasing your testosterone levels.

Testosterone Drugs for Life

First, they get you started on expensive testosterone medications and treatments with their full knowledge about the side effects these treatments cause. The goal is for big pharma to move you up the pharmaceutical ladder to sell you more meds to treat those side effects. And boy - have they figure this out. Here's how it starts...

One of the side effects that the pharm companies are not required to disclose is that once you start taking testosterone increasing drugs, you can't easily stop taking them. The reason being is that after you're on these drugs, your body stops naturally producing testosterone. At best, you have to be gradually weaned from the drugs and that happens only if your body resumes producing T on it's own.

Along with taking T treatments for life, they also

sell you meds for the side effects. Gels are only one of the popular Big Pharma drugs. Some of the common side effects of gels include:

- Male breast enlargement or pain.
- Lower sex drive.
- Acne.
- Hair loss.
- Menopausal type hot flashes.
- Nervousness.
- Chronic headaches.
- Loss of strength.
- Loss of sleep.
- Weeping eyes.
- Less ability to smell and taste.
- Dry skin.

Those are the common mild to moderate side effects. There's another long list of more serious side effects to testosterone drugs but I think you get the point.

The Declining Modern Man

Testosterone is a hormone. It's what puts hair on a man's chest and it's what creates his sex drive. Many health professionals say it's normal to have a gradual decrease in testosterone starting at about age 30. I disagree. It's NOT normal to lose interest

in sex at age 30. The real causes of loss of testosterone include:

- Obesity.
- Chronic kidney or liver disease.
- Medications.
- Lack of exercise.
- Environmental toxins and synthetic household products.
- Inactivity.
- Wearing tight fitting underwear.
- Increased indoor room temperatures.

Something very noticeable from this list is that most or all of them are closely related to our modern lifestyle. When I say “modern,” I mean even since the 1970s, 1980s, and 1990s. Everything from being over-medicated, to living indoors, to our work no longer being a source of exercise has become a steeply increasing problem in the lifestyle for most of us. Fortunately, these problems can be easily fixed.

The World We Now Live In is About Low T

Studies show that men of the same age have at least 20% less testosterone today than they did 20 years ago. Today's 25-year-old man averages 20%

less today than a 20-year-old man from 20 years ago.

In one way, I think this shows promise for older men. If you're older, you remember what it felt like to have raging testosterone levels. You won't settle for what big pharma is selling you. Getting outside in the weather can do wonders for your testosterone levels. Men used to take pride in working outside through snowstorms, rain, cold temperatures, and hot sun. We scoffed at being told to take strong medicines for something we knew we could 'walk off.' That would keep the fat off our bodies and keep our bodies strong.

Today, we sit at computers or smartphones getting up-to-the-minute weather forecasts. We have remote devices operated from our favorite chair to warm our cars before we get in them to drive to the deli for a snack. And the plastics in our immediate environment are loading us with estrogen while draining away the limited supply of testosterone we have remaining.... I won't be surprised if both of your hands are touching something plastic as you are reading this.

More about what you want to do to change all of this comes in the next chapter.

Normal Levels of T

It's not just the younger men. Most men have

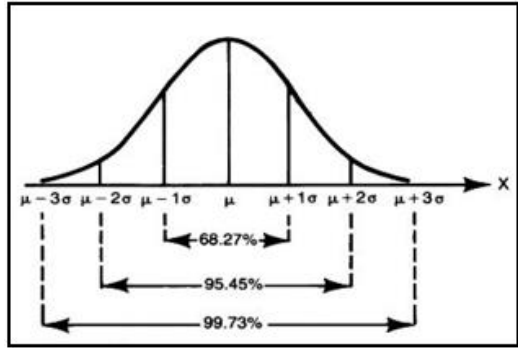
become pharmaceutical junkies. Instead of changing lifestyle, they ask doctors for a pill to fix what could naturally be fixed with a lifestyle change. Doctors can take more responsibility also. Instead of pushing artificial testosterone on their male patients, they should be encouraging them to lose some weight, get some exercise, eat the right foods, and get a bit more sleep. The only time you should need pharmaceutical based testosterone therapy is if you have testicular cancer, an injury to your testes, or have some medical condition preventing you from producing your own testosterone.

It only takes a few weeks of changed habits to increase your T level to above 450 ng/dl, which is still at the low end of the healthy range. Over more time, you want to bring it up to at least 600 ng/dl. You'll find age based charts and tables that say 600 is healthy for a 45 year old male. I'm convinced medical professionals base this on our modern lifestyle. I see no reason why a man shouldn't maintain T levels above 600 well into his 70s, 80s, 90s, and beyond.

Think of the range of testosterone levels as a bell curve. Those with T levels around 250 are on the far left of the bell curve. Those with levels approaching 1200 are on the far right. The majority of men are in the middle range. Where do you want

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to be? I do NOT suggest a goal as being in the majority middle when it comes to retaining your manliness. I suggest that you strive for the far right virile minority.



It's a gradual process. If you're on the far left, it only takes a few weeks to move a little to the right. About 90 days to get into the majority center (but only if you take constructive action). Getting to the far right is going to take both time and implementing all or almost all of what you are learning.

The modern lifestyle is responsible for more men looking like Justin Bieber than John Wayne. If you're not convinced, take a good look at some old black & white photos of men in their 60s from days gone by. They remained



much more masculine than today's young men.

The good thing is that a low testosterone level is not a permanent condition. You can take natural steps to increase your testosterone levels. You can remove T-toxins from your diet and replace them with foods known to increase testosterone. You can increase the exercise you get in specific ways to raise your T level. There are some supplements that you can take as well. Combining all or some of these methods can bring your testosterone level up significantly in a few short weeks and keep it up.

Building Up Your Testosterone

The three most important steps you want to take to rapidly increase your testosterone levels are:

1. Avoid plastics to lower estrogen and increase 'T.'
2. Eat a high T diet.
3. Get a little more exercise.

Plastic Estrogens Kill Testosterone

If you don't take action to prevent it, your estrogen levels will spike and testosterone levels will plummet. Healthy young men may have a testosterone to estrogen ratio as high as 50:1, with 40:1 being common. An older man with a fat middle and type 2 diabetes may see his ratio fall as low as 7:1. A ratio above 15:1 is desirable for an older man.

The key to obtaining and maintaining a correct T to E ratio is removing estrogen from you food and skin.

A 2011 study published in *Environmental Health Perspectives* found that 70% of manufactured plastics contain estrogenic activity. More importantly, the number skyrocketed to 95% when the plastics were subjected to everyday activities like microwaving and dishwashing.

Phthalates are a group of chemical compounds used

to make plastics softer and more resistible to breaking. Phthalates block testosterone action, according Hugh S. Taylor, M.D., of Yale University and many other scientific authorities. Phthalates are also used as lubricants in cosmetics. They are found in thousands of every day household items. Phthalates are in everything from drink containers to hairspray to deodorant to plastic toys. More than a billion pounds of phthalates compounds are manufactured in the U.S. every year. But you won't find them on any ingredient list.

Here are important ways you can reduce your exposure:

- Stay away from artificial fragrances. The only safe ones are labeled "synthetic fragrance free" or "scented only with essential oils" or "phthalates free".
- You can get a hint by learning how to read plastic recycling codes. Those starting with 3 or 7 almost certainly contain phthalates. Look for recycling codes starting with 1, 2, or 5.
- Avoid as many plastics as you can. Especially plastics in foods. Never microwave food in plastic containers. Don't store food in plastic either. Use porcelain, glass, and stainless steel.
- Eat organic produce, meat, and dairy products.

Phthalates are widely found in commercial pesticides and sewage sludge used as fertilizer.

Eat a High T Diet

If you're not intimately familiar with the meat, produce, and dairy sections of your grocery store, you need learn what they can do for your T level. The frozen and packaged foods sections are not where you want to shop.

Saturated fats, monosaturated fats, and cholesterol increase T levels. Polyunsaturated fats such as corn, sunflower, and safflower oils, decrease testosterone. Almost all packaged foods are loaded with polyunsaturated fats (bad for T).

To quickly boost T, you want to obtain about 40% to 50% of your calories from saturated and monosaturated fats. But you can't stay on that diet very long. If you are relatively healthy, you can probably increase your saturated fat consumption for about 6 weeks and then roll it back down to a healthier amount. Go back to a healthier low fat diet. Moderate protein intake – not TOO much, no HUGE steaks (portions the size of a deck of playing cards).

Your diet needs to be primarily all whole foods and unmodified foods. Added estrogen is in virtually all commercially produced meats. How do you think they grow farmed salmon twice as fast as natural

salmon? Estrogen fed beef cattle gains 20% more weight and dairy cows on estrogen produce 15% more milk. So much estrogen is used in commercial food production, it's impossible to list it all. It's in engineered fish, chicken, and pork as well as your beef. Go organic for good testosterone.

You want to get plenty of your calories from protein rich meats and some wild fish but your diet needs to include fruits, nuts (sparingly), and vegetables for minerals and vitamins that help build testosterone levels.

Avocados contain vitamin B6 that helps with testosterone production.

Figs are high in calories and are rich in iron and B vitamins, vital for producing more red blood cells.

Asparagus is full of vitamin E that plays a role in boosting the production of several hormones, along with the added benefit of reducing the risk of bladder cancer.

Broccoli has food compounds that reduce estrogen. Lightly steaming it retains the beneficial nutrients.

Cabbage contains indole-3-carbinol (I3C). A Rockefeller University study found that I3C lowers the body's ability to create estradiol, which in turn allows more testosterone to be produced.

Brussels sprouts and **cauliflower** are other good sources of I3C.

Leafy Green vegetables are high in vitamin A and zinc, both natural testosterone boosting ingredients. These include spinach, kale, and collard greens.

Use gentle and healthy cooking methods – steaming or boiling, as opposed to high temperature sautéing and roasting. Those are okay occasionally but not all the time (one of the big reasons restaurant food is bad for you is the high heat the chefs use to cook the food more quickly).

Fats play an important role in raising testosterone levels because they contain cholesterol which is used in the creation of testosterone. You want at least 30% to 40% of your calories to come from fats during the early stages of T recovery. I suggest going towards the higher end of 40%.

Studies have found that many vegetarians suffer from low T. One study showed free T almost 27% less and another showed total T 36% less. Ouch! Another study found T-levels were an average of 401 for the vegetarian diet and 581 for the traditional western diet. That's a 31% reduction in T.

You want organic fruits but stay away from the

dangerous and testosterone damaging pesticides and herbicides.

Not everyone will be able to afford to go the organic route and some will in fact be on a tight budget considering the high cost of food. Usually, switching from processed foods to whole foods will help your budget because whole foods are considerably less expensive than processed foods. Still, if you have to eat fatty meats, it will help your T levels. Just cut off the excess fat. However, with lean cuts of meats, you want to eat at least some of the excess fat.

Organic pastured eggs are another good source of protein. Whole eggs also contain many trace elements that are valuable in building T levels. These include calcium, vitamin D, and aspartic acid.

Moderate Exercise for High T

You might be in a catch-22. A study by the New England Research Institutes found that a large belly is the single strongest predictor of low T. The catch is that low T might be the reason you're sitting on the couch instead of taking walks and getting other moderate exercise. Low T levels sap your energy, causes depression, and generally leave you feeling run down.

Higher testosterone levels are supported by a healthier lifestyle. Losing weight is the #1 major factor that will increase your T. Exercising is how you lose weight and exercise increases T.

But you need the right exercise. Long, tough marathon exercise sessions are actually known to lower your T level. Excessive exercise is not the right exercise.

It can start by simply getting off the couch and moving around more. It means walking up steps instead of using an elevator or escalator. You can use a stand up desk instead of sitting all day.

You should start walking at least 30 minutes a day. Walk 10 or 20 minutes if that is all you can do right now. One thing you want to make sure you do at all times is breathe through your nose. When you start walking, make a conscious effort to always breathe through your nose. When you find it difficult to breathe through your nose, you have found the temporary limit to your ability to exercise.

As your health and testosterone improve, you can transition to high intensity, short-duration, or burst exercise. This is also called metabolic resistance exercise. You want to involve as many muscle groups as possible. Good exercises for these are Olympic lifts, squats, chin-ups, push-ups, kettlebell swings, and medicine ball throws.

But until you're ready for higher intensity exercises, do daily lower level exercises. You don't need to be pumping iron to improve testosterone. Simply get out and doing some walking. Over time, you begin regaining your strength and muscle tone. You can exercise more and more. A few walks around the block increases to a brisk walk. In a short period of time, you can seek out a long flight of steps to climb. If you have a sandy beach convenient, walking in sand is another good transition. You can also build up to wilderness hikes. Start out slow and gradually regain not only your strength but your health as well.

Do you see how these key lifestyle factors work together? Losing weight and increasing T also reduces the occurrence of diabetes and prediabetes. Along with avoiding plastics, a healthy T diet, and moderate exercise, other powerful ways of raising your testosterone are getting plenty of sleep and sex.

Grandparents Leading the Senior Sexual Revolution

Our culture mostly views senior women as grandmothers enjoying their golden years reading, knitting, and playing bingo. But what is just as likely is a 58-year-old divorced woman meeting a 62-year-old man who sweeps her off her feet romantically and sexually.

It could easily be just instant lust or it could turn into the greatest love affair of her life. Their time together doesn't always begin in their youth, but glorious sex later in life shouldn't be a hush-hush topic. It should give the older grandkids something to look forward to later in life.

Grandma could be offering practical sex advice to other seniors who haven't lost their libidos just because they've ridden the earth around the sun a few more times than the rest of us. Grandma has learned a few things, like that a quarter of all people who are sexually active between ages 75 and 85 are having sex at least once a week. And here is a fact from a popular erotic video site. People from 55 to 64 are 245% more likely to search for "mature amateur" and 167% more likely to search "hot granny." This illustrates that older people aren't just having sex in real life; they also

Grandparents Leading the Senior Sexual Revolution

have same age peers in their fantasies.

I'm definitely not a fan of porn but it tells you that seniors are far from being done with sex.

Grandmas are Writing Sex Blogs

If you want to know about the best vibrator for a woman with arthritis, you might check out one of the sex blogs being written by grandmothers.

You might also want to check out a few educational videos helping seniors find comfortable ways to enjoy sex. Not many seniors are ready to have sex videos made of them but there are some out that are not porn. These are intended to be helpful to their peers.

Enlightened seniors are sharing what they know firsthand about low libido, vaginal dryness, erection difficulties that come with age, and physical limitations from surgery or arthritis type soreness. But many of the issues on the blogs are more social in nature such as 'dating as seniors' and 'where to start if your sex life is decades out of practice.'

A lot of it is about unlearning the taboos that society has placed on mature sex. You'll even see a few posts from grandmothers and grandfathers that are a little angry about the way younger generations and some of their peers are still denying any of this is going on.

Non-Penetration Sex is a Hot Topic

The baby boomers are writing another new chapter in the book about the human condition. After all, this is the generation that put adult stores in strip malls with shelves filled with sex toys. Now, the sex toys that were once thought of as kinky are finding new uses as sex aides to overcome the challenges of sex and aging. Shortsighted marketers are still geared towards the 20 and 30 year olds, but the active imaginations of seniors are even more creative.

One toy that's breaking taboos is the multipurpose Hot Octopuss. It's a vibrator originally intended for men to wrap around their penis. Men with a flacid penis have been known to orgasm hands free. But through experimentation, seniors have learned the vibration works for both the man and the woman when they put it between them and let it bring orgasmic sensations to both simultaneously. It's catching on for those who want sex without intercourse. The company wasn't originally even marketing it to seniors, but now includes senior testimonials, added Frequently Asked Questions that are age-related, and is actively looking to expand other products into the senior market.

What Do You Think Yesterday's Sex Stars are Doing Today?

This where a few of the actors and actresses for

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educational videos are now finding work. The story claims that it has roots back to the sex toy stores where clerks were trying to answer age related questions. One of the first mature sex educational films started out as a written and illustrated guide with the help of aging sex starlets.

Entrepreneurs in this area are still emerging. What is needed was not originally clear. The questions being asked at the toy stores were usually something like, “what can you tell me about sex and menopause?” Or, “what can you offer couples that have been together a long time and don’t want to do it anymore?” Now, grouping all of the individual questions together has opened the door to real size of the mature sex market.

Old age porn is not the fastest growing segment of this emerging market. And yesterday’s porn stars are not finding many new acting roles in the sex for serious seniors market. The few educational films slowly making it to market feature everyday people that are new in front of the camera. What they are putting the spotlight on is demonstrating positions that are less likely to aggravate injuries, toy use, and sexy communication. They talk about how sex has changed over the course of their lives.

The Mature Sex Market Continues Growing

The age range of baby boomers is currently

Grandparents Leading the Senior Sexual Revolution

between 57-75 years old. There are a lot more senior sexual taboos that will be shattered as these people give themselves permission to maintain their sexuality.

Not all of us are healthy and can expect to live to 120. Partners will die and the remaining partners will need to find new ways to release sexual energy and desire. Already, the Alzheimer's Association gives permission for people to date again, if it feels right, when their partners are afflicted with the disease.

For those of us that are in the baby boomer group, few if any of us know about the sex lives of our parents and grandparents. Back then, no one dared ask them and they never would have given us straight answers anyway. We don't have any transparent sex studies from between 1900 and 2000 about older people to compare with what we are learning today. What we share among ourselves and with others will be what future generations of seniors have to compare with what they are experiencing in their sex lives. We do them a favor by bringing it out into the open.

A New Spark Ignites Sexual Passion

Sex has been at the center of who you are for almost as long as you can remember. Something intriguing about sex is that no matter how long it's been part of our lives, we still crave more. For some of us, it's the same partner for most of our lives and for others there are reasons we need a new partner at different stages of life.

What you need to fuel that still-glowing ember of sexual fire could be a few new tricks for an older dog or it could be the new hot passion that happens between an older man and a younger woman...

The 'Ever After' Love Affair

At age 72, and in a 45-year relationship, you don't likely still harbor the old feelings of 'gotta have it right this second' sexual passion. But research shows that most of us are unhappy with the frequency of sex in long-term relationships. An Australian study found 54% of men and 42% in 'ever after' relationships want more frequent sex. Yep, both of them want it but neither was doing much to get what they wanted. So let's look at a few proven techniques that will fan that fire. As one of these women said:

"I'm not so much looking to 'spice things up' as I am to rewind the clock. I know we can't actually

go back in time, but is there any way to recreate those hot early times?"

1. Smolder your way back up to sex. Even if you still have an active sex life, take a break from it. Go back to non-sexual oxytocin building behaviors for several weeks.

Touching, eye gazing, holding hands on walks, couch cuddling, naked showers together, and naked cuddling are all ways to slowly build the oxytocin that brings passion back into your bedroom. Start with a few playful or sensual text messages throughout the day. Take a walk after dinner or treat each other to a neck rub while watching television. Gaze into each other's eyes at every opportunity. Every one of these behaviors begins increasing the love hormone oxytocin in your brains and bodies. But hold off on intimate sex for several weeks while letting the passion build.

Give each other a six-second kiss hello and a six-second kiss goodbye whenever you're coming or going. The simple practice of being more 'present' when kissing your partner and kissing them for longer can boost feelings of connectedness. It doesn't have to be tonsil hockey. It could just be a lingering, lip-biting kiss. It could be grabbing her bottom. It could be gently nibbling all the way up to her ear and back again.

Over the next few weeks, gradually build up to showering together or taking a romantic bath. As your ‘first time ever’ sexual rendezvous approaches, move on to naked cuddling. Try naked cuddling in the morning while still in bed and before you’re worn out from the day’s activities.

One of the most exciting parts of being with someone new is all of the ‘firsts’ you get to have with each other. This can be your beginning path to Nirvana Sex. You can turn this into a fun game by agreeing on boundaries to abide by.

2. Reminisce. This is a great pleasure of having a longtime lover. What exactly was it about those early times that made sex between the two of you so special. What was the best sex you two ever had? What made it so good? Maybe the two of you really took your time with each other, or maybe there was lots of laughter and playfulness. Reminisce about any patterns or characteristics that have fallen by the wayside. Spend idle time thinking about this on your own and compare notes with your partner while on a walk or in front of the TV.

3. Don’t go for the orgasm. After you’ve rounded all the bases with your partner for several years, it’s easy to get into the habit of going for orgasm as soon as you hit the sheets. Make this about the two of you exploring each other’s bodies as if you’ve just started dating. Find a part of her body that you

haven't explored for years. For example, have your partner spend an entire evening just massaging and kissing your back. Or spend an hour making out on the couch.

4. Open Your Eyes. You'll hear me say again and again to make eye gazing a priority because it works. When you do get to sex, and naked cuddling, and long kisses, make eye contact together. It's amazing how many long-term couples avoid eye contact or have sex in the dark. Being able to actually see each other when you're having sex is an incredible way to increase the sense of intimacy and connection. It will make you feel like you're seeing each other in an entirely new way.

5. Make Sex A Priority. This is another 'must do' if you want to revive 'forever sex.' One of the reasons sex is so exciting at the beginning of a relationship is because we make lots of time and space for it. We pounce on each other whenever we have a few free minutes. Newbies have sex wherever and whenever. You may not be doing much 'pouncing' these days but you can prioritize sex by scheduling it. Start your day with sex instead of putting it off until the end of the day when you drop into bed too exhausted.

And the best news of all? Your best sex is probably yet to come.

The Older Man and Younger Woman

For many of us, a time comes in life when we have to find a new partner to keep our sex life going. It could be divorce, sickness, or it could be you never had a desire to settle down. One of the best things about growing older is that you have more choices and that can include your next partner. One of your choices might be guided by changing sexual attitudes, especially among younger women!

If there isn't much research on mature sex, you know there is even less about relationships between older men and younger women. One of the few studies published was in the *Journal of Population Sciences*. The title is, *The “dating game”: age differences at first sex of college students in Italy*. A key finding from that study is:

“women tend to choose an older partner for having their first sexual experience and are less likely as men to be involved in age discordant [conflict] first sex relationships with a younger partner.”

At age 30, Mila explained that during her 20s, she came to understand that older guys were classier and cooler about most stuff than men her own age. She also said she did some of her own informal research and discovered that guys who were 55+ were also “in general, better in bed, had their own

place, made excellent breakfasts, were never a dick about it if you didn't want to see them again and don't mind when you get pissed and called them 15 times in a row at 4 AM. Often, they also had cool mid-century furniture in their house instead of Ikea. They also had the ingredients on hand to make you another martini when you went back to their place after an evening at a bar.”

Women see older men as more romantic, wiser, and kinder. Of course, this isn't always true because there are plenty of grouchy old men out there. But many young women find that an older man increases her chances of finding a ‘man's, man’ compared to millennial men who don't want to be pinned down because they're too busy nurturing their ‘bromances.’

These words come from the mouths of babes that say older men have a better understanding of relationships that happened before dating websites told men how to behave.

Professor Madeleine Fugere (author of *The Social Psychology of Attraction and Romantic Relationships*) says there is scientific evidence indicating that ‘older men’ are both a psychological and evolutionary phenomenon rather than a temporary cultural occurrence. Her research shows that not only are younger women attracted to older men, but older men are attracted to younger

women. She concludes this is a convenient situation for heterosexual couples.

These age-different relationships have a long history of working both ways that can be seen in the majority of relationships with at least a few years difference between the younger woman and older man. Even if not an older man and much younger woman, at least a few years is our social norm. This preference exists cross-culturally which suggests that it is nearly universal. Professor Fugere points out that this phenomenon persists throughout our lives, as men age they prefer even younger partners while as women age they continue to prefer older partners until around the age of 70.

Our very biology makes this practical to ensure a man's prospective partner is fertile while women consider the resources an older man might have as a provider. An older partner may be in a better position to provide stability; he may also be more mature which a lot of women prefer.

The maturity aspect certainly speaks to Mila's reason for preferring an older man. "He's really kind and right on and never a jerk compared to some of my friend's partners, who are their own age." She goes on to say, "I think that might have something to do with when he grew up - he knows some history and has learned more than a few things. He's never been exposed to the 21st

Century male culture in many ways, which I think is really nice.”

And there is Hailey that is 24 and about to move in with her 54-year-old boyfriend Shaun. Again, part of what draws her to him is that he’s unlike men her own age. According to Hailey, “Shaun doesn’t behave as though he had endless options on dating sites and I’m was just another drop in the ocean.” Hailey thinks there’s definitely an issue with younger men today behaving badly because dating apps and bro-culture endorse it.

Hailey says she initially resisted the idea of dating someone older than her because of the cliché factor. “I was so torn about this” she says “I still am sometimes. I almost hate this. I hate the older men/younger woman thing. I can’t stand it...that thing with Brad Pitt being linked to Ella Purnell, who was 21 and looks exactly like a young Angelina Jolie made me furious. It’s always the case in films, older men having their pick of younger women. Indeed, there is a definite imbalance when an older man dates a younger woman that, as a woman, it can be hard to shake. This is something I struggled with when dating older men, I couldn't help thinking about all of the women his own age he didn't have his shit together for and finding myself siding with them.” But, reservations aside, Hailey fell completely for Shaun. Why? “He’s really fit, but

also, he's got it together and his age probably helps with that. He's got it sorted out, he doesn't play any games. When he was 'wooing' me, he was quite straight up about it. He just said 'I like you, do you wanna go for a drink or something. So I said 'yeah I like you as well' and then went for drinks."

"Then he was like 'what do you want to do because I know you're dating other men. I hope you're okay if that's not okay with me.' There were just no games and there never are games with him. He never plays it cool just so that I think he's playing it cool. I can just not imagine ever getting a text from him and wondering how to respond." How does that feel? "Refreshing" she says simply.

Both Mila and Hailey say the only real downside is worrying about their men getting older. But what if you still have romance at 120?

Doctors' Tips for Natural Erections at Any Age

This has all been really good and valuable information ... but let's keep this honest. You don't need super strong erections to enter a woman. Those are memories from when you were a younger man experiencing hormones for the first times. Your enjoyment of pleasure lasted for about as short of a time as your adolescent mind and overstimulated erection could hold back.

Still... every man wants a hot woman and a hard erection in bed with them. I have discovered and I'm going to share with you doctor's tips to getting good, strong erections every single day no matter what age you are or how long it's been since you've gotten an erection every day or at all. It's the simplest trick that any man can do in the morning to guarantee he gets a rock hard boner that same night and the day after, and the day after...

But first, let's digress a little. Improving sensitivity of your penis comes before erections. That means getting off the porn and fantasies. It means working on Oxytocin Behaviors. With that said, let's discover what you can do right now...

Before You Pop a Viagra

You have a few years and hopefully a lot of enjoyed

experiences on your body. It's far from worn-out but it is probably showing some wear. Are you still the dreaded master on the tennis court? When's the last time you played a softball game where you rounded second base and slid into third to turn a lazy double into a triple? It's probably been a while.

And along the way, you may have picked up a few bad habits and a few extra pounds that you bring into the bedroom. Improving your overall health can't happen fast enough for you spring a big boner on her tonight but you do need to be working on these if you want to go the distance.

Move those muscles. This doesn't mean working out at the gym. We're not talking about your biceps. Kegel exercises can be done where you are sitting right now even if people are all around you. You have no excuse to get out of this.

Strengthening your pelvic floor muscles improves rigidity of your erections and applies pressure to key veins in the penis for better hardness. A British trial found that a few weeks of twice-daily Kegel exercises worked as well as a combination of other lifestyle changes. An effective regimen is to tighten the muscles at the bottom of your pelvic area, hold for 3 seconds and then release. The details for this are in the next section.

Start walking. According to one Harvard study, just 30 minutes of walking a day resulted in a 41% drop

in risk for ED. Other research suggests that moderate exercise can help restore sexual performance in obese middle-aged men with ED.

Find your Zen. If you're having erectile dysfunction issues, practice stress-reducing techniques every day so that you can relax and enjoy intimacy without worrying about your performance.

Snuff out the cigarettes. You want flexible arteries to increase blood flow down there. Smoking has the opposite effect by stiffening your arteries instead of your erection.

Eat as if your sex life depends on it. Yes, this is about improving your lifestyle. We all know that what you fuel your body with determines how you perform. Eat a balanced and wholesome diet that includes plenty of carbohydrates, healthy fats, fresh fruits, and vegetables.

Alcohol can dull your sexual reflexes. A drink or two might help loosen you up but any more lessens your body's ability will able to feel sensations and perform at its best.

Sleep on it. Even if your body has healthy testosterone levels, you need downtime to convert precursor hormones into testosterone. Without enough rest, your body will convert those precursors into cortisol instead.

Don't forget the oxytocin behaviors. You already know this and will learn even more as we continue. It certainly includes cuddling, hugging, kissing, and eye gazing. These are enjoyable activities that you should be doing at every opportunity. Try a half hour of naked cuddling every morning when your first wakeup. It's an incredible way to start your day. Massages, hand holding, footsie under the table. It's all about lots of friendly and slightly sexual touching throughout the day.

Kegels Make Your Sex Life Better

Kegel exercises will increase the size and intensity of your erections. Dr. Arnold Kegel first published how to do these exercises in 1948. The exercises strengthen the muscles on the pelvic floor. Your pubococcygeus muscle (PC muscle) can be found by contracting them to control your flow of urine. It's the same muscle that controls the flow of semen. It also determines the firmness of your penis during an erection.

Doing Kegel exercises not only provides you with more sexual pleasure but doing the exercises helps you continue enjoying erections well into your advanced years.

Staying healthy means exercising your muscles. Having sex takes specific muscles and exercising your PC muscles empowers you to make the best of

your sex life.

Once you find your PC muscles, you need to continue practicing to know exactly where they are. If you currently have weak PC muscles, you are likely to over compensate by exercising your abdominal, buttocks, or thighs instead. Those muscles need to stay relaxed while you exercise your PC muscles.

You can perform Kegel exercises anytime and anywhere without drawing attention to yourself. All you need to do is squeeze or clench these muscles rapidly and hold.

Kegel Exercise Session 1 (week 1)

Set 1

Number of repetitions - 5

Quickly squeeze and release repeatedly for 10 seconds for each set.

Take a 10-second break between repetitions.

Set 2

Number of repetitions - 10

Quickly squeeze and release repeatedly for 5 seconds for each set.

Take a 5-second break between repetitions.

Set 3

Number of repetitions - 5

Tighten and hold your PC muscle for 30 seconds for each set.

Take a 30-second break between repetitions.

That's all there is to it. Do these every day for one week.

Kegel Exercise Session 2 (week 2)

Set 1

Number of repetitions - 10

Squeeze and hold your PC muscles for 5 seconds.

Release and repeat without a break.

Set 2

Number of repetitions - 3

Rapidly squeeze and release 10 times.

Release and repeat without a break.

Set 3

Number of repetitions - 3

Squeeze and release 10 times. Alternate between squeezing for 10 seconds and 5 seconds.

Set 4

Number of repetitions - 1

Tighten your PC muscle and hold as long as you can.

Your goal is holding for 2 minutes.

Do these every day for two weeks using session 1 exercises the first week and graduating up to week 2 exercises the second week. If at the end of week

2 you can squeeze and hold your PC muscle for about two minutes, your PC muscle is strengthened to the point you can expect success with Nirvana Sex.

Once you strengthen your PC muscles, you want to keep them in shape. Use the exercises from week two to do this. Perform these exercises three times a week to maintain a firm erection well into old age.

Continue strengthening your PC muscles until you can squeeze and release every day for 100 squeezes continuously without a break.

Both you and your lover will know the Kegel exercises are working because your penis will be harder and you will have better control of your penis, ejaculation, and orgasm. If you've previously had trouble with premature ejaculation, you will notice it becoming much less of a problem. (Another welcome benefit can be reduced urinary incontinence.) I recommend these exercises before seeing a doctor about little blue pills or any other remedy.

Sex Positions to Rock Both Your Worlds

You don't need to be an acrobat to enjoy sex! You might not be able to get into every position from the *Kama Sutra*, but that doesn't mean your sex life can't still be even more pleasurable than at any previous time in your life.

Passion and pleasure is the name of your game, so don't let a few years of age throw off your game. I want to emphasize: we're talking about your sex life changing and improving, not diminishing.

When She Has Back Pain

The University of Waterloo conducted a first-ever study documenting how the spine moves during sex using infrared and electromagnetic motion capture systems. Before the study, the presumption was that spooning reduced nerve tension and load on the tissues.



Although spooning does work for many people, they also found that it could actually be one of the worst

Sex Positions to Rock Both Your Worlds

positions for certain types of back pain. A key finding was that the missionary position and doggy position made a noticeable improvement for women experiencing back pain made worse from arching their backs or lying on their stomachs. Adding a low-back support, such as a pillow, can also help keep the spine in a more neutral position.

Missionary is the bread-and-butter of sex positions and almost certainly the first one both of you ever experienced. I feel a bit childish explaining it but if you're just getting back in the saddle, it doesn't require much athleticism or know-how. Missionary is oxytocin friendly because the two of you are face-to-face with eye contact, kissing, with full-on body contact (plus the sweat and heat), and the hands and legs can be freely moved into variety of different positions. The basic positioning is very simple and involves the man on top while entering the woman with both of them facing towards one another.



Doggy style is best for her back when the woman is supporting her upper body with her hands, not her elbows. This involves the woman on her knees facing away from the man. Some variations can have the woman lying face down as well with a pillow under her belly for more leverage. It's a different from traditional missionary and allows the penis to hit the G-spot better, which is located about an inch inside the front vaginal wall. Also, if a woman is bent on her knees, it allows space for clitoral stimulation with the hand.



Doggy style is great for couples who are overweight or experiencing hip pain. Pillows can also be placed under the woman's arms for support.

Easier on the Man's Back

If a man has back pain or arthritic knees, he may experience less painful sex if he lies down or has better support from a chair.

Woman on top requires little physical mobility for the man while offering a less strenuous role for a woman with fatigue or chronic pain. A woman may find that leaning on her man's thighs or shoulders helps to take the pressure off your legs a little bit.



If a man has arthritic knees, he may experience less painful sex if he lies down. The woman on top can also be the answer if a man has experienced a stroke causing weakness or paralysis.

Sex Positions to Rock Both Your Worlds

Sex on a hot seat also takes the weight off the man. For this position, a couple needs a chair without armrests that is slim enough and low enough that both people can comfortably touch the floor with their feet. The man sits down in the chair, and the woman sits on his lap while facing him. The woman can give extra support to herself by putting her hands on the man's shoulders or on top of the chair's backrest. This allows for easy penetration, and the woman can comfortably control the rhythm.

If she needs some more leverage and support, allow her to rest her arms on your shoulders. Because the angle allows for more grinding than thrusting, it's a good option for anyone suffering from fatigue or joint pain.



This can also be an excellent option for wheelchair sex because it allows for deeper penetration while using the chair for stability and comfort. The man

sits in the chair, with his back flush against the backrest for support, and she sits on his lap, with her legs and feet over yours. She uses the armrests for stability and controls the angle, speed, and depth of your sex. Any chair or seat in your home with a firm base and a straight back can be used for this position.

Intercourse Tonight Even If You Don't Get Hard

Hidden Finger is super advanced intercourse that satisfies women even if you don't get hard. Not getting hard can happen to any of us but if you have ED issues, you want to pay close attention to this one.

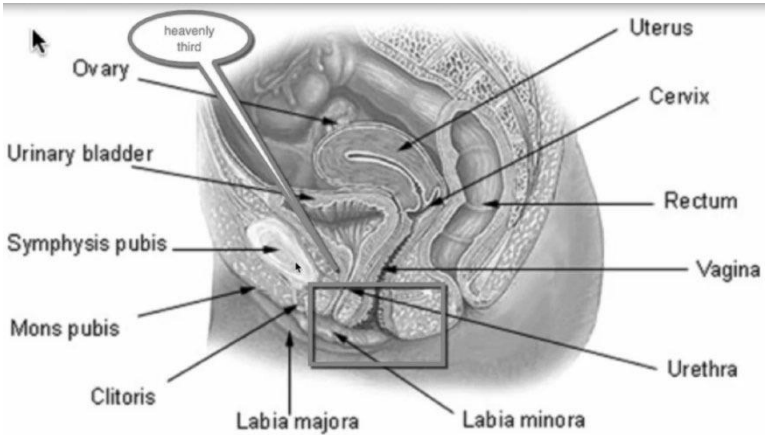
This is how you can have intercourse tonight even if you don't get hard. This is an exclusive Matt Cook technique.

It starts with her straddling the man in the same way as the woman-on-top position. You can use a light coat of almond or olive oil on the tip of your penis. Next, you slightly open the lips of her vagina and ease your penis in there as much as you can. It doesn't matter if you're not hard. Just go with what you have.

Her Heavenly Third is the reason it doesn't matter if you have an erection. The next graphic shows

Sex Positions to Rock Both Your Worlds

what you and she are working with and I'll explain why this works with or without an erection.



Her Heavenly Third includes:

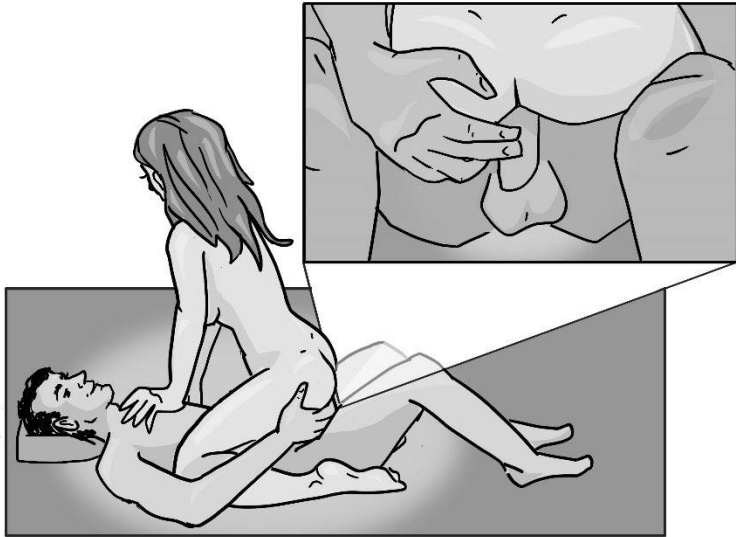
- An inch or so into the opening of her vagina.
- Her clitoris
- Her symphysis pubis (a boney structure)

A woman's most sensitive nerves are in the first inch or so of her vagina. Her 'G' spot is on the upper inside of her vagina about an inch in. Of course, her clit is the other highly sensitive part.

What you are doing here is getting the tip of your penis inside where her G spot is at. At the same time, she captures her clit between your penis and the bony structure (symphysis pubis). By massaging her clit this way, and you being on her G spot, she is going to start feeling incredible sensations.

Sex Positions to Rock Both Your Worlds

Now add your hidden finger.



You reach around her butt and put your hand on your scrotum between your balls. With a finger or two, you push your penis further inside her.

Even if just the tip is inside, it's fine and works wonderfully. She will start riding you... she will start bucking on top of you... she will orgasm.

This is what women really want from intercourse. She wants to feel you on her clit and G spot. She wants to feel you with her heavenly third.

Your finger supports your penis even if it is not hard. It keeps your penis inside her heavenly third.

She'll be so into feeling the sensations that she won't notice the hidden finger.

Almost all women will orgasm with this woman-on-top clitoral sensation. This is true even for women that don't come from deep vaginal intercourse.

She'll probably think you got really hard or not notice if you didn't or not care either way. This is another technique you can use for 30 or 60 minutes of intercourse even if you don't get hard.

As you now know, there are many different and sensual sexual positions for men and women over age 60. Some of the best sex positions for seniors are those in which your weight is evenly distributed over your joints or the strain on your back is alleviated. But every couple is different, so you and your partner may need to try various positions before hitting on one or two that work well for both of you.

Sex Life Determines Quality of Life as We Age

A 2016 study published in Social Psychology looked at how sex and aging changes over time. It analyzed patterns in longitudinal data collected from over 6,000 individuals over a period of 18 years (1995 to 2013), spanning ages 20-93.

A not surprising but key finding is that sex does change over the years. An important conclusion was:

“they placed more emphasis on the quality - not quantity - of sexual encounters. For example, frequency of sex became less important with age, and the amount of thought and effort invested in sex became more important.”

The study details show that changing priorities were key predictors of sexual quality of life for older adults, and appeared to buffer its decline - **older adults actually had better sexual quality of life.**

The study also revealed a positive relationship between sexual quality of life and aging was strongest in the context of good-quality romantic relationships, where sexual exploration and a focus on partners' pleasure is more likely to take place.”

The results were found to be based on developing

knowledge, skills, and preferences that protect against aging-related declines in sexual quality of life. Although not a conclusion, the study suggests that life experience fosters sexual wisdom.

Other studies also show that a satisfying sex life is important for health and well-being, regardless of age. For older adults in particular, being sexually active predicts a longer and healthier life. As our life expectancy continues growing, this research reinforces the opportunity to facilitate positive sexual experiences across the lifespan.

Eighty Year Olds are Having Sex - Get Over It

Janice and her two sisters regularly visited her grandparents at the small two-bedroom house they had retired to after raising nine kids. Janice's mother was the youngest of the nine kids and the grandparents were in their early 80s during the overnight visits by the grand girls.

Two sisters shared a twin bed in the smaller bedroom with Janice sleeping in the big room with her grandparents. Janice tells a bit of a startling story about waking one morning when she was about 10 years old.

“Early one morning, while I slept, my grandmother covered my head with a couple of coats then

Sex Life Determines Quality of Life as We Age

proceeded to have sex with grandfather in the same room – in the same bed.

I woke up to the smothering oppression one feels when trying to sleep beneath a stack of coats that have been piled atop one's face. I moved the coats aside and saw my grandparents in a naked embrace.

I was horrified and silent until they were finished. Once they left the room, I pushed the coats off the bed and opened the window in need of air.

Years later, I told my grandmother what I had seen. My grandmother was a widow by then. She'd never remarried. I asked her why she couldn't wait one more day until the sleeping arrangements went back to normal? 'What's one more day' I asked? Grandma replied "It's one more day, I'm not sorry. I wish he was still alive so I could do it again."

Use It or Lose It

A Duke University study shows that some 20% of people over 65 have sex lives that are better than ever. The 20% might seem like a small number but that is the percentile I intend staying in. It's also worth noting that the study did not find that only 20% were having sex. It found that 20% were having their best sex.

While sexual frequency generally declines modestly as seniors experience the normal physiological

Sex Life Determines Quality of Life as We Age

changes that accompany aging, reports show that the majority of men and women between the ages of 50 and 80 are still enthusiastic about sex and intimacy. "There is no age limit on sexuality and sexual activity," reports Stephanie A. Sanders, PhD, associate director of the sexual research group The Kinsey Institute.

Put another way, "Use it or lose it," says geriatrics expert Walter M. Bortz, 70, author of three books on healthy aging as well as several studies on seniors' sexuality. Dr. Bortz, a professor at Stanford Medical School, is past president of the American Geriatrics Society and former co-chair of the American Medical Association's Task Force on Aging.

He goes on to say, "If you stay interested, stay healthy, stay off medications, and have a good mate, then you can have good sex all the way to the end of life."

And...

"There's strong data all over: It's a matter of survival. People that have sex live longer. Married people live longer. People need people. The more intimate the connection, the more powerful the effects."

~Dr. Walter M. Bortz,

Anita Expects to Make Love As long as She Can

Anita is 73 and believes deeply in the benefits of good sex – at any age. "Sex keeps you active and alive," says the former businesswoman. "I think it's as healthy as can be, in fact I know it. That's what kept my husband alive for so long when he was sick. We had excellent sex, and any kind, at any time of day we wanted."

Anita grieved for several years after the death of her husband from Alzheimer's but then got on with living. She began a new relationship with a man in his 80s. They occasionally have sex, but mostly they enjoy each other's company, she says. "He wants so badly to have an erection, but it's hard for him," she says. "It might be the heart medication he's taking that causes the problem, because he's a very virile man. So we just have sex in a different way -- I don't mind at all -- and we're also very affectionate. He says it's so nice to wake up next to me."

But it's not just his health that their sex life preservers through...

Her mastectomy two years ago hasn't changed her self-image as a sexual being, primarily because Anita has a lifelong positive attitude towards sexuality.

Sex Life Determines Quality of Life as We Age

Her story and experience reaffirms the contention by experts that patterns of sexuality can continue from expectations set earlier in life. Experts also note that the biological changes associated with aging are less pronounced and sexuality is less affected if sexual activity is constant throughout life. It all confirms Dr. Bortz saying, "Use it or lose it."

Anita goes on to say that she and her husband were deeply in love. After the children left home and her husband retired, the couple had more freedom to express their sexuality. She says that she and her husband had sex three to four times a week when the children lived at home; once they were alone, they made love almost every day.

"I expect to make love as long as I can," Anita says. "I see no reason not to, and I see all kinds of reasons why I should. If you've had a good loving man and a good sexual life, you'll miss it terribly if you stop. I've had everything from a cancer operation to shingles, and I'm still sexually active."

Their Lovemaking Gets Better With Age

Judy and Anita agree with each other. "As for making love, it just gets better with age," says Judy at age 75. Judy married her current husband, Harvey, when she was 72.

Sex Life Determines Quality of Life as We Age

They met at a health nutrition program that Harvey was attending before his wife passed from cancer. The two gradually became close friends, and after his wife's death, became intimate. When Harvey proposed, she accepted with pleasure. Now, Judy says, "We feel like young lovers or newlyweds. I felt like I was able to make love better when I was 30 than when I was 20, and now I have a whole lifetime of experience."

At 78, Harvey agrees, and dislikes the patronizing attitude many people display toward older people who are intimate. "Whenever people ask us how long we've been married, we say 'two years,' and they say, 'Oh, that's so cute.' "We're 'cute?! What does that mean?" Judy adds, "I don't know anything about being cute. Our love life is very warm. And very satisfying."

Matt here, what I take away from this (and I hope you do too) is that at any age, now is the time to be crazy, overextended, in love, curious, and explorative.

Fueling Nirvana Sex with Oxytocin

Wow, this is what lovemaking should have been all about, all along! Slow and pleasurable is what it's about. Nirvana sex takes both you and your woman to new sexual heights that neither of you have ever been to before.

Bring on the Oxytocin

The best way to become deeply aroused sexually is by upping the amount of oxytocin in your brain. This takes some time and requires some behavior changes on your part. But for the effort, you will have much better and much longer sex sessions. You'll be able to stay hard and inside of her for a half-hour, an hour, or longer. It will bring a profound change to your lovemaking. It will send her over the top again and again. You won't be able to get enough of her and she won't be able to get enough of you. But you'll both be getting more of each other than you ever have before.

What makes this even more powerful is that it creates incredible levels of intimacy. Nirvana Sex brings much more physical contact than you've ever had with a woman. It creates a mental and soul-bonding that you absolutely must experience. The same will happen with her. The two of you will become lifetime lovers.

Bonding Behaviors

Nirvana sex is coming but first you want to start with bonding behaviors (oxytocin behaviors). Here is the main three-step sequence to your success:

1. Stop viewing porn and stop all orgasmic behaviors including masturbation and fantasizing. Most men need to do this for at least three weeks, some for a little longer.
2. Begin bonding behavior. You're learning about this now.
3. Begin and continue Nirvana Sex for hours at a time on a daily basis.

Oxytocin or bonding behavior is about naked cuddling and other romantic behaviors that bring you closer together. Besides releasing love hormones into the bodies of you both, women naturally love this behavior. Because she loves it, you'll benefit when her sexual animal is released.

Eye gazing is another very powerful bonding behavior you want to engage in. And there is more... just thinking fondly of your woman will increase the oxytocin in your system. The more oxytocin you have, the less ED you'll have.

Ultimately, the number one behavior for keeping your oxytocin levels high is slow gentle Nirvana Sex.

But before you start the sex, you want to increase your oxytocin while diminishing the dopamine.

Cuddling, hugging, kissing, eye gazing. This is how you raise your oxytocin. Every time you meet your lover, give her a hug and a kiss. Do it before you go to work and when you come home. Whenever you're away from each other during the day, send her a few texts letting her know you are thinking about her.

Do it when you pass in the hallway. Sneak up while she has her back to you doing the dinner dishes.

Get out of your recliner in the evening to cuddle on the couch while watching TV or reading. Take her for a walk in the park holding hands. Play footsie under the table the next time you take her out for a romantic dinner.

Oxytocin has been studied extensively. It has been found at higher levels in people that claim to be in love – regardless of age. It does rise to higher levels in people just falling in love than those in long-term relationships. However, engaging in these behaviors keeps it elevated very high in long-term relationships.

Nirvan sex is about brewing passion slowwwly...

Women very much like kissing. It's a huge sexual

turn on for her. Put your full effort into kissing her during the build up to nirvana sex. Kiss her often and for no apparent reason. Kiss her in all of her sensual places. The back of the neck, behind her ears, her wrist, her elbow, her feet, and her legs. She'll be begging you for sex but you're going to do this for two or three weeks without sex. The longer you wait the bigger the reward.

You and your partner are each a love artist. What you create will be uniquely yours.

Start your bonding behavior today!

Before the Naked Cuddling

Cuddling, hugging, kissing, and eye gazing is going to progress to naked cuddling. But before naked cuddling begins, make some preparations, beginning with some ambience. It's probably a bedroom. What you want is a quiet and warm room. Make sure the room is warm because you are going to spend a long time naked here.

First, you want to get rid of all distractions. Anything that is going to remind you of outside responsibilities. Start with the alarm clock. Take it out of the room. If you have a newspaper next to a reading chair, get it out of there. If you have your wallet and car keys on a chest-of-drawers, get them out of there. Turn off televisions and telephones. Get the idea? Remove everything that could distract

the two of you from committing full attention to each other.

If you want to, bring in some soft background music. No rock-n-roll or country. Only soft mood setting music.

Once your mood is ready, make sure you and your lover have a half hour or more to devote only to each other.

Kick It Up to Naked Cuddling

Your love hormones are flowing strong. Now she is ready to get naked and in bed with you. But don't jump right into having sex. This is about naked cuddling. For more oxytocin, you want to stroke her often and on many different parts of her body. This is an extremely light stroke. So light, that to her it feels more like a slight breeze flowing over her skin. Ask her where she wants to be stroked but you can start with the lower back, her neck and shoulders, her wrists, and teasingly her legs and thighs. Don't make this too sexual of stroking. Keep it at a level that doesn't lead to sex. Or if you're getting close to having intercourse, back off for a moment. This is all about the buildup of sensations rather than stimulating the two of you.

Oxytocin is Not Dopamine

Everything we've gone over so far is important.

However, **none of it is as important as building up oxytocin.**

Dopamine is the chemical in your brain that tells you to pursue something that creates pleasure for you. When it comes to lovemaking, it's dopamine that tells you to have sex with her right away. It's what heats the relationship up for both of you.

The problem with dopamine sex is that it is over way too fast. For some, it can be over in four minutes or less. For most, it's over in ten minutes or less. This is hot, fast sex, based on the two of you stimulating each other to a rapid orgasm.

As you probably know, most women take longer than men to climax but once the man climaxes, it's over for both of them – for several hours or days at least. It all leaves a lot to be desired when it comes to dopamine-based sex.

Oxytocin orgasms are worth waiting for.

Explaining to Her That You Don't Want Sex Right Away

Building up oxytocin takes a little time, but it's certainly worth it. You have to refrain from having dopamine sex for two or three weeks. During that time, you do lots of cuddling, especially naked cuddling. About a half hour of naked cuddling each day. The two of you are in a new type of

relationship, so this is going to take some commitment on both of your parts.

The magic of oxytocin lovemaking happens with multiple full body-orgasms and new sexual emotions.

While dopamine sex is about stimulating each other to a fast orgasm, oxytocin lovemaking is about sensation. You can enjoy sensations much longer than stimulation sex. That's why oxytocin leads to very long sex sessions.

Women love to be chased, and this is a great way of creating a chase. When you postpone sex, she will want to know where she stands with her man.

Tell her up front that you want to make this very special for both of you. That you want to drive your desire for each other to the peak before making love. That you want to do a lot of kissing and hand holding and cuddling on the couch. That you desire her body and want to get naked in bed, but the next two weeks are dedicated to building up oxytocin and strong, strong desires for each other.

Tell her, "I love sex a lot and want to have great sex with you because I think you're super-hot." This will motivate her to stick around to discover what is coming next.

If she just wants to get down and do the deed, she probably isn't the woman for you. You're showing resolve that you can do what you want and what is best for both of you. A real woman will understand this and see you for the man that you are. You are showing that you value her. Women love and need this kind of attention from men.

She will get hot to have sex. When she initiates a sexual act too soon, remind her that you think she is hot, and for THAT REASON you and she are waiting a bit longer.

Now is the Time for Nirvana Sex

You are now ready and eager to enter your woman at anytime and anywhere. That's the whole point. Be enthusiastic and passionate the entire time you are working up to this.

The anticipation will drive her wet, wild, and crazy for you.

Keeping Your Sex Slow and Passionate

You may or may not be naturally hard when the time comes to enter her. It doesn't matter. But the oxytocin often gets you hard whenever you see her or think about her. But don't worry about. You're not even going to ask her to manually or orally stimulate you.

The powerful orgasms will happen but you don't want to ejaculate. Before having sex, something you need to know about is the ejaculation scale that goes from 1 (nothing sexual) to 10 (ejaculation). You can control whether or not you go over the top to ejaculation.

You want to enter her slowly and just leave your penis there. Feel the sensations and let her feel the sensations. This type of sex requires very little movement.

On the ejaculation scale, you want to stay around

5, 6, or 7. If you edge up to 8 or 9, it's time to slow things down so that you can stay with the sensations instead of the stimulation. Stop all stimulation and just feel the sensations if you get above 7.

She's allowed to orgasm as strong as she wants because women are more capable of strong orgasms and continuing to enjoy the sensations in ways that men cannot after ejaculating.

She should experience several orgasms during your half hour of sex. Men have multiple orgasms too, but these are different from the intense orgasms that women have.

You should experience periods when you are having several small orgasms. These should NOT make you ejaculate. That's why you can stay hard inside of her for much, much longer than with stimulation sex.

During these long sex sessions, tell her what you are doing to her and tell her what you want her to do to you. You'll find this heightens the sensations even further.

Entering Her for All the Pleasures of Sex

Keep this very simple. This is relaxed sex with very little stimulation. You choose the position that works for you but we'll start with the man on top

(missionary). It's really easy. She's laying on her back. Her legs are spread. You kneel with your knees under her thighs. That brings your penis right up to her vagina. With a small amount of natural oil on the tip of your penis, you just open up her pussy lips a little bit, and just get your cock in there basically. That's it. The beginning of Nirvana Sex.

Even if you're soft, especially if you're soft. It doesn't even matter. It doesn't matter at all. If she's wet and your penis is lubricated, you'll be inside her and it doesn't matter if you have a small penis or if you have a large penis.

There's no man who can't do this.

Remember her Heavenly Third. It's about the first inch of her vagina anatomy. It's not her vagina exactly. It's her opening. The first inch has virtually all the nerve endings. There are some deep inside also but not that many compared to the opening, the first inch.

When you get your penis into her, that's where she has the most sensation anyway. You don't have to have a long cock and get in there deep. You don't have to. You don't have to at all. That's basically all there is to it.

At this point, you're upright and she's on her back. You can do what you normally do in the missionary

position. You can bend down over her, spreading your elbows so you can kiss her. Your lips can be kissing and you can be looking into each other's eyes. Eye gazing deepens passion. You're having intercourse. You don't have to have an erect penis. Not required. That has nothing to do with it, nothing. It often begins when the man is soft. It's called soft entry.

You want to spend a lot of time having slow intercourse. You don't want to just pound away a lot and come. You could come, and men do come without an erection quite easily. You don't want to do that. You just want to spend as much time as possible having intercourse and connecting.

Feeling Those Sensational Sensations

She's focused on the sensations your body is flowing into her body. You're focused on the sensations her body is giving to you. Now, you're both appreciating the sensations your own bodies are giving to yourselves. Lots of sensation – your sensations, her sensations, and the sensations created by both of you. It takes both of you being connected to create these incredible sensations.

You're on a long path to even more sensational sensations. You're beginning to bring back your lost sensations. The sensations you've lost in this sexually over stimulated world. This reverses the

desensitization caused by hard-core porn and TV scenes where the man and women stimulate each other to come twice before the commercial break and again after the commercial.

This really helps bring back sensation. It reverses desensitization and helps with health problems and erection problems, having a lot of intercourse with somebody that you care for. And that is how you do it.

The Real Magic is Penis to Vagina Contact

Intercourse brings sensations that can't be found with any other type of sex. There's just nothing else like this. Not even close. There's an energy flowing from a man's penis. Sexual energy flows from the woman. It recirculates back through the man. It's like this circulation of energy. That is what happens. It has an amplifying effect.

Nirvana sex builds and increases sexual energy. It leads to really good erections. It brings on a great physical, romantic, and sexual relationship, which is what we all want.

That's the basics. But you don't want to leave it at that. You probably want to do it that way for a long time, but there are still many more 'pleasure plateaus' yet to be climbed.

You already know there are more ways to have intercourse than only the missionary position. Another position you want to try anywhere and at anytime is with the man on the bottom. There's a huge benefit to the man being on the bottom. The benefit is that a woman can have orgasms if she wants to. She can have a lot more clitoral stimulation.

As you know, almost all women feel more stimulation clitorally. If she's going to have an orgasm or she wants to have orgasms, she's going to need some clitoral stimulation. Nature created women to have a clitoris that's not in the vagina exactly, although it has a connection in the vagina.

When a man is on the bottom, a woman can stimulate herself. She can be on top of you and her clitoris is in contact with your pubic bone, which is the hard area over the penis area. That is really what women use to get off. She really doesn't need an erection for her pleasure. But don't forget the 'Hidden Finger' method.

She can have your penis inside her and be stimulating herself. That can happen whether you have an erection or not. You don't need one at all.

You can help her a little but this is mostly about her knowing what she wants. Unless she says something different, I'd stay with the slow motion lovemaking.

If she starts grinding away on you, that's fine but you don't have to change your slow movements.

The only thing you need to be aware of is that gravity doesn't help when the man is on the bottom. Especially for men who have issues with blood flow. They may not as easily get erections when they are on the bottom, simply because the blood is flowing in the opposite direction out of the penis. But when you are on the bottom, she can have orgasms very easily.

Nirvana Sex starts when you both get interested in the sensations your bodies give each other and yourselves. Then you both get wet. Entering her is slippery and easy. The feelings of pulsating love, desire, and sexual energy build and intensify. Time is on your side. You and your lover become awash in love.

You have it all. She can orgasm, you can orgasm, both of you can orgasm. Or you can exchange your orgasms for an improved and longer lasting state of nirvana.

You Have Whole-Body O's This Way

Enjoy hours of whole-body orgasmic waves of sexual bliss every day. This works for guys that have had ED for years, marital sex that has gone dead in the bedroom, and men that haven't been with a woman for years.

DON'T LET SEX FADE AWAY FROM YOUR LIFE

This is about extreme sexual pleasure by overcoming desensitization. If you have a porn or masturbation addiction, you'll immediately overcome it. You'll become enthralled with your woman again. It all has to do with becoming more and more sexually sensitive.

It's about having full body O's... and you NEVER get that 'spent' feeling of tiredness or that 'I can't possibly do it again' feeling...

Each time you're intimate, she's loving it more and more.

Since I learned how to have whole-body O's, I don't need to be thrusting away for us to feel pleasure. I still love to thrust, but now we: change speeds, stop, kiss, tease, and whatever else feels good.

And I achieve whole-body O's... it's just so crazy.

Last night, we were really tired, but we laid down for a little bit of fun, and wow! I was just going from one mind-blowing O to the next. It was crazy.

Shortly after all this began, is when SHE begged me to teach her more.

Imagine, my wife asking me how to do whole-body O's.

For you, as you grow older, instead of becoming less and less sensitive to sexual pleasure, you can completely reverse that. It will become 100x, 500x, 1,000x more pleasurable for both you and her. You will become more and more sensitive to sex – forever! Intercourse goes on for half an hour, an hour, and longer while you experience multiple whole-body orgasms. That's waves of orgasmic pleasure!

You'll never again feel that you're not getting enough sex. Instead, you'll forever anticipate sex becoming better and better for both of you as time goes on. Well into your 80s, 90s, and beyond.

**TRY IT, YOU'LL LOVE IT,
BOTH OF YOU'LL NEVER
GET ENOUGH OF IT!!**

Nirvana Friendly Sex Techniques

Be enthusiastic and passionate the entire time you are with her.

The anticipation will drive her wet, wild, and crazy.

Keep your mind on YOUR woman. The only fantasy that should be going through your mind is about her. The fantasies you want are about growing closer, feeling desired, feeling safe, and having a trusted partner. You don't want to fantasize about great sex or having sex with another partner, or anything about an orgasm. Stay focused on your partner because that's what this is all about.

The oxytocin is working. You've waited until you start feeling some interest and arousal, even without an erection. It can be good starting with naked cuddling. What happens is typically after 10 minutes, 15 minutes, or 20 minutes, you feel aroused. It may not be that your penis is hard, but you feel interested. That's what you're doing. Getting interested together.

Once interested, you're going to start feeling hot...

Both of You Get Wet and Hot

You need wetness for sex. Make sure you and your lover made plenty of time for sex when you first started. Nothing wrong with having an hour or two

to devote to each other.

A way to get her wet is by going down on her and giving her oral sex so that your tongue and saliva get her moist, wet, and hot. You want to bring both her mind and body into the passion. The wetness is about her body and yours. Oxytocin brought passion to both of your minds. This is about spreading the hot passion to your bodies.

If she wants to, let her pick the position this time - no hurry. The wider open she is, the more of an opening you have to work with to increase the sensations.

Keep exploring her entire body with your fingertips as your mouth and tongue mount her. Take sensation clues from her. If she moves you away from her most sensitive parts, take your kisses and tongue down one leg to a foot. Work your way back up the other ankle and leg. The lower back is particularly sensitive on women.

Kiss your way around her thighs and butt for a while. Softly breathe warm air onto her in soft bursts. You alternate this with kissing her inner thighs and stomach.

That's all great but that's not the only way to get hot and wet. This is about your passion as well as you being hot and wet.

Put lube on your penis. Of course, she can go down on you also but lube will do the trick. Since you want to build passion slowly, she may need more lube too.

Because staying healthy is the secret to a virile sex life as we age, you want to avoid those glitzy personal lubes in a tube. You have no idea what they are putting in those as a sales gimmick. Don't look for your lube in a drugstore and don't look for it on the shelves where they're selling these so-called personal lubricants. Those things are loaded with bad things. Loaded with them.

I doubt anyone yet knows what total health damage those lubes do. However, we do know that those often make women's vaginas very, very irritated over time. It's bad stuff.

Here's an alternative for your lube. For a long healthy sex life, you want to use MCT Oil. MCT Oil is available either from Amazon or from health food stores and vitamin places online. MCT = medium-chain triglycerides. It's an oil that comes from coconut. It's sometimes called fractured coconut oil.

I put some into a little glass bottle with a glass dropper. I put some on my penis when I'm ready for sex, just three or four drops, or whatever. That's all. It works perfectly. It's delightfully slippery.

You can enter any woman at anytime and anywhere. That's the whole point.

Scissors Sex Heightens Nirvana Sensations

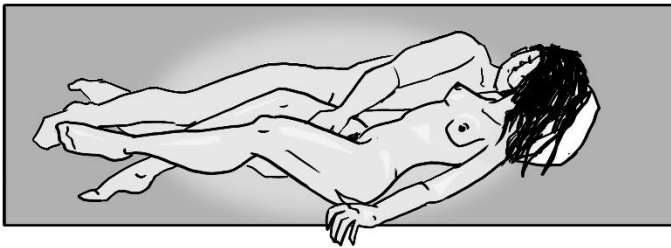
Positions that limit movement are best. Slow gentle sex is enjoyed in any of the common sex positions, such as missionary and cowgirl (woman on top). However, most couples prefer 'scissors' or 'rear entry' while cuddling in a spooning position.

Keep your mind on YOUR woman. Your only thoughts should be about what is going on right in this moment with your partner. Again – if you fantasize, make it about growing closer, feeling desired, feeling safe, and having a trusted partner. You don't want to fantasize about great sex or having sex with another partner, or anything about an orgasm. Stay focused on your partner because that is what it's all about.

We are creatures of habit whether we want to admit it or not. One thing that is important when starting nirvana sex is breaking old habits. Hot fast sex is certainly a habit. If you start by using a position that is common from your hot sex past, your bodies are likely to take over from reflex to drive you to orgasm. That's what makes the scissors position such a good place to start. It's a comfortable position to relax in, which is the best way to prevent your habitual body from taking

over.

It's also a good idea to stay away from certain hot positions and techniques in the beginning. These include the doggie position, oral sex to orgasm, hand jobs, manual play, sex toys, and fetishes. All of these greatly increase the probability that you're going to get heated up and reach an orgasm. These are direct paths back to the dopamine. Once you are comfortable with Nirvana sex, you can experiment with those other techniques if you miss them but it's unlikely you'll miss them.



Scissor sex brings a very intimate connection between the two of you. It's well suited for nirvana sex because it brings both physical pleasure and emotional arousal. There are several variations but we'll begin with the basics.

Scissoring is exactly what it sounds like and very simple. You and her lie on your sides and intertwine your legs like two pairs of opened scissors coming together and meeting in the middle. Obviously, your intention is bringing your genital areas together. You can very well begin without penetration by starting with gentle rubbing together and light grinding.

Scissoring is about touching plenty of your partner's skin, including legs and thighs along with genitals. You may need more lube than for other positions to avoiding chafing the larger skin areas.

Gentle rubbing together and light grinding is also known as 'outercourse' as opposed to intercourse. Don't be surprise when this brings incredible sensations that lead to whole body orgasms without you ejaculating. This is going to be a whole new experience for both of you.

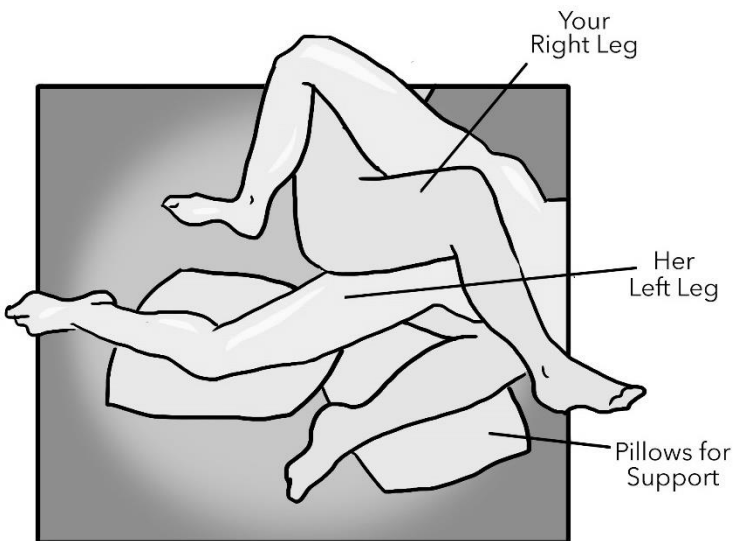
Especially for her because, as you should remember, she has a lot of erectile tissue in her heavenly third (including her clitoris). Her clit will probably become engorged and her labia will become heavier and puffier. Yes, it's essentially her getting a hard-on.

For you, scissoring is about experiencing the sensations of rubbing your penis against her warm and sometimes wet outer vagina for a loving and

sexual experience with limitless small orgasm possibilities.

Penetrating Sex

The beauty of scissoring, unlike thrusting sex, is that you slow things down to build those sensations that bring incredible intimacy before moving on to penetration sex.



You're going to be in this position for some time. Although the scissor position is relatively easy to achieve, some people become slightly uncomfortable. It may help to put pillows under the her back, side, or hips.

Once you get into the scissoring start position, you're going to slowly and gently enter your penis

inside her. Being slow and passionate is the key. This long slow pleasure can begin tiring some muscles (glutes, core, quads, and hamstrings). Don't rush things to finish. Instead, you can ask her to switch positions with you or temporarily move on to another position easier on your muscles like spooning until you're rested up. Some experienced couples do a little stretching of the muscles before getting started.

If it's not yet clear, with a little imagination, intimate communication, and experimentation, scissoring can feel like a whole new sexual world every time you and she go for it.

There is also the Scissor Straddle. The best part of the Scissor Straddle as it requires far less work for the same rewards.



You begin in the traditional scissors position with heads lying at opposite ends of the bed and legs making an X shape. For this new Scissors Straddle twist, she lies on her left side, with you kneeling down and straddle her with your right leg (opposite sides are fine also).

The Scissor Straddle has all the benefits of the basic scissor position with the added benefit of slowing the man down if he has a tendency of ejaculating too quickly. Other benefits are more eye gazing contact and his hands are free tenderly explore and enjoy more of her body.

Let your pleasure begin!

Try going very slow with this. It's all in the sensations. The objective is to see how slow you can go. Once you master this technique, you'll easily be able to have sex for a half hour. Many couples say that the best sensations begin after a half hour. It's not unusual to have sex this way for an entire hour. You're in control. How long it goes on is entirely up to you.

Types of Orgasms

As you already know, the most common type of orgasm is the one that comes from hot sex when you stimulate each other to the top of the mountain to orgasm. This is called a 'peak orgasm'.

Nirvana Friendly Sex Techniques

Another type of orgasm is the 'valley orgasm'. This one is closely associated with nirvana sex and happens when you are very relaxed. This isn't something you work hard for like a peak orgasm. It just happens when you're relaxed and enjoying being with your woman.

This is when men should be exploring having multiple dry orgasms. These are orgasms when you don't ejaculate. But don't work at it too hard. You want to stay relaxed and enjoying each other.

There's another type of orgasm when you stop shortly before you feel like you are about to come. This is a good one to know about when you first start practicing nirvana sex. There is a place called the million-dollar point that is just in back of the scrotum that you can press on with two fingers. This is where the semen goes through the prostate. By pressing two fingers there, you can prevent the semen from exiting your penis. This is called 'retrograde ejaculation.' You'll feel an unsatisfactory ejaculation. However, it does reduce the negative consequences that come on from ejaculating.

Then there are 'accidental orgasms'. These are completely unpredictable and come on at any time although they are rare. One of the more common times is when you first get together with your woman. You may be practicing nirvana sex but as

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soon as you get together, you know that you're going to have an orgasm and come. It's usually because you find her so sexually exciting. This is a bit of a type of premature ejaculation except you don't normally have a problem with premature ejaculations.

Now that you have the more advanced Nirvana sex techniques and positions, let's move on to what deepening the emotional and physical connection between you and your woman can achieve.

Intercourse Anytime

Here, I'm sharing a few stories, experiences, and letters from the men that have real life experience reinvigorating their sex lives using the techniques and knowledge that my team and I have made available over the years.

Arnold Builds Raging Sexual Confidence

I got this note from Arnold after he had started 'solo activities' to improve his sexual performance and confidence.

“My morning wood is ascending and I seem to be hornier. But I fell off the wagon. I have a partner and I feel like banging her but I'm not sure that I should?”

My response was to assume that him falling off the wagon meant that he had masturbated when his goal was to build sensitivity by getting off the porn and fantasizing. I gave him the short answer that banging his woman is the right thing to do. In order to get erections, you have to try having sex sooner or later. You can always have sex at any time using soft entry. It's always good to spend time with your penis inside of her.

Soft, in between, or hard, you're not going to make progress without the courage to enter her. Arnold, some men hesitate although they are ready long

before they think they are. If you're thinking about being inside of her, you have the libido and are ready. If you wait until you are completely hard, you'll probably never be as ready as you think you should be.

Whether you tell her about soft entry or not is your personal decision. All that is required is that you get her to spread her legs so that you can put your lubricated penis in. Very simple. Many positions work – on her back, you on your back, kneeling, etc. You don't know that you're ready but you are.

It's going to be very good when you go for the sensations. When you are really hard, you don't feel as much as when you are semi-hard. Arnold, you said your morning wood is rising, so you are ready. Semi-hard can be better for you exploring sensations and improving your sensitivity. The sensations change every time. Be sure to take the time to feel the changes in sensations. You've got this!

At the same time – No Porn! It's very destructive to the progress that you've made. If you haven't gotten the point yet, you should be staying away from porn completely. The only time you want to be thinking about sex is when you are having sex. You want your brain wired for arousal when having sexual sensations.

J.K. Wants to Help His Friend

J.K. writes that he has a coworker complaining that he seldom has sex with his girlfriend. This guy has been living with his girlfriend for only six months and sex has already become an afterthought.

On the other hand, J.K. has been with the same woman for years and continues to enjoy sex three or four times a week. He says that he knows that oxytocin works because that is his secret to keeping heat in the sheets. He just wanted to let me know that he has told his coworker about Nirvana Sex. About the hand holding, eye gazing behaviors, and naked cuddling. As J.K. says, “there’s nothing better than sex. And there’s nothing better about good sex than Nirvana Sex. I hope my coworker takes my advice.”

Don Wants Help With Chemically Suppressed Testosterone

Don is looking for help for men with prostate cancer that have been chemically castrated to suppressed testosterone levels. There are also other hormones that are being suppressed.

To start with, I don’t recommend hormone suppression at all. Not for prostate cancer or any other cancer. I’m not a doctor, but that is no way to help your body naturally fight the cancer or keep cancer away. Let your body do the work. High

testosterone keeps away cancer and improves the fight against existing cancer.

Unfortunately, you're not going to find much research about this. Experiments showing this are difficult to finance because Big Pharma profits depend on selling very expensive cancer treatments. However, there are past experiments showing testosterone supplementation works to fight cancer. And there are new studies moving forward.

And there is some very convincing research results about prostate cancer to be aware of. Many studies have shown that men who die of old age — unrelated to prostate cancer or unrelated to any cancer — are just men that died. Autopsy studies of these men examined the prostate tissue. Although these men had prostate cancer, it did not kill them!

Intercourse Anytime is About Staying Healthy

If you want to stay healthy, you can't rely on Big Pharma and you can't rely on the government. I think an excellent example of how badly government can get health recommendations completely wrong happened between the 1970s and 1990s.

It was during these decades that the government

and almost all food producers decided that any fat in our diets was bad. The strong recommendation became a low-fat diet. What we got is the obesity epidemic that is still roaring through society today with no end in sight. What we got is the food producers pumping huge amounts of corn syrup and other processed sugars into our foods. And ask me sometime about the margarine debacle that replaced healthy butter with a plastic like substance – the same process is used to make margarine as is used to make plastics. This is the time period when polyunsaturated fatty acids (PUFAs) were pushed on us as being healthy. Although you do want good fats in moderation, there may not be anything worse for your diet than PUFAs. Don't believe most of what the government and big food producers tell you. They have a lot of bad byproducts from the food processing industry that they want to sell to you.

And there are many other simple, natural solutions to keep you healthy and highly sexual...

Iodine is good for erections. Many people have trouble producing thyroid hormone. Iodine is an element needed for the production of thyroid hormone. The body does not make iodine, so it is an essential part of your diet. You can get more iodine by eating the right seafood about once a week. For men with erections problems, I

recommend applying a Lugal iodine solution on the testicles for a period of time. Lugal solution has been around since 1829 and is known to be among the safest and most effective medicines needed for your health.

Low body temperature is a reliable sign of a slow metabolism that can cause weight gain, make it difficult to lose weight, and be a symptom of other problems. What is your body temperature? Are your hands, feet, and nose cold? What is your heart rate? What is your pulse? There are simple and natural solutions to low body temperature such as wearing an old fashion nightcap when sleeping and when your body is at rest. Most men used to wear hats a lot more often to keep their head warm when outside and because houses were colder than today.

Aspirin is still a miracle drug. Aspirin has so many health benefits that I researched a highly effective aspirin protocol. Among the many benefits is raising testosterone and lowering serotonin (stress hormone). It's also well known to work with mental disorders ranging from Alzheimer's, to depression, to schizophrenia, and many more. Raising testosterone and lowering serotonin is known to be a magic combination for both aging and younger people. It's something that Big Pharma is never going to share with you because they have a ton of

very expensive drugs they want to push and the patent on aspirin expired decades ago.

All of these, with the details, and many many more are covered in my book *Healthy to 120*. My main point here is that you can take charge of your sexual life to have intercourse any time and to 120 by staying healthy in simple and natural ways.

Older Women Enjoy Sex

The happiest men and women in America are married couples who have sex frequently after age 60, says a report by the Rev. Andrew M. Greeley, a sociologist, priest, and novelist. But don't let one headline or one study make you think that most single women don't like sex. Because they do too.

That same report says that men and women enjoying sex are also more likely to report that they are living exciting lives. Hey, 60 is only halfway to 120. There is still a lot of life to be lived. We're the very fortunate generation that will define how to do this as a large group.

"The image of passionate love between older people as grotesque is dominant in American society. It may be that the last great American taboo is passion among the elderly," Greeley wrote, adding that virtually no sociological literature exists about sexual passion between older men and women.

Father Greeley also said that even though some reports have indicated that many older people have sex, little has been reported previously to indicate those who are sexually active live more satisfying, rewarding lives. He said that he knows of seniors experiencing ecstasy during lovemaking.

Never trust old prudes that call us horny old broads and dirty old men because this report on sexually active seniors reveals plenty is also going on outside the bedroom. One-third swam nude together, one-third showered together, one-half enjoyed extended sexual play, and two-thirds experimented sexually.

Shirley Enjoys Her Senior and Single Sex Life

Shirley was 62, recently retired, and a widow after her husband died two years ago. She had married her high school sweetheart and knew that even at this age, she was sexually inexperienced. Part of her proof was the dildo that she had never used after her husband gave it to her when he was near death and could no longer perform.

Her plan had long been to do more reading after she retired and now alone in her home she found herself reading romance novels. These hadn't been on her reading list, but the girls she had met at the wellness center insisted romance books would keep her mind sexually sharp until something better came along. And something better did come along.

Shirley enjoyed doing her reading out by the backyard pool on nice days. The romance had a stronger than expected effect on her. One day, fresh out of the shower, she decided to skip putting on her robe as she headed out to the patio to read

her book. As she exited the bathroom, she saw herself nude in the full-length mirror. “Not bad for 62 and 2 kids,” she thought. She had a slim body with full, slightly sagging breasts that were kept in excellent condition with careful eating and regular visits to the adult wellness center.

This was the first time she had gone to the pool nude but not the first time she wandered around her empty home nude. It felt good to go about the house nude. It was freeing and a bit wicked. “What if someone came to the door? Should I just greet them this way?” That thought gave her a tingle. The romance novels had given her an active imagination of the possibilities that could happen. “Mmmm, this was kind of fun!” Her full tits swung and swayed as she moved around. Sometimes they brushed against things and made her nipples feel good.

In the house behind hers was a widower her age that had lost his wife about six months earlier. The couples had been friends and would do things together from time to time but never really became close. She liked Roy’s personality and he had appreciated the meals she took him out for a while after his spouse passed away.

Shirley didn’t think he had developed another relationship yet from the occasional conversations they had.

That first day nude at the pool, her new horniness overcame her insecurity and gave her an idea about how to get what her body was craving. She went in and slipped on her robe but tied it very loosely. She went to the fence between their yards and called Roy over. With the fence between them, she didn't think Roy could see much but it should be enough to let him know she was sexually available. She invited him to dinner that night.

Right on time, he came through the gate between their yards bearing big bottle of wine. They ate and drank by the pool, both of them enjoying the food and the company. After much of the wine was gone, Shirley cleared the table and invited Roy for a swim under the stars.

He protested that he had no suit. Shirley simply began stripping. He got the idea real quick and soon joined her in the pool. They swam, talked, and played for a while.

Then, Shirley took his hand, leading the way out of the pool and they towed each other off. Talking ceased as touching and kissing became a much better way of communicating. Towels were thrown over the big chaise lounge and Shirley opened her thighs to welcome only the second cock of her life.

Roy entered slowly and easily. He delighted her with techniques and a sexual energy she had never

known existed. She was almost delirious with the pleasures of repeated climaxes. After hugging and kissing for a while, Roy pulled her on top of him and showed her how to ride him. As he played with her firm, hanging boobs, she reached a final climax and lay down on top of him.

A short time later, she stirred and weakly said, “Thank you for an amazing evening. Let’s talk tomorrow...” She climbed off Roy and staggered into the house, leaving him to find his way home.

It was midafternoon when Roy’s phone rang. A timid voice asked him to meet his neighbor at her poolside. When he came through the gate, Shirley was wearing a short pool cover-up and had two ice teas on the table. She smiled at him as he sat next to her and reached out for his hand. Roy let her lead the conversation.

He asked questions that would encourage her to talk since that is what he sensed she really needed to do. At first, the conversation was light and avoided the sex of the previous evening as Roy guided it towards her feelings.

After he learned about her very limited sex life and the recent decision to explore new things, Roy excused himself and retrieved a bottle of champagne from his house. He proceeded to toast the ‘new Shirley’ and the beginning of the rest of

her life.

It wasn't long after that when Shirley began sharing the importance of finding romance at every age with new women at the wellness center.

Lily Became a Menopausal Nymphomaniac

Lily is 72 and well into menopause. “I’m having a sex life that I didn’t have in my 20s. I’ve had men who wouldn’t have looked at me twice back then. But despite the enormous pleasure I’ve had, it’s only when I begin to fall for one of them that I realize how limited my time is. The weirdos, the beauties, and the lonely. I’m especially a sucker for the lonely men but I can’t make them the main point of my life. I have no idea where this endless parade of unimaginable pleasure will take me. But I have to find out, as I suggest every woman does.”

As you might gather from Lily’s opening comments, Lily isn’t shy about seeking out sex whenever and wherever she wants it. Lily goes on.... “I want sex more than ever and that fact shreds everything I know about this sad, post-fertile state of menopause. Tell me my vagina is a desert and I’ll tell you it’s feeling like a blooming oasis.”

She doesn’t explain why, but she says she got started on dating websites a couple of years ago. “The menopause has caused me to lose weight and I have a leaner look than I did in my 20s. I might be

72 but I easily pass for 15 years younger. Lily says when she got started on the dating sites, there weren't many men her age showing an interest so she changed the setting to a wide range of ages. "The response is incredible. I could almost be the grandmother of some of the guys that responded. It was like a box of chocolates to choose from and I went kind of wild."

"I started out having drinks with younger men and some older. These meetings shored up my confidence but didn't resolve my own performance concerns. After so many years without a sex partner, would the old girl downstairs remember what to do? But I knew what I wanted and decided to go for it. There were a few misfires at first (one man didn't even walk me out of the bar where we agreed to meet) but when a particularly attractive 64-year-old seemed interested, I got bold and asked him to come home with me. Instinctively, I went into hostess mode. I put out snacks but his interest wasn't in a midnight snack of cheese and crackers. One thing leads to another and just when I'm sure bats would fly out of my derelict vagina, muscle memory kicks in."

"He feels amazing, seems pleased enough and I almost rung the life out of him. Afterwards, he sleeps in complete stillness and leaves the next morning like a gentleman. I've done it. I've broken my celibacy."

“Since then, staying in sex game post-menopause has been a little trickier than the first time around when the only prerequisites were wearing your best flimsy dress and getting little drunk. I have taken up using a lube and being careful about sexually transmitted diseases.”

“I took up my new sex life with zest. Yes, I found a few more men and they were, every single one of them, sexy and gorgeous. I don’t remember this many handsome men, even in a catalogue. I love their hopefulness, kindness, and interest. I watch them looking at me and I wonder if they’ve taken a sneak at my driving license. Mainly, they are confident and happy and they know a lot more about sex than I did when I got back in the game.”

“As much as they seem to care, they are here for the same thing I want. That’s what we have in common. Still, I’ve always been told that older men want to chase younger women. I’m constantly amazed that they don’t find an older woman a turn-off. Every time I’m told I have a great body, I have to stifle a laugh.”

“A couple of times, I’ve asked, Why do you want an older woman?” Each time, I’m told something like, ‘older women don’t want a relationship or marriage. There’s never a question about her wanting to have babies. Older women have their own money and are emotionally stable.’ And then I

get the question, ‘Do you prefer young men?’ to which I say, “It’s the man, not his age.”

“But to be honest, there are older men that I find to be a downer. They only like Harleys and rock’n’roll. They look backwards, not forwards. I think, they look at me and wish I’d have my personality removed. Maybe I don’t worship them enough?”

“After the first several men, I got concerned about my sexual health, that’s when I started protecting myself against STDs. I went to my GP to make sure everything was alright. I wasn’t shy, I explained that one guy was sized like a fire hydrant but she said that shouldn’t matter. She seemed more amused than concerned.”

“After that is when I really upped my game. I change my hair, started wearing better clothes and listening to newer music. I feel younger. I actually feel sexier than I did in my 30s and have forgotten how old I really am. I’m not fighting off the menopause death that many women believe automatically happens. I refuse to be subsumed into its shadow.”

Healthy and Rewarding Sex Lives For Seniors

The same as with younger adults, healthy sex means healthy senior citizens. The sexuality of children becomes a concern for parents as they approach the age of puberty. That's when most parents have some version of the 'birds and bees' talk with their children. Although we don't all agree when the time is appropriate for young adults to become sexually active, we do expect they will.

Seniors Open Up About Being Sexually Active

I'm not expecting our children to have a birds and bees talk with us as we enter our 50s, 60s, and 70s, but it is time for all of society to recognize the healthy relationship between aging and maintaining an active sex life.

"Individuals with strong, functioning sexual and intimate relationships will have better trajectories of health and well-being than those whose relationships function less well or who lack such relationships."

~ Linda J. Waite of the University of Chicago in *The Journals of Gerontology*.

This is one of her comments when discussing the
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National Social Life, Health, and Aging Project (NSHAP) that collected data on several key areas of older-adult sexuality from 3,000 participants about their sexual relationships over a five-year period. The findings were published as 14 individual articles in *The Journals of Gerontology*.

It's not a big surprise that men were generally more positive about senior sex than women. And older people were more conservative than those several years younger. Survey results matched up with the history of sex attitudes that these people lived through. The youngest group came of age during the sexual revolution of the 1960s, and therefore is more open-minded regarding sexual acts, masturbation, and sex outside of marriage. For example, nearly 32% of women ages 57 to 64 masturbated in the previous year; but only about 16% of women ages 75 to 85 reported the same. The differences in attitudes were attributed more towards sexual morals than to being age related.

Ultimately, the findings revealed an optimistic view of sex and aging.

Astounding Senior Sex Study Results

The same study that Waite commented on above (NSHAP Study of Sexuality and Health among Older Adults in the United States) came to several more conclusions that even I found a little surprising.

Healthy and Rewarding Sex Lives For Seniors

- *“Our findings, based on nationally representative data from the NSHAP, indicate that the majority of older adults are engaged in spousal or other intimate relationships and regard sexuality as an important part of life.”*
- *“...sexual activity reported by respondents who were sexually active was similar to that reported among adults 18 to 59 years of age in the 1992 National Health and Social Life Survey.”*
- *“The prevalence of sexual activity declines with age, yet a substantial number of men and women engage in vaginal intercourse, oral sex, and masturbation even in the eighth and ninth decades of life.”*
- *“The frequency of sexual activity did not decrease substantially with increasing age through 74 years of age, despite a high prevalence of bothersome sexual problems.”*

It should be clear to all of us that there are too many bad myths about us older people no longer being interested in sex. Although there are still not enough quality scientific studies on the subject, the emerging studies do show a strong interest in sex and that it has an important role maintaining our physical and mental health.

Why Myths Exist and What Can Be Changed

The Centre for Studies in Aging & Health (CSAH) in Canada performs work both internally and with outside partners to create a system and resources that “promote successful aging; prevent or delay frailty and its harmful consequences; and improve care by supporting transformation in organizations that provide health services.”

A major goal that CSAH is working to achieve is busting false myths about senior sexuality and widely promote accurate information about the relationships and sexual activities that seniors are and can continue enjoying.

The major bad myths that CSAH wants to bust:

- Older people do not need or want sex anymore.
- Older people are unable to have sex even if they want to.
- Older people are so weak and frail that having sex might hurt them.
- Older people are having less sex than what studies claim.
- Older people do not receive much pleasure from sex.

Healthy and Rewarding Sex Lives For Seniors

- Older people are not attractive and don't find each other desirable.

I think I can safely say that my research supports busting these same lame myths. In fact, CSAH finds the same root causes for many of these myths continuing to be believed. For instance, big pharma promotes that seniors widely suffer from sexual dysfunction as a way to sell more drugs (CSAH calls this “medicalized sexuality”). CSAH also believes that media in general plays a major role reinforcing the myths by stereotyping sexuality with youthfulness and dysfunction with age.

To reverse these myths, CSAH concludes that TV and other media need to depict older people in positive relationships rather than as being frail, weak, and nonsexual. They would also like to see news and documentary style media base more programming on the available research and knowledge available about sexuality as we age. Specifically that “maintaining relationships and sexuality assists older adults to have healthy and positive outlooks on life.”

Suggestions by CSAH (and myself) for promoting healthy sex lives for seniors include more media attention to how:

- Older adults are diverse individuals who may engage in a variety of sexual behaviors.

Healthy and Rewarding Sex Lives For Seniors

- Older adults date, cohabitate, engage in affairs, have protected or unprotected sex, masturbate, may be sexually abused, or may abstain from sex altogether.
- Older adults may negotiate new sexual situations after a divorce or death of a spouse or partner – or after breast or prostate cancer or other chronic illnesses.
- Older adults may also use the internet or other forms of social media to seek relationships.
- Sexual identity is interwoven with concepts of self-worth. Denying sexuality can harmfully affect self-image, social relationships, and mental health.
- Regardless of age, every individual has a need for love, intimacy, and companionship.
- Failure to address sexual needs in nursing home or long term care home residents, for example, is a failure to appreciate an important facet of health.
- Barriers can include: lack of privacy, loss of interest, lack of a willing partner, chronic illness, attitudes of physicians and staff, feelings of unattractiveness and insufficient understanding of sexuality.

Busting these myths and creating a more accurate view of sexuality as we age happens by understanding what is going on in the real world.

Sorted (?) Senior Home Stories

Elderly care facilities aren't very exciting places, both men and women are often looking for ways to have fun and have something to look forward to each day. It could be suggestive banter with the new gent in the dining hall or flirting with the lady in room 214.

What about the neglected old lady that complains when her roommate's husband, who doesn't live in the facility, climbs in his wife's bed to snuggle and have sex? Is she jealous or does she just want them to get a room of their own?

Indeed, attraction, hugging, flirting, fondling and, yes, sexual relations know no expiration date. This is a time of life when many people return to the romance they recall from their 20s and 30s. Social connections and human touch help ward off the depression and loneliness that old age and institutional living can bring.

What do senior home staff talk to seniors about? They ask new residents about their religion, the music they like, and what kind of food they want to eat.

What they never ask about are their preferences around sexuality and intimacy.

Amazingly, when old people go behind closed doors, senior home staff go into denial and become uncomfortable simply because many residents are engaging in sexual expression such as holding hands, hugging, kissing, masturbation, and sexual intercourse.

Dot (82) and Pete (95) Want Each Other and Privacy

Before Dot came along, Pete was really kind of a player and had all the women vying to sit with him on the porch. But with Dot, it was love. One day, the staff noticed that they were usually sitting together. Soon, they were eating all their meals together, and over a matter of weeks, they were seldom apart. Whenever Pete caught sight of Dot, he lit up ‘like a young stud seeing his lady for the first time.’ Even at 95, he’d pop out of his chair and straighten his clothes when she walked into the room. She would sit, and then he would sit. Both of them began taking far greater pride in their appearance. Dot went from wearing the same rumpled blue dress three straight days to appearing for breakfast every morning in a different outfit, adorned with pearls and hair combs.

Soon the relationship became sexual. Staff noticed that Pete became visibly aroused when he kissed Dot good night – and saw that he didn’t want to leave her at her door anymore. (Note to Viagra:

Pete did not need what you are selling.) His nighttime nurse prohibited sleepovers, so the two started spending time alone in their apartments during the day. When Pete's son became aware of these trysts, he tried to put a stop to them because he felt that old people "should act old and sit in rocking chairs."

It wasn't long before Pete's son walked in and saw his 95-year-old father in bed with his 82-year-old girlfriend, "She had her mouth on my dad's penis!" Pete's son became determined to keep the two apart and asked the facility's staff to ensure that they were never left alone together.

The son wasn't the only one troubled by the physical relationship. The nurse that attended to Pete most of the time also had strong feelings about the matter, "At first, I thought it was cute they were together, but when it became sexual, I objected for religious reasons and asked other staff members to help keep the two of them apart."

Employees wound up choosing sides. So did the residents, including some women who were clearly jealous of Dot's romance.

The couple began sneaking around to be together. It became noticeable when they cut out instead of going to church services. But, their intimacy became more and more open and some of the staff

considered it problematic. At one point, the manager had to make Pete stop “pleasuring her” right in the lobby, where Dot sat with a pillow placed strategically over her lap.

Other staff had trouble staying neutral and detached. Several commented about thinking that “if that was my mom or dad, I’d be grateful they’d found somebody to spend the rest of their lives with.”

Dot’s family had the opposite opinion from Pete’s son. One day when Dot’s daughter arrived to visit, she found Pete sitting in the lobby surrounded by a brigade of residents in wheelchairs who had been told by Pete’s primary nurse to block Dot from approaching him. Dot’s daughter actually threatened a lawsuit for interfering with her mother’s happiness and civil rights but the lawsuit never happened.

Pete’s son’s displeasure over the relationship intensified. Shortly after the confrontation involving the wheelchair brigade, Pete’s son moved him and insisted that neither Pete nor Dot be told in advance. No one in either family was there the morning Pete’s nurse hustled him out the door. Later, the manager called the son and asked if there was any way Dot might come and visit just briefly, to say goodbye. The son thought about it for a moment and then said no, “his father was

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already settled into his new home.” A lawyer told Dot’s daughter that there was no way they could make a legal case that Pete’s rights were being violated by his family.

Dot’s son-in-law suspects Pete’s son of fearing for his inheritance. Pete had repeatedly proposed for all to hear and called Dot his wife, but his son called her something else – a “gold digger” – and refused to even discuss Dot’s family’s offer to sign a prenup. According to Dot’s daughter, Pete’s son told her, “My father has outlived three wives, including the one he married in his 80s, and your mother is just one of many.” “But surely, Pete’s safety was a true concern, too” the manager said “and maybe his son had religious or moral qualms?” But the manager continued, “I actually don’t think so. I don’t think he meant his dad any harm, but he couldn’t see what his dad needed. He wanted his dad to have a relationship but on his terms: You can sit together at meals, but you can’t have what really makes a relationship, and be careful how much you kiss and don’t retire to a private place to do what all of us do.”

Today, there is an unspoken sadness surrounding Dot that she never had before. The manager says, “Pete gave her back something she had long lost – to think she’s pretty, to care about her step and her stride.” Today, Dot eats in her room instead of

the dining room where she shared meals with Pete. And she no longer plays the piano. As a result of the whole experience, the manager, who is 50, had a different version of 'the talk' with his daughter. He gave clear instructions for her to never let such a thing happen to him and ended with, "I hope I get another shot at it when I'm 90 years old."

Not Until We're Married

A good relationship can be the best medicine for whatever is ailing you. Sunni, 73, came down with depression after moving into a nursing home a year ago. That is until she started 'going steady' with Hank, 82, and her spirits have soared.

Hank made Sunni the envy of other women at the home. From the moment Hank arrived, he was considered quite a catch. "He's a hot commodity in this facility," says Jenna, the social coordinator. "A lot of the ladies began trying to court Hank because he's tall, he has good teeth, and he has hair. He can even dance still."

In general, men are prized on the senior home social circuit; about 7 of every 10 nursing-home residents are women. Hank was smitten with Sunni from the start. "I looked across the room and said, "I gotta meet her – she's cute." Every night, he went to her room for a goodnight kiss. But she didn't invite him to stay. "Not unless we're

married," she says.

The Duponts tied the knot in the dining room at the nursing home. There were 52 guests. Sunni's son walked her down the aisle. Hank's son was best man. The DJ played Barbra Streisand's "I Dreamed of You," and the couple shuffled through their first dance before Sunni returned to her walker. For their 'honeymoon,' they went to Atlantic City – to a nursing-home conference so that a couple of nurses could go along. The nurses stayed nearby but in separate hotel rooms. "He loves being married and sleeping in the same bed with Sunni," says Hank's son.

Let's Talk About Older People's Sex Desires

A 2016 study titled "Let's talk about older people's sex: views on the recognition of sexuality and sexual health in the health-care setting" came to this conclusion about attitudes in many senior homes:

"A bigger problem may be ageist attitudes among providers and internalized ageism in their patients that may interfere with sex education and application of newer standards. The result is that many believe older adults are uninterested in, or lack desire for, sexual activity and cannot engage in these activities."

The study found that much of the existing research on older person's perspective and experience of sexuality in health-care settings remains important to an older person's wellbeing. Older people participating in the reviewed research studies identified benefits they attain from being sexually active, even while experiencing the effects of normal ageing or illness. The challenge for health-care professionals is acknowledging and advocating the importance of sexuality in older age including in nursing home settings.

This is best performed by enabling open discussions about sexuality with older people and by incorporating an appreciation and understanding of sexuality into treatment and care planning. Health-care professionals also need to find ways for creating long-term care environments that provide discrete sexual opportunities for older people because this is still important to them and their wellbeing.

Give Seniors Their Privacy and Dignity

Federal and state laws require elderly care facilities to respect residents' rights to privacy and safety. Married couples in at least 18 states have legal rights to share rooms or have conjugal visits...

This should leave you wondering what is wrong with the other 32 states? Does the government think they have a right or responsibility to regulate sex just because people live in elderly care facilities? We now know enough to conclude that a healthy sex life is vital to our physical and mental wellbeing.

Example of How Extreme Ageism Can Become

This is a very typical story of what is still commonly going on in our senior care facilities. It's just plain wrong and a depraved violation of our rights as people.

A man and woman are having sex in what they think is the privacy of the man's room that he's paying for with thousands of dollars each month. But they don't put locks on the doors or the staff has keys to all of the doors. During their consensual sex, a nurse walks in unannounced and that starts a terrible chain of events that begins with the families of these consenting adults and works all of

the way through the court system.

Of course, the uninvited nurse puts an immediate end to the sexual activities and causes great embarrassment by scolding the two senior adults. But that's only the beginning of having their sexual pleasure shared with the world.

After the scolding, the nurse reports what was happening to management. Next, the adult children were informed about what their parents had been caught doing. Everyone agreed there was no reason this consensual sex needed to be reported to the state. But someone did report it anonymously and the state became involved. The anonymous person reported the woman seemed confused (probably confused with embarrassment) although the woman had no history of mental health problems.

The man was quickly ordered to leave the senior care facility (at great financial cost). And the manager that did not report it to authorities was fired. But that isn't the end of this terrible ordeal. A few months later, the woman passed away from natural causes. The next year, the woman's family sued on the basis that she had been raped.

Let's count some of the many ways this incident is all wrong:

1. Why did the man and woman have no privacy

from the nurse who walked in on them?

2. How could the nurse know the woman was “confused”?
3. Why would the staff call the adult children of the man and woman to report they were having sex?
4. Why was the manager fired over consensual sex between two residents?
5. Since there is no way for the woman's family to think a rape took place (she died), why was the lawsuit allowed to proceed?

She was 87, he was 78 – engaging in sex. They were deprived of their privacy, stripped of their dignity, and forced to never be together again. During the investigation, a psychiatrist concluded that both parties had “the ability to consent.” This should have never happened and yet it happens all too often.

Sex Urges Don't Stop When the Clock Strikes 60

So far, only about a quarter of facilities have policies on intimacy and sexual behavior, according to a 2013 survey by AMDA – the Society for Post-Acute and Long-Term Care Medicine. Almost half said that developing a policy was “planned” or

"uncertain."

But Happy Home is different. A glance at the calendar at the Happy Home in Sunnyside (names have been changed) makes it look like any other senior care home. It has a movie night, trivia, a shopping trip, and a trip to an afternoon baseball game.

Something else on the social calendar is that Happy Home policies and staff actively encourage and support sex and intimacy among its residents. Among the very few, this place realizes the need for adult policies and procedures to govern senior sex in this setting. It's not complete sexual freedom but it is moving in the right direction. The guiding policy is that "residents do not give up their civil rights simply because they are in need of assisted care. Happy Home has an obligation to encourage sexual civil rights the same way they respect senior's right to vote."

In a group setting, they need to respect sexual rights while also having conditions to avoid or minimize unwanted sexual contact or unwanted intimacy. They have several residents who have become romantically involved, and those relationships have generally been good for the residents.

As you would expect, the administrative policy

Give Seniors Their Privacy and Dignity

sounds dry and full of medical/legal language. It's certainly not erotic but this is the direction a few senior care facilities are moving in. The policy begins by defining sexual expression as "words, gestures, movements or activities (including touching, flirting, proximity and physical contact, dressing up or reading) which appear motivated by the desire for affection, relationship, intimacy, and/or sexual gratification. In this regard, residents have the right to seek out and engage in consensual sexual expression with other residents or visitors. To the extent possible, residents also have the right of access to a private space in support of sexual expression."

"It is the function and responsibility of the staff to uphold and facilitate resident sexual expression, and the responsibility of the facility to provide comprehensive and culturally sensitive staff training and resources to the extent possible to ensure the resident's right to privacy and safe and healthy sexual expression, and to protect residents from sexual harassment and abuse."

It then goes on to broadly describe how the staff will interact with sexually active residents. For example: "staff will recommend appropriate use of private space to the extent it is available (includes relocating one of the partners to a private room if both are in shared rooms). Staff will provide

consultation upon request and as needed.”

Of course, there are safeguards in place. A common policy statement is “in situations where it may not be clear that the sexual expression is between consenting adults, staff will investigate, assess, and make a clinical judgement regarding the relative benefits and potential harm associated with the sexual expression.”

Again, this is far from perfect but at least the conversation is happening at a few senior care homes and we can expect progress as more of us pursue our right to an active sexual life well beyond age 60.

Masturbation and Root Focus

After reading everything about hugging, naked cuddling, and oxytocin behaviors, you might be a little surprised that I'm sneaking in a chapter about masturbation near the end of the book. For some men, penis root sensitivity can be the place to begin your new adventure into Nirvana Sex. It is the starting place for men that don't currently have a partner but need to switch to sensitivity sex while giving up porn, fantasizing, and gotta-come-fast sex. It also works well for men that do have a partner but want to be a little prepared when they introduce nirvana sex to their partner.

All Men Masturbate

Masturbation is so prevalent in our society that we probably have more phrases for it than Eskimos have for snow. Even if you don't masturbate today because you can't get hard, it very well could be because you were using a death grip when masturbating to porn or fantasies – exactly the opposite of what penis root sensitivity is about.

There's an old joke about two men that both masturbate, one that admits it and the other lies about not masturbating. The truth is there are men that can't masturbate and what they have mostly in common is a low libido. The best way to think about this is that their sex drive is inactive. It's

there, it's just not active. A big thought on the mind of these men can be why they have low sex drive when everyone else's is so high? They probably have life experiences with a much higher sex drive than what it is right now. And they want it back.

Probably 99% of men have made a habit of masturbating at some time (70% for women). I was a daily masturbator from about age 12 until my early 50s. Sometimes twice a day. Whether this is good for your sex health depends on several circumstances.

Masturbating Without Ejaculating

Like many extreme physical efforts (marathons), ejaculating isn't very good for our sex health after age 50, 60, and 70. You can masturbate without ejaculating and you can orgasm without ejaculating. As you get older, you want to have sex often but without ejaculating. And for almost every one of us, partner sex is the best sex. You can have lots of partner sex without ejaculating. Even better, you can have longer partner sex by not ejaculating.

Nirvana Sex will transform your life. It's the best at any time and an especially great way to extend your sex life and sex health as you transition to a new phase of life at around 50 or a little older.

Of course, there are reasons that some men cannot have partner sex. Maybe they don't have a partner or maybe your partner doesn't want to have sex (right now). You can change these circumstances. And there are very good masturbation techniques that will help both of these circumstances.

What you need to keep in mind as you age is that masturbating to ejaculation will lower your sex drive. Masturbating to ejaculation will lower your body energy. It takes an enormous amount of energy for your body to create sperm and seminal fluids.

Penis root sensitivity also has a lot to do with how masturbating wires our brains. Ejaculating causes a lot of prolactin. Prolactin causes the production of breast milk in men, lowers sex drive, and can cause erectile dysfunction. It causes depression and creates the need for a refractory period (time between being able to have an erection). At age 18, the refractory period can be as short as 15 minutes. By age 70, a refractory period of 20 hours is common.

Even beyond the refractory period is a mental attitude that happens that lowers your attraction to your partner. This can be for a week or two. A primary benefit of Nirvana Sex and oxytocin behaviors is keeping the partner attraction alive all of the time.

Penis root sensitivity is all about good masturbation practices and preventing the ejaculation fallout. What you want is a lot of sex, great erections, and a lot of partner sex, or solo sex without losing your libido, without a refractory period, and without ejaculation fallout.

Learning to Have Dry Orgasms

Dry orgasm is about separating your active orgasm from ejaculation. Very few people do this or even know that it can be done. You've already learned a considerable amount about dry orgasms but there is more to be revealed.

You begin learning about this by paying attention to feeling your orgasm begin before you begin to ejaculate. Once you understand this, you become able to begin striving and working towards orgasms without ejaculating (dry orgasms). You're almost certain to fail at it several times in the beginning. It takes some work and practice to get it right. It can take weeks and even months to get it right and to become in control. But you will achieve what you are seeking.

Yes, men can have orgasms without ejaculating and you won't go into a refractory period. You'll stay hard. You won't go limp. There's no downside. Only upside.

You want to go long periods (weeks and months)

without ejaculating. However, it's been my personal observation that occasionally ejaculating is sexually healthy. I find that if I go too long without ejaculating that my erections begin deteriorating.

Less Intense Ways to Bring Erections Back

There are other ways to bring back strong erections. Dry orgasms is a good place to start but two other good alternatives are 'prostate massage' and 'ruined orgasm.' Both of these cause the loss of a small amount of semen and seminal fluid (I call this 'ejaculation fluid leakage'). When this happens, your libido stays intact and your erections do come back. Full ejaculation can work to bring back erections but it's further down on the list of preferred methods because it does cause a refractory period and loss of libido.

The frequency that you want to experience ejaculation fluid leakage or full ejaculation varies considerably among men. You're probably going to need to practice to learn what works best for you. For some men it can be never having any fluid leakage. For a young man, it can be every day. But I really don't suggest full ejaculation on a regular basis. Determining the right frequency for you is done by monitoring the quality of your erections. If you go a long time having dry orgasms without your erections deteriorating, you may never need to have any ejaculation fluid leakage. If you do start

experiencing a deterioration of your erections from dry orgasm, you can start with some small fluid leakage using prostate massage or ruined orgasm. If your erections still don't return to what you were once able to achieve with dry orgasms, you may need a full ejaculation. But remember that your ultimate goal is extended periods of dry orgasms that go with Nirvana Sex.

Penis Root Focus is Never About Porn and Stimulation

Porn and stimulation are extremely damaging to what you want to achieve. What you want to achieve is sensitivity. I strongly suggest avoiding porn in all of its forms. This even includes avoiding PG sex on television. Click the filter button on your internet connections to block all porn. Porn causes a dopamine rush. Every time dopamine is released, it takes about 30 minutes for the effects to wear off. In today's society of high sex stimulation and porn, you will always have dopamine releases happening if you don't take action to stop it. You'll get horny without a way to relieve the tension. It's best to figure out where your triggers are and avoid them.

Sexual arousal should be about having sex. Not about looking at others having sex. And not just thinking about sex (no fantasizing). Porn seems to have an extra strong effect on men as they get

older. It becomes a substitute for having real sex. It doesn't even matter if you masturbate or ejaculate to porn, it still has a bad effect on your brain wiring.

Looking at attractive women on the street is different. Real women are not inanimate screens or pictures. These women are real and a part of your life. For some of you, these are the women that you want to be attracted to. For others, it's okay to find these women attractive but if you are working towards Nirvana Sex with a partner that you already have, you probably don't want to take action towards attractive women you see on the street.

This is about being aware of your sexual energy. Porn, artificial, and inappropriate stimulation causes a loss of sexual energy that you want to keep. You need your sexual energy for good libido and good erections.

Even if you are single and don't want a partner, you can have incredible solo sex with edging (ruined orgasm), prostate massage, and dry orgasms.

If you have a partner that does not want sex, but you do, you want to start soon with Nirvana Sex. Even women that don't think they want sex will want Nirvana Sex once they experience it. This is all about sensations and feeling instead of wham-bam sex. To get her interested, you might have to

work through some vaginal pain issues. Nirvana Sex works great with some lube. Everything gets better with Nirvana Sex.

Nirvana sex works great by yourself even if she never comes around. Solo orgasms can go on for hours and come from any part of your body (nipples, prostate, heart, etc.). Once you are good at it, you no longer need to even touch any part of your body to bring on a dry orgasm.

All of this helps your sex drive. It helps partner sex if you return to it. It's about again having a healthy sex life no matter what your age or past problems. Getting started, you don't want to ejaculate but having some occasional fluid leakage is fine. If you want to change a bad situation, this is how to do it, by moving forward with the details to penis root sensitivity.

The Penis Root of Sensitivity

Root focus is a revolutionary new sexual improvement technique. Root focus is a tremendous way to build sexual energy. You'll get sexual energy flowing through all of your body. Then with a woman, into her and back to you. What happens is it begins flowing back and forth between both of you. It's an orgasmic sensation that lasts for 30 minutes or as long as you want.

We've pretty well covered the physical actions you need to take to decrease and eliminate the hard wiring in your brain that is associated with stimulation based sex – no porn, no fantasy, no masturbation, etc. No matter where you are at with your journey of Nirvana Sex, increasing penis root sensitivity will make it even better.

What Penis Root Focus is About

Your penis has a root that extends a couple of inches into your pelvic area. Most men aren't even aware this part of the penis exists. This is where your penis is connected to blood vessels and your nervous system. This is the beginning point to send neuro-messages to your brain. The messages transmitted by your penis root drive to the hard wiring in your brain. When you view porn while using a death grip to masturbate, it tells your brain that you require lots and lots of stimulation to

enjoy sex and to achieve an erection.

Through root focus, you send your brain the message that you want sensation based sex and that an erection, while good, isn't all that important to you enjoying sex.

I've talked about guys in relationships, guys not in relationships, and guys with a partner who doesn't want to have sex. Let me be clear, root focus applies to all men that want to overcome ED and get the most out of sex. All men that want to have 30 minutes or more of intercourse.

Root focus is about you concentrating on the internal root of your penis in a way that builds the good hardwiring in your brain.

Even before you begin root focus, a good place to begin is by becoming more aware of your own body. Feel your feet on the ground (barefoot is great). Pay attention to your arms and legs. Look around at the big picture of where you are at any time. Feel like you are alive.

By staying in reality and practicing root focus, you move ever-closer to better and better nirvana sex. This is about feeling the real sensations on your real nerves (no porn or fantasy). It can take months to make these changes work for you. A very short time compared to the years and decades it took to get

where you are now. Every time you practice root focus, you are actively and consciously rewiring your brain for better nirvana sex. The first two months of nirvana sex might feel like a complete new novelty. Between 3 and 6 months, it becomes the new pleasure that you are seeking. I've been at it for a long time and I can tell you it takes years to achieve all of the benefits – if there even is an end to new benefits. Once you get to this point, you won't go back.

Beginning the Root Focus Exercise

When first beginning root focus, it's best if you remove all of your clothes and sit in a hard chair. This brings your senses to the forefront. Later on, you'll be able to do the mental sensing anywhere, on a soft seat on a bus, in your office chair, while you're standing up, etc. Once you master the ability to focus, this can be done most anywhere.

These are not Kegel exercises. You don't want to feel muscles contracting, but you do want to focus your mental attention on the pubic space between your penis and anus. This is where your root is at.

Trying to draw a clear line between Kegel exercises and root focus, there is a type of feeling involved with the root focus. The difference from Kegel exercises is that the 'feeling' is not physical in the way that you feel muscles contracting. The root

focus feeling is all mental. It's a mental awareness of the sensations in the root of your penis.

If you are feeling muscles contract, you are not doing the root focus correctly.

Without a doubt, your mind and brain will occasionally wander away from focusing on your root to any of many different things that catch your attention. When you catch yourself mentally wandering away from your root, gently bring your thoughts back to the space between your penis and anus.

Root focus is not about strengthening your pelvic muscles. Rather than physical exercise, this is all mental in the fact that you sense the root of your penis. You are not 'feeling' your root contract, you are mentally sensing it. You are seeking out the sensations that pass through and around your penis root.

Take note that root focus and Kegel exercises involve the same muscles but how you interact and perceive them is different. Stay on guard for this nuance.

Beyond the Hard Chair

Once you can easily shift your mental focus to your penis root while sitting in a hard chair by yourself, it's time to move on to more involved settings.

The Penis Root of Sensitivity

If you're in a relationship, this will ideally involve your partner. When you're practicing oxytocin behaviors is a great time to combine them with root focus. This means focusing on your root during naked cuddling or intercourse. Combine this with soft entry and you'll be amazed at the sexual sensations that you will experience.

However, it's also very effective when you have an erection. Root focus is one of the techniques that you use to last 30 minutes or longer along while experiencing amazing sensations. Don't be surprised when your pleasure first increases to 50 times more than it has ever been and over time you can expect it to go as high as 100 times more than what it was in the past.

If you're without a partner and single this means moving away from the solitude of a hard chair in the privacy of your home. Continue practicing root focus while commuting to work, standing in line for coffee, while walking for exercise, or any other opportunity that you can find.

For both singles and those in relationships, the more often root focus is practiced, the faster recovery will be. The neuropaths from your genitalia to your brain and the associated good hardwiring will build faster and become your dominate way of enjoying sex.

A form of root focus works for your woman as well. She only needs to focus her mental power on her genitalia area where she wants to experience more sensation. She too can shift her brain wiring from stimulation-based sex to sensation-based sex. However, some people report that if she is into rough sex or uses a vibrator frequently (more stimulation), it will likely take her longer to move towards sensation sex in the same way that a man that has experienced ED for a long time takes longer to again fully enjoy sex.

Root Focus is New to You

You need to practice root focus at least 10 or 15 minutes every day (more is better). This is a mental exercise that you want to practice from this day forward. This is not a fad or a quick fix. This is a new practice that you want to turn into a routine that you practice every day. This is how you assure that you enjoy sex into your 70s, 80s, 90s, and beyond.

Until it becomes an ingrained routine, I suggest that you post reminders to yourself to practice every day. Maybe a post-it note on the dashboard of your car or on your shaving mirror. Wherever it will remind you at least daily. Posting it in several places to remind you to work at it several times a day is a good idea as well.

You can also create a computer reminder or queue a reminder into your telephone or into a wristwatch. Whatever works best for you.

The more you work at root focus, the faster your sensations will return and the faster you'll overcome ED. It's clearly in your own best interest to begin today and continue every day going forward.

Even if your partner isn't ready, root focus will make a tough situation more pleasurable. When she sees your disposition improve, she'll become much more open to trying Nirvana Sex with you.

Our Bright Romance & Sexual Future all of the Way to 120 with VasMax

Our story continues for more healthy sex and living to 120 with VasMax. I've tried to put everything that I've learned over the past 11 years into this book. At least at a high level and often at a detailed level. As I went over the complete draft, I realized that I needed to add this chapter.

Porn and Fantasy are a Bigger Deal Than Many Grasp

Probably the biggest understanding that I've gained over these years is how seriously porn and fantasy become hardwired in our brains. This addiction is the obstacle that too many men in the modern world must overcome to again have good erections and recover their virile sex lives. Overcoming this biggest problem is complicated by the prevalence of porn triggers everywhere in our world during every waking moment.

I've learned how to defocus my eyes. I look away whenever it appears and never intentionally look at porn. One of my recent regrets is having to look at some porn sites for research purposes. This reinforced my awareness of how destructive and harmful porn is.

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At the same time, I looked a little deeper into this relatively new trend called ‘NoFap.’ NoFap is a porn addiction and masturbation recovery peer support forum found mostly on Reddit. It runs counter to what most medical professionals still think is healthy masturbation. Most health professionals have long touted masturbation as a healthy and natural sex practice but haven’t kept up with the dangers and complications that porn everywhere has brought to this sex practice that is as old as mankind. When the porn revolution started, masturbation was instantly taken way too far. Fortunately, some (mostly young) men have figured this out and started the NoFap support system to become sexually healthy again.

However, I’m not comfortable with the beliefs of some of the men in the NoFap movement – like abstaining from all sex (they call this ‘hard mode’). My position is that if you have a porn or fantasy problem, you need to stop masturbating. At least for a while. Especially if porn is necessary for you to get hard or engage in other sexual activities. I still stand by this because that type of masturbation reinforces the negative aspects of porn and definitely strengthens the hardwiring between your brain and porn.

My main point about NoFap is that I’m still doing sexual research and I’m still open to new ways sex

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can be enjoyed even more. But some of the benefits that these guys are claiming I'm not particularly interested in. Like getting over ADHD or becoming better looking or growing a heavier beard. I think some are a bit farfetched. Maybe good things in themselves but not important on the road to sexual recovery and improvement that I stay focused on.

I do know that stopping all porn is critical to getting off the porn. But porn is the problem. Masturbation does still have uses when you stop associating it with porn. When done right, it can be very beneficial for Nirvana Sex. But the porn has to stop.

The Next Most Important Thing – Nirvana Sex

Nirvana Sex is really the most important concept that I've nourished and kept completely true to throughout my 11 years of research. Part of this is what some people call 'semen retention.' But that makes it sound like the main goal is keeping your semen inside. That's not my actual goal. I'm not so much trying to stop the ejaculation as I'm trying to obtain a different and much better orgasm. An orgasm that doesn't suck the sexual energy out of you. That's another place where I think NoFap goes a little off course by denying sex altogether to retain energy.

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What Nirvana Sex does bring are orgasms that allow men (and women) to enjoy endless sex not dictated by a flaccid penis or a refractory period. The refractory period is a big part of the energy loss. You don't have to climb the mountain to ejaculation just to fall off. You can stay right in the moment and right where you are. It changes everything.

It's much more than just not ejaculating. That's what I hope you take away with Nirvana Sex. It's the next step towards experiencing your full capability and capacity as a sexual being.

Nirvana Sex is Endless

The brain rewiring isn't so much away from porn as it is towards a new way of sex. You really can't wire your brain NOT to do something. But you can wire it 'To Do' something new. Then the old thing loses its hardwiring. You build new hardwiring for a new way of sex and the old wiring becomes much weaker. The best part is that it is pretty easy to rewire to a more pleasurable, emotional, and desirable stimuli. That's exactly what happens when you are 'falling in love' with a women. It can happen very fast and be very powerful. That's what Nirvana Sex is all about.

Even if it has been 30, 40, 50, or 70 years since you fell in love, Nirvana Sex can bring back those

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earlier feelings – bigger, brighter, and better than ever before. Your feelings for her become stronger when sex lasts longer. It doesn't leave you feeling spent and introverted the way a refractory period feels. A refractory period moves you away from her. Nirvana sex draws you towards her.

A refractory period can last for weeks while you unconsciously feel short tempered, angry, drained, and her faults glare at you. Even if you're on a weekly sex cycle, it will be 5 or 6 days before she becomes attractive to you again. Nirvana leaves the two of you connected with a strong attraction to each other. Nirvana makes it feel like sex all of the time – even with your clothes on.

Erections, Masturbation, and Ejaculation

Waking up my prostate to sensations is the latest sex dimension that I am researching and experimenting with. This is a solo sport that might be compared to masturbation but with different feelings, sensations, and ramifications. It's a new awaking. Prostate massage can involve a partner but I'm still at the solo stage. Writing this book and my continuing experiences has me vastly rethinking a lot of what I used to think.

I do keep learning new things. Over the past 11 years, I came to understand that the refractory period and all of its ill effects were not sexually

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healthy. I stopped ejaculating until I discovered that that going too long without ejaculating can cause erections to deteriorate. Then, I found that ejaculating every 4 or 5 weeks (my personal schedule) does bring on the rough refractory period but also restored strong erections. I call this the 'finite reserve to erections.' A lot of men that I discussed this with have the same experience. Then I figured out that's not true either.

The other thing that I was considering is if masturbation leads to a loss of sensitivity. If repeating the same touch and knowing where to stimulate myself causes less sensitivity. The sensitivity part is a bit true and not true.

Keep in mind that you can have intercourse any time. Intercourse without an erection works great with Nirvana Sex. Lots to think about here. It's also nice to have a really hard erection.

Myself and other guys that I know still have occasional ED issues. Not bothersome with Nirvana, but I attribute occasional ED to all of the sex research and diet changes that I experiment with.

Now, I have come to realize that you can masturbate a lot and even increase your sensitivity by doing it right. This can lead to better and stronger erections. It also improves prostate health and brings higher testosterone levels. It happens by

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manipulating your penis in a certain way and on a certain schedule.

I call this ‘Vascular Maximizer.’ It has again changed the game and much of what I do.

The Penis is Lots of Fun

Now, I’m having a great time learning more about the penis using Vascular Maximizer. Erections are better than ever and morning wood happens more often. I think that as I continue, the morning wood will soon be all of the time – strong, extraordinarily hard erections in the mornings.

With Vascular Maximizer, I’m discovering that I can ejaculate but NOT have a refractory period. A couple of things can happen. You can ‘come’ and keep on going or you can ‘come’ and have a short (15 or 20 minute) refractory period. Then you can start all over again. You can pretty much start and stop again at any time that you want.

I’ve also learned that you can increase the size of your penis. You can make it bigger, longer, and fatter if you want to. It feels better all of the time. Even when you’re not having sex. This isn’t to tease people but I did want to share what I’m up to currently. That’s why I’m including an update as the last chapter.

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New VasMax Class Starting

If you didn't catch it, 'VasMax' is Vascular Maximizer. I'm putting together a new autonomous class that like-minded people will be in but you don't interact with them. It's a little tricky but I've been working on this model for a while. It's a unique approach that lets you and I interact in a way that works at your personal pace. It will emphasize small things that you are doing and working on. For example, we can talk about exactly what you can do to get porn and triggers out of your life. And how to move forward with mindful masturbation that might replace what you are doing now. And we'll get into how you can make your penis bigger and fatter. Of course, we'll be working on improving your sensitivity the whole time. Premature ejaculation can part of the discussion if you need that. Everything is workable step-by-step.

That's a lot to cover. I put everything into this book, but I couldn't cover every individual situation that is possible out there. The possible combinations are uncountable. So, this class is going to be at a whole other level. A personal level.

It'll be much more than what you can learn from a book. Your progress should be much faster when you only have to take the actions that apply to your situation.

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So, this chapter is about what I've learned since writing the book and what I'm doing to implement them.

Something else that I've spent many years researching is the interactions between health, health problems, and male sexuality/erectons. This has done a lot to help men improve their health in ways that also improves erectons.

New Help for Penile Fibrosis

One place that I got stuck in my research is with penile fibrosis (scars on the penis and Peyronie's disease). Specifically, penile fibrosis can happen when men suffer health problems that prevent them from having morning wood or nocturnal erectons. It took time and plenty of research to figure out the best ways to reverse this. But it can be reversed.

Penile fibrosis doesn't mean that nirvana sex won't work because it does even without an erection. But every man wants to be able to get an erection.

After looking at a lot of expensive, time-intense, complicated, and questionable medical treatments, I came up with a much more natural, low cost, and helpful solution. It involves taking some useful enzymes and using an ultrasonic device. Many men have already benefited from this simple solution.

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Others have gone for the costly and complicated procedures like GAINSWave® and P-Shot (Priapus Shot®). These gave them a feeling of both hope and hopelessness because they needed a partner to help with multiple injections or running a machine. They also found these very expensive methods didn't work very well or for very long.

What I discovered is that you can empower yourself. Your power is literally at your fingertips and in your hands. That a couple of inexpensive tools make the expensive complicated procedures seem ridiculous. The result is incredibly raging hard erections. It also takes your feelings and sensitivity off the charts. No refractory period.

This all came to light after the book was written. At least the book was so far along that it wasn't practical to revise what is still true. A need for updates is constantly happening, so I decided to take a different approach.

Heads-up – Much More is Coming

This last chapter is to give you a heads-up about what is new and developing rapidly. This, along with personal guidance to master what is already in the book, will all be in the new VasMax class. Rather than write another book right away, these fast moving developments mean that it makes more sense to hold these classes so that most men have

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immediate access to new developments. There will be one cost to access it all. I'm still working on the details, but it looks like an annual pass will work best for most men.

This is going to be inexpensive. You can do what you need to do at your own pace while also staying tuned in to what is available and is working for others.

I probably need to be clear that the Vascular Maximizer can also get rid of penile fibrosis. That's one of the first new developments beyond what is in this book. It fixes penile curvature and Peyronie's disease.

But there is more that goes into even a simple fix. Taking medications for other health issues can definitely slow down your progress. Young and healthy men will see improvement in a month or two. If you are 60 and above, are taking medications, or have stents, you will see progress, but not as fast as someone young and healthy. That's okay because you are still making progress and there are answers to those other issues.

What I particularly like about this autonomous and still interactive method is that it does require some action on your part. I think it's much more effective when men start taking action on their own rather than getting in a complacent rut of popping

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big pharma drugs. You need to take some responsibility to improve your own health and sex life.

For instance, there are far more effective ways for lowering blood pressure than taking daily meds that don't provide any benefit at all. More likely, the meds are causing more health complications without doing any good.

VasMax becomes the catalyst that you need to improve all of your health as whole system. Most men don't seem to be easily motivated to improve their health with an abstract goal of reaching age 120. The bigger motivator is having better sex starting today and getting better with age. So the logical approach is motivating with a better sex life today that works towards living to 120. What can I say? Sex is still a powerful motivator.

But life is good when you can have great sex now with an abstract future of living to 120!

Another way to say this is with the old adage that men think with their small head or dick.

So, get your blood pressure or diabetes under control to have great sex today and then live to 120!

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Sex is Still the Best

When it comes to your main partner in life, the pleasure and intimacy of sex is still the glue holding the relationship together. Oxytocin behaviors create the love for your children and pets but sex based on oxytocin is the strongest glue holding together lifelong relationships with a partner.

You can just stick with this book and you'll have a long and happy sex life. We know we can do this without erections. Nothing wrong with that. But if you want to take it to still another level, if you want amazing erections that are unmovable marble-hard, VasMax is the path of your future.

It's also how to make your penis bigger, fatter, and feel better inside of her.

That's the next part of what this story is all about. This is the part that doesn't fit well into the book because it works better with interaction between us. Help from the coach... if you will.

To my great disappointment, the success of students before this has been less than 100%. I'm convinced this is because some of them just aren't self-starters. It took a lot of self-starting for me to stay with this for over 11 years. Self-starting is clearly the key to success here.

On the other hand, Big Pharma is betting that you

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won't be a self-starter. That you expect instant gratification and will pay any price for a pill even if it isn't a solution. Their bet is that when you don't get instant gratification, that you'll fork over another bundle of money trying another instant gratification solution. Or that they can sell you another drug to offset the side effects from the first drug. You'll become drug dependent and fearful that you'll keel over from terrible side effects long before your time should come.

I am a self-starter. I'm always reading books and studies and making lifestyle changes. It took me a while to realize that not all men are self-starters. That's when I figured out a way to help men become self-starters. The way is by giving them one or two things they can do this week. And then having them report back about how it worked. We can then decide what the next one or two things are to keep making progress the next week. Or let's talk about the one you had a problem with. Or the one that was successful and why.

Huge transformations are made inch-by-inch. Doing it that way, anything is a cinch.

Change Happens with VasMax

Change happens when you regularly visit the issues, the solutions, and the progress. Roadblocks can be taken down one at a time and in the most effective

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sequence. Any new issues that come along will be met head on and dealt with immediately.

As I tried to figure out how to incorporate all of the new and upcoming material into the book, it became clear this type of help couldn't simply be put into a few bullet points or even covered in a few more chapters.

Don't misunderstand me. Everything in the book will make you much better. You will increase your testosterone. You can have sex with your woman tonight. You will build up your sexual energy. You can learn pain free sex positions. You get her over menopause. You can do all of that.

But, I now know that myself and any man can have much, much, much more sexual pleasure, a bigger member, rock hard erections, and, by continuing along this path with a personal plan to have great sex to 120. Twice a day for an hour or longer. No refractory period required. I just hope you have time for all of the sex coming your way.

This isn't just for married guys or guys in long term relationships. This is about sex. You can play the field if you want. You can easily compete with much younger guys.

As I've been writing the book, I've been seeing these new changes unfold in front of me. I've been

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trying to figure out how to incorporate them into the book to make it as current as possible the moment it goes to publishing. The best answer that I've come up with is the on-going VasMax class.

It could have gone into a newsletter or some type of periodic update but that won't help with the self-starting issue or getting individual solutions for those who need them.

It all kind of started when I found my own erections starting to deteriorate a little. I had to start looking for answers beyond what had already been working well. That's when the parts to VasMax started to fall into place. But then I didn't have a way to share these real-time with others. It works. My erections went from great to good and back to great and better than ever.

Most recently, I've been doing some penis workouts. Building up the muscles in and around my penis. Then I started getting mild headaches. Kind of like when I was lifting heavy weights years ago. I'm pretty sure the headaches are caused by releasing a lot of stress hormones to repair the muscles that are getting a workout. So now, I'm working on a solution to these stress headaches.

There is also a new part of the penis root focus that I'm working on. Root focus already brings the great benefits of:

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1. Relaxing your pelvic floor.
2. Let's you last as long as you want.
3. And you bring all of the sexual pleasure and energy up into your body for full body orgasms.

The new thing is penis proprioception.

Penis Proprioception with VasMax

Penis proprioception is a sense of self-movement and body position. A sense of where you are and where your penis is. You're feeling your penis all of the time from the top to the bottom, from side to side, and inside and outside.

Penis proprioception is a way to increase the neural (neuron) connections to improve communication between your brain and penis. It strengthens and builds a bigger, stronger, more sensitive connection.

This does a lot of good things. It helps you feel like you're having sex all of the time. Even with your clothes on. And it plays a role in a bigger, fatter penis. Your penis loves all of the attention from your brain and it responds with more blood flow. All part of VasMax.

Vascular Maximizer – VasMax

Penis proprioception is not the same as root focus

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but there is a relationship. It does help and magnifies the benefits you get from root focus. The relaxed pubic floor muscles, more sensation, and lasting as long as you want. From penis proprioception, you can also get spontaneous erections whenever you want. That's something I'm working on now. VasMax also brings more to mindful masturbation without porn or fantasy.

It's about expanding your brain cell connections to more pleasure and more sensitivity. You want to be able to do penis proprioception at the same as you do root focus. It also helps close the veins in your penis to keep the blood there during erections. All of this, more, and still more to come will be going into the VasMax classes.

Right now, there is a lot of time going into planning this and a lot of time to make it happen. It's not a video. This class has a real person taking the lead and offering real-time answers and solutions.

It's not the type of one-on-one coaching that can cost thousands of dollars. I've done that before but not enough people get the benefits for the high cost. A class that brings the cost way down is the right answer for sharing this with self-starters who want to get the most from VasMax.

But you can still work at your own pace because there will be individual attention given.

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You have to keep your perceptions open to what is possible. Years ago, I thought sex was about pump-come-and done. Then I learned that sensations are more pleasurable. And I learned how to have sex for half an hour or longer. Next came sex without erections. More pleasure with whole-body orgasms. Prostate massages and orgasms all day with my clothes on.

I don't know how many times I thought it couldn't get any better. I knew I had found the best... until I hadn't. Now, I've gotten used to moving on to the next great sex adventure.

Years ago, I created the orgasm scale to control ejaculations. The scale that goes from 1 to 10 with a 10 being ejaculating. Today, I've left that scale far behind. I once thought I had hit a new limit at 12 without ejaculatory orgasm. Then the scale moved up to 15, 20, and now it is well past doubling the original scale that couldn't see anything beyond 10. And it is still going up. I've stopped trying to figure out where it all ends.

And now it leaves you with all of your sexual energy intact and can give you even more sexual energy next time. It works for men in relationships. It works for men with women that think they are done with sex. It works for single men that regularly have a new woman. It works for men that don't have a woman.

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I now know that the limitations that I once thought applied to sex are not real. My new perception has become that sexual pleasure is limitless and I have until 120 to explore the outer limits.

I want you to join me and share your adventures so that all of us can learn and experience much more.