

Healthy Sexuality 101

Sexuality is at our very core of our lives. When we suppress our sexual feelings and urges, when we express our sexual needs inappropriately, when we deny ourselves healthy pleasure, we end up with dis-ease. Our discomfort about communicating our sexual needs, wants and desires affects our health, our lives and our relationships.

Recently, I listened to a short video clip of Dr. Oz being interviewed about relationships and sexuality. It was short and to the point: bad relationships = bad heart. He stated that statistically men and women who divorce shorten their life by eight years.

Staying together in an unhappy relationship can be just as bad for your health. Couples in stressful relationships are at a higher risk of heart attacks and cardiovascular disease. Women with the highest level of marital stress are three times as likely to suffer heart attack or require bypass surgery than women in happy relationships.

Our heart represents love. When we feel unloved, our hearts break and our health suffers. A sexless marriage is an unhappy one. Reviving your sex life with your partner will not only transform your relationship, it will do wonders for your heart and its health.

Here are ten simple ways to start creating a healthy sex life:

- 1) **Hold hands.** You will feel more connected, less stressed and emotionally better.
- 2) **Create “Zen-like” moments.** These moments provide something we all crave in our lives and bring us closer together.
- 3) **Talk openly about your sexual needs.** Create a sense of ease between you by sharing how you want your needs met.
- 4) **Give hugs freely and daily.** Stay connected and let your partner know he or she is loved.
- 5) **Take a bath or shower with your beloved.** This not only saves water, but you will share a deep intimacy as you wash each other with love, admiration and care. Cleanse your bodies and your energy fields, washing away the outside world. It is a lovely way to relax and come closer together.
- 6) **Create a space for lovemaking.** Make sure the space is clean, tidy and beautiful, add candlelight, play soft music for lovemaking is a sacred act.
- 7) **Touch each other with love in your hearts.** Slow down and take your time. It reduces stress. Touch your beloved’s heart center and look into his or her eyes. Feel the connection.
- 8) **Add delightful finger food** to share such as fresh fruit and vegetables (strawberries, apples, oranges, carrots, celery).
- 9) **Stay hydrated.** Keep beautiful glasses of nourishing water or non-caffeinated teas nearby. Adding 1/16 teaspoon of unrefined natural sea salt per day will balance out your fluid levels.
- 10) **Make sure you’re getting enough Omega 3 essential oils.** Many modern “diseases” are actually Omega 3 deficiencies. Things like PMS and menopause;

erectile dysfunction; lack of libido; learning and behavioral problems; road rage and forgetfulness are helped immensely by adequate consumption of Omega 3.

The more stress we suffer and the more intellectual challenges we face, the more Omega 3 we will need. A suitable analogy to use here is: The faster and farther you drive the car, the more fuel you need!

These are just a few suggestions. Remember, delight in your own senses of pleasure and create a healthy sense of sexuality. It will add quality years to your life and you will discover the fountain of youth.

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